

**DIRECTIONS:**

Take one to two capsules in the morning with breakfast or on an empty stomach. We recommend starting with one capsule daily and gradually adjusting your dosage as needed over time.

**IMPORTANT:**

Keep out of direct sunlight in a cool, dry place. Keep out of sight and reach of young children. Always consult your GP before taking nutritional supplements, especially if you are taking medication or are pregnant or nursing. Do not exceed suggested servings or use as a substitute for a varied diet.

**BEST BEFORE END: See Base.** Store in cool, dry place.

 [www.ayurvediq.co.uk](http://www.ayurvediq.co.uk)

 [hello@ayurvediq.co.uk](mailto:hello@ayurvediq.co.uk)

**Made in UK for:** Ayurvediq, 3 Edgar Buildings, Bath, BA1 2FJ, UK

**EU Address:** Niche Brands Ltd, Bracken Road No 51, Dublin, D18CV48, IRL



Made in UK

AYURVEDIQ

SHILAJIT

with Ashwagandha

60 VEGAN CAPSULES  
FOOD SUPPLEMENT

**PRODUCT INFORMATION**

Serving Size: 1 Capsule

Servings Per Container: 60 Capsules

Each capsule typically provides:

Shilajit Extract 10:1 (Asphaltum Punjabianum) 500mg

Organic Ashwagandha (Withania Somnifera) 50mg

Ingredients: Shilajit (91%), Vegetable Capsule Shell: Hydroxypropylmethylcellulose, Organic Ashwagandha (9%).

**100% ACTIVE INGREDIENTS - EXCIPIENT FREE**

Our premium Shilajit is ethically sourced from the Himalayan Mountains in India. Containing 60% Fulvic Acid & 85+ Trace Minerals



please recycle  
this container

