

Nutritional Information

Serving Size: **1 Capsule**

Servings Per Container: **90**

Directions:

Take one capsule daily, preferably with a meal or as directed by your Healthcare professional.

Ingredients	Per Serving
Organic Ashwagandha KSM-66®	550 mg
(Root extract from withania somnifera standardised to 5% withanolides)	
Organic Black Pepper	5 mg

Ingredients:

Organic Ashwagandha KSM-66®, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Organic Black Pepper.

Safety:

Please consult your GP before taking Ashwagandha if you are pregnant or breast feeding. Do not exceed stated dose. Store in a cool, dry place. Keep out of reach of children.

What's Inside?

Take a closer look at the ingredients in each and every serving.

