

Ingredients

Ingredients (per 2 capsules): KSM-66® Ashwagandha root extract* (Withania somnifera), Magnesium citrate, Zinc picolinate. Capsule Shell: Cellulose. *Certified Organic

Usage

Take 2 capsules daily. As with all our products, One Nutrition Ashwagandha is a supplement to a balanced diet and healthy lifestyle, not a substitute for one. Do not exceed the recommended daily dose. Keep out of reach of children. Replace lid securely and store in a cool dry place. Consult a healthcare professional if you are pregnant/breastfeeding, have a medical condition or are on medication.