

DIRECTIONS FOR USE

Individual needs may vary. Take two (2) capsules daily, or as directed by a healthcare practitioner. Dose can be taken at one time or separately throughout the day. Do not exceed the recommended daily intake.

Do not use this product before consulting your doctor if you are pregnant, breastfeeding or taking any medication.

Do not give this product to a child before consulting your pediatric doctor.

A food supplement should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

STORAGE

Store in a cool, dry place.

Keep out of reach of young children.

46g e

No magnesium oxide
100% vegan / No additives
Naturally gluten free

ASHWAGANDHA + MAGNESIUM BISGLYCINATE

Food supplement Capsules **60** / Net weight 46g e

ITLHealth ASHWAMAG

Ashwagandha improves the body's resistance to stress and has adaptogenic properties.
Magnesium supports normal healthy nervous system and muscle function.

INGREDIENTS

Magnesium bisglycinate, ashwagandha, pullulan (vegan capsule)

PRODUCT INFORMATION

Total servings: 30

Serving size: 2 capsules

	Amount per 2 capsules	%NRV*
Ashwagandha	125 mg	
Elemental magnesium (from 1412 mg of magnesium bisglycinate)	141 mg	37.6%

*NRV = Nutrient Reference Value

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