

# ASHWAGANDHA CAPSULES

Ashwagandha (*Withania somnifera*) is a powerful adaptogenic herb. It's also known as "Ayurvedic Ginseng" or "Indian Ginseng" because it comes from the traditional medical system of India. Used for centuries by those suffering fatigue and burnout and supporting the immune response, it's said to give additional life force or chi to those who need it.

The main bioactive compounds in ashwagandha are withanolides. However, scientists have also identified alkaloids and other constituents with therapeutic value. The most studied compound in Ashwagandha root is Withaferin A.

Ashwagandha has been shown in scientific studies to:

- Support healthy brain and nervous system function
- Enhance memory and cognition
- Improve the stress response by supporting balanced cortisol levels
- Reduce feelings of stress
- Provide anti-inflammatory activity
- Promote quality sleep
- Support healthy thyroid function



## SUPPLEMENT FACTS

Serving Size: 1 Liquid Herb Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Ashwagandha ( <i>Withania somnifera</i> ) Root	2500 mg	**

\*\* Daily Value Not Established.

Other Ingredients: Organic Sunflower Lecithin, Organic Medium Chain Triglycerides, Vegetable Cellulose

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.*



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