



ADAPTOGEN / STRESS

Ashwagandha

Withania somnifera

ALSO KNOWN AS:

Indian Ginseng or Winter Cherry



Under stress, your adrenals become depleted impacting your immune and digestive systems and sleep patterns. Ashwagandha is an Ayurvedic herb that can help you feel rested, energized and ready to take on the day.*

*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.