



## Ashwaganda Tincture

*Withania somnifera*

NPN: 80004059

Size: \_\_\_\_\_

Lot: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

### Indications:

Traditionally used in Ayurveda as a strengthening tonic and as a sedative. Traditionally used in Ayurveda medicine for insomnia. Traditionally used in Ayurveda medicine to support convalescence.

### Recommended dose (adults):

Dilute 3 ml in hot water and take before meals, 3 times daily, or as directed by a health care practitioner.

### Risk information:

#### Cautions and Warnings:

Consult a health care practitioner if symptoms persist or worsen

#### Contra-indications:

Do not exceed recommended dosage.  
Do not use if pregnant or breastfeeding.

### Medicinal ingredients:

Each 1 ml contains *Withania somnifera* (Ashwaganda) extract 1:3, equivalent to 0.33 grams of root.

### Non-medicinal ingredients:

Water, Ethanol.

Store at room temperature away from sunlight and heat. Keep out of reach of children. Do not use if seal is broken.

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