

### SUGGESTED USES:

**ADULTS:** Take 6-12 drops 3x per day.

**CONTAINS:** Ashwagandha Root

This herb is known for its stress relieving effect, may be used to assist depression, ADHD, Relieves mental fog, improve energy levels - Ashwagandha means "the grounded strength of a stallion" May assist in thyroid balance, enhancing reproductive functions and muscle development

**CAUTION:** Contains Alcohol.

#### IMPORTANT CAUTION:

Do not use if anti-seizure or anxiety medication, if you are pregnant or breast feeding, if you have leukaemia or under going chemo. Do not exceed recommended dosage.

Consult a Complementary Health Practitioner if symptoms persist.

**Keep out of the reach of children. Store below 25 deg C and away from direct sunlight.**

50ml



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**Manufactured by:**

**GMP & Dr. Hulda Regehr Clark  
Protocols:**

**Purity and Quality.** Free of solvents, metals, colouring and preservatives.

**NOT tested on animals**

Only the purest natural herbs are used in the manufacturing of all our products