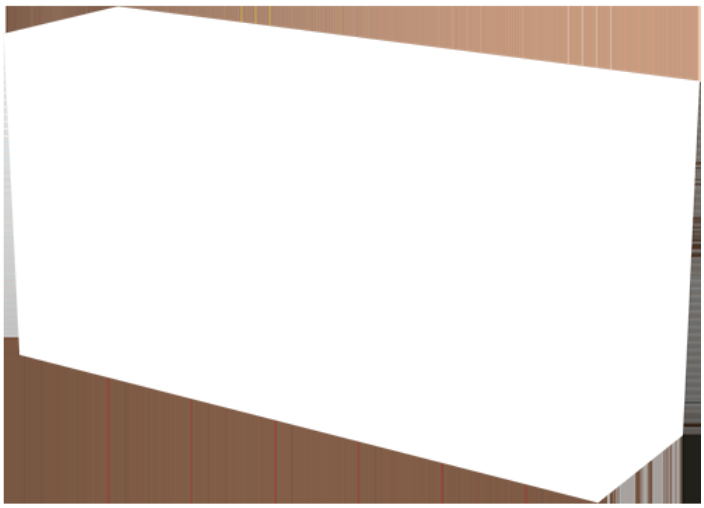
Ashwagandha



– 60 capsules

– diet supplement

– contains Ashwagandha root extract standardized for the content of withanolides

– 1 capsule a day

– adaptogenic properties

– the preparation is recommended for adults in states of increased nervous tension and stress

Ashwagandha is a supplement containing Ashwagandha root extract standardized for the content of withanolides. Ashwaganda is also known by the names of Indian ginseng or greeting lethargic. It has been used for centuries in traditional Ayurvedic medicine due to its multidirectional positive effects on the body.

Ashwagandha has, inter alia, adaptogenic properties, supports memory and relaxation as well as mental and physical well-being. In addition, it contributes to increasing the body's resistance to stress, relieves anxiety and improves the quality of sleep.

Application: the preparation is recommended for adults in states of increased nervous tension and stress.

Recommended use: adults – 1 capsule daily. Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

Attention! The preparation should not be consumed in the case of sedative, hypnotic or anti-epileptic drugs. Do not use in children, pregnant and lactating women.

Ingredients: bulking agent: cellulose, Ashwagandha root extract (Withania somnifera) standardized for min. 5% withanolides, hydroxypropyl methylcellulose (shell component), anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide.

Daily dose (1 capsule) contains: 149 mg of Ashwagandha root extract, including min. 7.49 mg of withanolides.

Storage: Store at room temperature, in a dry and dark place, in a dry and dark place. Dietary supplements should be stored out of the reach of small children. Net weight: 24g

Volume

- 60 capsules