

## Ashwagandha 450 mg - 60 caps

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CCS212960

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Contributes, e.g., to balance in stressful situations.

## Description

**Ashwagandha** is an antioxidant, has a beneficial effect on the ageing process and helps protect against ageing. It supports mental performance as we age and is good for learning, memory and information retrieval. Ashwagandha contributes to balance in stressful situations and to emotional stability, is beneficial for good mental balance and promotes sleepiness (falling asleep). It has a relaxing effect and contributes to mental and physical well-being. Ashwagandha supports the health of the female reproductive organs, the maintenance of physical well-being during pregnancy, male sexual function, and helps maintain sperm mobility and number. Ashwagandha contributes to the maintenance of healthy skin. Ashwagandha helps maintain energy levels, helps you gain weight and muscle mass. Helps build muscle. Ashwagandha is an energy tonic and invigorates the body. It helps to maintain optimal stamina, feelings of energy and vitality, physical and mental wellbeing, it helps to support the body's vitality. Ashwagandha contributes to the body's resistance to stress and helps to make you feel more energetic.

## Suggested usage

- Take 1 to 2 capsules twice daily with a meal with water or juice, unless recommended otherwise by a healthcare practitioner.
- Do not exceed the recommended dose.
- Store dry and at room temperature.
- Keep out of reach of young children.
- A varied and balanced diet and a healthy lifestyle are important.
- Food supplements are not a substitute for a varied diet.
- Suitable for vegetarians and vegans

## Composition

### Samenstelling per tablet

Kruiden

Ashwagandha extract en poeder

*Withania somnifera (min. 5% withanoliden)*

<b>Categorie:</b>	Emotional well-being
<b>Form:</b>	Capsule
<b>Free from:</b>	Celery, Egg, Fish, Gluten, Lactose, Mollusc, Mustard, Nuts, Sesame, Shellfish, Soya
<b>Raw Material:</b>	Ashwagandha