

## ASHWAGANDHA (60 CAPS.)



PRICE: **41,90** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL23072

EAN code: PL23072



### DESCRIPTION OF THE ITEM

## Ashwagandha

DIETARY SUPPLEMENTS

AWAKEN YOURSELF TO HEALTHIER LIVING.

Striving to discover your BEST SELF is a worthy, lifelong pursuit... and it relies heavily on health. Develop a sustainable approach to ongoing mental clarity and health. Experience the Ashwagandha awakening.

- Helps sharpen the mind-body connection
- Is traditionally used to support mental health and improve memory
- Promotes well-being
- Supports physical performance and endurance



## WHY OUR ASHWAGANDHA

Ashwagandha herbal blend utilizes natural, adaptogenic, plant-based ingredients that are scientifically shown to help improve the central nervous system, which is constantly impacted by emotional and environmental stressors. Adaptogens and their benefits are linked to the hypothalamus-pituitary-adrenal (HPA) axis. Together these three help the body support a healthy mind-body connection.

## INGREDIENTS

Ashwagandha root extract (*Withania somnifera*), Bacopa leaf extract (*Bacopa Monniera*), Rhodiola root extract (*Rhodiola rosea*), bulking agent (cellulose), rice concentrate, Schisandra fruit powder (*Schisandra chinensis*), Black pepper fruit extract (*Piper Nigrum*), vegetable capsule [firming agent (hypromellose), water].

## KEY INGREDIENTS

<b>Active ingredients:</b>	<b>In a daily portion (1 capsule)</b>
Ashwagandha root extract (10 mg withanolides)	200 mg
Water hyssop leaf extract	125 mg
Rhodiola rosea root extract	100 mg
Schisandra chinensis fruit extract	5 mg
Black pepper fruit extract	5 mg
% of reference intake values (RI)	

## RECOMMENDED USAGE

Take 1 capsule daily, with water.

Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.