



Ashwagandha 600 mg Capsules

Nutritional supplement with withanolides
vegan

Useful information: Ashwagandha (*Withania somnifera*), better known in this country as the poison gooseberry, winter cherry or Indian ginseng, is a widespread plant of the nightshade family. Because of its diverse properties, Ashwagandha has played a significant role as a complementary food for millennia. Use of the plant has an especially long tradition in India. Today Ashwagandha is one of the best studied plants, with special attention to the contained withanolides; secondary phytochemicals. Each of our capsules contains 600 mg Ashwagandha extract.

Ingredients: Ashwagandha Extract (85%), Hydroxypropyl Methyl Cellulose, Maltodextrin, separating agent Magnesium Stearate.

	per capsule	per 100 g capsules
Ashwagandha extract	600 mg	85 g
of which withanolides	15 mg	2 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended dose: Swallow one capsule 1 x daily with sufficient liquid. The duration of intake should not exceed 2 months.

Do not use during pregnancy or lactation.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 60 capsules = 40 g

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