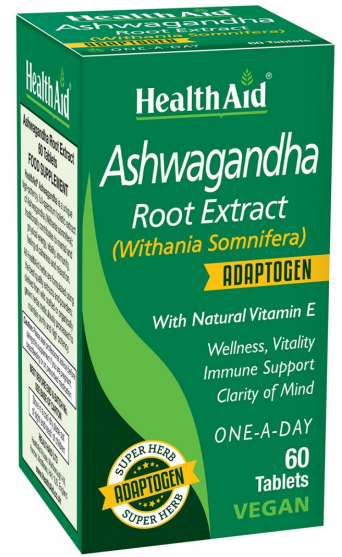


Ashwagandha 60 tablets

EAN: 5019781055890 FABRICANTE: HEALTH AID



Ashwagandha from Health Aid is a food supplement based on Ashwagandha and vitamin E, which has adaptogenic and anxiolytic activity, for infertility and to improve physical and intellectual performance.

DESCRIPTION

What is Ashwagandha from Health Aid?

It is a food supplement suitable for vegans, vegetarians and those intolerant to gluten. Ashwagandha has anxiolytic properties, which helps relaxation and cope with fatigue.

What is Ashwagandha used for?

- For those who need to relax and help cope with stress.
- For people who want to support sexual function, libido and stamina.
- For those who feel tired and need more energy.
- For people who want to improve cognition and nervous system health.
- For those who suffer from sleep problems.
- For those who need help maintaining normal blood sugar and cholesterol levels.

What are the active ingredients in Health Aid Ashwagandha?

For one tablet: 359 mg of Ashwagandha root extract, which is equivalent to 5250 mg of powder, 150 mg of Ashwagandha root powder and 3.5 mg of vitamin E. Bulking agents (cellulose, calcium phosphates), coating agents (hydroxypropylmethylcellulose, glycerin), anti-caking agents (magnesium stearate, silicon dioxide).

How should I take Health Aid Ashwagandha?

For adults and over twelve years old, it is recommended to take one or two tablets a day, with a glass of water and during one of the main meals.

Does Health Aid Ashwagandha contain any allergens?

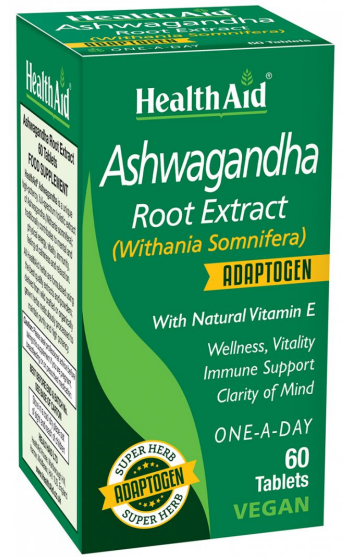
It is suitable for vegetarians, suitable for vegans and does not contain gluten. It does not contain salt or added sugars. May contain naturally occurring sugars, contains no yeast, wheat or dairy derivatives. Contains no artificial colors, preservatives or flavors.





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Should I take any precautions before taking Ashwagandha?

Before taking this product you should consult your doctor if you are pregnant or breastfeeding, or if you are taking medication.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241115
<https://bio-farma.es/buy/ff/health-aid/ashwagandha-60-tablets>

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