

Ashwagandha 60 Vegetable Capsules

EAN: 8437020265669 FABRICANTE: Méderi Nutrición Integrativa



Food supplement based on plant extracts.

DESCRIPTION

What is Ashwagandha from Mederi Nut used for?

Withania somnifera supports the health of the female reproductive organs and male sexual function, helping to maintain sperm motility and count.

It has a general rejuvenating effect, helping to maintain the health of the skin and the respiratory system.

It serves as an energy tonic, helping to maintain the body's vitality, energy levels, gain weight and muscle mass.

It contributes to the body's resistance to stress and helps maintain physical and mental well-being.

Supports sleep onset, learning, memory and recall.

It has adaptogenic properties.

Beneficially affects the heart and cardiovascular system.

It supports periods of mental, nervous tension and anxiety and contributes to emotional balance and general well-being.

What is the recommended daily dose of Ashwagandha from Mederi Nut?

Take one or two capsules a day with half a glass of water, preferably before meals.

What is the composition of Ashwagandha from Mederi Nut?

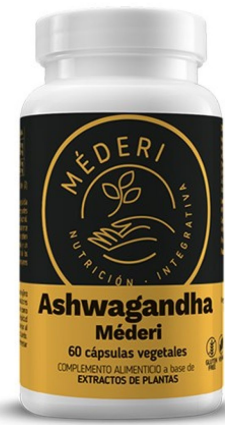
- Ashwagandha root dry extract (*Withania somnifera*, 5% withanolides).
- Capsule: coating agent (hydroxypropylmethylcellulose).
- Bulking agent (microcrystalline cellulose).
- Dry extract of Bamboo trunk (*Bambusa arundinacea*, 70% silica).
- Anti-caking agent (magnesium stearate).



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What is the nutritional value of Ashwagandha from Mederi Nut?

Ingredients	1 chap.	2 caps.
Ashwagandha Root Dry Extract	500.00 mg	1,000.0 mg
Of which: 5% withanolides	25.0mg	50.0mg
Bamboo trunk dry extract	15.0mg	30.0mg
Of which: 70% silica	10.5mg	21.0mg

Does Ashwagandha from Mederi Nut have contraindications?

Its use is not recommended in pregnant women.

