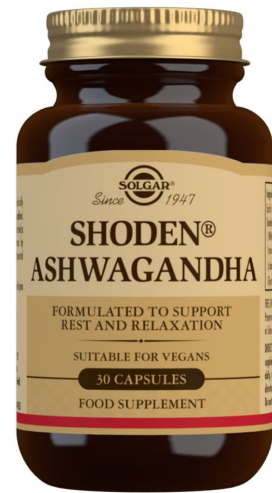


## Ashawandha Shoden 30 Capsules

EAN: 033984013094

FABRICANTE: SOLGAR



*With Shoden® Ashwagandha, a registered ashwagandha extract backed by scientific research that claims a 35% withanolide content. This extract supports the body in managing stress and promoting both physical and mental well-being.*

### DESCRIPTION

#### What is Ashwagandha Shoden from Solgar and what is it for?

Ashwagandha is a plant that grows in India and the Middle East. It has been used for thousands of years in traditional Indian medicine, known as Ayurveda, for its benefits for physical and mental health. It is considered especially useful in helping the body deal with stress

#### In which cases is Ashwagandha Shoden from Solgar indicated?

This ashwagandha product is ideal for those looking for a high potency formula backed by scientific evidence. It helps improve rest, promote relaxation and contribute to both physical and mental well-being.

#### What benefits does Ashwagandha Shoden from Solgar have?

- Ashwagandha supports the body's ability to manage stress and promote both physical and mental well-being.
- This product is gluten-free and contains no wheat, dairy, soy, yeast, preservatives, sweeteners, artificial flavors or colors.
- It is suitable for people who follow a vegan diet.

#### What is the dosage of Solgar's Ashwagandha Shoden?

- For adults, take one (1) capsule daily, preferably with meals.
- Swallow the capsules with water or another drink.

#### What are the ingredients in Solgar's Ashwagandha Shoden?

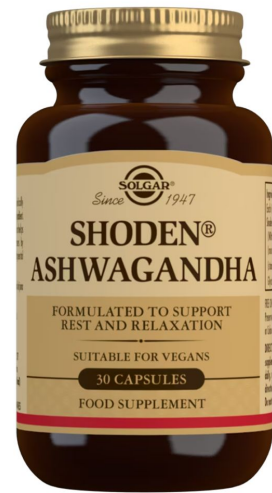
Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241115  
<https://bio-farma.es/buy/ff/solgar/ashawandha-shoden-30-capsules>



## Ashawandha Shoden 30 Capsules

EAN: 033984013094

FABRICANTE: SOLGAR



- Bulking agent (microcrystalline cellulose).
- Shoden® ashwagandha ( *Withania somnifera* ) extract.
- Coating agent (hydroxypropylmethylcellulose).
- Anti-caking agents (magnesium stearate, silicon dioxide).

### Does Ashwagandha Shoden from Solgar have any contraindications?

If you are pregnant, breastfeeding, undergoing medical treatment or suffering from any illness, consult your specialist before taking this product.

