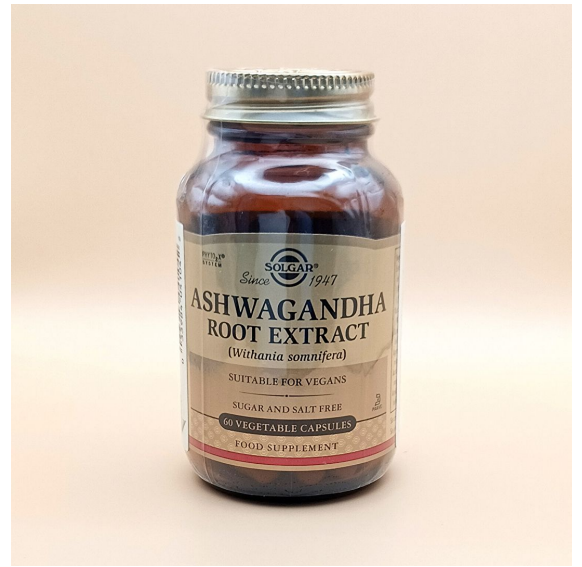


## Ashwagandha 60 Vegetable Capsules

EAN: 033984041042

FABRICANTE: SOLGAR



*Ashwagandha from Solgar is a food supplement that is used in cases of nervousness and stress to help maintain calm and relaxation.*

### DESCRIPTION

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

Ashwagandha is a plant that has long been used in India and is called "Indian ginseng." It helps keep you calm and relaxed, and has adaptogenic properties, meaning it helps the body deal with stress.

#### In which cases is Solgar's Ashwagandha indicated?

- Those people who need support to better adapt to stress.
- Those people who are looking for help to feel more relaxed.

#### What benefits does Solgar Ashwagandha have?

- Ashwagandha is a plant that helps maintain calm and relaxation and is classified as an adaptogen.
- This product does not contain gluten or sugars.
- Plus, it has no starch, yeast, wheat, soy, dairy products, preservatives, sweeteners, flavors or colors.
- It is suitable for people who follow a vegan diet.

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

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

#### What are the ingredients of Solgar Ashwagandha?

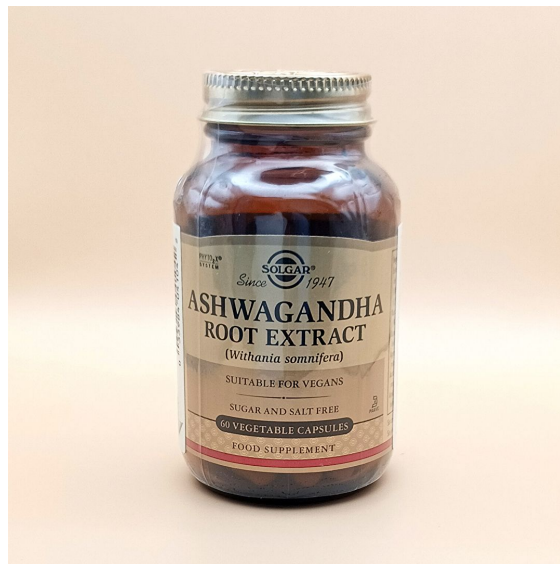
- Ashwagandha ( *Withania somnifera* ) root extract.
- Ashwagandha root ( *Withania somnifera* ) powder.



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- Coating agent (hydroxypropylmethylcellulose).
- Bulking agent (microcrystalline cellulose).
- Anti-caking agents (magnesium stearate, stearic acid, magnesium oxide).
- Antioxidants (beta-carotene, L-ascorbic acid).

### Does Solgar Ashwagandha have any contraindications?

- If you are currently pregnant, nursing, taking any medication, or have any medical condition, it is important that you speak with your doctor before you start taking this product.
- If you are taking anticoagulant, antidepressant or anti-anxiety medications, it is highly recommended that you consult your doctor before taking this product.

