



# Ashwagandha 30 Capsules Nutr basics Drasanvi

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## Description

Ashwagandha is also known as Indian Ginseng since it is used in traditional Indian medicine.

**Ashwagandha helps maintain relaxation, physical and mental well-being.**

Ashwagandha capsules are suitable for vegans and vegetarians and provide 17,5 mg of withanolides.

## Ingredients

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Ashwagandha Dry Extract (*Root*) (*withania somnifera*, ratio 13:1 5% *withanolides*) 350 mg, Coating Agent (*Hydroxypropyl Methylcellulose*) , Bulking Agent (*Microcrystalline cellulose*) , Bulking Agent (*Magnesium salt of fatty acid*) , Anti-caking Agent (*Magnesium dioxide*)

## Directions

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Take 1 (one) capsule a day with one of the main meals.

## Presentation

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Contains 30 capsules of 496 mg. Total weight: 14,88 g (0.52 oz)

## Warnings

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Food supplement based on plants.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of younger children. Store in a cool, dry place.

## Allergen Information

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Allergen-free

## Certifications

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