



Ashwagandha Fusion Complete

"Queen of Ayurveda" meets science

The use of ashwagandha root has a tradition dating back over 1000 years. As one of the most valuable plants in Ayurvedic teachings, it is particularly well known for its adaptogenic properties. Adaptogens are plant extracts and preparations that help to provide the body with the necessary calm during stressful situations that occur almost daily. Personal well-being and consciously taking time for rest and relaxation are increasingly pushed into the background in times of constant tension due to time and performance pressure and can put a strain on the psyche. It is therefore all the more important to support the body in order to allow it to take a breather during periods of increased stress and to maintain inner balance - ashwagandha is the right choice for this.

In Ayurveda, the entire ashwagandha plant is used; in Western nations, only the root is usually used. Ashwagandha Fusion Complete uses a full spectrum blend of ashwagandha root extract and an extract from the entire plant to cover the entire spectrum of active ingredients in the plant. The various biologically active withanolides responsible for the adaptogenic effects are found in the whole plant - the combination of extracts from all parts of the plant achieves a high, standardized content of 35 mg per capsule.

Ashwagandha Fusion Complete - full spectrum for more relaxation.

Ashwagandha Fusion Complete:

- Provides the entire spectrum of active ingredients of the ashwagandha plant
- Contains a full-spectrum blend of ashwagandha root extract & whole-plant extract
- With a particularly high content of withanolides (35 mg per capsule)
- Ashwagandha is a herbal adaptogen that contributes to mental and physical well-being in times of increased stress

Possible uses:

- For relaxation and to maintain inner balance
- To support increased stress levels
- To support mental and physical well-being

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INGREDIENTS per daily dose	1 Capsule	% NRV*
Ashwagandha blend	500 mg	-
<i>contains: withanolides</i>	35 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Ashwagandha blend (ashwagandha root extract, ashwagandha total extract), hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose.

RECOMMENDED DOSAGE

1 capsule daily taken before a meal with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Do not consume during pregnancy and breastfeeding.

PACKAGE SIZE AND CONTENT

120 capsules (pack for 4 months), 69 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided is not intended to be curative or to encourage self-medication. Subject to printing and typesetting errors. Status: 13.05.2024.



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