

Ashwagandha Formula



For relaxation and inner balance

Traditional Ayurveda meets modern science

Ashwagandha has a long history as one of the most precious plants in the ayurvedic tradition and has long been known for its "adaptogenic" properties. "Adaptogenic" is a term for plant-based extracts and preparations that help the organism stay calm in our stressful daily lives. In times of constant stress caused by work, time pressure and the pressure to perform, personal wellbeing and conscious breaks for relaxing and regenerating are often neglected, straining us mentally. Biogena Ashwagandha Formular with extract of ashwagandha and the micronutrients magnesium and vitamin B6, which play an essential role for the nervous system can provide our body with a respite and help support our inner balance.

Ashwagandha Formula:

- Contains ashwagandha root (*Withania somnifera*) extract combined with magnesium and vitamin B6
- Ashwagandha is a plant-based adaptogenic that contributes to physical and mental wellbeing in times of elevated stress
- Magnesium and vitamin B6 support the functioning of nerves and psyche
- Vitamin B6 contributes to normal functioning of the immune system


Possible applications:

- For relaxation and inner balance in times of increased stress
- To support the nerves and the psyche

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100% vegan
- Tested quality

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Ashwagandha extract	500 mg	-
<i>contains: withanolides</i>	35 mg	-
Magnesium	70 mg	19
Vitamin B6 (activated)	4.2 mg	300

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

INGREDIENTS

Ashwagandha extract, hydroxypropyl methyl cellulose (capsule shell), magnesium citrate, magnesium oxide, magnesium gluconate, magnesium carbonate, pyridoxal 5'-phosphate.

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

Not to be used during pregnancy or while breastfeeding.

PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 48 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 here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 09.05.2022



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