

Ashwagandha 6000mg

(as 300mg extract)

Presentation

A beige powder in a clear hard shell capsule.

Each capsule delivers:

Vitamin C	40mg
Zinc	5mg
Ashwagandha (as 300mg of a 20:1 extract)	6,000mg
Providing	
Withanolides	15mg

Encapsulated with:

Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Magnesium Stearate & Silicon Dioxide), Bulking Agent (White Rice Powder).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8576



Uses

Ashwagandha, also known as Indian Ginseng, has been used since ancient times and there are hundreds of studies by medical researchers who have been studying ashwagandha for years with great interest. Lamberts® Ashwagandha combines the important properties found in the herb together with added vitamin C and zinc, for the normal function of the immune system.

We use a full spectrum root only extract since this has been the focus over thousands of years of traditional use and is consistent with published studies. The raw material undergoes a sophisticated screening process prior to manufacturing (in line with all our herbs), to ensure that the material meets our strictest quality standards. Sadly, this is not true of all ashwagandha supplements, where roots are often mixed with aerial parts (for which the traditional indication was as a topical application) and other plant parts. Many of these products do not meet their label claim and in some cases, they contain high levels of contaminants.

The active compounds, called withanolides, are included at their optimum level, of 5%, which is a full 15mg per capsule. This is consistent with published studies and a level much higher than many are claiming for their daily dose.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

