



STAY HEALTHY  BE NATURAL

INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

## Ashwagandha

In Sanskrit the word ashwagandha (Ginseng Indiano) means "horses smell": it refers to the very characteristic smell of the plant, and also to its ability to increase strength. The plant from which the powder is obtained is a small shrub with yellow flowers and red fruits, native to North Africa and India.

It is known as an adaptogenic plant, which means that it is able to prevent anxiety and fight stress and at the same time it improves personal performance, therefore also suitable for those who play sports.

Ayurvedic medicine has always used it as an adaptogen, aphrodisiac, anti-inflammatory, liver tonic and immunomodulator

In the East it is commonly used for rheumatic pains, while in Africa the juice is an aid against stomach pain and gastric ulcers.

Ashwagandha can ease those who are suffering from depression. This plant would have the same effects as an antidepressant and would allow greater mood stability, helps reduce anxiety. Ashwagandha is recommended to combat stress, it can reduce the symptoms of stress by almost 90%.

Ashwagandha improves and also increases testosterone production, improves sperm quality, motility and sperm count in men.

It improves memory and cognitive functions, it helps in concentration and improves attention as well as mnemonic abilities, ashwagandha would also be able to protect brain cells from degeneration.

It is a natural help for thyroid, it can also give valuable support to those suffering from Hashimoto's thyroiditis and hypothyroidism. Increased production of the thyroid hormones TSH and thyroxine. It helps to keep the sugar level under control, thanks to the effects of flavonoids which have hypoglycemic properties. Inhibit insulin resistance and the inflammation it creates within the body. Increases physical resistance to fatigue, improving brain function and reducing pain sensitivity, improve cardio-respiratory capacity, also balancing the hormonal activity involved during physical activity, the anti-stress properties of this plant would help improve endurance.

**Keep out of the reach of children, not a substitute for healthy and balanced diet. Not suitable for pregnant and lactating women, children under 12 and people who are hypersensitive to any ingredient. Store in a cool dry place, away from direct sunlight . Use one capsule a day**