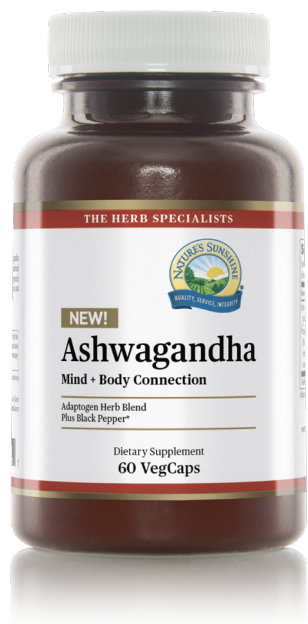


NEW!



ASHWAGANDHA

Awaken Yourself to Healthier Living

Striving to discover your BEST SELF is a worthy lifelong pursuit... and it relies heavily on health.

Move beyond merely managing situational stress to develop a sustainable approach to ongoing mental clarity, physical endurance, and nervous and immune system health. Experience the ASHWAGANDHA AWAKENING.

This health phenomenon occurs when the holistic properties of ashwagandha begin to strengthen the mind-body connection, leading to a fundamental restoration of your natural response to stress.

A TRUE MIND + BODY CONNECTION

Managed improperly, stress can wreak havoc on sleep, energy, immune function, sexual performance, relationships and coping abilities. It can also exacerbate brain fog, reduce awareness and weaken motivation. Take a look around... cleansing and improving the mind-body connection has never been more vital!

BENEFITS

Adaptogens improve our natural ability to “adapt” to environmental factors. Formula benefits include:

MIND

- Supports and helps stabilize the stress response
- Helps improve resistance towards stress and anxiety
- Helps sharpen the mind-body connection
- Is traditionally used to support mental health and improve memory
- Supports well-being
- Helps support cognitive performance in aging

BODY

- Supports physical performance, endurance and wellness
- Is traditionally used to support adrenal function and decrease physical fatigue
- Supports the immune and nervous systems
- Supports muscle strength in combination with resistance training

HOW IT WORKS

Ashwagandha herbal blend utilizes natural, adaptogenic, plant-based ingredients that are scientifically shown to help improve the central nervous system, which is constantly impacted by emotional and environmental stressors. Adaptogens and their benefits are linked to the hypothalamus-pituitary-adrenal (HPA) axis. Together these three help the body react to repeated stress and support a healthy mind-body connection.

In addition, ashwagandha helps combat stress and anxiety by promoting homeostasis and general well-being. Clinical studies show that it helps improve stress response as it lowers cortisol levels, reducing anxiety. Studies also show that ashwagandha supports physical endurance by improving VO₂ max. It has also been shown to support cognition and memory. Withanolides, the active constituents in ashwagandha, are responsible for its biological activities.

RECOMMENDED USE

Take 2 Vegcaps daily.

KEY INGREDIENTS

Ashwagandha root extract (standardized to 5% withanolides), bacopa leaf extract, black pepper fruit extract, schisandra fruit and rhodiola fruit extract. Certified non-GMO, Vegan and gluten-free.

Supplement Facts	
Serving Size 2 VegCaps	
Servings Per Container 30	
Amount Per 2 VegCaps	
Ashwagandha root extract (standardized to 5% Withanolides)	600 mg†
Proprietary blend (Bacopa leaf extract, Black pepper fruit extract, Schisandra fruit, Rhodiola root extract)	395 mg†

†Daily Value not established.

Other Ingredients: Cellulose, rice concentrate.



Ashwagandha

Stock Number: 22385

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

NATURE'S SUNSHINE®