

# Ashwagandha 60 Capsules



**Brand:**

**Product Code:** 753677844711

**Availability:** 2 - 3 Days

**Weight:** 70.00kg

**Dimensions:** 0.00cm x 0.00cm x 0.00cm

**Price:** \$29.80

## Description

Ashwagandha affects the immune system and helps reduce swelling, from both arthritis and fluid retention. Ashwagandha might help lower blood sugar in people with type 2 diabetes and lower high cholesterol. Since ashwagandha has sedative effects, it could help ease anxiety and stress. It may help with epilepsy, memory loss and anemia. It is high in iron and has been shown to help increase hemoglobin levels. Some people use between 1 to 6 grams of the whole herb daily. Others mix 3 grams of ashwagandha powder in warm milk.

Talk to a doctor before using ashwagandha if you have any health conditions, like cancer, diabetes, thyroid problems, bleeding disorders, ulcers, lupus, multiple sclerosis, or rheumatoid arthritis.

These capsules contain 750mg of Organic Ashwagandha powder in 00 vegetarian capsules.

Contains 750mg 100% Ashwaganha powder in 00 Vegetable capsules, that's it.