

Biowen Ashwagandha 120 Capsules

Category: Dietary Supplement

Main Ingredient: Ashwagandha (*Withania somnifera*)

Weight: 0.21 kg

Serving Size: 1 capsule per day

Total Quantity: 120 capsules

Product Overview:

Biowen Ashwagandha is a high-quality dietary supplement designed to provide the benefits of the ancient adaptogenic herb Ashwagandha, known for its ability to help the body adapt to stress and improve mental focus. This product contains pure Ashwagandha root extract standardized to contain 10% withanolides, the active compounds responsible for Ashwagandha's therapeutic effects.

Ashwagandha has been used in traditional Ayurvedic medicine for centuries, particularly for its rejuvenating and strengthening properties. Recent studies have supported its role in reducing stress, enhancing cognitive function, supporting mood balance, and promoting overall wellness. With added BioPerine® (black pepper extract), the absorption and efficacy of the Ashwagandha are enhanced, making this supplement even more effective.

Key Benefits:

- Stress Relief: Helps reduce cortisol levels, promoting relaxation and reducing feelings of stress and anxiety.
- Mental Clarity: Improves concentration, focus, and memory, making it ideal for those under high mental pressure.

- **Energy and Vitality:** Provides a natural energy boost without the crash often associated with stimulants.
- **Immune Support:** Ashwagandha's adaptogenic properties help maintain the immune system during times of stress.
- **Hormonal Balance:** Supports endocrine health and may contribute to balancing hormones, particularly in men and women managing daily stress.

Active Ingredients (per capsule):

- Ashwagandha Root Extract (*Withania somnifera*) - 400 mg
Standardized to 10% withanolides (40 mg of active withanolides)
- BioPerine® (black pepper extract) - 1 mg
Standardized to 95% piperine to enhance absorption and bioavailability.

Directions for Use:

Take one capsule daily with food. For best results, it is recommended to take the supplement regularly over a prolonged period (minimum of 3 months).

Additional Information:

- **Free From:** Gluten, lactose, sugar, artificial preservatives, and synthetic additives. Suitable for vegans and vegetarians.
- **Manufacturing Standards:** This supplement is manufactured in a GMP-certified facility, ensuring the highest quality and safety standards.

Health Benefits of Ashwagandha:

1. **Stress Reduction:** Ashwagandha has been shown to significantly reduce cortisol levels, the body's primary stress hormone, helping individuals better manage daily stress and anxiety.

2. Cognitive Function: Studies have demonstrated that Ashwagandha can enhance cognitive functions such as memory, attention span, and information processing.
3. Immune System Support: Ashwagandha supports immune function by modulating the body's response to stress and promoting general vitality.
4. Hormonal Health: Ashwagandha is known to support hormonal balance, which can positively affect energy levels, libido, and mood.
5. Antioxidant Properties: Withanolides present in Ashwagandha exhibit potent antioxidant properties, which help protect the body against oxidative stress and inflammation.

Storage:

Store in a cool, dry place away from direct sunlight. Keep out of reach of children. The product should not be frozen.