

**PROPRIETARY NAME AND DOSAGE FORM:**

**Ashwaganha Extract(CAPSULES)**

**COMPOSITION:**

Each capsule for oral administration, contains Bioperine, Withania somnifera extract, Bacopa monniera extract

**PHARMACOLOGICAL ACTION:**

**Possible effects are:**

- Reduces stress by lowering of cortisol
- Lowering of blood pressure
- Reduces swelling by combatting inflammation
- Improves cognitive function
- Improves immune system

**INDICATIONS:**

- Reducing stress
- Poor memory
- Sleep disorders
- Inflammation

**CONTRAINDICATIONS:**

**Any auto-immune condition, such as LUPUS, RHEUMATOID ARTHRITIS OR MULTIPLE SCHLEROSIS.**

See side effects and special precautions.

**WARNING:**

ASHWAGANDHA taken in excess can cause digestive problems, such as nausea and diarrhoea.

**DOSAGE AND DIRECTIONS FOR USE:**

Take 2 capsules in the morning

**SIDE EFFECTS AND SPECIAL PRECAUTIONS:**

- Ashwagandha is not advised in the case of auto-immune disorders, such as Multiple sclerosis LUPUS or Rheumatoid arthritis. This is due to the fact that Ashwagandha can stimulate the immune system, and as such cause a flare of the specific disorder.
- It is not advisable to use during pregnancy or if breastfeeding.
- Avoid use if the liver is compromised or under stress.
- Cease use at least 2 weeks prior to scheduled surgery.
- Use with caution in the case of thyroid disorders. Monitor thyroid hormone levels as these might increase.

**KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF TREATMENT:**

Diarrhoea and nausea. Treatment is supportive and symptomatic.

**IDENTIFICATION:**

Brown powder encapsulated in a size 00 white capsule.

**PRESENTATION:**

Ashwagandha CAPSULES Sealed bag of 60 capsules

**STORAGE INSTRUCTIONS:**

Store at or below 25 ° C **IN ORIGINAL PACKAGING** and protect from light and moisture. **KEEP OUT OF REACH OF CHILDREN.**

Complementary medication. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

**NAME AND BUSINESS ADDRESS OF MANUFACTURER AND DISTRIBUTOR:**

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