

**Directions:** 2 capsules daily or as directed by your healthcare practitioner:

**Cautions:** Food supplements should not be used as a substitute for a varied diet. Keep out of reach and sight of children. Consult your doctor before taking, if on medication or you have a medical condition. Avoid taking during pregnancy or breastfeeding. Adult use only. Do not use if seal is broken.

**Ingredients:** Lemon Balm Extract (Melissa Officinalis), Medium Chain Triglyceride (MCT) Powder (from Coconut), Ashwaganda Extract (Withania Somnifera) (Min 7-10% Withanolides), Hydroxypropylmethyl cellulose (capsule shell).

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www.fushiwellbeing.com

Fushi Wellbeing Ltd.

Unit 9 Roslin Sq  
London, VV3 8DH  
United Kingdom

Keizersgracht 482  
1017EG, Amsterdam  
Netherlands




# ASHWAGANDHA BLEND

herbal extract with

## LEMON BALM & MCT

60 vegan capsules



Fushi supplement blends are created with high strength herbal extracts, vitamins & superfoods combined with our Fushi fresh-ground® herbs from this season's harvest and encapsulated in our London workshop, to provide natural remedies for everyday wellness.

High Strength 12:1 Extract - wholefood Ashwagandha equivalent per capsule. Standardised to contain minimum 7-10% withanolides.

Nutritional Breakdown	Per 1 cap	Per 2 caps
Ashwagandha Extract <i>min 7-10% Withanolides</i>	80mg	160mg
Lemon Balm Extract	210mg	420mg
MCT(Medium Chain Triglycerides) from coconut	210mg	420mg