

True Veda Organic Ashwagandha

100% ORGANIC

CLEAN. PURE. EFFECTIVE.

SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsule
Servings per Container: 30

Amount per Serving

Organic KSM-66® Ashwagandha Full Spectrum Standardized Extract 15:1 Herb to Extract Ratio**	800 mg*
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(Withania somnifera root, 5% Withanolides
and less than 0.1% Withaferin A)

** Equivalent to whole plant Ashwagandha	12 g
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*Daily Values not established

Other Ingredients:
Plant-based Hypromellose Capsule.



Description:

An award-winning supplement known as *Withania Somnifera* or Indian Ginseng derives from a plant grown in India. Our Ashwagandha ingredients have been created via a process that took 15 years to develop and refine to deliver a full-spectrum root extract to give you maximum benefits and at least three times the potency compared to other brands.

Being organically certified by the Soil Association guarantees you a pesticide-free and chemical-free product which is 100% natural for your body and the environment. There are higher regulatory standards we have to meet to attain certification but we do this to guarantee you get a safe, high quality and effective supplement. True Veda is 100% organic without compromise.

As with all of our products, we choose the highest quality, proven materials to ensure efficacy, safety, and value for our customers. KSM-66® is the premier root-only Ashwagandha extract, and the most proven available on the market today. KSM-66® has won the Frost & Sullivan 2014 Product Innovation in Botanicals Award. It also won the Best Botanical Ingredient Award for 2013 at Natural Products Expo West.

General Benefits:

Ashwagandha is classified as an adaptogen, which is essentially a plant that increases your resilience to stress of all kinds, mental and physical. Ashwagandha has proven that in the long term, it may reduce stress, decrease anxiety, improve sleep and help fight depression. Not only this, but the powerful herb has been found to boost fertility and testosterone in men, and even boost brain function.