

## Product Information Sheet

### Wondernut Ashwagandha

60 Capsules

May increase muscle mass, Aids in brain function, May reduce inflammation, Supports immune function, Supports heart health

## Ingredients

Each capsule contains organic Withania Somnifera powder

Ashwagandha has been used for over 3000 years to relieve stress, increase energy levels and improve concentration.

It has been known to reduce blood sugar levels and cortisol levels, reduce stress and anxiety and symptoms of depression. Can boost testosterone and increase fertility in men.

It may also increase muscle mass and strength, reduce inflammation, lower cholesterol and triglycerides.

Ashwagandha may also improve brain function, including memory.

