



NATURE'S SUNSHINE

# Ashwagandha

GOOD FOR

Nervous System

Adrenals

Brain

SIZE **60 VegCaps**

ITEM # **22385**

SERVING **2**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 VegCaps daily.

## — How the Key Ingredients Work

This formula brings together time-honored adaptogenic herbs — plants that have been used for centuries to help the body handle stress, stay energized, and keep the mind clear. Each ingredient was chosen to support a different piece of your overall wellness puzzle, so they work together to help you feel balanced from the inside out.

**Ashwagandha** — One of Ayurveda's most celebrated herbs, ashwagandha has been used for over 3,000 years to help the body cope with stress. Research shows it can help lower cortisol — the body's main stress hormone — and support healthy energy levels, mood, and hormonal balance in both men and women.

**Rhodiola** — Known as 'golden root' and prized in Arctic folk medicine for centuries, rhodiola is a well-studied adaptogen shown in clinical trials to ease fatigue, support a calmer stress response, and help the body recover from the mental and physical toll of everyday pressure. It works alongside ashwagandha beautifully.

**Schisandra** — Called the 'five-flavor berry' in Traditional Chinese Medicine, schisandra has a long history of use for stamina, calm, and resilience. Studies suggest it may help support physical strength, ease anxious feelings, and act as a powerful antioxidant — helping protect your cells from everyday wear and tear.

**Bacopa** — A beloved brain herb in Ayurvedic tradition, bacopa (also called Brahmi) has been studied extensively for its ability to support memory, mental clarity, and focus. Multiple clinical trials show it can help clear brain fog and support healthy attention — making it a natural partner for anyone who wants to stay sharp.

**Black Pepper Extract** — Black pepper extract — standardized for its active compound piperine — plays a supporting role that makes the whole formula more effective. It helps your body absorb the other ingredients more fully, so you get more out of every capsule. It also contributes antioxidant activity and has a long history of use in Ayurvedic wellness traditions.

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