INSTRUCTIONS FOR USE

Organic Ashwagandha Serene State

Serene State Organic Ashwagandha

Ingredients: 100% raw organic *Withania somnifera* root powder.

How to use: Take 1 to 2 teaspoons (about 2 to 4 g) once or twice a day, in a warm drink such as a morning or afternoon latte, a smoothie or another drink. Combine with healthy fats and a pinch of black pepper. Use in cycles of up to 10 to 12 weeks, followed by a break of 2 to 4 weeks.

Warnings: Do not exceed the recommended daily dose. Keep out of reach of children. Intended for adults. If you are pregnant, breastfeeding, taking medication or have a health condition, consult your doctor before use. Do not use if the packaging is damaged. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Storage: Store tightly closed in a cool, dry place.

Composition

Ashwagandha (Withania somnifera)

100% organic ashwagandha root powder. A traditionally used plant, naturally rich in bioactive plant compounds (withanolides), which are part of modern dietary approaches.

More about ashwagandha

Scan the code to open the instructions any time, even without this sheet.