J U N A I

ISTRUZIONI PER L’USO

Eko 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.

Composizione

Ashwagandha (Withania somnifera)
100 % polvere di radice biologica di ashwagandha. Pianta tradizionalmente utilizzata, naturalmente ricca di composti fitoattivi (withanolidi), che fanno parte degli approcci nutrizionali moderni.

Maggiori informazioni sull'ashwagandha

Scansiona il codice per aprire le istruzioni in qualsiasi momento, anche senza questo foglio.