GEBRUIKSAANWIJZING

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.

Samenstelling

Ashwagandha (Withania somnifera)

100% biologisch wortelpoeder van ashwagandha. Traditioneel gebruikt kruid, van nature rijk aan bioactieve plantaardige verbindingen (withanoliden), die deel uitmaken van moderne voedingsbenaderingen.

Meer over ashwagandha

Scan de code om de gebruiksaanwijzing altijd te openen, ook zonder dit blad.