J U N A I

INSTRUKCJA STOSOWANIA

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 10–12 weeks, followed by a break of 2–4 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.

Skład

Ashwagandha (Withania somnifera)

100 % organiczny proszek z korzenia ashwagandhy. Tradycyjnie stosowana roślina, naturalnie bogata w bioaktywne związki roślinne (withanolidy), które są częścią nowoczesnych podejść żywieniowych.

Więcej o ashwagandzie

Zeskanuj kod, aby otworzyć instrukcję w dowolnym momencie, także bez tej kartki.