J U N A I

NÁVOD NA POUŽITIE

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.

Zloženie

Ashwagandha (Withania somnifera)

100 % organický prášok z koreňa ašvagandy. Tradične používaná rastlina, prirodzene bohatá na bioaktívne rastlinné zlúčeniny (withanolidy), ktoré sú súčasťou moderných výživových prístupov. Výživový doplnok.

Viac o ashwagandhe

Naskenuj kód a otvor návod kedykoľvek, aj bez tohto listu.