



Pure Sri Lankan Products  
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 இலங்கையின் தூய உற்பத்திகள்



# Ashwagandha Capsules

Ashwagandha, also known as Amukkara in Sinhala, is a plant native to India and north Africa, renowned for its medicinal properties and long use in traditional medicine since ancient times.

The **Splendid SEASONS** Ashwagandha roots & stem powder help reduce stress, anxiety, inflammation, sexual hormone imbalance, and high blood pressure. Its adaptogenic properties boost immunity and support overall vitality, aiding conditions like insomnia and chronic fatigue.

Its rejuvenating effects enhance overall well-being, including mental health, energy levels, cognitive function, and physical strength. Daily supplementation of Splendid SEASONS Ashwagandha Herbal Powder provides plenty of health benefits to the human body.



### Directions to Use for a Healthy Lifestyle:

Take one or two “**Splendid SEASONS**” **Ashwagandha Capsules** daily for adults, preferably after a main meal. Ashwagandha is generally considered safe for most people when taken in appropriate doses. **Especially** for those who are **pregnant, breastfeeding**, or have underlying health conditions, should take health care advice before use.

**Do not exceed 4 capsules per a day.**

Withanolides (Active Compounds)	1.2%	Alkaloids	0.2-0.3%
Fiber	6-8%	Saponins	0.2-0.5%
Protein	4-5%	Iron (Fe)	0.15-0.20%
Carbohydrates	30-40%	Calcium (Ca)	0.1-0.15%

### Some of Health benefits in short,

- Reduces Stress and Anxiety
- Improves Sleep Quality
- Boosts Cognitive Function
- Supports Immune System
- Enhances Physical Performance
- Balances Hormones
- Supports Heart Health
- Anti-inflammatory Effects



### Capsule Weight:

Gross Weight: 400 ±100 mg  
 Net Weight : 500 ±100 mg

**Ingredients:** Dehydrated Ashwagandha Roots & Stem Powder



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