



Pure Sri Lankan Products  
සුවිශේෂ ලාංකික නිෂ්පාදන  
இலங்கையின் தூய உற்பத்திகள்



**Splendid SEASONS Pvt Ltd**

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 apoptogenic properties boost immunity and support overall vitality, aiding conditions like insomnia and chronic fatigue.

<b>Withanolides</b>	2.5%	<b>Alkaloids</b>	0.13 – 0.31%
<b>Fiber</b>	17.4 – 37.9%	<b>Saponins</b>	Low
<b>Protein</b>	3.9 %	<b>Iron(fe)</b>	0.06 – 0.1%
<b>Carbohydrates</b>	46.9 – 49.9%	<b>Calcium(Ca)</b>	0.157%

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

**Gelatin ( animal based)**

**Some of Health benefits in short,**

- Apoptogenic: Helps the manage stress and anxiety.
- Anti-inflammatory: May reduce inflammation in the body.
- Cognitive support: Potential benefits for improving cognitive function and memory.
- Energy boost: Believed to increase energy levels and combat fatigue.
- Immune support: support immune system function.
- Antioxidant: Contains compounds that may help protect against oxidative stress.
- Sleep aid: Some studies suggest it may improve sleep quality.
- Hormonal balance: Could help regulate hormones and support reproductive health.
- Muscle strength: May enhance muscle strength and recovery.

## Ashwagandha Capsules



**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.**

**Capsule Weight:**

Net Weight: 400 ±100 mg

Gross Weight : 500 ±100 mg

**Avoid use if allergic or sensitive to any listed ingredients.**

**Reference from research articles - MR.Sayyad Ajhar Yunus, Gayke Amruta Rajendra Dr. Megha .T.Salve ,Prof.Priyanka.N.Shinde Department – Bachelor of Pharmacy Novel Formulation and evaluation of health immunity booster capsule (Prevention of various disease) for Spirulina with Ashwagandha, Beetroot and Apricot**