



MÉDERI
NUTRICIÓN INTEGRATIVA
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ASHWAGANDHA MÉDERI



Description: Food supplement based on plant extracts.

Directions for use / recommended dose: Take two (2) capsules daily with half a glass of water (125 mL), preferably before meals, or as recommended by a professional.

Presentation: Bottle of 60 capsules of 717 mg.

Composition: KSM-66 Ashwagandha® root dry extract (*Withania somnifera*, 5% withanolides), capsule: (coating agent (hydroxypropyl methylcellulose), water and gelling agent (Gellan Gum)), bulking agent (microcrystalline cellulose), Bamboo trunk dry extract (*Bambusa arundinacea*, 70% silicon) and anti-caking agent (magnesium stearate).

Storage conditions: Keep the container closed in a dry and cool place.



KSM-66
Ashwagandha®





Ingredients	1 capsule	2 capsules
KSM-66 Ashwagandha® root dry extract	500.0 mg	1,000.0 mg
- Of which: 5% withanolides	25.0 mg	50.0 mg
Bamboo trunk dry extract	15.0 mg	30.0 mg
- Of which: 70% silicon	10.5 mg	21.0 mg

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet and a healthy lifestyle. Keep out of reach of younger children. It is not recommended for use in pregnant women.

Properties and possible applications:

Withania somnifera supports the health of female reproductive organs and male sexual function, helping to maintain sperm mobility and count.

It has a general rejuvenating effect, helps maintain the health of the skin and the respiratory system.

It is used as an energetic tonic, helping to maintain the vitality of the body, energy levels, gain weight and muscle mass.

It contributes to the body's resistance to stress and helps maintain physical and mental well-being.

It supports sleep onset, learning, memory, and recall.

It has adaptogenic properties.

It beneficially affects the heart and cardiovascular system.

It supports in periods of mental, nervous and anxiety tension and contributes to emotional balance and overall well-being.