

# Ashwagandha indisch Kapseln

## Ashwagandha Indian capsules

### Product description:

Food supplement with Indian Ashwagandha root extract, vitamins B1, niacin (B3), B6 and B12

### Health claims:

The vitamins B1, Niacin (B3), B6, B12 contributes to normal psychological function. Niacin (B3), vitamin B6, B12 contribute to the reduction of tiredness and fatigue. Vitamin B1 and B6 contribute to normal function of the nervous system.

### Net quantity:

90 capsules = 55 g

### Ingredients:

Ashwagandha root extract, hydroxypropyl methylcellulose (capsule shell), vitamin B3 (nicotinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B1, (thiamine hydrochloride), vitamin B12 (cyanocobalamin)

### Per 1 capsule:

Ashwagandha root extract	500 mg
of which withanolides	25 mg
Vitamin B1	1,1 mg (100%)*
Niacin (vitamin B3)	16 mg (100%)*
Vitamin B6	1,4 mg (100%)*
Vitamin B12	2,5 µg (100%)*

\*Nutrient reference values of the EU

### Recommended daily consumption:

Take 1 capsule daily unchewed with some liquid.

**Warning notice:**

[Do not exceed the stated recommended daily dose.

Only one capsule daily corresponds to 100% of the daily requirement of vitamin B1, B3, B6, B12 and 5% withanolides.

In case of cardiovascular or other ailments before taking medication, consumption should be discussed with the doctor.

Food supplements should not be used as a substitute for a balanced and varied diet.

Not suitable for pregnant women, nursing mothers and children.

**Storage conditions:**

[The product should be stored at room temperature, in a dry place, always locked and out of the reach of young children.

**Supplier:**

Pharma Peter GmbH, Tarpenring 12, 22419 Hamburg

**PZN/ Article number:**

[18411695

**EAN:**

4031673102056

**Date:**

[January, 2023