

Product Name: Aswha
Brand: ProLab
Pharmaceutical Form: Capsules
Presentation: Bottle with 100 capsules

COMPOSITION:

Each Aswha capsule contains 300 mg of Ashwagandha root extract, an adaptogenic plant known in Ayurvedic medicine for its ability to combat stress, improve vitality and balance body functions. The standardized extract ensures that the product contains consistent levels of the plant's main active compounds, such as withanolides, responsible for many of its therapeutic benefits.

Ashwagandha has been used for centuries to improve the body's response to stress, reduce fatigue and increase physical and mental endurance. Its effects are highly valued both in managing daily stress and in supporting immune and endocrine functions.

THERAPEUTIC INDICATIONS:

Aswha is indicated for people seeking support in managing stress and anxiety, as well as an improvement in physical and mental energy. Its adaptogenic properties help balance the nervous system, improving resistance to chronic stress, reducing fatigue and promoting better quality rest.

This product is also ideal for those seeking to improve their physical and mental performance, since Ashwagandha has demonstrated in studies its ability to increase physical resistance, improve concentration, memory and support the immune system. It is also used to balance hormonal levels, especially in people who have high cortisol levels due to chronic stress.

RECOMMENDED DOSAGE:

The recommended dosage of Aswha is 300 to 600 mg daily, divided into one or two doses. For most users, one 300 mg capsule per day is sufficient to experience the benefits of Ashwagandha. In situations of high stress or when seeking greater effects, such as support for physical performance or improved sleep, the dosage may be increased to 600 mg per day, divided into one capsule in the morning and one in the evening.

It is recommended to take the product for a minimum period of 6 to 8 weeks for optimal results, although prolonged use is safe and beneficial for overall well-being.

ADMINISTRATION MODE:

Aswha should be taken orally, with sufficient water. It is recommended to consume the capsules with food to improve absorption and minimize any possible gastrointestinal discomfort. If taken in two daily doses, it is ideal to take one in the morning and one at night to optimize adaptogenic support throughout the day and promote nighttime relaxation.

CONTRAINDICATIONS:

Aswha is contraindicated in people with hypersensitivity to any of the components of the product. It is also not recommended for use by pregnant or breastfeeding women, except under medical supervision. It should not be used by people with autoimmune diseases such as lupus or rheumatoid arthritis without a doctor's evaluation, as Ashwagandha may stimulate the immune system.

