

CALM ASHWAGANDHA HEALTH BENEFITS



Ashwagandha is an ancient herb that has been used as an ayurvedic medicine for thousands of years for its medical properties, uses and benefits.

Ashwagandha extract is adaptogen which can help cope with long term physical and mental stress, ease depression and promote better sleep.

Helps with anxiety, energy, inflammation and vitality.

Vitamin B12

Contributes to normal functioning of the nervous system.

Vitamin D2

Contributes to the normal function of the immune system.

Vitamin B6

Contributes to normal energy-yielding metabolism.

