

Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex – our nutritionist's guide

Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex is an advanced multi-action formula delivering a unique blend of adaptogens to provide comprehensive support for times of stress. Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

Adults are recommended to take 2 capsules daily to receive the full serving.

How to maximise absorption

Ashwagandha has a short half-life so we recommend dividing the daily dose into two to support all-day nutrient levels. We also recommend taking the capsules with food.

When to take ashwagandha

Ashwagandha may be both stimulating and relaxing, so depending on individual effects, the second daily dose can be taken either with lunch or dinner.

Feeling the benefits

Feeling the benefit of any supplement is subjective to the individual, but research suggests that the full benefits of ashwagandha may be felt after 2 weeks to 2 months, and consistent daily intake during this period is recommended. Perhaps you could record your reasons for taking *Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your health.

The safety of *Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex*

Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex is not to be taken during pregnancy and breastfeeding or by children, due to lack of studies in these populations. It can usually be taken with other supplements and medication, but if you are on prescription medication, please check with your GP.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

Taking other supplements alongside *Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex*

Many people take other supplements alongside *Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex*, a separate magnesium supplement for example. If taking a magnesium supplement, such as *Triple Magnesium Complex*, we recommend taking half the serving (1 tablet) alongside the full adult serving of *Ashwagandha+ L-Theanine & Magnesium Advanced Adaptogen Complex*. Similarly, if you are taking another supplement containing zinc such as our *Advanced Multivitamin & Minerals*, we recommend taking only half the serving (1 tablet) so as not to exceed the daily 25mg upper limit for zinc. If you're still unsure, feel free to contact us.

Ongoing nutrition support & advice

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

