



Ashwagandha Complex Day 60 Tabs

THOMPSON'S | TMSDAY60

The Ashwagandha Complex Day is formulated with two herbal ingredients Ashwagandha and Bacopa.

Ashwagandha is traditionally used in Western herbal medicine to help the body adapt to stress.

Ashwagandha and Bacopa are traditionally used in Ayurvedic medicine to enhance brain health and to improve:

- cognitive performance.

- memory recall.

- learning ability.

SUITABLE FOR

DIRECTIONS FOR USE

Two capsules in the morning (with food), or as professionally prescribed.

CAUTIONS AND INTERACTIONS

Always read the label. Use only as directed. If symptoms persist talk to your health professional.

BENEFITS

Ashwagandha is used in Traditional Western Herbal medicine to:

- Help the body adapt to stress

and in Traditional Ayurvedic medicine to:

- Calm the mind
- Improve memory, recall & learning ability
- Help support general health & wellbeing

Bacopa is used in Traditional Ayurvedic medicine to enhance brain health, improving memory and cognition

NO ADDED

No Added Gluten, lactose, nuts, shellfish, sugar, dairy, egg, fish, sesame seeds, soya bean. No artificial colours or flavours.

The active ingredients in both products are plant-based and vegan friendly.

PACK SIZES

- TMSDAY60 - 60 Tabs

ACTIVE INGREDIENTS

Ashwagandha extract	150mg
derived from dry root	1.5g (1500mg)
standardised to contain Withanolides	3.75mg
Bacopa extract	150mg
derived from dry leaf	3g (3000mg)
standardised to contain Bacosides	35mg