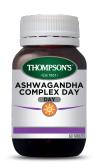


### **CONTACT US**

Email us orders@integria.com Call us 1300 654 336





# Ashwagandha Complex Day 60 Tabs

THOMPSON'S | TMASDAY60

	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			



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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			
TMASDAY60 - 60 Tabs			



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## **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