



## Ashwagandha Complex Night 60 Tabs

THOMPSON'S | TMASNGT60

Thompson's Ashwagandha Complex Night is formulated with a blend of specially selected herbal active ingredients namely Ashwagandha, Passion Flower and Lavender. Ashwagandha Complex Range can help provide the daily support you need for the symptoms of stress so you can get on with your day.

The Ashwagandha Complex Night is traditionally used in Western herbal medicine to:

- reduce disturbed sleep
- reduce nervous tension
- reduce sleeplessness

Ashwagandha is traditionally used in Western herbal medicine to help the body adapt to stress and Passionflower and lavender oil are traditionally used in Western herbal medicine to support healthy sleeping patterns.

### SUITABLE FOR

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### DIRECTIONS FOR USE

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Two capsules evening, or as professionally prescribed.

## CAUTIONS AND INTERACTIONS

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

## BENEFITS

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Ashwagandha is used in Traditional Western Herbal medicine to:

- Help the body adapt to stress

and in Traditional Ayurvedic medicine to:

- Reduce sleeplessness
- Help support general health & wellbeing

Passion flower and Lavender Oil are used in Traditional Western Herbal medicine to:

- Reduce nervous tension and unrest
- Induce sleep, reduce restless sleep and relieve sleeplessness

## NO ADDED

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## PACK SIZES

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- TMSNGT60 - 60 Tabs

## ACTIVE INGREDIENTS

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Ashwagandha extract	150mg
Derived from dry root	1.5g (1500mg)
Standardised to contain Withanolides	3.75mg
Passionflower extract	150mg
Derived from dry herb (flowering and fruiting)	750mg
Lavender Oil	20mg