

ASHWAGANDHA

THE STRESS RELIEVER

ASHWAGANDHA KEY POINTERS

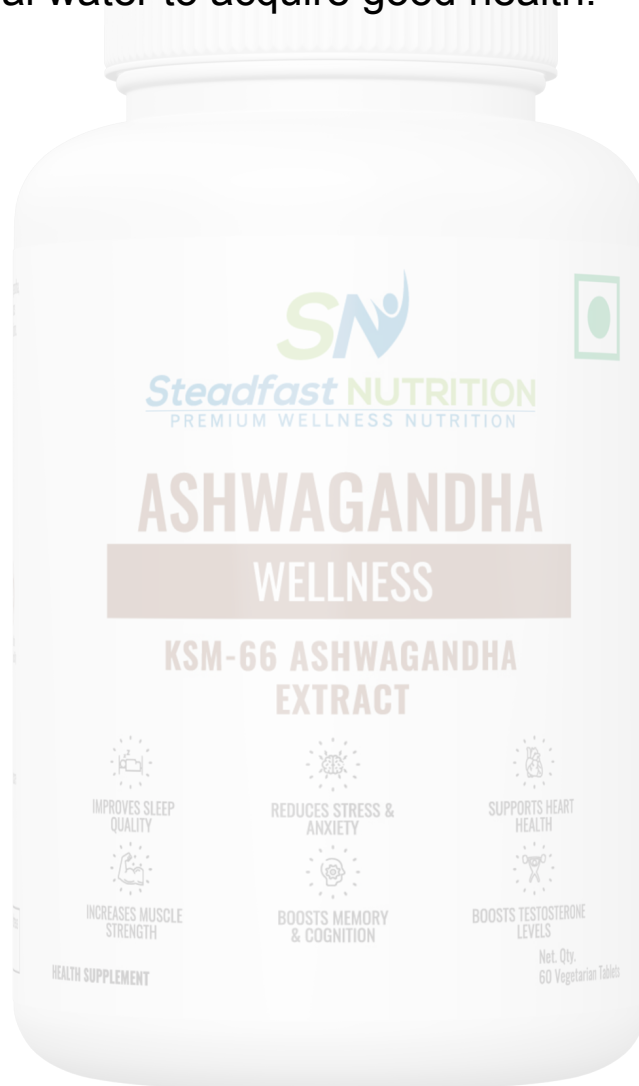
1. **Steadfast NUTRITION'S** Ashwagandha consists of 500 mg of KSM-66 Ashwagandha root extract, which helps improve sleep quality, reduces stress and anxiety, boosts memory and cognition, increases muscles strength and boosts testosterone levels.
2. KSM-66 Ashwagandha roots has special property that it consists of full spectrum roots which are highly absorbable in nature.
3. Ashwagandha helps Ashwagandha is a renowned adaptogenic herb that helps the body resist stress and reduces anxiety by lowering the levels of cortisol, the stress hormone that causes fatigue and mental foginess.
Ashwagandha helps balance energy and reduces fatigue by supporting,
4. strengthening, and revitalising body functions in humans.
Ashwagandha is a traditional herb, renowned for its ability to boost
5. memory and cognition. It also helps improve the motor responses of neurones.
Ashwagandha helps enhance muscular strength, improving athletic
6. performance.
Ashwagandha has shown promising results in increasing testosterone
7. levels, helping combat infertility issues especially in men.
Ashwagandha has shown proven results as an anti-inflammatory agent.
8. Withaltonides in the herb possess strong anti-inflammatory and analgesic property helps reduce muscles and joint pains and inflammations.

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9. Research suggests Ashwagandha can help manage diabetes by stimulating the production of insulin and reducing blood sugar levels.
10. Take a tablet of Steadfast Ashwagandha anytime during the day with lukewarm or normal water to acquire good health.



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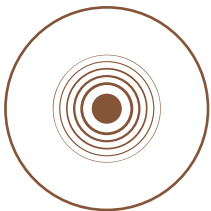
**Improves Sleep
Quality**



**Supports Heart
Health**



**Reduces Stress
& Anxiety**



**Reduces
Inflammation**



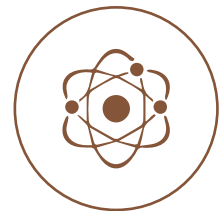
**Boosts Memory
and Cognition**



**Boosts Muscle
Endurance**



**Boosts Muscle
Endurance**



**Supports
Metabolism**