

## **“Ashwaganda Capsules” – 600mg each**

### **PRICE:**

10's Capsules = as listed on current price list & website

60's Capsules = as listed on current price list & website

DOSAGE: take 1-2 capsules per day, 1 in morning, 1 at night, no less than 2 hours before or 2 hours after chronic medication. Do not exceed this dosage. Not to be used by children under the age of 16 years.

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### **FAQs : "Frequently Asked Questions" about “Ashwaganda Capsules”**

#### **► Question 1: What is Ashwaganda?**

“Withania somnifera”, a.k.a. “Indian Ginseng”

Ashwaganda is an herb native to Asia and Africa. Also called “Indian ginseng,” it’s been used in traditional Indian Ayurvedic medicine for thousands of years to ease pain and inflammation, boost nutrition, and treat insomnia, along with other conditions.

Ashwagandha is also considered an adaptogen. That means it helps your body better manage stress.

#### **► Question 2: What type and size of capsules are used?**

600mg Size 00 “Vegan Gelatin” Capsules

#### **► Question 3: Does this “Ashwaganda Capsules” contain any fillers?**

NO

#### **► Question 4: What are the benefits of “Ashwaganda Capsules”?**

- Alzheimers
- Anti-inflammatory
- Antioxidant
- Anxiety
- Arthritis
- Boosts cognitive function
- Boosts testosterone
- Cancer, Prostate cancer
- Concentration
- Diabetes
- Enhances energy levels
- Erectile dysfunction
- Insulin resistance

- Improves immune function and metabolism
- Increases libido, sexual function, aphrodisiac
- Increases male fertility, sperm count
- Improves brain health
- Improves athletic performance
- Improves muscle strength
- Improves recovery times after exercise
- Insomnia
- Lowers cortisol levels
- Mood imbalances
- Reduces blood sugar levels
- Stress

► **Question 5: What is the side effects of “Ashwaganda Capsules”?**

1. Ashwagandha is generally considered safe for most people. However, some side effects may occur, especially if consumed in large quantities. It is crucial to exercise caution when taking ashwagandha alongside certain other medications.
2. Sedative: Ashwagandha may cause sleepiness and slow breathing, so taking it in combination with sedatives may increase these effects.
3. Thyroid hormone: Because Ashwagandha might increase the body's production of thyroid hormone, taking it with thyroid hormone pills might result in excessive levels of thyroid hormones.
4. Common side effects may include drowsiness, upset stomach, diarrhea, and vomiting. However, these side effects are usually mild and can be managed by adjusting your dosage or discontinuing use.
5. In some cases, ashwagandha might increase the side effects associated with chemotherapy and radiation, such as fatigue and weakness.

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Ashwaganda Capsules”

► **Question 6: Who cannot use “Ashwaganda Capsules”?**

- Not to be used by pregnant, lactating women.
- People with autoimmune disease.
- Children under the age of 16.
- See answer to Question 5.

► **Question 7: Is “Ashwaganda Capsules” approved by the Medical & Health Authorities?**

NO, it is a 100% herbal and natural product. It is absolutely the client's own decision to follow the pharmaceutical route, or the natural route. Read our full Disclaimer on our

website: [www.dianas.co.za](http://www.dianas.co.za)

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using "Ashwaganda Capsules"

► **Question 8: What is the required dosage:**

- Adults may take 1-2 capsules per day, 1 in morning, 1 at night, no less than 2 hours before or 2 hours after chronic medication.
- Do not exceed this dosage
- Not to be used by children under the age of 16 years.
- Important to consult your own Medical Doctor and/or Oncologist prior to using "Ashwaganda Capsules"

► **Question 9: Is "Ashwaganda Capsules" addictive or habit forming?**

NO

► **Question 10: Will you experience any withdrawal symptoms when quit using "Ashwaganda Capsules"?**

NO

► **Question 11: How soon after I start using "Ashwaganda Capsules" will I notice a difference?**

Some people may experience the benefits immediately, or after several days. In some cases, it may take longer.

► **Question 12: What is the shelf life of "Ashwaganda Capsules"?**

The shelf life is +- 1 year from the date of purchase.

Important to store your "Ashwaganda Capsules" away for heat and direct sunlight.