

# Ashwagandha Gummy



A hardworking blend of herbal ingredients and Vitamin B complex promotes full relaxation and peace of mind.

With its mood-lifting effects, **Ashwagandha** is an adaptogen that reduces levels of cortisol in the blood stream.

**L-Theanine** contributes to relaxation and has a positive effect on regulating blood pressure, as well as on mental activity and the immune system.

**Vitamin B6** and **B12** contribute to the reduction of tiredness and fatigue.<sup>1</sup>



Nutrients (per gummy)	Target quantity
Ashwagandha Extract	50mg
Rhodiola Crenulata Extract	25mg
L-Theanine	44.66mg
Vitamin B3	4mg
Vitamin B6	0.43mg
Vitamin B2	0.37mg
Vitamin B1	0.3mg
Vitamin B12	0.3µg

Pectin based

Flavour: Natural Orange

Shape: Round | Colour: Brown | Weight: 3g per gummy

Product code: 300009164

<sup>1</sup> | EFSA Claim