

## Product Profile

# ASHWAGANDHA

*Withania somnifera*

Liquid extract of dried root.

**Actions:** Adaptogenic tonic that promotes vitality and vigor. Sexual tonic. Nervine sedative.

**Uses:** Tiredness and general debility; nervous and sexual debility; lack of concentration and memory loss; drug burnout. Headache.

**Dose:** Take 30 to 40 drops, 2 or 3 times per day. Often taken with milk in traditional Ayurvedic medicine.

**Cautions:** Consult a qualified midwife or physician before taking during pregnancy.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.