

# Maharishi AyurVeda - Public Information

<b>UK Product Name</b>	Ashwaganda (Withania root)	<b>Code Name</b>
<b>Availability</b>		
<b>Description</b>	Aswagandha or Winter Cherry is rejuvenative and adaptogenic. It supports the reproductive, nervous and respiratory systems. It is one of the ingredients used in Dr Nancy Lonsdorf's teas recommended for menopausal support.	

## Ingredients

**Contraindications/Precautions** Not recommended for extended use by itself.

**Over dose and its Management**

**Side Effects and Interactions**

**Potential Allergens** None known.

## Usage

**Age Group**

**Dosage Form**

**Method of Use**

**How Long to Continue Use?**

**Specific Dietary/Lifestyle Advice**

## Presentation

**Presentation**

**Net Weight grams** 50

**Storage**

**Shelf Life (months)**

**Regulatory Status**