

# Ashwagandha Complex

Stress Relief<sup>†</sup> • Maximize Energy • Support Healthy Cortisol Levels<sup>\*^</sup>

**Ashwagandha Complex** is a potent, herbal adaptogen formula that supports a healthy physical and mental response to stress.\*<sup>†</sup>

**Maximize energy**  
**Relieve stress<sup>†</sup>**  
**Support healthy cortisol levels<sup>\*^</sup>**  
**Sharpen focus and concentration**  
**Promote healthy adrenal function**  
**Enhance physical performance**  
**Promote muscle tone and strength\***

**Recommendations:** 1 capsule daily.  
 For optimal results, take on an empty stomach.  
 If pregnant or nursing, consult a healthcare practitioner before use.

†Occasional stress or fatigue.  
<sup>\*</sup>Supports healthy levels already within normal range.

\*These statements have not been evaluated by the Food and Drug Administration.  
 This product is not intended to diagnose, treat, cure, or prevent any disease.

JC 34 91 + 3(5,6)EM L70016.17

**EuroMedica®**

## Ashwagandha Complex

**Stress Relief<sup>†</sup>**  
**Maximize Energy**  
**Support Healthy Cortisol Levels<sup>\*^</sup>**

**CLINICALLY STUDIED INGREDIENTS**

**VEGAN**  
**NON-GMO**  
**DIETARY SUPPLEMENT**

60 Capsules

**SUPPLEMENT FACTS**

Serving Size: 1 Capsule	Servings Per Container: 60
Amount Per 1 Capsule (Veg): %DV	
Proprietary Complex	500 mg
Ashwagandha ( <i>Withania somnifera</i> ) Root Extract (KSM-66 <sup>®</sup> ) standardized to contain ≥ 5% withanolides, Rhodiola ( <i>Rhodiola Rosea</i> ) Root Extract (EPR-7 <sup>™</sup> ) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** hydroxypropyl methylcellulose (vegetable cellulose capsules), microcrystalline cellulose, rice bran extract, silica.

Manufactured by a cGMP compliant facility exclusively for: **EuroMedica**, 955 Challenger Drive, Green Bay, WI 54311  
 866-842-7256 [euromedicausa.com](http://euromedicausa.com)

**No** sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives.

KSM-66<sup>®</sup> is a registered trademark of Ixoreal Biomed Private Limited.

Ashwagandha Complex is a potent, herbal adaptogen formula that supports a healthy physical and mental response to stress from within with ashwagandha and rhodiola.\*<sup>†</sup>

This combination of two herbal extracts helps promote energy, vitality, and stress resistance. It provides clinically tested ashwagandha and rhodiola at clinically studied levels to help your patients adapt to mental and physical stress.\*<sup>†</sup>

**Ashwagandha** (*Withania somnifera*) is used in Ayurvedic medicine to promote physical and mental health and rejuvenate the body. Research studies have found that ashwagandha increases resistance to stress and increases antioxidant activity. While useful for both men and women, studies specifically on men have shown that administration of ashwagandha is associated with decreased stress and healthy semen quality.\*<sup>†</sup>

**Rhodiola** (*Rhodiola rosea*) provides rosavins and salidroside, compounds that can help reduce acute stress. In clinical tests of people in stressful occupations, rhodiola extract was shown to improve energy, reduce fatigue, and boost concentration, focus, and mental clarity.\*<sup>†</sup>

Each amazing botanical in the formula is standardized for its key compounds ensuring potency and benefits.

### Health Benefits:

- Maximizes energy and relieves stress<sup>†</sup>
- Supports healthy cortisol levels<sup>\*^</sup>
- Sharpens focus and concentration
- Promotes healthy adrenal function
- Enhances physical performance
- Promotes muscle tone and strength\*

### What Makes Our Product Unique:

- Each botanical adaptogen is standardized for key compounds, ensuring potency and benefits
- Effective ashwagandha: While useful for both men and women, studies specifically on men have shown that administration of ashwagandha is associated with decreased stress and healthy semen quality\*<sup>†</sup>
- Our rhodiola provides rosavins and salidroside, compounds shown to help reduce acute stress\*<sup>†</sup>

To view all our products, go to [euromedicausa.com](http://euromedicausa.com)  
 For more information call 866.842.7256

## Frequently Asked Questions for Ashwagandha Complex

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### Q. Is there any caffeine in Ashwagandha Complex?

A. No, Ashwagandha Complex does not contain any caffeine. It is not a stimulant, and will not adversely affect your heart rate or blood pressure. However, because of its energizing impact, it is probably best to take Ashwagandha Complex in the morning or mid-day.\*

### Q. Why should Ashwagandha Complex be taken on an empty stomach?

A. Many experts feel that Rhodiola rosea is better absorbed on an empty stomach. However, if you prefer not to take supplements on an empty stomach, Ashwagandha Complex can be taken with a small amount of food.

### Q. Is Ashwagandha Complex good for athletes?

A. Absolutely! The adaptogenic herbs in Ashwagandha Complex are energizing, reduce oxidative stress, increase endurance and promote stamina.\* In fact, some of the key clinical research on adaptogens have shown that they are a perfect match for anyone in physically demanding regimens.

### Q. Since it relieves occasional stress, is Ashwagandha Complex a sedative of some type?

A. No, Ashwagandha Complex is not a sedative. As a blend of two high potency adaptogens, the reduction in stress has more to do with relieving the impact of physiological stressors like extremes of activity and increased energy demands. While it plays a role in improving mood and sharpens concentration and focus, this is not via any sedating activity.\*†

## What to Pair with Ashwagandha Complex

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**Adrenaplex®** Contains highly absorbable freeze-dried adrenal extract, tyrosine, licorice extract, vitamin C, and many other nutrients that support healthy adrenal gland function and manage fatigue.\*†

**CuraPro®** A single-ingredient supplement that provides clinically studied, enhanced absorption curcumin with up to 500 times better absorption and greater blood retention at significant levels time than turmeric.\* CuraPro's curcumin shows positive benefits and support for immune, cellular, and cognitive health and well-being.\*

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