



# Ashwagandha Complex

Daily Stress Relief, Maximize Energy, Support Healthy Cortisol Levels\*†



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## Ashwagandha Complex

Daily Stress Relief†  
Maximize Energy  
Support Healthy Cortisol Levels\*

CLINICALLY STUDIED  
INGREDIENTS

60 Capsules

NON-GMO DIETARY SUPPLEMENT

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®) standardized to contain ≥ 5% withanolides, Rhodiola ( <i>Rhodiola Rosea</i> ) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside	

\*\* Daily Value (DV) not established

Other Ingredients: hydroxypropyl methylcellulose (vegetable cellulose capsules), microcrystalline cellulose, coconut oil powder, silica.

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

Contains milk. The ashwagandha roots are soaked in milk, in accordance with traditional Ayurvedic practice, and thus may contain trace amounts (<25 parts per million) of milk.

KSM-66® is a registered trademark of Ixoreal Biomed Private Limited. Manufactured by a cGMP compliant facility exclusively for: EuroMedica 955 Challenger Drive Green Bay, WI 54311 866-842-7256 euromedicusa.com

**Ashwagandha Complex** is a potent, herbal adaptogen formula that improves the body's physical and mental response to stress.\*†

- Maximize Energy
- Relieve Stress†
- Support Healthy Cortisol Levels
- Sharpen Focus and Concentration
- Promote Healthy Adrenal Function
- Enhance Physical Performance
- Promote Muscle Tone and Strength\*

**Recommendations:** 1 capsule daily, may increase to 1 capsule three times daily, or as recommended by your healthcare practitioner. For optimal results, take on an empty stomach. If pregnant or nursing, consult a healthcare practitioner before use.

† Occasional stress or fatigue

\*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.

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**Ashwagandha Complex** is a potent, herbal adaptogen formula that fights stress† and strengthens the body from within with ashwagandha and rhodiola. Together, these botanicals help:

- Maximize Energy
- Relieve Stress†
- Support Healthy Cortisol Levels
- Sharpen Focus and Concentration
- Promote Healthy Adrenal Function
- Enhance Physical Performance
- Promote Muscle Tone and Strength\*

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 you adapt to mental and physical stress every day.\*† You'll notice the difference!

- **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.\*†
- **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.\*

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

To view all our products, go to: [EuroMedicaUSA.com](http://EuroMedicaUSA.com)

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## Frequently Asked Questions for Ashwagandha Complex:

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

A. No, **Ashwagandha Complex** is a caffeine-free formula. 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.\*

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

A. No, **Ashwagandha Complex** is not a sedative. It plays a role in supporting mood and sharpening concentration and focus, this is not via any sedating activity.\*

### What to pair with Ashwagandha Complex®:

- **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, bioavailable 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.\*

† Occasional stress or fatigue.

^ Based on enhanced absorption of CuraPro curcumin versus equivalent weight capsule of unstandardized turmeric containing 2% curcumin.

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