Ashwaganda

What is it?

Ashwaganda (Withania somnifera) is an herb found most commonly in India and has been used in Ayurvedic medicine (traditional Indian medicine) for years. It is used for mild anxiety and insomnia, and is also a general ‘adaptogen’ which helps your body to restore its own balance and fortitude to help with stress.

How much should I take?

In general the dose is a 500mg tablet standardized to ‘withanolides’, the active ingredient. When first starting, it is best to take it at bedtime.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. Most people tolerate this herb without problems, but please consult your provider or the Pharmacist if you have further medical problems or concerns. We are dedicated to your health and wellbeing!