

# Ashwadhya Gummies

## Ashwagandha Gummies

Natural Stress Relief and Vitality Boost in a Tasty Gummy

---

### Description

**Ashwagandha Gummies** are a delicious and convenient way to incorporate **Ashwagandha**, a powerful adaptogen, into your daily wellness routine. Known for its ability to promote **stress relief**, improve **mental clarity**, and boost **energy levels**, Ashwagandha has been used for centuries in traditional Ayurvedic medicine to help the body adapt to stress and enhance overall vitality.

These gummies are formulated with high-quality Ashwagandha extract, offering a natural way to manage stress, support immune function, and improve focus—without the need for pills or capsules.

---

### Key Benefits of Ashwagandha

- **Reduces Stress and Anxiety:** Ashwagandha is known for its **adaptogenic properties**, helping to regulate cortisol (the stress hormone) levels in the body. This can help promote **calmness**, reduce **anxiety**, and improve emotional well-being.
- **Improves Energy and Stamina:** Ashwagandha enhances overall vitality by increasing the body's **energy levels** and **stamina**. It can help fight fatigue and promote better physical endurance.
- **Supports Immune Health:** Regular use of Ashwagandha has been shown to support the **immune system**, helping the body to resist infections and stay healthy, especially during times of stress.
- **Enhances Mental Clarity and Focus:** By reducing stress and promoting mental relaxation, Ashwagandha helps improve

**concentration, focus, and mental clarity**, making it an excellent choice for enhancing cognitive function.

- **Supports Healthy Sleep Patterns:** Ashwagandha promotes relaxation and may improve **sleep quality**, making it easier to fall asleep and stay asleep.
- 

### Why Choose Our Ashwagandha Gummies?

- **Stress and Anxiety Relief:** Each gummy contains an optimal dose of **Ashwagandha** to help you feel more **relaxed, calm**, and balanced in your daily life.
  - **Convenient and Delicious:** These gummies are a fun and easy way to experience the benefits of **Ashwagandha**. No need to swallow pills—just chew and enjoy!
  - **Supports Overall Well-Being:** Not only do Ashwagandha gummies help with stress, but they also support **energy, mental clarity, and immune health** for a holistic wellness approach.
  - **Non-GMO and Gluten-Free:** Our gummies are made without artificial ingredients and are **gluten-free** and **non-GMO**, ensuring that you're getting a clean, natural supplement.
- 

### Nutritional Information (Per Gummy)

Each **Ashwagandha** gummy provides a convenient serving of this powerful herb. The exact nutritional value may vary, but typically the gummies contain:

- **Ashwagandha Extract:** 300 mg (standardized to a high concentration of withanolides)
- **Energy Value:** Low, typically around **9-15 kcal per gummy**
- **Carbohydrates:** Minimal, usually around **2-3 g per gummy**

- **No added artificial colors, flavors, or preservatives**
- 

## Suggested Use

- Take **1-2 gummies** daily or as recommended by your healthcare provider.
  - Chew thoroughly before swallowing.
  - For optimal results, incorporate these gummies into a healthy lifestyle, including regular exercise and a balanced diet.
- 

## Storage

- Store in a **cool, dry place** at room temperature.
  - Keep out of reach of children.
- 

## Precautions

- **Consult your doctor** if you are pregnant, breastfeeding, have any underlying health conditions, or are taking medications (especially sedatives or anti-anxiety medications) before using this product.
  - Do not exceed the recommended dosage.
  - Discontinue use and consult your healthcare provider if you experience any adverse reactions.
- 

## Disclaimer

This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease. Results may vary from person to person. Always follow the recommended dosage and consult with a healthcare professional for personalized advice.

---

Ashwagandha Gummies — Naturally Support Your Stress Relief, Energy, and Mental Clarity in Every Bite!

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

Plot no.: 367-FF, Industrial Area Phase-I,  
Panchkula-134113

TM: Trademark Applied for