

## Composition

### Each Capsule Contains

Shoden® *Withania somnifera*-  
(L.) Dunal (ashwagandha) extract 240 mg  
(root and leaf, 40:1 extract standardised  
to contain 35 % withanolide glycosides)

**Other Ingredients:** Brown rice flour, silica and vegetable stearate in a clear vegetable capsule. Contains no known allergens, no sugar or gluten, no artificial flavours or preservatives.



### Indications:

Supports stress management, sleep quality, cognition, and vitality.

### Recommended Use:

Adults and children over 12 years:

Take 2 capsules per day or as directed by your healthcare provider.

Do not exceed the recommended dose.

Consult your healthcare provider before taking Bio-Shoden® Ashwagandha if you are pregnant, have a medical condition, or are taking prescription medication.

Store at or below 25 °C.

Keep in outer container until required for use.

Protect from light and moisture.

Keep out of reach of children.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### Complementary Medicine D33.3

**Lot/Batch No & Expire Date:** See bottom of pack.



**COYNE**  
HEALTHCARE

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