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# Ashwagandha Capsule

- **Reduces Stress**  
Acts as an adaptogen to lower cortisol levels and help the body manage stress.
- **Eases Irritability and Anxiety**  
Promotes a calm and relaxed state of mind, reducing mood swings and restlessness.
- **Improves Sleep Quality**  
Encourages restful sleep and helps with insomnia or disturbed sleep patterns.
- **Boosts Testosterone Levels in Men**  
Supports hormonal balance, improving vitality and reproductive health in men.
- **Enhances Male Fertility**  
May improve sperm count and motility, contributing to better fertility.

**Use: Consume 1-1 capsule every morning and evening after meals.**



# Ashwagandha Capsule

- **Reduces Arthritis-Related Pain**  
Has anti-inflammatory properties that help ease joint pain and stiffness.
- **Improves Cognitive Function**  
Enhances memory, focus, and overall mental clarity.
- **Supports Brain Health**  
Protects brain cells from oxidative stress and may delay age-related cognitive decline.
- **Increases Energy and Stamina**  
Helps boost overall energy levels and reduce fatigue.
- **Strengthens Immunity**  
Supports immune system performance through its antioxidant and anti-inflammatory effects.

**Use: Consume 1-1 capsule every morning and evening after meals.**