

# Plusssz Electrolytes 100 % Ashwagandha Complex

Dietary supplement.

Effervescent tablets, apple-mint flavour.

Contains sugar and sweeteners.

Preparation **Plusssz Electrolytes Ashwagandha Complex** contains a special set and concentration of all the most important electrolytes, as well as vitamin C and Ashwagandha extract, all enriched with coenzyme Q10.

In Canada, Ashwagandha root is listed as an active ingredient in approved natural health products (NHPs). The European Food Safety Authority (EFSA) allows a total of 11 health claims for ashwagandha, specifically the following general claims: antioxidant activity, adaptogenic activity, reproduction, rejuvenation, respiration, energy, mental, stress & sleep, skin, cardiovascular health, and cognitive health.

**Calcium** contributes to the upkeep of proper energetic metabolism.

**Magnesium** helps in the proper functioning of muscles and contributes to the decrease of the feeling of fatigue and exhaustion.

**Potassium** helps in the proper functioning of muscles and the nervous system.

A varied diet and healthy lifestyle are important to stay healthy.



## Content:

**Ingredients:** acidity regulator: citric acid; sodium bicarbonate; magnesium salts of citric acid; bulking agent: sorbitols; calcium carbonate; potassium chloride; L-ascorbic acid; potassium citrate; ashwagandha root extract (Withania somnifera); anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; flavourings; natural flavourings; potassium iodide; manganese gluconate; sweeteners: cyclamates, saccharins; colours: copper complex of chlorophylls and chlorophyllins, riboflavins; lemon juice in powder – 0,1%; coenzyme Q10.

Content of vitamins, mineral ingredients and other active ingredients in a recommended daily intake – 3 tablets (% daily Nutrient Reference Value (Adults)):

|           |          |      |
|-----------|----------|------|
| Vitamin C | 200 mg   | 250% |
| Magnesium | 187,5 mg | 50%  |
| Calcium   | 200 mg   | 25%  |
| Chloride  | 200 mg   | 25%  |
| Manganese | 0,5 mg   | 25%  |

|                     |        |      |
|---------------------|--------|------|
| Potassium           | 300 mg | 15%  |
| Sodium              | 600 mg | -    |
| Iodine              | 150 mg | 100% |
| Ashwagandha extract | 60 mg  | -    |
| Coenzyme Q10        | 400 µg | -    |

Product may contain **lactose** (from **milk**).

## How to use:

Dissolve a tablet in a glass (200 ml) of cold water.

Recommended daily intake: 3 tablets a day.

Do not exceed the recommended daily intake of the product.

Dietary supplement cannot be used as a substitute of a varied diet.

## Packing:

- 24 effervescent tablets, apple-mint flavour
- Net weight: 96 g (24 tablets ± 4 g)