

# Ashgand+

## Product Description & Usage Document

### Product Description

Ashwagandha Men's Vitality Paste is a traditional semi-solid herbal formulation crafted to enhance men's strength, stamina, and long-term vitality. This paste features Ashwagandha as its primary active ingredient, complemented by nourishing fruits, natural carriers, and digestion-balancing herbs to ensure effective absorption and sustained benefits. It works gradually and naturally, aiding the body in recovering from stress, fatigue, and physical exhaustion while promoting overall male vitality. Suitable for daily, long-term use, it is free from synthetic stimulants and chemical preservatives.

### Category

Herbal Men's Vitality & Strength Support Formula (Vajikarana Rasayana)

### Key Benefits

- **Supports men's vitality and stamina**
- **Helps improve energy and endurance**
- **Assists with stress-related weakness**
- **Aids in physical recovery and boosts confidence**
- **Contributes to overall reproductive health**
- **Gentle on digestion when used regularly**

### Key Ingredients & Their Role

- **Ashwagandha (Withania somnifera):** Enhances strength, stress resilience, stamina, and recovery
- **Maviz-e-Munakka (Raisins):** Provides nourishment and supports energy levels
- **Triphala (controlled quantity):** Aids digestion and absorption
- **Pure Honey:** A natural carrier that improves absorption and shelf life
- **Cow Ghee:** Promotes Rasayana action and nourishes tissues
- **Cinnamon (Dalchini):** Enhances digestion and circulatory health

### Usage Instructions

**Recommended Dosage:** 10 g (1/2 tablespoon) once daily; may be taken twice daily if advised.

**How to Consume:** Mix with warm milk or lukewarm water.

**Best Time:** Either at night before sleep or in the morning on an empty stomach.

### Duration of Use

The minimum recommended duration is 4–6 weeks. For optimal results, continuous use for 8–12 weeks is advised.

## Storage & Shelf Life

- Store in a cool, dry place.
- Keep the container tightly closed.
- Use a dry spoon only.
- Do not refrigerate.
- **Best Before:** 6 months from the date of manufacture.
- No chemical preservatives added.

## Important Note

This product is a traditional herbal supplement aimed at enhancing general health and vitality. It is not intended to diagnose, treat, cure, or prevent any disease. Results may vary based on individual body constitution, diet, and lifestyle.