

SHATAVARI



The ayurvedic preparation that acts as a tonic for physical and mental fatigue

Shatavari [Asparagus racemosus (Willd.) Oberm.] is a plant with rasayana (rejuvenation) properties. Its roots yield the principles that stimulate energy and the functional vigor to maintain the body's youthful and vital aspect and an overall state of mental and physical health.

Shatavari is indicated as a tonic both for men and women regardless of age.

Besides its indications for use as a tonic for physical and mental fatigue, it is interesting to learn how this plant has been traditionally used in India for over a thousand years. In Sanskrit **Shatavari** stands for "she who is able to marry 100 times", underlining its powerful action on fertility.

The Ayurvedic culture has perpetuated the fame of **Shatavari** as that of a slow acting plant, therefore consumption over an extended period is recommended in order to appreciate its effectiveness.

Ingredients: Shatavari (Asparagus racemosus Willd.) root, dicalcium phosphate, mais starch, magnesium stearate, talcum.

Recommended daily intake: 2 tablets twice a day on empty stomach with warm water or other warm beverage.

Presentation: bottle of 60 tablets.



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