



# ASHWAGANDHA FOR STRESS SUPPORT

Between work, family, hobbies, and trying to stay on top of all you have going on, it may not be a surprise that you feel stressed from time to time. The good news is that there are many things you can do to help cope with stress, including getting enough sleep, being active, and eating well.

Another option to help manage stress is to take an ashwagandha supplement.\*

## WHAT IS ASHWAGANDHA?

Ashwagandha is an evergreen shrub that grows in India, Africa, and parts of the Middle East. The botanical name is *Withania somnifera*, and it's also known as "Indian Winter Cherry" or "Indian Ginseng."

Ashwagandha is commonly used in Ayurveda, a traditional practice in India. Ayurveda takes a holistic approach to mental and physical health by combining herbs with diet, exercise, and lifestyle approaches.

## HOW DOES ASHWAGANDHA PROVIDE STRESS SUPPORT?

In general, stress is your body's response to the complexities of life. Stress is also complex, and can affect each individual's body differently. Beyond being part of Ayurvedic practice, ashwagandha is considered an adaptogen. Adaptogens are believed to help the body adapt to stress.\*

## ASHWAGANDHA SUPPLEMENTS FOR STRESS

If you want to try ashwagandha to help manage stress,\* you can find it in several different types of supplements, including a tasty **vitafusion™** gummy!

Each serving of **vitafusion Ashwagandha** contains 125 mg of clinically shown Sensoril™ Ashwagandha to help you manage stress.\* These delicious blueberry-flavored gummies turn stress management support into a delicious part of your day!\*

Brought to you by the **vitafusion™** nutrition experts

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**