



# IMPROVE YOUR ABILITY TO COPE WITH STRESS & ENVIRONMENTAL CHANGES



**A SYNERGISTIC BLEND OF ASHWAGANDHA HERB AND MAGNESIUM TO HELP WITH ALLEVIATING STRESS, ANXIETY, INSOMNIA AND FATIGUE IN OUR EVERYDAY LIFE.**

Used since ancient times, Ashwagandha is also referred to as “Indian ginseng” because of its rejuvenating properties. The herb has shown incredible results for lowering cortisol and balancing thyroid hormones. Recent scientific studies support Ashwagandha’s ability to also to protect brain cells against the deleterious effects of our modern lifestyles.



## MEDICINAL INGREDIENTS. Each capsule contains:

Ashwagandha Root Powder. ....	500 mg
( <i>Withania somnifera</i> )	
Magnesium (Magnesium carbonate). ....	50 mg

## NON MEDICINAL INGREDIENTS:

Microcrystalline cellulose, gelatin.

## RECOMMENDED DOSE:

Adults take 2 capsules 2 times per day.

Does not Contain: Dairy, egg, gluten, soy, wheat, corn, yeast, nuts, artificial sweeteners, preservatives, colors or flavors.

## CAUTIONS:

Consult a healthcare practitioner prior to use if you are pregnant or nursing. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Sealed for your protection. Keep sealed, store in a cool, dry place at 15–25°C. **Keep out of reach of children.**

## DID YOU KNOW?

Adaptogens are herbs that improve an individual's ability to cope with stress. In times of increased stress, these herbs normalize the physiological process of the body and help it adapt to changes.



## PROVITA - A STORY OF LOVE AND HEALING -

Our founder, Dr. Lucian Delcea, started Provita out of necessity. His wife was ill. And when drugs failed her, he began his search for an alternative. Before Provita launched in 2005, he sifted through countless hours of research; counseling with some of the top European naturopaths to produce more progressive support for the body's functions. Dr. Delcea came to understand the body's healing process; how it could naturally overcome disease. All it needed were triggers to properly recognize and absorb nutrients for self repair. Provita is not just a natural health line - it's an understanding of the body's own mechanisms. Dr. Delcea's now healthy wife is testament to that.

## COMPLEMENTARY PRODUCTS

Magnesium Pro™

FEEL THE PROVITA DIFFERENCE!  
FIND US AT SELECT NATURAL HEALTH STORES

DELIVERED BY

FUNDING PROVIDED BY

