



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

WITHANIA COMPOUND CAPSULES

Withania Compound has been designed as a response to the countless number of people who suffer from the side effects of stress and tension. It has been shown at times to have a dramatic effect in the levels of calmness and the use of this compound has been a major factor in the relief of anxiety, insomnia, tissue-wasting diseases, conditions of the elderly.

The remedy is particularly useful for nervous exhaustion, tissue-wasting and sleep deprivation. It is particularly beneficial remedy for the nervous system and is superior to any other herb or compound – its remarkable effects are deep and long lasting.

You may use Withania Compound for long or small periods or time, and it is also safe for use during pregnancy. It comes in two different forms, powder and capsules.

There is no functional difference between the capsule or powdered form of Withania Compound. However, many people mix the powder with milk (traditionally, Withania was consumed with goats milk in India) and enjoy the smooth and sweet consistency. The choice is yours.

Herbs contained within this remedy include:

- **Withania:** Known as 'Indian ginseng', Withania is an adaptogenic herb which assists in normalising the body's processes. It is regenerating to the hormonal system, and a rejuvenator of the muscles, marrow, and sexual fluids.
It is used in all conditions where there is a weakness or tissue deficiency and for those who are overworked, stressed, lack sleep, suffer from nervous exhaustion, or have a low libido (or impotence). It can be used for the young and the old.
This remedy also contains Withania extract, which has exactly the same properties as normal Withania, except it is in a more concentrated form – this boosts the power of the remedy.
- **Slippery Elm:** A highly nutritive tonic food for conditions of deficiency. It helps to rebuild the plasma element of the body and to restore the mucous membranes, particularly of the stomach and lungs. Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces.
It is high in niacin, riboflavin, thiamine, and vitamins E, F, and K. It also contains the minerals calcium, iron, sodium, selenium, iodine, copper, zinc, potassium, and phosphorus. It has as much nourishment as oatmeal!
- **Cinnamon:** Cinnamon is beneficial for the circulatory, digestive, respiratory, and urinary system. It also has benefits for the plasma, blood, muscles, marrow, and nerves. The herb strengthens and harmonises blood circulation and is especially good for those suffering from weakness or fatigue.
It is also a pain reliever and strengthens the heart, warms the kidneys, and promotes digestion. Its action within this formula promotes all of the above, but it is also added as a natural buffer or anti-allergen to those with an intolerance to milk.

If you use the powder version of this product, then the product is typically consumed by mixing two teaspoons of Withania Compound with milk or water to make a paste. Once a paste is formed, continue to add either hot milk or water until the cup is full. You may wish to sweeten with honey or sugar.

Typical Dose: Withania Compound can be consumed as often as you like, although a typical dose is usually two to five capsules two to three times daily. For those who consume the product in powder form, a typical dose would be one cup per day.