



### Ingredients:

Dried / Ground Moringa Oleifera Leaf, Ashwagandha and Lions Mane.

**Recommended Serving:  
3 Capsules Per Day**

### Product Summary

- **Stress and Mood Support:** Ashwagandha's adaptogenic properties combined with Moringa's nutritional support could help manage stress and improve mood.
- **Cognitive Function:** Lion's Mane's potential cognitive and neuroprotective benefits, along with the overall nutritional boost from Moringa, might support brain health and mental clarity.
- **Overall Wellness:** The antioxidant and anti-inflammatory effects of these ingredients could contribute to general well-being and immune system support.

### Research:

#### Moringa Leaf

<https://pubmed.ncbi.nlm.nih.gov/32180294/>

### Responsible Cautions

- ▶ Keep out of reach of children and pets.
- ▶ If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

### Ingredient Highlights

#### Benefits of Moringa Use



### Ashwaganda:

This adaptogenic herb is used in traditional medicine to help the body manage stress and support overall resilience. It may aid in reducing anxiety, improving sleep quality, and enhancing cognitive function. It's also known to have antioxidant and anti-inflammatory properties.

### Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=ashwagandha+and+sleep>

### Lions Mane:

This medicinal mushroom is renowned for its potential benefits on brain health. It is believed to support cognitive function, memory, and mental clarity. Some studies suggest it may also have neuroprotective effects and promote nerve growth factor (NGF) production.

### Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=lions+mane>