Shatavari

Supplement facts

Serving size 1 capsule:

	Per serving:	*Recommended daily value:*
Asparagus racemosas root extract	500 mg	1000 mg

Nutritional facts per 100 grams

Calories	20 kcal
Dietary fiber	2,100 mg
Carbohydrates:	3,380 mg
Protein	2,200 mg
Vitamin C	5.6 mg
Vitamin E	1.13 mg
Vitamin K	0.0416 mg
Folates	0.052 mg
Niacin	0.978 mg
Thiamin	0.143 mg
Selenium	0.0023 mg
Zinc	0.54 mg
Iron	1.14 mg
Manganese	0.158 mg
Calcium	24 mg
Alpha-carotene	0.009 mg
Beta carotene	0.449 mg
Lutein-zeaxanthin	0.719 mg

Capsule made up of cellulose (HPMC)

Country of origin: India

Dietary supplements are no substitute for a varied diet. Do not exceed the recommended daily dose. This product is not intended to diagnose, treat, cure or prevent any disease. Always consult with your physician or health care provider before altering current care or embarking on a new treatment, drug or diet. Keep out of reach of children.

Health Recover

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We're here to help, so get in touch if you ever want to chat about things big or small.

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