

Amukkara Chooranam is derived from the root-tuber of the Withania somnifera plant - Ashwagandha - a key herb in ancient medicine, combined with antioxidant- and phytonutrient-rich spices. Ashwagandha is known as an adaptogen and for its immunomodulatory properties. The time-tested formula, as referenced in the ancient Siddha text, is renowned for its numerous therapeutic uses.

#### Amukkura Chooma Mathirai

Each 500 mg tablet contains powder of Withania somnifera Rt. 22.50%, Zingiber officinale Drd. Rz. 11.30% Piper longum Frt. 5.64%, Piper nigrum Frt. 2.83% Elettaria cardamomum Frt. 1.40%, Mesua ferrea Frt. 0.70%, Syzygium aromaticum FL.Bud. 0.35%, Saccharum officinarum 45.17%, Excipients 10.11%

2-4 Tablets with warm water 2-3 times a day, after food or as directed by physician

Store in a cool, dry place, away from direct sunlight. Keep the container tightly closed after use.

*Yogic Wellness*

# ASHWAGANDHA CHLOORANA MATHIRAI

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