

## Information For the User

Ashwagandha Ext 90 mg + Shatavari 90mg + Safed musli 90mg + Horny Goat Weed 80mg + Tribulus terrestris 50 mg + Fenugreek 30 mg + Mucuna pruriens 40 mg + Shilajit. 30 mg

# Fertiedge Fem Tablet

## Herbal Supplement Capsule: Composition and Overview

### Active Ingredients (Per Capsule):

- **Ashwagandha Extract:** 90 mg
- **Shatavari Extract:** 90 mg
- **Safed Musli Extract:** 90 mg
- **Horny Goat Weed (Epimedium) Extract:** 80 mg
- **Tribulus Terrestris Extract:** 50 mg
- **Fenugreek Extract:** 30 mg
- **Mucuna Pruriens Extract:** 40 mg
- **Shilajit (Black Asphaltum):** 30 mg

## What is This Supplement?

This capsule is a synergistic blend of potent herbal extracts traditionally used to support overall health, vitality, and hormonal balance. It is designed to enhance energy levels, promote physical and mental well-being, and support reproductive health for both men and women.

## Potential Benefits

1. **Energy and Vitality**
  - **Ashwagandha, Shilajit, and Safed Musli:** Help reduce fatigue, improve stamina, and support overall energy levels.
2. **Hormonal Balance**
  - **Shatavari and Fenugreek:** Support hormonal regulation, reproductive health, and fertility in both men and women.
3. **Reproductive Health**
  - **Horny Goat Weed, Tribulus Terrestris, and Mucuna Pruriens:** Traditionally used to enhance libido, improve fertility, and support sexual wellness.
4. **Stress and Mental Clarity**

- **Ashwagandha and Shatavari:** Help reduce stress, anxiety, and improve focus and mental clarity.

### 5. Physical Performance

- **Tribulus Terrestris and Safed Musli:** May enhance muscle strength and endurance, making it beneficial for physically active individuals.

## Dosage and Administration

- **Recommended Dose:** 1 capsule twice daily, preferably with meals, or as directed by a healthcare provider.
- **Administration:** Swallow the capsule whole with water.

## Precautions

- **Consult Your Doctor:**
  - Before use, especially if you are pregnant, nursing, or taking medication for hormonal imbalances, diabetes, or blood pressure.
  - If you have allergies to herbal products or a history of chronic health conditions.
- Avoid exceeding the recommended dose.
- Monitor for any adverse effects, especially if combining with other supplements or medications.

## Potential Side Effects

### Common:

- Mild gastrointestinal discomfort (e.g., nausea, bloating).
- Increased energy or restlessness.

### Rare but Serious:

- Hormonal effects or sensitivity to specific herbs.
  - Allergic reactions (e.g., rash, itching, swelling).
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## Drug Interactions

- May interact with medications for blood pressure, diabetes, or hormonal therapy.
  - Avoid combining with other stimulants or supplements with similar herbal ingredients.
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## Storage

- Store in a cool, dry place, away from direct sunlight.
  - Keep out of reach of children.
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**Disclaimer:** This supplement is intended for use as a dietary aid and is not a substitute for professional medical advice or treatment. Always consult a healthcare provider before beginning a new supplement regimen.

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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