HORIZON HEALTH SHOP · PRODUCT BRIEF

AYUSH HERBS

Sitawari

Shatavari root in one daily capsule, for women at every life stage.

500 mg Shatavari root per capsule

90 vegetarian capsules

1 single-herb formula

Sitawari provides 500 mg of Shatavari (Asparagus racemosus) root extract per capsule to support hormonal harmony, reproductive health, digestive comfort and emotional resilience in women.*

THE STORY

01 What it is

A single-ingredient vegetarian capsule from Ayush Herbs featuring Shatavari root extract, one of the foundational adaptogenic herbs of Ayurveda.

02 How it works

As an adaptogen, Shatavari supports hormonal harmony, healthy reproductive function and emotional resilience in women. It also supports digestive comfort and regularity.*

03 Why this formula

One herb at a 500 mg dose, with nothing else active. It is formulated for women at every life stage, including the natural transitions of perimenopause and menopause.

INSIDE THE FORMULA

Key ingredient

i Shatavari (Asparagus racemosus) root extract

The formula's only active ingredient, chosen for its broad role in supporting female hormonal and reproductive health across all life stages, as well as digestive and immune function.*

> **Is it right for you?** Everyone's body is different. Bring this brief to your next practitioner visit.

SUPPORTS

- Hormonal harmony*
- Reproductive health*
- Digestive comfort*
- Emotional resilience*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

Amount per serving	% Daily Value
Shatavari (Asparagus racemosus) root extract 500 mg	†

† Daily Value not established.

Other Ingredients: Vegetarian capsule (hypromellose), silicon dioxide, magnesium stearate (vegetarian source).

Free from milk, soy, egg and wheat.

SUGGESTED USE

Take 1 capsule daily. Consult your healthcare provider before using this or any other supplement.

CAUTION

During pregnancy or lactation, consult your physician before use. Keep out of reach of children. This product is sealed for your protection.

GOOD TO KNOW

Dairy-free and gluten-free. Vegetarian capsule.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. This brief is for educational purposes and is not a substitute for advice from a qualified healthcare practitioner.

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