

**Stress Management,
Sleep Quality, and
Overall Mental Well-Being.**

For All Ages

B-LIFE M

**Ashwagandha Extract USP +
Magnesium Gluconate USP**

Ashwagandha Extract (250 mg):

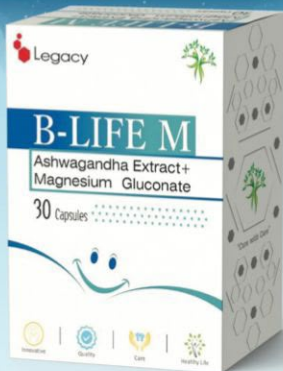
Known for its adaptogenic properties, Ashwagandha helps reduce stress, support energy levels, and enhance overall vitality.

Magnesium Gluconate (15 mg):

Supports muscle function, bone health, and helps reduce fatigue.

Uses:

B-Life M Capsule is designed to support stress management, boost energy, and promote overall health and vitality.



Composition

Each Capsule contains:

Ashwagandha Extract USP.....250mg
Magnesium Gluconate USP.....15mg

