

The East London Garden Society

Plant Facts

Ashwagandha

Ashwagandha root extract, together with the berries of the plant, are used for the production of tonics and capsules. It can be used to make tea, providing you with many health uses.

Ashwaganda comes in various forms. While there is no standard dose, it is usually recommended that you only ingest 3 to 6 grams of this powder daily. To get the maximum health benefits that the plant offers, you should make sure to use fresh Ashwagandha. Ideally, you should buy organic Ashwagandha to avoid