



## **Ashwagandha Supplement Sparks Hope Against High Prevalence Of Brain Diseases In The US**

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Amidst the threat of developing brain diseases, considering the soaring number of cases across the US, a natural Ashwagandha supplement gives hope to people wanting to protect themselves and their family.

Brain disease cases continue to soar across different states in the US affecting people of all ages, an alarming reality prompting health authorities to continue raising awareness and conducting medical trials to combat a variety of brain problems, but the numbers are yet to plummet and more individuals continue to be vulnerable to the health threat.

This is what Bri Nutrition's Ashwagandha Extra Strength supplement aims to address. By providing people with a natural and safe way to improve their brain health along with other significant health benefits, this potent Ashwagandha supplement seeks to help people get better overall health and peace of mind.

Not Just Any Other Ashwagandha supplement

We are not just selling another health supplement to the public; we are giving them a concrete hope in their

efforts to avoid developing brain diseases. Our Ashwagandha supplement is packed with potent Ashwagandha benefits that they can take advantage for their own protection," says Thomas Steven Lamont, Bri Nutrition Sales & Marketing Head.

The product, made of the strongest Ashwagandha ingredient manufactured under strict FDA- standards, offers the health benefits of the Indian botanical herb in an easy to consume capsule that is free from fillers and other chemical ingredients.

"Our manufacturing process complies with high FDA- standards done in an FDA-inspected facility to make sure that we are offering people only the best. We want it to be as natural as possible, so people won't have to worry about side effects," Lamont added.

### Ashwagandha and Brain Health

Several studies suggested the immense effects of Ashwagandha to people's health, particularly the nervous system and the brain.

An article published in the Asian Journal of Pharmaceutical and Clinical Research suggests the positive effects of Ashwagandha on various health conditions including chronic stress, anxiety and depression.

The article concluded that *Withania somnifera* or Ashwagandha is a potent supplement with beneficial effects on anxiety, cognitive, and neurological disorders, inflammation and Parkinson's disease, recommending further study and research.

### Bri Nutrition Ashwagandha Benefits

Aside from the brain health benefits, Bri Nutrition Ashwagandha Extra Strength, now available on Amazon, also offers other advantages including relief from stress with effects similar to anti-depressants and tranquilizers, effective antioxidant, potential to help treat degenerative diseases like Parkinson's and Alzheimers, and anti-cancer properties that also help people undergoing chemo-therapy.

For more information about Ashwagandha Extra Strength and other Bri Nutrition products, check out its Amazon store.

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## **BriNutrition**

*BRI Nutrition is a natural supplements company with a heart that's here to help customers in their journey towards achieving optimal health, longevity, and wellness.*

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