Before taking ashwagandha

Use these checks before deciding on any ashwagandha product.

- [ ] Ask a doctor first if pregnant, breastfeeding or planning surgery.
- [ ] Check with a doctor if you have a thyroid or autoimmune condition.
- [ ] Avoid ashwagandha if you have cirrhosis or advanced liver disease.
- [ ] Show a pharmacist your medicine list, including sedatives.
- [ ] Choose products verified by a third party such as USP or NSF.
- [ ] Watch for yellow skin or eyes, dark urine and itching.
- [ ] Seek urgent care if liver warning signs appear.
- [ ] Stop the product and call a clinician if you feel more anxious.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/supplements/ashwagandha-side-effects/