



## **INDICATIONS**

Fitovit, an herbal dietary supplement is indicated for:

- Generalized weakness and chronic fatigue
- Restoration of energy, vigor and vitality
- Improving appetite in chronic debilitating diseases
- As an antioxidant<sup>1</sup>

## **DOSAGE**

One capsule daily

---

<sup>1</sup> Mishra, LC, Singh, BB. Scientific Basis for the Therapeutic use of *Withania somnifera* (Ashwagandaha). A Review. In: *Alternative Medicine Review* 2000; 5:334-345.