# Feel Introduces Ashwagandha + Mushroom Complex for Menopause and Perimenopause Symptoms



Feel, a supplement brand, has introduced Ashwagandha + Mushroom Complex, aimed at alleviating menopause and perimenopause symptoms. Menopause typically occurs between ages 45-55, noted after 12 months without a menstrual period. Perimenopause precedes this phase and can begin as early as the mid-30s, bringing symptoms such as hot flushes, night sweats, sleep problems, and vaginal dryness. Mental symptoms include mood changes, anxiety, fatigue, brain fog, and memory issues.

Feel's supplement features KSM-66® Ashwagandha, a highly potent form of the herb backed by 24 clinical studies, known for reducing stress, improving mood, and enhancing cognitive function. The blend also includes adaptogenic mushrooms: Cordyceps, Reishi, and Lion's Mane, which aid in mood regulation, cognitive enhancement, and sleep improvement.

Angela Clucas, a Registered Nutritionist, endorses the supplement, noting improved focus and productivity. The product is vegan, gluten-free, and GMO-free, emphasizing natural, plant-derived ingredients. Feel offers the Ashwagandha + Mushroom Complex starting at £35.95, with a 20% discount code "INDEASHWA" for one-off purchases and subscriptions.

For more information, visit wearefeel.com.