

Ashwagandha Extract



Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711

Ashwagandha
Extract

Clinical Applications



- Helps to Counteract the Effects of Occasional Stress*
- Promotes Cardiovascular Health*
- Supports Memory and Cognition Function*
- Antioxidant Support*

Ashwagandha is an Ayurvedic herb exerts adaptogenic and neuroprotective effects. Ashwagandha is an herb that belongs to the pepper family and has and has been used extensively over 4,000 years for use in promoting overall health and longevity.

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Discussion

Ashwagandha, *Withania Somnifera*, is an adaptogenic herb that belongs to the pepper family. It has an extensive, 4,000-year history of traditional use and is one of the most revered and widely used Ayurvedic herbs. It's adaptogenic properties provide multi-functional support for promoting general mental and physical wellness, including support for occasional stress, joints, memory, immune function, and healthy lipid and glucose metabolism.*

Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 1.5% withanolides.

Withanolides are key constituents of this herb and play an important role in ashwagandha's overall ability to promote physical and mental health. In animal studies, ashwagandha has been shown to support the activity of lymphocytes and macrophages, moderate occasional stress, enhance memory and cognitive function, provide neuroprotection by scavenging free radicals, and support thyroid function. A small human clinical trial demonstrated the ability of ashwagandha to support healthy glucose and lipid metabolism. In a double blind, placebo-controlled clinical trial involving 42 volunteers, a formulation including ashwagandha indicated its potential to help promote joint comfort, which may involve modulation of cyclooxygenase enzyme activity. Other research suggests that it may promote relaxation and maintain healthy cortisol and C-reactive protein levels.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule

Ashwagandha Extract	300 mg*
((<i>Withania somnifera</i>)(root))	
(standardized to 1.5% withanolides (4.5 mg))	

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate, microcrystalline cellulose, and silicon dioxide.

Suggested Use

1 capsule daily with food or as directed by a healthcare professional.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product.

KEEP OUT OF REACH OF CHILDREN.



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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