

Ashwagandha Extract



Clinical Applications

- Increases Energy and Vitality*
- General Adaptogen for Combating Stress*
- Supports Calming the Mind*
- Promotes Restful Sleep*

*Ashwagandha Extract is one of the most highly regarded and commonly used adaptogen. Maximizing the body's ability to resist stress, it enables the body to reserve and sustain vital energy throughout the day while promoting sound, restful sleep at night. It is considered one of the best herbs for calming. **

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Discussion

Ashwagandha Extract is a dietary supplement designed to support the proper release of cortisol in response to stress in addition to promoting healthy cognitive function, especially memory. The main active ingredient in Ashwagandha Extract is an herbal extract derived from the root of the Ayurvedic herb *Withania somnifera*, native to India and Africa. Ashwagandha Extract has been shown to be effective as a natural remedy for inflammation caused by arthritis, in addition to providing antioxidant protection against bacterial and viral infection. This is an excellent supplement choice for individuals who feel under constant stress or tend to feel anxious and mildly depressed as it may help alleviate some symptoms.

Adaptogen Ashwagandha Extract's strong adaptogenic properties provide an array of benefits for individuals that have compromised health due to extreme stress exposure. Ashwagandha (*Withania somnifera*) is classified as an "adaptogenic" herb, indicating an ability to support how the body physiologically adapts.^{1,2} In the Ayurvedic tradition, ashwagandha is used as a rejuvenator to achieve homeostasis, build vitality, and slow degenerative- and senescence-related processes.³

For thousands of years, ashwagandha has been used to help support ailments ranging from musculoskeletal conditions to sleep issues.^{4,5} It is widely used today for restoring physical and mental energy while balancing the effects of daily stress.^{4,6} Ashwagandha Extract's benefits include improving stress resilience, supporting immune response, regulating the sleep cycle, supporting healthy thyroid function, and protecting against exhaustion of the nervous system. Ashwagandha Extract has also been shown to be beneficial in supporting proper mood regulation and restoring a sense of calmness under stress.

Withanolides Ashwagandha Extract contains a wide range of biologically active chemical constituents collectively known as withanolides.^{7,8} Although the exact mechanism of action for a projected effect on stress response has yet to be elicited, ashwagandha extract appears to ease stress-induced increases of plasma corticosterone, lactic acid in the blood, and blood urea nitrogen.^{4,8} Due to the positive association of steroid hormones with general well-being and quality of life and the fact that cortisol is associated with stress, the influence of ashwagandha on these hormones has also been studied.² A systematic review assessing the effects of ashwagandha for anxiety and stress response included five randomized controlled human trials. An analysis of results indicated that ashwagandha intervention resulted in greater score improvements than placebo in outcomes shown on anxiety or stress scales, with no observed adverse events.^{*1}

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 health glucose and lipid metabolism.

*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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Ashwagandha Extract



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule

Ashwagandha Extract	300 mg*
(Withania somnifera)(root)	
(standardized to 1.5% withanolides [4.5 mg])	

*Daily Value not established.

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

Directions

Take one capsule daily with food, or as directed by your healthcare provider.

Consult your healthcare provider prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Does Not Contain

Milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, corn, and yeast. Contains no artificial colors, flavors, or preservatives.



References

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