



Ashwagandha

Made with Organic Ashwagandha Extract

- Includes 600 mg per capsule of proprietary, organic, clinically studied KSM-66 Ashwagandha® extract
- Features dairy-free KSM-66 extract made solely from plant roots, which are a better source of withanolides than leaves
- Extracted using a proprietary green chemistry water-based process, without the use of alcohol or any chemical solvents
- Standardized to 5% withanolides
- Suitable for vegetarians and vegans

Code: 9291

Size: 60 Vegetarian Capsules

Actual Size: 21.6 mm x 7.50 mm



PRODUCT SUMMARY

Ashwagandha (*Withania somnifera*) has a long history of use as a foundational adaptogen in Ayurvedic medicine and is widely recognized to have broad support for health maintenance.* It may help support resistance to stress, maintain normal physical performance, and support healthy immune function.* It may also help support normal fertility, maintain healthy neurological function, and support healthy sleep.*^{1,2} Its diverse phytochemistry includes withanolides, sitoindosides, phenolics, and flavonoids, which help explain its diverse physiological support, including cardiovascular, neurological, and stress support. Additionally, it may help organize the body's response to normal cellular debris.^{3,4}

KSM-66 is a full-spectrum extract of ashwagandha that uses only the roots of the plant, which is a superior source of withanolides when compared to the leaves. Ashwagandha may help support healthy stress management, maintain cortisol levels already within the normal range, and support the maintenance of a healthy BMI.*^{5,6} It has also been shown to support general well-being, maintain healthy sleep quality, and support mental alertness in older adults. Additionally, it may help maintain normal memory and executive function.*^{7,8} In athletes, KSM-66 may help maintain healthy cardiorespiratory endurance as measured by VO₂ max and may help support healthy muscle mass and strength during resistance training.*^{9,10} In addition, the KSM-66 extract may help support healthy sleep quality, healthy sexual function in men and women, normal spermatogenic activity, and normal thyroid function.*¹¹⁻¹⁵



ASHWAGANDHA

MADE WITH ORGANIC ASHWAGANDHA EXTRACT

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Organic KSM-66 Ashwagandha® Extract 12:1 (<i>Withania somnifera</i>) (root)	600 mg	**

** Daily Value not established.

Other ingredients: Vegetarian capsule (pullulan, purified water), organic rice hull powder, organic tapioca maltodextrin, organic rice bran extract, organic gum arabic, organic sunflower oil.

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Suggested Usage: 1 capsule per day or as directed by a health care professional.

Caution: Do not use if you are pregnant, trying to become pregnant, or are breastfeeding. Do not take with alcohol or products that cause drowsiness. Consult your health care professional prior to use if you are taking medication, have a medical condition, or anticipate surgery, or if symptoms persist. Discontinue use and consult your health care professional if adverse reactions occur. Keep out of reach of children.

Contraindications: No significant contraindications.

Drug Interactions: No direct drug interactions, but may have additive effects that should be monitored when taken concomitantly with diabetes medications.^{16,17}

Contains no artificial colors, preservatives, or sweeteners; no dairy, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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