

Ashwagandha 600 mg

Ashwagandha

- Ashwagandha (*Withania somnifera*) has a very long history of traditional use as an adaptogen, and may help maintain healthy immune function, support normal stress resistance, maintain healthy vitality, and support general well-being.*¹
- KSM-66® is an organic, proprietary ashwagandha extract that uses only the roots of the plant and has been studied in multiple clinical trials.
- When taken over a period of 60 days, it may help maintain cortisol levels already within the normal range.*² Compared to a placebo, KSM-66 may help support a healthy appetite without cravings and maintain a normal body weight in individuals undergoing stress.*³
- KSM-66 Ashwagandha may help maintain healthy sleep, support mental alertness, and maintain healthy cognitive function.*^{4,5}
- Supplementation with KSM-66 Ashwagandha may help support healthy cardiorespiratory and physical fitness in athletes.* It may help maintain VO2 max, a marker of exercise capacity, already within the normal range, as well as support healthy muscle mass and strength when combined with resistance exercise.*^{6,7}
- Ashwagandha may also maintain healthy sleep duration, support healthy sexual function in both men and women, and maintain normal levels of testosterone and other markers of reproductive health in men. It may also help support the healthy function of the hypothalamic-pituitary-thyroid axis.*⁸⁻¹²

How to Use Ashwagandha

- Take 1 capsule per day or as directed by a health care professional. Use for a minimum of 8 weeks for optimal support of physical performance. Consult a health care professional for use beyond 12 weeks.

Cautions and Contraindications

- Consult a health care professional prior to use if you are pregnant or breastfeeding. Avoid taking with alcohol or products that cause drowsiness. Consult a health care professional if you have benign prostate hypertrophy and/or prostate cancer. Consult a health care professional prior to use if you have been diagnosed with hypoactive sexual disorder, sexual dysfunction, or erectile dysfunction. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Keep out of reach of children.

USER NAME: _____

PROFESSIONAL NOTES:

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

Drug Interactions

- No direct drug interactions, but it may have additive effects with hypoglycemic medications, which should be monitored.^{13,14}

Quick Tips for Optimal Health

- Mindfulness-based practices such as stress-reduction exercises may offer support in occasional stress, support a healthy mood, and help maintain normal sleep.* It may also help support healthy eating behaviors and maintain a healthy body weight already within the normal range.*^{15,16}
- Practices such as deep breathing and gratitude (e.g., a daily gratitude journal) may help support a calm mood, healthy sleep, and overall well-being.*^{17,18}
- Physical activity may help support physical fitness, cardiovascular health, and metabolic health, in addition to a calm mood and overall well-being.*^{19,20}
- Adequate sleep may help support healthy memory and normal cognitive function, and maintain glucose levels already within the normal range.*^{21,22} It may also help maintain blood pressure within the normal range, support healthy body weight, and maintain a calm mood.*²³
- Maintaining a consistent and regular bedtime, cooling the ambient temperature before bed, avoiding daytime naps if you have trouble sleeping, and avoiding exercise close to bedtime are all strategies that may help support a healthy sleep quality.*²⁴
- Adopting a diet similar to the Mediterranean diet and avoiding refined and processed foods may help support various health parameters, including healthy weight maintenance, cardiovascular health, and a balanced and relaxed mood.*²⁵

PROFESSIONAL CONTACT INFORMATION:

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