

Ashwagandha·Matrix

A simple combination of a full-spectrum ashwagandha root extract and L-theanine to support stress, mood, cognition and sexual function in men and women.

Each capsule contains:

KSM-66® (root, ashwagandha extract, <i>withania somnifera</i>) 12:1, 5% withanolides*	300mg
L-Theanine	100mg

60 vegetable capsules



*KSM-66 is a registered trademark of Ixoreal Biomed Inc.

Vegan. GMO, gluten, soy and dairy free.



Stress and anxiety have become all too common in the modern, fast-paced lifestyle of many Canadians. Quite simply, life can become overwhelming. Although we are often unable to change certain environmental stressors and life circumstances, we can support the body's resiliency to stress. **Ashwagandha·Matrix** offers a gentle, yet effective, approach to balance cortisol and neurotransmitter levels in order to improve the stress response and, ultimately, quality of life.

Ashwagandha·Matrix includes **KSM-66** ashwagandha, a proprietary full-spectrum extract of withania root with extensive clinical research to support its use for stress-related health concerns. Through a patented alcohol-free, solvent-free extraction process that took over a decade to develop, **KSM-66** is able to retain high concentrations of both

hydrophilic components and lipophilic components of the raw root.

KSM-66 has over 20 human clinical trials to support its efficacy in areas of memory and cognition, stress reduction, improved thyroid function and weight management. **KSM-66** is also unique from other Ashwagandha root extracts as it has specifically been shown to improve sperm parameters, muscle strength, testosterone levels in males, as well as sexual function in females.

For a gentle synergistic effect, **Ashwagandha·Matrix** also includes **L-Theanine**. **L-Theanine** is a single amino acid naturally found in green tea that is well-known to calm the mind and improve focus. Research has found that **L-theanine** can positively act on various neurotransmitters in the brain such as serotonin, dopamine and GABA, ultimately leading to an

Key points

- Indicated for reducing stress and cortisol levels, balancing mood, supporting memory and cognition, improving sleep and improving sexual function in both males and females
- **KSM-66** ashwagandha is a proprietary full-spectrum extract of withania root, made without alcohol or chemical solvents
- **L-theanine** is an amino acid naturally found in green tea that can balance neurotransmitters in the brain and support a calm, yet focused, state
- Two vegetable capsules provide evidence-based dosages of 600mg of **KSM-66** ashwagandha and 200mg of **L-theanine**

increase in alpha-brain waves and a calm, yet focused, state. Clinical trials have confirmed that these actions lead to reduced stress and improved mood in individuals given supplemental **L-theanine**, with animal studies showing that it can also improve learning capacity.

L-theanine has many potential applications outside of cognition and mental health. The cardiovascular benefits of **L-theanine** have been demonstrated through blood pressure reductions and inhibition of LDL cholesterol oxidation. **L-theanine** supplementation has also been documented to increase glutathione levels, protect the liver

and improve measures of immunity. Collectively, **L-theanine** balances the nervous system and provides potent antioxidant support to protect the body from damage.

Ashwagandha-Matrix provides evidence-based dosages of 600mg of KSM-66 ashwagandha and 200mg of L-theanine in just two vegetable capsules. This simple combination allows for optimal relaxation and cognitive support with improved patient compliance. **Ashwagandha-Matrix** can be used to reduce stress and cortisol levels, balance mood, improve memory and cognition, aid sleep and improve sexual function in both males and females.

Related products

Adrenal-Matrix
Cyto B-Complex
Cyto-Calm
Cyto-Theanine
Greens Matrix
Mag-Sleep Matrix
Mushroom Matrix
Relax Matrix Powder
Thyroid-Matrix
Melo-Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

Indications: Helps increase resistance to stress and anxiety in individuals with a history of chronic stress, thereby improving their overall quality of life. Helps support physical aspects of sexual health in women. Helps promote healthy testosterone production in males.

Directions: Adults - Take 1 capsule, 2 times per day or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are pregnant or breastfeeding or if you have benign prostate hypertrophy and/or prostate cancer. Consult a healthcare professional prior to use if you have been diagnosed with hypoactive sexual disorder, sexual dysfunction or erectile dysfunction or if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended.