



# Ashwagandha

Made with Organic Ashwagandha Extract · 600 mg

- Provides 600 mg per capsule of proprietary organic, clinically studied KSM-66 Ashwagandha® extract
- Features dairy-free KSM-66 extract made from plant roots only, with randomized clinical trials documenting efficacy and safety for a range of conditions
- Extracted using a proprietary “green chemistry” water-based process, without the use of alcohol or any chemical solvents
- Standardized to 5% withanolides, providing diverse physiological benefits
- Suitable for vegetarians and vegans

**Code:** 9291 **NPN:** 80116512  
**Size:** 60 Vegetarian Capsules  
**Actual Size:** 21.6 mm x 7.5 mm



## PRODUCT SUMMARY

Ashwagandha (*Withania somnifera*) has a long history of use as a foundational adaptogen in Ayurvedic medicine. It is widely recognized to have broad benefits, including increased resistance to stress and anxiety, enhanced physical performance and immune function, as well as improved fertility, sleep, and neurological function. Its diverse phytochemistry includes withanolides, sitoindosides, phenolics, and flavonoids, which help explain its diverse physiological actions, ranging from cardio- and neuroprotective effects, to anti-inflammatory and anxiolytic effects.

KSM-66 is a full-spectrum extract of ashwagandha that uses only the roots of the plant, notable for the extensive range of randomized and controlled trials documenting its efficacy. Clinical trials have demonstrated a significant improvement in both symptom scores and cortisol levels among participants with chronic stress, along with improved weight control and cravings in this population. It has also been shown to improve general well-being, sleep quality, and mental alertness in older adults, as well as memory and executive function in individuals with cognitive impairment. Clinical trials document an increase in cardiorespiratory endurance, measured by  $VO_2$  max, among male and female athletes using KSM-66, and greater increases in muscle mass and strength when coupled with resistance training. In addition, the KSM-66 extract has demonstrated benefits for increasing sleep quality, improving sexual function in men and women, restoring spermatogenic activity in oligospermic men, and enhancing thyroid function in individuals with subclinical hypothyroidism.



# ASHWAGANDHA

## MADE WITH ORGANIC ASHWAGANDHA EXTRACT · 600 MG

**Serving Size:** 1 Vegetarian Capsule

**Servings Per Container:** 60

### Each Vegetarian Capsule Contains:

Organic KSM-66 Ashwagandha® Extract 12:1 (*Withania somnifera*) (root) (5% Withanolides) ..... 600 mg

**Non-medicinal Ingredients:** Vegetarian capsule (pullulan, purified water), organic *Oryza sativa* (rice) hull powder, organic maltodextrin, organic *Oryza sativa* (rice) bran extract, organic gum arabic, organic sunflower oil. Contains 85% organic ingredients.

**Recommended Adult Dose:** 1 capsule per day or as directed by a health care practitioner. For use beyond 12 weeks, consult a health care practitioner. **Sleep quality, relief of restlessness, athletic support:** Use for a minimum of 8 weeks to see beneficial effects.

**Recommended Use:** Used in herbal medicine as an adaptogen to help increase energy and resistance to stress/anxiety (e.g., in case of mental and physical fatigue related to stress) in individuals with a history of chronic stress, thereby improving their overall quality of life. Helps support libido and emotional aspects of sexual health. Traditionally used in Ayurveda for memory enhancement, as Rasayana (rejuvenative tonic), as a sleep aid, and to relieve general debility, especially during convalescence or old age. Helps support thyroid function. An athletic support or workout/exercise supplement.

**Caution: For Sleep Aid:** Consult a health care practitioner if sleeplessness persists for more than 4 weeks (chronic insomnia). **All uses:** Avoid taking with alcohol or products that cause drowsiness. Consult a health care practitioner prior to use if you have thyroid disease, benign prostate hypertrophy, and/or prostate cancer, are pregnant or breastfeeding, have been diagnosed with hypoactive sexual desire disorder (HSDD), sexual or erectile dysfunction, or if you suffer from any psychological disorder and/or condition, such as frequent anxiety or depression. 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.

**Contraindications:** No significant contraindications.

**Drug Interactions:** No direct drug interactions, but may have a hypoglycemic effect that should be monitored when taken concomitantly with diabetes medications.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, 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 available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

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# Ashwagandha 600 mg

## About Ashwagandha

- Ashwagandha (*Withania somnifera*) has a very long history of traditional use as an adaptogen, with broad benefits for immune function, stress resistance, vitality, and general well-being.<sup>1</sup>
- KSM-66 is an organic proprietary extract that uses only the roots of the plant. Multiple clinical trials have demonstrated its efficacy.
- When taken over 60 days, it has been shown to substantially reduce self-reported stress levels, as well as blood levels of the hormone cortisol.<sup>2</sup> Compared to a placebo, KSM-66 has also been shown to reduce food cravings and improve body weight among people reporting chronic stress.<sup>3</sup>
- In randomized trials, the KSM-66 extract of ashwagandha has been associated with better sleep, well-being, and mental alertness in older adults, as well as with improved memory and brain function in individuals with cognitive impairment.<sup>4,5</sup>
- KSM-66 supplementation by athletes has been associated with improved cardiorespiratory and physical fitness. This includes an increase in VO<sub>2</sub> max, a marker of exercise capacity, as well as greater gains in muscle mass and strength when combined with resistance exercise.<sup>6,7</sup>
- Other benefits reported in randomized clinical trials include increased sleep duration, improved sexual function in both men and women, an increase in testosterone and other reproductive health markers in men with low sperm counts, and restoration of the hypothalamic–pituitary–thyroid axis, perhaps by reducing stress and cortisol levels.<sup>8–12</sup>

## How to Use Ashwagandha

- Take 1 capsule per day or as directed by a health care practitioner. For use beyond 12 weeks, consult a health care practitioner. **Sleep quality, relief of restlessness, athletic support:** Use for a minimum of 8 weeks to see beneficial effects.

## Cautions and Contraindications

- **For Sleep Aid:** Consult a health care practitioner if sleeplessness persists for more than 4 weeks (chronic insomnia). **All uses:** Avoid taking with alcohol or products that cause drowsiness. Consult a health care practitioner prior to use if you have thyroid disease, benign prostate hypertrophy, and/or prostate cancer, are pregnant or breastfeeding, have been diagnosed with hypoactive sexual desire disorder (HSDD), sexual or erectile dysfunction, or if you suffer from any psychological disorder and/or condition, such as frequent anxiety or depression. 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.

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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## Drug Interactions

- No direct drug interactions, but it may have a hypoglycemic effect that should be monitored when taken concomitantly with diabetes medications.<sup>13,14</sup>

## Quick Tips for Optimal Health

- Mindfulness-based practices, such as stress-reduction exercises and meditation, have also shown significant benefits to improve anxiety, mood, and sleep, as well as weight and eating behaviours.<sup>15,16</sup>
- Practices such as deep breathing and gratitude interventions (e.g., a daily gratitude journal) have been linked to increased well-being, including decreased anxiety and better sleep.<sup>17,18</sup>
- Physical activity has also been associated with improved general well-being and less anxiety, in addition to its well-known benefits for physical fitness, and cardiovascular and metabolic health.<sup>19,20</sup>
- Inadequate or poor sleep quality has been linked to poor performance in nearly every bodily function, including impaired memory, cognitive function, and glucose control, as well as increased risk of high blood pressure, weight gain, and anxiety.<sup>21</sup> Improving sleep may help improve a wide variety of symptoms.
- 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 improve your quality of sleep.<sup>22</sup>
- Adopting a diet similar to the Mediterranean diet, which is rich in anti-inflammatory plant foods and low in refined and processed foods, has a wide range of benefits, including not only for weight control and cardiovascular disease prevention, but also for anxiety and mood.<sup>23</sup>

### PRACTITIONER CONTACT INFORMATION:

## References

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1. Saleem, S., Muhammad, G., Hussain, M.A., et al. (2020). *Withania somnifera* L.: Insights into the phytochemical profile, therapeutic potential, clinical trials, and future prospective. *Iran J Basic Med Sci*, 23(12), 1501-26.
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## Ashwagandha – 600 mg

### **Introduction**

Ashwagandha (*Withania somnifera*), also known as Indian ginseng, has a long history of use by Ayurvedic practitioners for a wide range of ailments including cardiovascular, hepatic, and respiratory diseases, with many bioactive components and a broad spectrum of physiological effects.<sup>1</sup> More than 12 alkaloids and 40 withanolides have been isolated, and the active constituents in the root alone include vitoindosides VII and VIII, sitoindosides IX and X, withanine, withanoline, viscosa lactone-B, stigmaterol, and ashwagandhanolide.<sup>2</sup> These many bioactive components help explain its diverse physiological actions, as it has been shown to be cardio- and neuroprotective, anti-inflammatory and anxiolytic, as well as anti-arthritic and antioxidant.

### **About Ashwagandha KSM-66®**

KSM-66 is an organic proprietary extract of ashwagandha made entirely from the root of the plant, extracted without chemical solvents or alcohol, with multiple randomized clinical trials supporting clinical efficacy that parallels traditional use. Additionally, this formula uses dairy-free KSM-66.

### **Stress and well-being**

In a randomized, double-blind clinical trial, participants with chronic stress reported a significant reduction in several stress-assessment scale scores (DASS, GHQ-28, PSS) after 60 days when receiving KSM-66, compared to placebo, as well as a significant reduction in serum cortisol levels.<sup>3</sup> A second controlled trial with overweight/obese participants with chronic stress also found that KSM-66 improved stress scale scores and cortisol, as well as measures of well-being and happiness, food cravings, reactive eating, and body weight over an eight-week period.<sup>4</sup>

### **Sleep, memory, and cognitive function**

When given to men and women aged 65–80 over a 12-week period, significant increases in quality of sleep and mental alertness were observed compared to placebo.<sup>5</sup> In a placebo-controlled eight-week trial conducted among adults with mild cognitive impairment, individuals receiving KSM-66 had significant improvements in both immediate and general memory, as well as executive function, sustained attention, and information-processing speed.<sup>6</sup>

A controlled trial with KSM-66 also found an improvement in sleep quality and sleep onset latency among participants with insomnia.<sup>7</sup> A second trial confirmed these results, finding improvements in sleep among healthy adults and individuals with insomnia, with greater effects in the latter.<sup>8</sup>

### **Cardiorespiratory fitness and muscle strength**

Healthy athletic adults supplemented with KSM-66 had a statistically significant improvement in  $VO_2$  max after an eight-week trial when compared to placebo. Additionally, there were significant improvements in serum antioxidant capacity as well as scores related to stress, fatigue recovery, and energy levels.<sup>9</sup> In a second study, participants were young men beginning a resistance exercise training program. Participants receiving KSM-66 had a significantly greater increase in muscle mass and strength, as well as improvements in body fat percentage and markers of exercise-induced muscle damage compared to placebo, over an eight-week period.<sup>10</sup>

### **Sexual function and HPT axis**

Among men with oligospermia, supplementation with KSM-66 significantly increased sperm count, motility, and semen volume compared to placebo, as well as LH and testosterone levels.<sup>11</sup> In healthy women meeting the criteria for female sexual dysfunction, KSM-66 was found to improve scores in the Female Sexual Function Index (FSFI) and the Female Sexual Distress Scale (FSDS), including improvements in arousal, lubrication, orgasm, and satisfaction over an eight-week period, compared to placebo.<sup>12</sup> Finally, in a prospective and controlled trial, KSM-66 supplementation significantly improved serum TSH, T3, and T4 levels in a population with subclinical hypothyroidism over an eight-week period.<sup>13</sup>

## General Recommendations and Dosing

Take 1 capsule per day or as directed by a health care practitioner. KSM-66 is generally well tolerated, with no direct contraindications. Safety has not been clearly established during pregnancy, and a rise in testosterone suggests caution in the presence of hormone-sensitive cancers.

## Drug Interactions

It has no direct drug interactions, but may have a hypoglycemic effect that should be monitored when taken concomitantly with diabetes medications.<sup>14,15</sup>

### REFERENCES:

- Saleem, S., Muhammad, G., Hussain, M.A., et al. (2020). *Withania somnifera* L.: Insights into the phytochemical profile, therapeutic potential, clinical trials, and future prospective. *Iran J Basic Med Sci*, 23(12), 1501-26.
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## About Ashwagandha

- Ashwagandha (*Withania somnifera*) has a very long history of traditional use as an adaptogen, with broad benefits for immune function, stress resistance, vitality, and general well-being.<sup>1</sup>
- KSM-66 is an organic proprietary extract that uses only the roots of the plant. Multiple clinical trials have demonstrated its efficacy.
- When taken over 60 days, it has been shown to substantially reduce self-reported stress levels, as well as blood levels of the hormone cortisol.<sup>2</sup> Compared to a placebo, KSM-66 has also been shown to reduce food cravings and improve body weight among people reporting chronic stress.<sup>3</sup>
- In randomized trials, the KSM-66 extract of ashwagandha has been associated with better sleep, well-being, and mental alertness in older adults, as well as with improved memory and brain function in individuals with cognitive impairment.<sup>4,5</sup>
- KSM-66 supplementation by athletes has been associated with improved cardiorespiratory and physical fitness. This includes an increase in  $VO_2$  max, a marker of exercise capacity, as well as greater gains in muscle mass and strength when combined with resistance exercise.<sup>6,7</sup>
- Other benefits reported in randomized clinical trials include increased sleep duration, improved sexual function in both men and women, an increase in testosterone and other reproductive health markers in men with low sperm counts, and restoration of the hypothalamic–pituitary–thyroid axis, perhaps by reducing stress and cortisol levels.<sup>8–12</sup>

## How to Use Ashwagandha

- Take 1 capsule per day or as directed by a health care practitioner. For use beyond 12 weeks, consult a health care practitioner. **Sleep quality, relief of restlessness, athletic support:** Use for a minimum of 8 weeks to see beneficial effects.

## Cautions and Contraindications

- **For Sleep Aid:** Consult a health care practitioner if sleeplessness persists for more than 4 weeks (chronic insomnia). **All uses:** Avoid taking with alcohol or products that cause drowsiness. Consult a health care practitioner prior to use if you have thyroid disease, benign prostate hypertrophy, and/or prostate cancer, are pregnant or breastfeeding, have been diagnosed with hypoactive sexual desire disorder (HSDD), sexual or erectile dysfunction, or if you suffer from any psychological disorder and/or condition, such as frequent anxiety or depression. 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.

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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## Drug Interactions

- No direct drug interactions, but it may have a hypoglycemic effect that should be monitored when taken concomitantly with diabetes medications.<sup>13,14</sup>

## Quick Tips for Optimal Health

- Mindfulness-based practices, such as stress-reduction exercises and meditation, have also shown significant benefits to improve anxiety, mood, and sleep, as well as weight and eating behaviours.<sup>15,16</sup>
- Practices such as deep breathing and gratitude interventions (e.g., a daily gratitude journal) have been linked to increased well-being, including decreased anxiety and better sleep.<sup>17,18</sup>
- Physical activity has also been associated with improved general well-being and less anxiety, in addition to its well-known benefits for physical fitness, and cardiovascular and metabolic health.<sup>19,20</sup>
- Inadequate or poor sleep quality has been linked to poor performance in nearly every bodily function, including impaired memory, cognitive function, and glucose control, as well as increased risk of high blood pressure, weight gain, and anxiety.<sup>21</sup> Improving sleep may help improve a wide variety of symptoms.
- 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 improve your quality of sleep.<sup>22</sup>
- Adopting a diet similar to the Mediterranean diet, which is rich in anti-inflammatory plant foods and low in refined and processed foods, has a wide range of benefits, including not only for weight control and cardiovascular disease prevention, but also for anxiety and mood.<sup>23</sup>

### PRACTITIONER CONTACT INFORMATION:

## References

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