



ASHWAGANDHA EXTRACT

Ashwagandha, also known as *Withania somnifera*, is a medicinal herb that has been used for centuries in traditional Ayurvedic medicine.



Adaptogenic Properties

Ashwagandha, known as an adaptogen, helps the body cope with stressors and maintain physiological balance.

Withanolides

It contains bioactive compounds known as withanolides, which have demonstrated a range of pharmacological effects, including anti-inflammatory, antioxidant, immunomodulatory, and neuroprotective properties.

Neuroprotective Effects

Research suggests that Ashwagandha may protect brain cells from oxidative stress and neurodegeneration. It stimulates the development of nerve cells, boosts synaptic function, and enhances cognitive abilities.



POSSIBLE BENEFITS

- May Boost Immunity
- Regulates Blood Sugar
- Helps with Liver Disease
- Anti-Inflammatory

Ashwagandha (*Withania somnifera*), highly esteemed in Ayurveda, the traditional wellness practice of India, is celebrated for its diverse attributes. This adaptable plant functions as both an anxiolytic (anxiety-reducing agent) and an adaptogen (stress-response modifier), offering invaluable contributions to holistic wellness practices.

PHYTOCHEMICALS:

- Alkaloids
- Saponins
- Steroidal Lactones
- Polyphenols

Specifications

Botanical/Scientific name *Withania somnifera*

CAS no. 90147-43-6

Description Dark Brown Powder

Assay Gravimetry & HPLC 1.5%,
2.5%, 5%, 10%

**Complies with EU food
regulations**