



# 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**