

Award-Winning

Ashwa.30TM

Next Gen Ashwagandha



Optimized Cellular Longevity & Mitochondrial Efficiency



Energy



Endurance



Anti-Stress

30@30

Ashwa.30TM

Next Gen Ashwagandha

Powered by B.O.T Technology

30% Ashwa Bioactive ComplexTM

Stress Resilience

Withanolides
≥15%
by HPLC modified
USP method

Endurance Support

ATP active Fraction
≥15%
for cellular energy
& mitochondrial
support

30mg per day: Ultra-low dose



Clinical Excellence

Proven Through 3 Gold-Standard Human Trials



Cardiorespiratory Endurance

↑ **10%**

VO2 max



Muscle Strength & Recovery

↓ **16%**

Blood Creatine Phosphokinase



Significant Reduction in Lactic acid accumulation



Stress & Anxiety



45%

lower cortisol



44%

DASS-21 stress score



25%

less anxiety



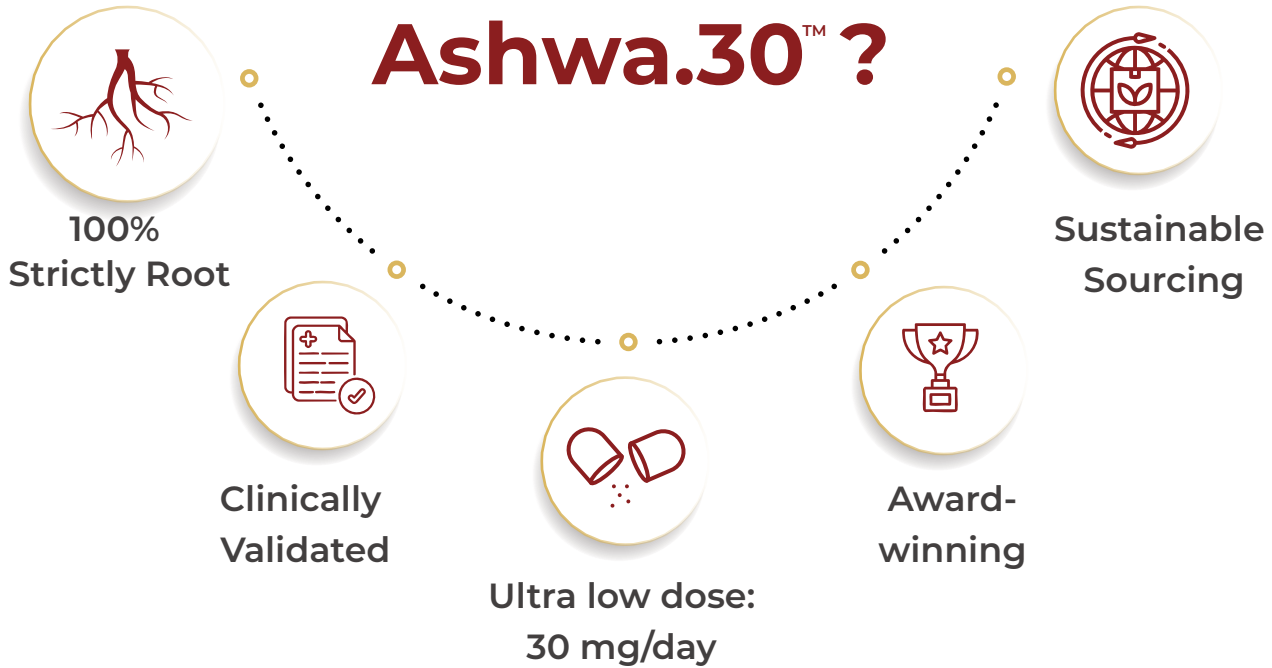
Longevity & cellular health support

Metabolomics demonstrates:

- Optimized mitochondrial NAD⁺/NADH balance
- Telomere support
- Acts as a precursor to CoQ10



Why choose Ashwa.30™ ?



Small Dose Big Benefits



**Sports
Health**



**Stress
Management**



**Daily
Wellness**



**Longevity
Support**

References:

Prajapati H et al, 2026. Phytotherapy Research. Published online March 17, 2026.
Raj JP et al, 2025. HealthMED - Volume 19 / Number 2 / 2025 .
Lopresti A et al. (Under peer review).

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Want To Know More?



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

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