Ashwagandha

Code: FE2113 – 30 vegetable capsules

The **ashwagandha** (***Withania somnifera***) is an adaptogenic plant that can help protect the brain and the central **nervous system** from the effects of **chronic stress.** It has a long history of adaptogenic plant use in Ayurvedic medicine. Our Ashwagandha extract contains 500 mg per capsule extract, validated for potency to contain a minimum of 5% withanolides.

HEALTH CLAIMS (EU Regulation 432/2012): *Ashwagandha (Withania somnifera) improves the body's resistance to stress, helps maintain mental balance and emotional stability.*

Ingredients: Ashwagandha root extract (*Withania somnifera*), anti-caking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (glazing agent: hydroxypropylmethylcellulose, humectant: purified water).

Nutritional information:	**1 caps. (600 mg)**
Ashwagandha (*Withania somnifera*) (5% withanolides)	500 mg

Size and format:
30 vegetable capsules

Recommended daily dose:

1 capsule daily.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Chronic stress and anxiety.
- Reduces fatigue, improves endurance and recovery after exercise.
- Female sexual dysfunction
- Male infertility, improves sperm quality and hormone levels.
- Cognitive dysfunction in bipolar disorder.

Cautions:

Consult a health-care practitioner prior to use if you are pregnant or breast-feeding, if you have prostate problems, disorder, sexual, as anxiety or depression. Combination with alcohol or products with sedative properties is not recommended.

ASHVAGANDHA: the root of *Withania somnifera* has traditionally been used to treat states of anxiety and nervous hyperexcitability, among other applications. Its composition is mainly composed of withanolides and, to a lesser extent, alkaloids and saponins. The WHO monograph details its anti-stress activity in improving reaction time, its antioxidant power, its immunostimulatory activity and its neuroprotective capacity [(1)]. In Ayurvedic medicine, it has been used for its adaptogenic capacity to improve physical and mental health, increase resistance against disease and external pollutants, and increase longevity [(2-4)].

Several studies on ashwagandha and its effect on anxiety and chronic stress have demonstrated its effectiveness in improving anxiety scores, mental health, concentration, fatigue, vitality and overall quality of life, as well as a significant reduction in stress by reducing serum cortisol levels [(5-7)].

Ashwagandha supplementation is associated with significant increases in muscle mass and strength, and suggests that ashwagandha may be useful as a supplement in resistance training programmes [(8)].

Several preliminary studies showed a reduction in chemotherapy-associated fatigue and an improvement in quality of life in breast cancer patients, with an improvement in the overall survival trend [(9,10)].

Female sexual dysfunction includes different disorders resulting in decreased libido, dryness in the vagina, reduced genital perception, reduced arousal, pain during intercourse and problems in reaching orgasm, and are mainly due to neurovascular, hormonal or psychogenic manifestations. Ashwagandha extract may improve symptoms of female sexual dysfunction such as arousal, lubrication, orgasm and satisfaction [(11)].

The results of several studies suggest that ashwagandha could be used as a therapy for clinical management and treatment of male infertility. It improves sperm quality and repairs altered concentrations of lactate, alanine, citrate, glycerophosphocholine, histidine and phenylalanine in seminal plasma. It also reduced oxidative stress, inhibited lipid peroxidation by decreasing the levels of several oxidants, and improved the level of various antioxidants. In addition, testosterone and LH levels were also increased and FSH and prolactin levels were reduced, associated with improved fertility [12-14].

Ashwagandha appears to be able to improve the auditory-verbal working memory, a measure of cognition in bipolar disorder [15], as well as to be beneficial as an adjuvant in the treatment of obsessive-compulsive disorder [16].

References:
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