

Bio-Ashwagandha

Ashwagandha (*Withania somnifera*), is a small evergreen shrub found in India and the Middle East, as well as in parts of Africa.⁽¹⁾ It is a plant in the Solanaceae or nightshade family providing adaptogenic properties, i.e. "something that helps one adapt to stressful situations". Among Ashwagandha's primary active components are mild-acting calming alkaloids. These steroidal lactones called glycowithanolides, consisting of Withaferin A, Withasomniferin-A, provide significant supportive health benefits. Some of the withanolides have been reported to be structurally similar to ginsenosides from ginseng,⁽²⁾ and are used to provide support for healthy adrenal, cognitive and immune system function, as well as providing relief for menstrual discomfort.

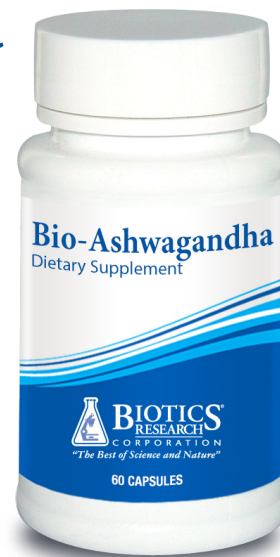
Traditionally viewed as a rejuvenative tonic, research in animal models suggests that Ashwagandha has soothing effects, and been demonstrated to suppress stress-induced increases in dopamine receptors in the brain.⁽³⁾ It also appears to reduce stress-induced increases of plasma corticosterone, blood urea nitrogen, and blood lactic acid.⁽⁴⁾

Each bottle of **Bio-Ashwagandha** supplies 60 capsules

Caution: Not recommended for pregnant or lactating women.

References

1. Ven Murthy MR, Ranjekar PK, Ramassamy C, Deshpande M. Scientific basis for the use of Indian Ayurveda medicinal plants in the treatment of neurodegenerative disorders: ashwagandha. *Cent.Nerv.Syst.Agents Med.Chem.* 2010 09 10(3):238-246.
2. Dasgupta A, Peterson A, Wells A, Actor JK. Effect of Indian Ayurvedic medicine Ashwagandha on measurement of serum digoxin and 11 commonly monitored drugs using immunoassays: study of protein binding and interaction with Digibind. *Arch Pathol Lab Med.* 2007 131:1298-303.
3. Upton R, ed. Ashwagandha Root (*Withania somnifera*): Analytical, quality control, and therapeutic monograph. Santa Cruz, CA: American Herbal Pharmacopoeia. 2000 1-25.
4. Mishra LC, Singh BB, Dagenais S. Scientific basis for the therapeutic use of *Withania somnifera* (ashwagandha): a review. *Altern Med Rev.* 2000 5:334-46.



Bio-Ashwagandha is available in 60-count bottles (#8050).

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Ashwagandha root (<i>Withania somnifera</i>)	300 mg	*

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, capsule shell (gelatin and water) and magnesium stearate.

This product is gluten free.

RECOMMENDATION: One (1) capsule each day as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION: Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.
Sealed with an imprinted safety seal for your protection.

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To place your order for **Bio-Ashwagandha** or for additional information please contact us below.



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