

ASHWAGANDHA

Ashwagandha (*Withania somnifera*) is a powerful adaptogenic herb. It's also known as "Ayurvedic Ginseng" or "Indian Ginseng" because it comes from the traditional medical system of India. Used for centuries by those suffering fatigue and burnout and supporting the immune response, it's said to give additional life force or chi to those who need it.

The main bioactive compounds in ashwagandha are withanolides. However, scientists have also identified alkaloids and other constituents with therapeutic value. The most studied compound in Ashwagandha root is Withaferin A.

Ashwagandha has been shown in scientific studies to:

- Support healthy brain and nervous system function
- Enhance memory and cognition
- Improve the stress response by supporting balanced cortisol levels
- Reduce feelings of stress
- Provide anti-inflammatory activity
- Promote quality sleep
- Support healthy thyroid function



SUPPLEMENT FACTS

Serving Size: 2.5mL
Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	10	
Organic Ashwagandha (<i>Withania Somnifera</i>) 1:1 Extract from 2.5 g Root	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Pure Alcohol (50-60% by volume),
Purified water

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. For educational purposes only.



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