



— Your Trusted Source —

Ashwagandha

Introduced 2004



What Is It?

Ashwagandha, *Withania somnifera*, is an adaptogenic herb that belongs to the pepper family. It has an extensive, 4,000-year history of traditional use and is one of the most revered and widely used Ayurvedic herbs. It's adaptogenic properties provide multi-functional support for promoting general mental and physical wellness, including support for occasional stress, joints, memory, immune function, and healthy lipid and glucose metabolism.*

Uses For Ashwagandha

Overall Health: Withanolides are key constituents of this herb and play an important role in ashwagandha's overall ability to promote physical and mental health. In animal studies, ashwagandha has been shown to support the activity of lymphocytes and macrophages, moderate occasional stress, enhance memory and cognitive function, provide neuroprotection by scavenging free radicals, and support thyroid function. A small human clinical trial demonstrated the ability of ashwagandha to support healthy glucose and lipid metabolism. In a double blind, placebo-controlled clinical trial involving 42 volunteers, a formulation including ashwagandha indicated its potential to help promote joint comfort, which may involve modulation of cyclooxygenase enzyme activity. Other research suggests that it may promote relaxation and maintain healthy cortisol and C-reactive protein levels.*

What Is The Source?

Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 2.5% withanolides. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1 capsule daily, with or between meals, or as directed by a health professional.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Ashwagandha may be contra-indicated in individuals allergic to plants in the nightshade family. In rare cases, large doses have been reported to cause gastrointestinal upset, diarrhea, or vomiting secondary to irritation. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Ashwagandha is contra-indicated with immunosuppressant medications. It may have an additive effect when combined with sedative medications or thyroid medications, so use with these types of medication should be monitored. Consult your physician for more information.

Ashwagandha

<p>each vegetarian capsule contains  V 00</p> <p>ashwagandha (<i>Withania somnifera</i>) extract (root)500 mg (standardized to contain 2.5% withanolides)</p> <p>other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)</p> <p>Not to be taken by pregnant or lactating women.</p> <p>1 capsule daily, with or between meals, or as directed by a health professional.</p>
--