

Ashwagandha (Withania somnifera) OVERVIEW

Why We Need It

Ashwagandha is an adaptogenic herb traditionally used in Ayurvedic medicine to support stress management, cognitive function, and overall vitality. Modern research highlights its role in promoting resilience to physical and mental stress while enhancing overall well-being.

What It Does in the Body

Regulates Cortisol: Reduces excessive cortisol levels, lowering stress and anxiety.

Supports Nervous System: Enhances neurotransmitter function, improving mood and cognitive performance.

Boosts Energy & Endurance: Increases mitochondrial function, aiding physical performance and recovery.

Balances Hormones: Helps regulate thyroid function and reproductive hormones.

Enhances Immune Function: Modulates inflammation and supports immune response.

How Much We Need

General Wellness: 250–600 mg/day

Stress & Anxiety Support: 300–600 mg/day (divided into 1-2 doses)

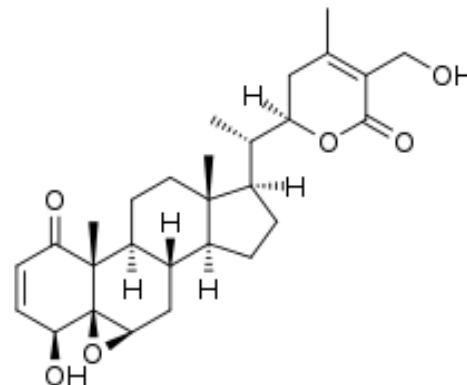
Athletic Performance & Recovery: 500–1,000 mg/day

Cognitive Support: 300–600 mg/day

Thyroid Support: 500–600 mg/day

Benefits of Taking Ashwagandha

- Reduces stress and anxiety
- Enhances memory and cognitive function
- Improves sleep quality
- Supports muscle growth and recovery
- Regulates thyroid and adrenal health
- Increases endurance and stamina
- Boosts immune system function
- Helps balance blood sugar levels



Most Bioavailable Form

KSM-66 Ashwagandha – Full-spectrum root extract with high withanolide content, clinically studied for optimal absorption and efficacy.

Sensoril Ashwagandha – Standardized extract with both root and leaf components for potent stress-reducing effects.

Fermented Ashwagandha – Improves absorption and gut bioavailability.

Best Taken With: A healthy fat source (e.g., milk or coconut oil) to enhance absorption. Can be consumed in capsules, powder, or tincture form.