



# ASHWAGANDHA

AWARD WINNING KSM-66<sup>®</sup>

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ashwagandha

- » Reduces stress and anxiety
- » Enhances memory and cognition
- » Increases endurance and muscular strength
- » Improves sexual function in men and women
- » Hormonal balance and optimization



# ASHWAGANDHA

Ashwagandha is one of the most powerful herbs in ayurvedic medicine. It is an adaptogen — a class of herbs which works holistically to bring the body back to homeostasis and help it function efficiently. Many of today's chronic health problems are related to the body being “stressed” and out of whack, which is why ashwagandha is effective against such a wide range of ailments. Ashwagandha can provide energy to a sluggish person, yet can also help with sleep. It helps to significantly reduce stress and anxiety. It balances the hormones and helps both men and women with strength, mental clarity, and sex drive. The full list of ashwagandha's benefits is immense.

## KSM-66® ASHWAGANDHA

**KSM-66®** is truly the next generation of ashwagandha. It's important to understand that not all ashwagandha supplements are created equal.

**KSM-66®** has by far the highest amount of active ingredients of any ashwagandha root extract. It is a full spectrum root only extract. It is standardized to a full 5% withanolides—the main class of active ingredients. And the most effective withanolides are concentrated in the root. Full spectrum means that the ratios of the various withanolides are the same as they are in nature. The withanolide content is measured using HPLC analysis. HPLC is far superior to other methods because HPLC measures withanolides directly, rather than wrongly including other chemicals which look like withanolides, but actually have no beneficial purpose.

**KSM-66®** is extracted using the principals of “green chemistry”. This means that water, rather than harsh chemical solvents are used in extraction.

It's also the most impressive form of ashwagandha in scientific clinical studies. See below—the studies shown are all specifically referring to KSM-66®.



**KSM-66® ASHWAGANDHA IS 100% CERTIFIED ORGANIC  
AND VERIFIED NON-GMO BY THE NON-GMO PROJECT.**



## CLINICALLY PROVEN BENEFITS OF KSM-66® ASHWAGANDHA

- ✓ Reduces stress and anxiety
- ✓ Improves mood and general sense of well-being
- ✓ Improves cognition and memory
- ✓ Improves sexual functioning and arousal (men and women)
- ✓ Increases muscle size, strength, and speed recovery times
- ✓ Increases testosterone in males
- ✓ Increases energy and stamina



## WHAT'S IN THE BOTTLE?

- » 100% pure KSM-66® ashwagandha
- » Manufactured in Canadian GMP facility
- » Zero fillers, Zero magnesium stearate
- » Vegetarian capsules

INGREDIENT	STANDARDIZED	QUANTITY PER CAP (MG)
KSM-66® Ashwagandha	>5% Withanolides	300

**Non-medincinal Ingredients:** Hypromellose

**Dosage:** 1-2 capsules per day or as recommended by your health care practitioner



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“KSM-66<sup>®</sup> ACHIEVES A HIGHLY SIGNIFICANT REDUCTION IN STRESS AND ANXIETY, AND SERUM CORTISOL LEVELS (27.9% REDUCTION).”

Indian Journal of Psychological Medicine

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## RESEARCH ON KSM-66<sup>®</sup> ASHWAGANDHA



### ANTI-ANXIETY AND STRESS

A study published in the “Indian Journal of Psychological Medicine” shows that KSM-66 achieves a highly significant reduction in stress and anxiety, and serum cortisol levels (27.9% reduction).



### COGNITION AND MEMORY

This study showed a statistically significant improvement in key components of Wechsler Memory Scale, executive function and attention using KSM-66. It also showed a substantially higher improvement in cardio respiratory endurance (VO2max) and self-assessed scores on the WHO Quality of Life Questionnaire.



### TESTOSTERONE BOOSTING AND SPORTS PERFORMANCE

KSM-66 was found to be effective in healthy athletic adults in improving maximum resistance load, muscle recovery and key hormone levels.



### SEXUAL FUNCTION IN MEN AND WOMEN

This study published in “Evidence-Based Complimentary and Alternative Medicine” showed that KSM-66 yielded significant increase in semen volume, sperm concentration and motility, serum LH and testosterone.

This study showed improvements in female sexual health as measured by some metrics commonly employed by gynecologists to assess desire, arousal, lubrication, satisfaction and orgasm.



# AWARDS



Product Innovation in Botanicals 2014



Innovative Ingredient of the Year 2012



Best Botanical Ingredient 2013



Finalist—Best Botanical



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