

# Bio-Ashwagandha

Ashwagandha (*Withania somnifera*), is a small evergreen shrub found in India and the Middle East, as well as in parts of Africa.<sup>(1)</sup> 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,<sup>(2)</sup> and are used to provide support for healthy adrenal, cognitive and immune system function, as well as providing relief for menstrual discomfort.

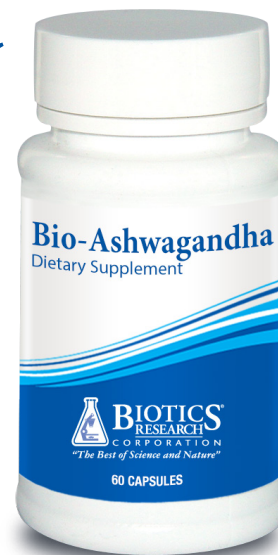
Traditionally viewed as a rejuvenative tonic, research in animal models suggests that Ashwagandha has soothing effects, and been demonstrated to suppress stress-induced increases in dopamine receptors in the brain.<sup>(3)</sup> It also appears to reduce stress-induced increases of plasma corticosterone,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

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.

Product # 8050 Rev. 09/16

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