

Ayur-Ashwaganda

DESCRIPTION

Ayur-Ashwaganda, provided by Douglas Laboratories, supplies 300 mg of ashwaganda in each capsule.

FUNCTIONS

Withania somnifera, also known as ashwaganda, is a traditional herb used in Ayurvedic medicine. It is used as a general tonic, to support energy production and improve mental and physical performance. The active ingredients in ashwaganda, withanolides, are thought to have calming properties that can support the body during times of emotional and physical stress.

INDICATIONS

Ayur-Ashwaganda may be a useful dietary adjunct for individuals wishing to supplement with this herb.

FORMULA (#7670)

1 Capsule Contains:

Ashwaganda..... 300 mg
(*Withania somnifera*, standardized to 1.5% withanolides and 1% alkaloids)

SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Dhuley JN. Effect of ashwagandha on lipid peroxidation in stress-induced animals. *J Ethnopharmacol.* 1998 Mar;60(2):173-8. 9.
- Dhuley JN. Nootropic-like effect of ashwagandha (*Withania somnifera* L.) in mice. *Phytother Res.* 2001 Sep;15(6):524-8.
- Singh B, Gupta DK, Chandan BK. Adaptogenic activity of a glyco-peptido-lipid fraction from the alcoholic extract of *Trichopus zeylanicus* Gaertn. *Phytomedicine.* 2001 Jul;8(4):283-91.
- Ziauddin M, Phansalkar N, Patki P, Diwanay S, Patwardhan B. Studies on the immunomodulatory effects of Ashwagandha. *J Ethnopharmacol.* 1996 Feb;50(2):69-76.

**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.**

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