

# Ashwagandha 600 mg

## About Ashwagandha

- Ashwagandha (*Withania somnifera*) has a very long history of traditional use as an adaptogen, with broad benefits for immune function, stress resistance, vitality, and general well-being.<sup>1</sup>
- KSM-66 is an organic proprietary extract that uses only the roots of the plant. Multiple clinical trials have demonstrated its efficacy.
- When taken over 60 days, it has been shown to substantially reduce self-reported stress levels, as well as blood levels of the hormone cortisol.<sup>2</sup> Compared to a placebo, KSM-66 has also been shown to reduce food cravings and improve body weight among people reporting chronic stress.<sup>3</sup>
- In randomized trials, the KSM-66 extract of ashwagandha has been associated with better sleep, well-being, and mental alertness in older adults, as well as with improved memory and brain function in individuals with cognitive impairment.<sup>4,5</sup>
- KSM-66 supplementation by athletes has been associated with improved cardiorespiratory and physical fitness. This includes an increase in  $VO_2$  max, a marker of exercise capacity, as well as greater gains in muscle mass and strength when combined with resistance exercise.<sup>6,7</sup>
- Other benefits reported in randomized clinical trials include increased sleep duration, improved sexual function in both men and women, an increase in testosterone and other reproductive health markers in men with low sperm counts, and restoration of the hypothalamic–pituitary–thyroid axis, perhaps by reducing stress and cortisol levels.<sup>8–12</sup>

## How to Use Ashwagandha

- Take 1 capsule per day or as directed by a health care practitioner. For use beyond 12 weeks, consult a health care practitioner. **Sleep quality, relief of restlessness, athletic support:** Use for a minimum of 8 weeks to see beneficial effects.

## Cautions and Contraindications

- **For Sleep Aid:** Consult a health care practitioner if sleeplessness persists for more than 4 weeks (chronic insomnia). **All uses:** Avoid taking with alcohol or products that cause drowsiness. Consult a health care practitioner prior to use if you have thyroid disease, benign prostate hypertrophy, and/or prostate cancer, are pregnant or breastfeeding, have been diagnosed with hypoactive sexual desire disorder (HSDD), sexual or erectile dysfunction, or if you suffer from any psychological disorder and/or condition, such as frequent anxiety or depression. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Keep out of reach of children.

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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## Drug Interactions

- No direct drug interactions, but it may have a hypoglycemic effect that should be monitored when taken concomitantly with diabetes medications.<sup>13,14</sup>

## Quick Tips for Optimal Health

- Mindfulness-based practices, such as stress-reduction exercises and meditation, have also shown significant benefits to improve anxiety, mood, and sleep, as well as weight and eating behaviours.<sup>15,16</sup>
- Practices such as deep breathing and gratitude interventions (e.g., a daily gratitude journal) have been linked to increased well-being, including decreased anxiety and better sleep.<sup>17,18</sup>
- Physical activity has also been associated with improved general well-being and less anxiety, in addition to its well-known benefits for physical fitness, and cardiovascular and metabolic health.<sup>19,20</sup>
- Inadequate or poor sleep quality has been linked to poor performance in nearly every bodily function, including impaired memory, cognitive function, and glucose control, as well as increased risk of high blood pressure, weight gain, and anxiety.<sup>21</sup> Improving sleep may help improve a wide variety of symptoms.
- Maintaining a consistent and regular bedtime, cooling the ambient temperature before bed, avoiding daytime naps if you have trouble sleeping, and avoiding exercise close to bedtime are all strategies that may help improve your quality of sleep.<sup>22</sup>
- Adopting a diet similar to the Mediterranean diet, which is rich in anti-inflammatory plant foods and low in refined and processed foods, has a wide range of benefits, including not only for weight control and cardiovascular disease prevention, but also for anxiety and mood.<sup>23</sup>

### PRACTITIONER CONTACT INFORMATION:

## References

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