



Introduction:

Ashwagandha (*Withania somnifera*) is an adaptogenic herb that helps the body successfully adapt to stressful conditions.

KSM-66 Ashwagandha is a branded, full-spectrum root extract with the highest concentration available on the market today. It is extracted with a “Green-Chemistry” process, using no alcohol or any chemical solvent.

Effects:

KSM 66 (ASHWAGANDHA)® has been clinically proven to:

- Helps reduce stress, anxiety, cortisol levels, and stress-related food cravings.
- Helps enhance memory and cognition
- Helps promote endurance, strength, muscle size and rate of muscle recovery.

- Helps improve sexual performance.
- Alleviates perimenopausal symptoms by normalizing levels of estradiol, FSH, LH and other female sexual hormones.
- Helps improve sleep quality and relaxation

Applications:

● Dietary supplements:

Alone or as a complementary ingredient. KSM-66 Ashwagandha is **free-flowing and shelf-stable** and can easily be incorporated into capsules, tablets, soft-gels and liquids.

● Food & beverages:

- Self-affirmed **GRAS** (Generally Recognised as Safe) ingredient, qualified by a reputed panel of toxicologists.
- Has a **neutral taste** and is **not bitter**, unlike some other extracts. Therefore, it is an excellent choice for use in foods and beverages.

- It **blends well** for nutritional bars, chocolates, bakery products, chewing gums, candies, functional waters, energy drinks, smoothies, gummies, yogurts, herbal teas, coffees, malted beverages, wine, soups, cereals, burgers, soft chews and cookies.

- **Sports nutrition**

It has been used in pre- and post-workout formulas, nutrition bars, meal replacements, whey protein mixes.

Dosages:

- **Dietary supplements:** 300 mg of KSM-66 twice a day

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