

## Ayur-Ashwaganda

### DESCRIPTION

Ayur-Ashwaganda, provided by Douglas Laboratories, supplies 300 mg of the herbal extract Ashwaganda root in each capsule to support stress and adrenal function.†

### 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 support mental and physical performance. The active ingredients in Ashwaganda, withanolides, are considered a plant adaptogen to address all stages of both acute and chronic stress, support the body's ability to adapt to stressors and help avoid the damaging consequences from those stressors. Plant adaptogens can support symptoms of fatigue and enhance endurance as well as support normal mental and emotional well being.† Plant adaptogens also can increase the body's ability to resist and recover from stress while providing an overall feeling of balance and normalization. †

### INDICATIONS

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

### FORMULA (#7670)

#### 1 Capsule Contains:

Ashwaganda (root) Extract..... 300 mg  
(*Withania somnifera*, standardized to 7% withanolides and 1% alkaloids)

### SUGGESTED USE

Adults take 1 capsule daily or as directed by a healthcare professional.

### SIDE EFFECTS

No adverse side effects have been 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.

**For more information on Ayur-Ashwaganda visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

## Ayur-Ashwaganda

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
douglaslabs.com



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Your patients trust you.**

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