

Klean Ashwagandha

DESCRIPTION

Klean Ashwagandha (*Withania somnifera*) root and helps to moderate occasional stress and support healthy adaptations to training.‡

INDICATIONS

- Moderates occasional stress‡
- Maintains cortisol levels within a healthy range‡
- Performance and recovery‡

FUNCTIONS AND MECHANISM OF ACTION

Ashwagandha (*Withania somnifera*) root is traditionally recognized in Ayurvedic medicine for its rejuvenating and revitalizing properties. Ashwagandha is an *adaptogen*, which is an herb traditionally used to support resilience and vitality during times of stress. Adaptogens help to offset the effects of occasional physical and mental stress on both the mind and the body. Clinical research indicates that ashwagandha moderates occasional stress, with significant reductions in perceived stress scores with daily use.¹⁻⁴ Ashwagandha also helps to moderate levels of cortisol within a healthy range, a key stress hormone, with significant reductions evident after 8 weeks in a clinical trial.¹ Several studies highlight potential strength and performance benefits in physically active individuals. In a clinical trial of minimally trained subjects, ashwagandha supplementation resulted in greater gains in muscle mass and strength after an 8-week resistance training program compared to placebo.⁶ Ashwagandha (500 mg/day) also improved upper and lower-body strength in recreationally active men over a 12-week resistance training period.⁷ In a clinical trial, ashwagandha (300 mg twice daily) for 8 weeks promoted improved VO2max (a measurement of cardiorespiratory endurance) and supported better recovery in healthy athletic adults compared to placebo.^{8‡}

FORMULA

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
	Amount Per Serving	%DV
Ashwagandha.....	500 mg	*
<i>(Withania somnifera)</i> extract (root)		
*Daily Value (DV) not established		

Other ingredients: Microcrystalline cellulose, capsule (hydroxypropyl methylcellulose)

SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily, with or between meals, or as directed by a trainer, coach, or healthcare professional.

WARNING

Not to be taken by pregnant or nursing women. If you have any health condition or are taking any medication, consult your health professional before use.

STORAGE

Store in a cool, dry place. Keep out of reach of children.

REFERENCES

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For more information on Klean Ashwagandha, visit kleanathlete.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.

Manufactured for:
Klean Athlete
390 Boston Post Rd
Sudbury, MA 01776
855-255-5326
kleanathlete.com



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