



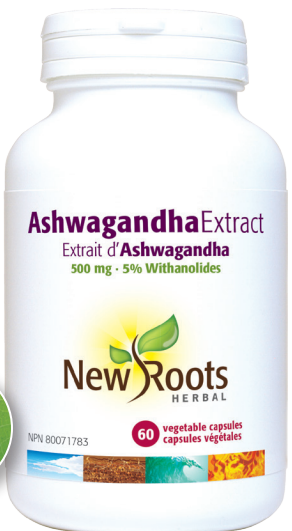
# Ashwagandha Extract

Promotes a feeling of calmness



- Protects the brain and nervous system from stress
- Improves memory function
- Potency validated to 5% withanolides

**ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



# Ashwagandha Extract



Ashwagandha has a therapeutic history of use spanning millennia as an adaptogen in Ayurvedic medicine. The roots of this hardy perennial contain naturally occurring botanical steroids called withanolides. These biologically active compounds are credited for the many health benefits of ashwagandha.

Recognized as an adaptogen, ashwagandha has the capacity to energize or calm the body when faced with stressful situations. Its powerful antioxidant action further shields the brain and central nervous system from the debilitating effects of chronic stress. Improved cognitive function and enhanced memory are also among its many benefits.

Clinical trials have demonstrated ashwagandha root extract to be effective for improved cardiorespiratory stamina, endurance, and exercise recovery. Even though these trials were performed with athletes, ashwagandha could definitely help even the average person navigate a flight of steps without being caught short of breath.

Human trials employing ashwagandha have also proven to drastically reduce cortisol levels. Cortisol is produced by the adrenal glands; when released into the bloodstream it triggers the “fight-or-flight” response. Chronic elevated levels of cortisol can lead to belly-fat accumulation, compromised immune performance, and even suppression of bone formation.

New Roots Herbal’s Ashwagandha Extract contains 500 mg per capsule, potency-validated to contain a minimum of 5% withanolides. It definitely could deliver that “natural nudge” you’re seeking to enjoy life a little more.

## Each vegetable capsule contains:

Ashwagandha (*Withania somnifera*) root extract, 5% withanolides ..... 500 mg

**Also contains:** Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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## Suggested use:

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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