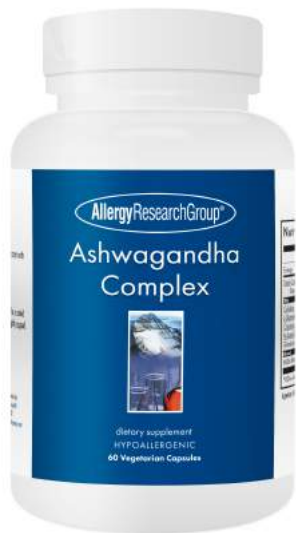


# Ashwagandha Complex

**Ashwagandha Complex** is a combination of botanical adaptogens, herbs with a history of traditional use and scientific evidence showing they help the body respond to stress.\*



#77430  
60 vegetarian capsules

## Key Features

- Contains a balanced blend of the adaptogens ashwagandha, holy basil, rhodiola, and licorice, with ginger as a synergist\*
- This adaptogenic blend supports a healthy response to stress, physical function, and a balanced mood\*
- Ashwagandha supports sexual health, normal thyroid function, and healthy metabolism of blood sugar and cholesterol\*
- Rhodiola promotes superior physical and mental performance\*
- Holy basil additionally enhances memory and immune system function\*
- Licorice supports healthy cortisol levels throughout the day\*



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**Ashwagandha** (*Withania somnifera*) is a classic Ayurvedic nervous system tonifying herb, used to promote a balanced mood, memory, and restorative sleep.\* Scientific studies have shown ashwagandha interacts with the hypothalamic-pituitary-adrenal (HPA) axis, reducing the rise in cortisol seen with chronic stress.\* It also interacts with the body's GABA receptors, which additionally contributes to its relaxing effects.\* Clinical studies have shown that these and other biological actions of ashwagandha extend beyond just supporting relaxation: this herb also has been shown to support normal, healthy thyroid and blood vessel function, normal blood glucose levels, and cholesterol levels already in the normal range.\*

In individuals under chronic stress, regular use of ashwagandha has been shown to improve happiness, reduce perceived stress and food cravings, and support a healthy body weight.\* Additional clinical studies have shown ashwagandha supports a balanced mood, improves memory, and enhances sexual function in women and men.\* Improved markers of fertility have also been seen in men with ongoing use of ashwagandha.\*

**Holy basil** (*Ocimum sanctum*), also commonly known as tulsi, is another Ayurvedic herb with a long history of use for supporting mood and function under stress.\* Clinically, holy basil has been shown to support a positive mood, reducing perceived levels of stress and improving adaptability.\* It also acts as a nootropic, improving attention, cognitive function, memory, and reaction time.\* In humans, holy basil has been shown to improve the immune response, increasing the percentage of T helper cells and natural killer (NK) cells.\* Scientific studies have shown it also helps protect against toxicant and noise-related stresses, and balances the response of the hypothalamic-pituitary-adrenal (HPA) axis.\*

**Rhodiola** (*Rhodiola rosea*) is an adaptogen known for its ability to enhance the nonspecific resistance to stress, particularly on physical and mental planes.\* Clinically, rhodiola has been shown to improve endurance exercise performance, reduce lactate levels and markers of muscle damage after exhaustive exercise, and increase antioxidant capacity in trained athletes.\* It also has been shown to decrease psychic fatigue and perception of everyday tiredness.\*

Rhodiola also supports emotional balance, acting as a monoamine oxidase inhibitor (MAOI) and increasing levels of serotonin.\* Clinically, it has been shown to reduce emotional instability, stress, anger, and confusion.\* Although rhodiola has a long history of safe use, it should be used with caution with medications which may impact serotonin levels due to its action as a MAOI.\* Because of

potential stimulating effects, it is best taken early in the day.\*

**Licorice root** (*Glycyrrhiza glabra*) is used in many formulas as a synergizing botanical. However, it also has data showing it acts as an adaptogen.\* It has been shown in humans to support adrenal function by inhibiting conversion of cortisol to inactive cortisone in the kidneys.\* Licorice also supports normal neurotransmitter and prostaglandin secretion, promoting a healthy mood and memory.\*

### Supplement Facts

Serving Size	1 Capsule	
Servings Per Container	60	
Amount Per Serving	% Daily Value	
Ashwagandha Root Extract (standardized to 5% Withanolides)	200 mg	†
Holy Basil Leaf Extract (standardized to 2.5% Ursolic Acid)	150 mg	†
Rhodiola Root Extract (standardized to 3% Rosavins and 1% Salidroside)	100 mg	†
Licorice Root Extract (standardized to 20% Glycyrrhizic Acid)	50 mg	†
Ginger Rhizome Extract (standardized to 5% Gingerols)	25 mg	†
† Daily value not established.		

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-Leucine.

**Suggested Use:** As a dietary supplement, 1 capsule two times daily with or without food, or as directed by a healthcare practitioner. Best taken morning and noon.

**Caution:** Do not use if pregnant. Use only under the care of a qualified healthcare practitioner if taking antidepressant medications.

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