Ashwagandha (Withania somnifera), is a small evergreen shrub found in India and the Middle East, as well as in parts of Africa.\(^1\) It is a plant in the Solanaceae or nightshade family providing adaptogenic properties, i.e. “something that helps one adapt to stressful situations”. Among Ashwagandha’s primary active components are mild-acting calming alkaloids. These steroidal lactones called glycowithanolides, consisting of Withaferin A, Withasoniferin-A, provide significant supportive health benefits. Some of the withanolides have been reported to be structurally similar to ginsenosides from ginseng,\(^2\) and are used to provide support for healthy adrenal, cognitive and immune system function, as well as providing relief for menstrual discomfort.

Traditionally viewed as a rejuvenative tonic, research in animal models suggests that Ashwagandha has soothing effects, and been demonstrated to suppress stress-induced increases in dopamine receptors in the brain.\(^3\) It also appears to reduce stress-induced increases of plasma cortisol, blood urea nitrogen, and blood lactic acid.\(^4\)

Each bottle of Bio-Ashwagandha supplies 60 capsules

**Caution:** Not recommended for pregnant or lactating women.

**References**