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ESSENTIALS

# ASHWAGANDHA ROOT EXTRACT 500MG

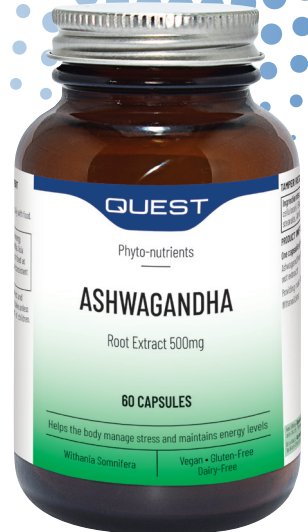
Helps to reduce stress & anxiety and boost energy & sleep quality.

## Nutritional Information

One Capsule provides:

Ashwagandha Extract	500 mg
Providing: Withanolides	17.5 mg

As a food supplement, take one to two capsules daily with food. Swallow with water.



## SUMMARY

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- Provides withanolides
- Helps to reduce stress and anxiety
- Helps to boost energy
- Can help with insomnia

## DESCRIPTION

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Ashwagandha Root Extract 500 mg capsules provides a powder extract of the Ashwagandha herb (*withania somnifera*), a traditional adaptogen which helps to enhance the mechanisms to resist stress. It also helps to reduce anxiety, boost energy levels and can also help with insomnia<sup>2,3,8</sup>.

## CHEMICAL CONSTITUENTS OF ASHWAGANDHA

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Ashwagandha contains the pharmacologically active constituents withanolides.

Ashwagandha is a herb found in India, Asia and Africa and was first used as an Ayurvedic herb, often described as “Indian Ginseng”. It is a traditional adaptogen which helps the body to manage stress. It also possesses anti-inflammatory, antioxidant and immune-modulating properties. Withanolides act as anti-anxiety and anti-depressing agents. Ashwagandha also helps combat fatigue and may support regulating blood sugar levels<sup>19</sup>.

## MENTAL HEALTH

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**Stress Response Regulation:** Withanolides, particularly those found in Ashwagandha, are believed to influence the hypothalamic-pituitary-adrenal (HPA) axis, a key system in the body’s stress response. They may help regulate the release of stress hormones, such as cortisol, promoting a more balanced and adaptive stress response<sup>6,14</sup>.

**Balance Neurotransmitters:** Withanolides may influence neurotransmitters in the brain, such as gamma-aminobutyric acid (gaba). GABA is an inhibitory neurotransmitter that has calming effects on the nervous system. By modulating neurotransmitter activity, withanolides contribute to a more balanced mood and stress response<sup>1,13</sup>.

**Cortisol Modulation:** Cortisol is a hormone released during stress, and excessive levels can have negative effects on the body. Withanolides may modulate cortisol levels, helping to maintain a healthy balance and preventing excessive stress-induced responses<sup>5,6</sup>.

**Generalised Anxiety Disorder:** Clinical practice guidelines from the World Federation of Societies of Biological Psychiatry (WFSBP) and the Canadian Network for Mood and Anxiety Treatments (CANMAT) provisionally recommend ashwagandha root extract at doses of 300-600 mg, daily as monotherapy or adjunctive therapy in patients with Generalised Anxiety Disorder<sup>16,17</sup>.

## ENERGY SUPPORT

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**Energy and Fatigue:** Withanolides are thought to enhance energy levels without overstimulating the nervous system. They may support physical and mental stamina, helping the body cope with stress-induced fatigue<sup>18,20</sup>.

**Enhanced Cognitive Function:** Withanolides may have cognitive enhancing effects, contributing to improved focus, concentration, and memory under stressful conditions.

**Athletic Performance:** Ashwagandha has been shown to improve muscle strength, speed, time to exhaustion, recovery time, and cardiorespiratory fitness in athletes and non-athletes<sup>12,19</sup>.

## SLEEP

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**Insomnia:** Clinical trials show that taking Ashwagandha daily modestly improves overall sleep, as well as sleep quality, sleep latency, total sleep time, and sleep efficiency, when compared with placebo<sup>4,10,15,9</sup>.

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ASHWAGANDHA?

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Do not exceed the stated intake unless instructed by a qualified health professional.

Ashwagandha should not be combined with any medication unless instructed by a qualified health professional, including diabetic, hypertensive or immunosuppressant medication<sup>11</sup>.

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

## HOW SHOULD ASHWAGANDHA ROOT EXTRACT 500MG BE TAKEN?

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As a food supplement, take one to two capsules daily with food. Swallow with water.

## FEATURES

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- Provides withanolides
- Helps to reduce stress and anxiety
- Helps to boost energy
- Helps sleep quality
- Suitable for Vegan
- Gluten-Free
- Dairy-Free

## HEALTH NEEDS

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ENERGY



STRESS & HECTIC  
LIFESTYLE



EVERYDAY HEALTH  
& WELLBEING

## SCIENTIFIC REFERENCES

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