

# Ashwagandha

600mg of full-spectrum ashwagandha root extract that has been extensively studied to support stress, mood, cognition and sexual function. Sustainably sourced, traceable and GMO free.

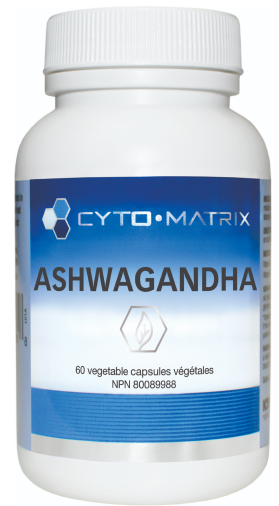
GMO Free

Vegan

Soy Free

Gluten Free

Dairy Free



- Indicated for reducing stress and cortisol levels, balancing mood, supporting memory and cognition, improving sleep and improving sexual function
- KSM-66® ashwagandha is a proprietary full-spectrum extract of withania root, made without alcohol or chemical solvents
- Each vegetable capsule provides 600mg of KSM-66® ashwagandha, the effective daily dose used in over 20 clinical trials
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and certified GMO free herbs with potent therapeutic properties

*Withania somnifera*, more commonly known as ashwagandha, has been used for centuries in traditional Ayurvedic medicine. Ashwagandha is most often touted as an adaptogenic herb capable of relieving signs and symptoms related to stress. Indeed, modern research has found that the herb can not only help to balance cortisol levels but it may also be indicated for a wide variety of ailments. That being said, ashwagandha extracts can be prepared through a variety of methods, and not all

extraction processes should be expected to produce the same results.

**Ashwagandha** by Cyto-Matrix includes KSM-66® ashwagandha, a proprietary full-spectrum extract of Withania root with extensive clinical research to support its use for stress-related health concerns. Through a patented alcohol-free, solvent-free extraction process that took over a decade to perfect, KSM-66® can retain high concentrations of both hydrophilic components and lipophilic components of the raw root. This is something that not all ashwagandha extracts offer.

Perhaps more importantly, KSM-66® has over 20 human clinical trials to support its efficacy in areas of memory and cognition, stress reduction, improved thyroid function, sleep quality, and weight management. KSM-66® is also unique from other ashwagandha root extracts as it has specifically been studied and shown to improve sperm parameters, muscle strength, testosterone levels in males, and sexual function in females. These positive outcomes provide a strong rationale for KSM-66® supplementation in the world of sports performance and for optimizing sexual health.

**Ashwagandha** by CytoMatrix provides 600mg of KSM-66® ashwagandha, the effective daily dose utilized in clinical trials, in just one convenient vegetable capsule. **Ashwagandha** can be used to reduce stress and cortisol levels, balance mood, improve memory and cognition, aid sleep, and improve sexual function.

**Ashwagandha** is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable, certified GMO free, and organic herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable, and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial for both the health of individuals and also the health of our planet and future generations.

#### Each capsule contains

KSM-66® Ashwagandha ..... 600mg  
(root, *Withania somnifera*) 12:1 extract equivalent to 7200mg dried root, standardized to 5.0% withanolides\*



\*KSM-66 is a registered trademark of Ixoreal Biomed Inc.

#### Non-Medicinal Ingredients

Brown rice flour, hypromellose, magnesium stearate.

#### Recommended Use Claim

Used in herbal medicine as an Adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress). Helps to relieve restlessness and/or nervousness (calmative). Helps to improve the quality of sleep. Helps to support aerobic endurance. Helps support libido. Helps to support thyroid function. Helps promote healthy testosterone production in males.

#### Directions of Use

Adults (19 years and older) - Take 1 capsule per day. Use for a minimum of 8 weeks to see a beneficial effect.

#### Cautions and Warnings

Consult a healthcare professional prior to use if • you are pregnant • you are breastfeeding • you have benign prostate hypertrophy • you have prostate cancer • you have a thyroid disease. Consult a healthcare professional if you have been diagnosed with • hypoactive sexual disorder • sexual dysfunction • erectile dysfunction. Consult a healthcare professional if you suffer from any psychological disorder/condition such as • frequent anxiety • depression. Sleep Aid: Consult healthcare professional if sleeplessness persists for more than 4 weeks. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Keep out of reach of children.

#### Storage Conditions

Do not use if safety seal is broken.