



Feel Better  
RVA

## AshwagandhaRx

- ◆ Effective adaptogenic for anxiety, depression, stress management, and immune functioning
- ◆ Supports the thyroid and adrenal glands, and a healthy inflammatory response

### Who Needs AshwagandhaRx?

Those suffering from depression, seasonal affective disorder, anxiety, and difficulty managing stress will benefit most from **AshwagandhaRx**.

### What is Ashwagandha?

Ashwagandha (*Withania somnifera*) is an adaptogenic herb, meaning it provides assistance to the body when adapting to stressful situations.

A popular herb in Ayurvedic medicine and related to the ginseng plant, the calming alkaloids called *glycowithanolides* it contains are found to be effective in treating anxiety & depression, while also providing support to the adrenals, cognitive & immune function, and even relief for menstrual discomfort.

**Dosing:** 1 capsule daily, taken in the morning.



### Benefits of AshwagandhaRx

The soothing effects of Ashwagandha suppress stress-induced increases in dopamine receptors in the brain as well as plasma corticosterone, blood urea nitrogen, and blood lactic acid.

Ashwagandha reduces cortisol levels (the fight or flight hormone) and is balanced to increase energy levels and also improve concentration. More recent evidence points to its ability to help fight cognitive decline in the aging population.<sup>1</sup>

1. A systematic review of the clinical use of *Withania somnifera* (Ashwagandha) to ameliorate cognitive dysfunction.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.6552>