**Maximum Strength Ashwagandha Extract 600mg (100 Capsules) 100% Pure Certified Withania Somnifera**

* BioPharm-X Ashwagandha provides 600MG of Ashwagandha root extract per capsule – strongest available!
* Powerful Whole Body Restorative and Rejuvenating Benefits
* Restores Balance and Optimal Health in Mind and Body
* Manufactured within an FDA and MHRA approved facility for your highest level of safety

Ashwagandha herb is classified as an adaptogen, meaning that it can help your body manage stress.

Ashwagandha also provides numerous other benefits for your body and brain.

For example, it can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression.

**What Is Ashwagandha?**

Ashwagandha (Withania somnifera) has been used for thousands of years in ayurvedic medicine for its powerful whole body restorative and rejuvenating benefits. Pharmacological studies have enabled medical researchers to validate Ashwagandha as one of the most potent, multi-purpose medical herbs available.

The extraordinary medicinal properties of Ashwagandha have been confirmed to come from the plants roots, it’s here a number of phytochemicals (bioactive compounds) have been extracted. These include; steroidal saponins known as withanolides (a group of naturally occurring steroids), alkaloids, fatty acids, amino acids and choline. All contribute to Ashwagandha’s many pharmacologic and biological properties and are essential for addressing many health ailments to balance the body for optimal health.

Each BioPharmX™ Ashwagandha capsule contains 60mg of premium Ashwagandha root 10:1 extract, providing an equivalent of 600mg of Ashwagandha per tablet! Our pharmaceutical grade Ashwagandha extract contains a maximum concentration of target bioactive compounds and has an unparalled antioxidant capacity.

Ashwagandha provides numerous health benefits for the body and brain as an effective adaptogenic. Once ingested, it quickly adapts to the body’s requirements and works efficiently to regulate the stress response system. Stress itself can trigger a torrent of hormones that cause various physical and physiological changes. By enhancing the body’s resistance, Ashwagandha is able to regulate hormone production and effectively counteract mental exhaustion, neurodegenerative diseases, fatigue, anxiety, insomnia, depression – or any other stress related disorders.

Clinically verified to reduce stress and enhance mental wellbeing

Due to Ashwagandha’s many bioactive compounds, it provides numerous other health benefits including increasing power output during resistance training and anaerobic running, reducing in blood glucose, LDL (bad) cholesterol and blood pressureas well as boosting fertility.

**Essential actions include:-**

* Reduces Symptoms of Stress
* Reduces Anxiety, Depression
* Protects the Immune System
* Maintains Nervous System Health
* Promotes New Nerve Growth

* Boosts Fertility & Testosterone in Men
* Promotes Endurance, Strength and Recovery
* Regulates Blood Sugar
* Stimulates Cognitive Function & Memory

**Why BioPharmX™ Ashwagandha?**

BioPharmX™ offers a quality guarantee to all customers. This is to provide you with total peace of mind when purchasing any of their products. Backed by nutritional science and with a dedication to premium quality, their products reflect core values of award winning quality and efficiency, from scientific research to manufacturing.

BioPharmX™ has the goal of enhancing the well-being of their customers around the world by delivering premium quality, best value nutritional supplements. Each capsule contains a full spectrum extract with the highest concentration of Ashwagandha root - more than the dose proven effective in many scientific studies.

BioPharmX™ manufacturing department is MHRA licensed, GMP certified and ISO accredited, operating within compliance of relevant laws and regulations.

**Key Benefits**

An ever growing catalogue of scientific literature around Ashwagandha as a pharmaceutical herb has verified its impressive capabilities and extensive variety of benefits. The following benefits have been identified in published scientific studies and clinical reports surrounding Ashwagandha’s bioactive compounds.

**✓ Cognitive Promoting Effects**

Cognitive functions are mental processes that enable the brain to receive, develop, store and recover information from external stimulus and are responsible for language, learning, perception, attention, memory and learning. All functions that we should not take for granted, cognitive impairments are often inevitable as we age but can affect anyone due to a variety of factors.

There have been numerous studies to specifically evaluate the effects of Ashwagandha on cognitive performance in healthy participants. After just 2 weeks of Ashwagandha supplementation, the outcome clearly showed significant improvements in reaction times in all psychomotor performance tests as well as enhancement of all core aspects of cognitive abilities!

Studies have also examined the effectiveness of Ashwagandha for those with a memory deficit and old age cognitive decline. The outcome pointed to what has been observed for the thousands of years Ashwagandha has been used in ayurvedic medicine – its powerful ability to act preventatively as well as a repairing function for those with neurodegenerative diseases such as Alzheimer’s and Parkinson’s disease!

**✓ Strengthened Immune System**

The immune system is our first line of defence against illness causing viruses and bacteria. It works to produce immune cells and antibodies to destroy foreign cells that could be potentially harmful. Without a healthy immune system, our body would have limited defences against dangerous micro organisms that create illnesses, infections and infectious diseases. It’s simple - if you look after your immune system, it will look after you!

In clinical studies Ashwagandha has clearly demonstrated its ability to SIGNIFICANTLY increase white blood cell activation and CD56+ markers. These are a natural and measurable marker of immune cell function as they are expressed by T-Cells, dendritic cells and monocytes. All of which are responsible for the coordination and effectiveness of various immune functions in both the innate and adaptive immunity.

**✓ Powerful Antioxidant**

Ashwagandha’s powerful antioxidant properties also work to enhance the immune system, by providing whole body antioxidant support. It has the ability to neutralise free radicals which happen as a result of natural oxidation in the body. If free radicals overwhelm the body’s ability to regulate them, a condition known as oxidative stress ensues. This will damage cells and negatively alter lipids, proteins and DNA - creating a “weakness” for disease. For example, certain diseases occur in part from oxidative damage to tissue. This is why leading medical experts believe that Ashwagandha (to an extent) can help to prevent many diseases through its ability to effectively neutralise free radicals.

**✓ Reduced Stress, Anxiety & Depression**

Cortisol is the body’s main stress hormone that is released by the adrenal glands and primarily works within your brain to control mood, motivation and fear. There are also cortisol receptors in most cells in the body, all that use it in different ways from regulating inflammation to controlling sleep / wake cycles.

Issues arise when levels are high or low for too long. Too much cortisol will lead to a number of health problems (heart disease, cognitive decline, anxiety and depression) and too little will cause muscle weakness, fatigue, weight loss and low blood pressure. As cortisol is essential to health, naturally balancing cortisol levels is key for both physical and mental health.

Ashwagandha is best known for its extraordinary and multifaceted stress lowering effects as it has the ability to promote mental health and well-being. It not only acts as an adaptogenic but has also been clinically proven to reduce high cortisol levels by up to 50%!



Clinical studies have proven the extensive range of Ashwagandha benefits. Throughout various double-blind, placebo-controlled trails, subjects received Ashwagandha extract over a 60 day period – the results shocked the researchers!

**✓ Anti-inflammatory Action**

Ashwagandha is a powerful anti-inflammatory agent and recent studies show it matches the effectiveness of over the counter anti-inflammatory agents as well as prescription medications. The natural anti-inflammatory action works by targeting multiple steps within the inflammatory pathway and effectively reduces inflammation at a molecular level.

Throughout history, Ashwagandha has been used for its anti-inflammatory and anti-arthritic activity, with modern day studies confirming Ashwagandha’s anti-inflammatory effects for conditions such as colitis and arthritis. Its anti-inflammatory and anti-arthritic agents have also been proven as an effective treatment for rheumatoid arthritis and osteoarthritis!

Ashwagandha works by reducing inflammatory markers IL-1 and TNF as well as inhibiting COX-2 activity. By effectively lowering inflammation markers, Ashwaghandha can alleviate pain while improving function in those with inflammation – without the side effects associated with equal strength anti-inflammatory drugs.

**✓ Improved Cardiovascular Health**

Ashwagandha contributes towards the normal functioning and overall health of the heart. Due to its powerful anti-inflammatory action, Ashwagandha effectively reduces inflammatory markers and inflammation at a cellular level. Inflammation will damage the blood vessels that lead to heart diseases and strokes!

Ashwagandha decreases markers of inflammation that are linked to an increased risk of heart disease. In studies, Ashwagandha supplementation reduced CRP (c-reactive protein) markers by up to 36%! A recent study found that elevated levels of CRP were associated with x3 greater risk of having a heart attack. Incorporating Ashwagandha into your routine will ensure CRP levels stay down and your heart stays healthy!

**✓ Increased Energy & Muscle Strength**

Overall energy levels can be enhanced through optimizing mitochondrial function. One of the more prominent roles of mitochondria is to produce the high energy compound ATP (adenosine triphosphate), our body’s main energy source. ATP enables nerve impulse propagation, cell metabolism, muscle contracts and cell synthesis - essentially enables you to keep moving and thinking throughout the day.

Ashwagandha works in 2 ways to enhance energy production within the body. Firstly it works to reduce the activity of Mg2+ dependent ATPase enzyme, which is responsible for the breakdown of ATP. Secondly, Ashwagandha increases creatine levels that can in turn lead to ATP generation! While ATP is well known for its effects of increasing energy, it also supports healthy joints, heart function and the digestive system!

In one study, males aged 18 – 50 consumed 300mg of Ashwagandha root extract twice a day, alongside resistance training for 8 weeks. Compared to the placebo subjects, those supplementing with Ashwagandha had:

* **SIGNIFICANTLY greater increases in muscle strength**
* **SIGNIFICANTLY greater increase in muscle size**
* **SIGNIFICANTLY greater reduction of exercise induced muscle damage**
* **SIGNIFICANTLY greater increase in testosterone levels**
* **SIGNIFICANTLY greater decreases in body fat (by double)**

**✓ Enhanced Testosterone Production & Fertility**

Although Ashwagandha supplementation is beneficial for everyone, it has additional benefits that are exclusive to men. Men who supplemented with Ashwagandha over a 3 month period had on average a 22% increase in testosterone levels! Higher testosterone levels will ensure increased muscle growth, leaner body mass as well as increased energy and a drop in body fat levels.

Testosterone levels can affect reproductive health, as sperm production is a never ending job that requires a supply of testosterone for a healthy sperm count. Ashwagandha’s powerful effects have been shown to benefit sperm quality in infertile men. In one study, 75 infertile men showed increased sperm count and mobility after 12 weeks of Ashwagandha supplementation – with 14% of the mens partners becoming pregnant.

A catalogue of studies have shown Ashwagandha increases testosterone levels, boosts sperm quality and increases fertility in men!

**Why BioPharmX™ Ashwagandha?**

BioPharmX™ offers a quality guarantee to all customers. This is to provide you with total peace of mind when purchasing any of their products. Backed by nutritional science and with a dedication to premium quality, their products reflect core values of award winning quality and efficiency, from scientific research to manufacturing.

BioPharmX™ has the goal of enhancing the well-being of their customers around the world by delivering premium quality, best value nutritional supplements. Each SUPER STRENGTH 600mg extract Ashwagandha capsule has been formulated to provide significantly more than was shown to be effective in clinical studies, and formulated with maximum strength, premium pharmaceutical quality ingredients. Guaranteed to be the best Ashwagandha supplement on the market produced in a state of the art BioPharmX™ facility to the highest possible industry specifications!

BioPharmX™ manufacturing department is MHRA licensed, GMP certified and ISO accredited, operating within compliance of relevant laws and regulations.

* **Suitable for Vegans**
* **Suitable for Vegetarians**
* **GMO Free**
* **Maximum Strength Formulation**
* **ONLY Premium Pharmaceutical Grade Ingredients**
* **Satisfaction Guaranteed!**

**Directions**

Take 1 capsule per day. Increase dosage up to 3 capsules split evenly throughout the day if required. Do not exceed 3 capsules in a 24 hour period.

**Frequently Asked Questions**

Who should take BioPharmX™ Ashwagandha? BioPharmX™ Ashwagandha is suitable for both men and women who want to support overall health by utilizing Ashwagandha’s whole body restorative and rejuvenating benefits.

Can BioPharmX™ Ashwagandha be taken with medication? BioPharmX™ Ashwagandha may be used alongside medication. However, for specific advice on using BioPharmX™ Ashwagandha with medication, we recommend you should contact your doctor or health care professional first.

How long does each bottle of BioPharmX™ Ashwagandha last? Each bottle contains 100 capsules, a 3 + month supply where 1 powerful capsule is taken daily. Do not exceed stated dose in a 24 hour period.

What are the ingredients of BioPharmX™ Ashwagandha? Each capsule contains the highest quality pure certified and premium pharmaceutical grade 10:1 Ashwagandha Extract (60mg), providing an unparalleled equivalent of 600mg Ashwagandha powder per capsule. This is the MAXIMUM dosage available from just one capsule, you simply cannot find better elsewhere!

How long before I see the extensive benefits from BioPharmX™ Ashwagandha? All users should begin to see initial benefits from within the first few weeks (or even days) of regular use. Clinical studies have verified that the longer you take BioPharmX™ Ashwagandha, the greater the results.

Are there any side effects from BioPharmX™ Ashwagandha? We take every precaution necessary to ensure that each product is 100% herbal and natural in nature and is side effect free.

**Ingredients:**

Each capsule contains pure certified and pharmaceutical graded; Ashwagandha 10:1 extract (60mg) providing equivalent to 600mg of Ashwagandha powder.