

## Optimized Ashwagandha Extract (Stimulant Free)

### 60 vegetarian capsules

Item Catalog Number: 00888

Scientists have discovered that the Indian herb ashwagandha (*Withania somnifera*) counters some of the oxidative damage generated by nervous tension.<sup>44</sup> Ashwagandha has been shown to confer improvements in well-being and a healthy outlook.<sup>45</sup>

In a large clinical trial, ashwagandha reduced levels of the hormone cortisol by up to 26%, while maintaining already normal blood sugar levels and already normal lipid profiles.<sup>46</sup> Subjects who took the standardized ashwagandha extract reported improvements in energy, sleep and well-being, as well as diminished fatigue.<sup>46</sup> Additional research suggests that ashwagandha confers neuroprotection by supporting the regeneration of axons and dendrites, nerve cell components that support brain and nervous system function.<sup>47,48</sup>

The suggested dose provides 250 mg standardized, patented, non-stimulating Sensoril® Ashwagandha Extract.

Life Extension® members obtain a moderate dose of ashwagandha extract in our Cognitex formula. In response to findings indicating that higher potencies may produce greater benefits, Life Extension has formulated Optimized Ashwagandha Extract.

## References

### Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 60

#### Amount Per Serving

Sensoril® Ashwagandha (*Withania somnifera*) Extract (root and leaves) [std. to 8% withanolide glycoside conjugates (10 mg) and 32% oligosaccharides (40 mg)] 125 mg

Other ingredients: rice flour, vegetable cellulose (capsule), vegetable stearate, silicon dioxide, dicalcium phosphate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Sensoril® is protected under US Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc.

## Dosage and Use

- Take one capsule twice daily on an empty stomach, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.