

Ashwagandha Forte

Rejuvenating Tonic for Stress, Immune System & Cognitive Support*



REJUVENATING NERVE & IMMUNE TONIC*

GENERAL WELL-BEING AFTER CHALLENGE*

STANDARDIZED WITHANOLIDE LEVELS

M1740 60 Tablets

Ashwagandha root is used traditionally in Ayurveda to/as:

- ✓ A rejuvenative tonic to **support the body's natural immune system**
- ✓ Encourage a **healthy response to environmental stresses**
- ✓ Support **general well-being** after challenge
- ✓ Support **healthy cognition**, learning and memory
- ✓ **A nervous system relaxant** that calms the mind and soothes the nerves
- ✓ Balance 'vata' (**nervine tonic**)
- ✓ Relieve mild, occasional **sleeplessness**
- ✓ **Support the body** as it ages*

MediHerb Ashwagandha Forte is a single-ingredient preparation of *Withania somnifera*, also known as 'Ashwagandha' or 'Indian Ginseng'.^{1,2,3} Each tablet provides the equivalent of 4 g dry Ashwagandha root, as well as 10 mg of withanolides (the key active components in this herb). This single-herb tablet provides one of the highest amounts of withanolides in the MediHerb product range. The withanolide content in Ashwagandha Forte provides a clinically relevant dosage of this key active component for those requiring additional support.*

Suggested Use:

1 tablet 1-2 times daily, or as directed.

Supplement Facts

Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	85 mg	6%
Ashwagandha root 10:1 extract from <i>Withania somnifera</i> root 4.0 g Containing withanolides 10 mg	400 mg	†
† Daily Value (DV) not established.		

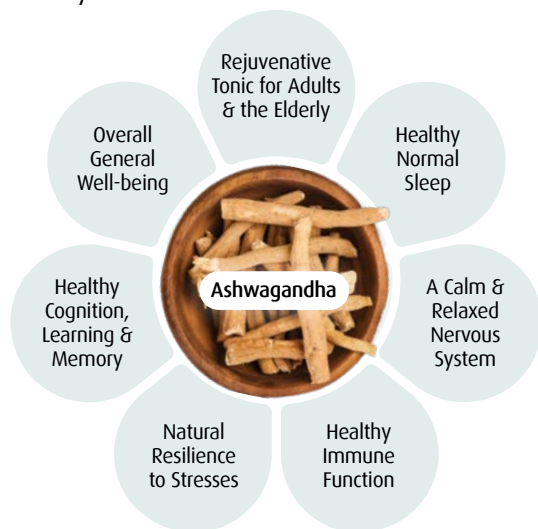
Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, hypromellose, maltodextrin and silicon dioxide.

Cautions: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction.

Traditional Use

Ashwagandha is one of the most revered tonics in the Ayurvedic tradition, where it is used in much the same way as *Panax ginseng* in the traditional Chinese system (although it is much less stimulating).⁴ Its use as a 'rasayana' or rejuvenative tonic dates back thousands of years.^{1,3,5} As such, it is thought to work in a non-specific way to support the body's natural immune defenses,³ promote an overall feeling of well-being^{2,6-9} and support general well-being after challenge,^{3,5,10} especially in the elderly.^{4,8} In addition, Ashwagandha helps to ease the effects of temporary everyday life and environmental stresses (changes) by supporting the body's resistance to them.^{2,4,9,11} For this reason, 'rasayana' herbs are generally classified as 'adaptogens' or anti-stress agents.³ Moreover, Ashwagandha is regarded as a 'medhya rasayana', which is a specialized 'rasayana' or tonic that supports healthy learning and memory,^{2,4-6,8,9} and an herb that balances 'vata',^{4,6,10} meaning it works as a nervine tonic to calm and relax the nervous system.^{1,3,4,6} Finally, as Ashwagandha has a calming effect on the nervous system, it may also be taken to relieve mild occasional sleeplessness.^{5,7,10*}

Figure 1: Summary of Ashwagandha's Supportive Effects on the Body



How Ashwagandha Forte Supports Your Health:



Rejuvenative Tonic:

As a 'rasayana' or rejuvenative tonic, Ashwagandha provides many health benefits for common and mild everyday life challenges that potentially affect our otherwise normal **healthy stress response, immune and nervous systems function** and **sleep** (and therefore overall well-being), especially as we age.*

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Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

Please consult the product packaging label for the most accurate product information.

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