

Organic Ashwagandha Powder

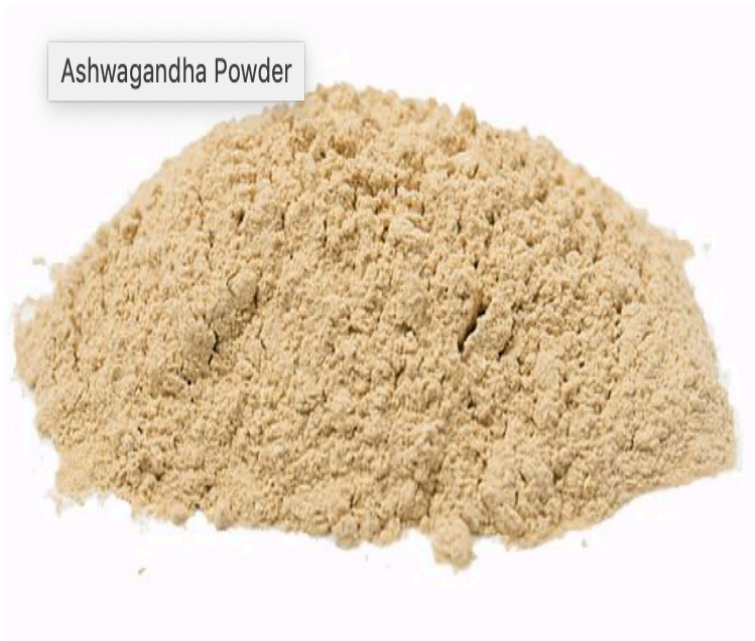
Withania Somnifera

PRODUCT SPECIFICATION

PRODUCT CODE: ORASHW2404

DESCRIPTION:

This species is a short, tender perennial shrub herb of Ayurveda, its Leaves are dull green, elliptic, usually up to 10–12 cm (4 to 5 in) long. The flowers are small, green and bell-shaped. The ripe fruit is orange-red. Withania Somnifera is a traditional system of medicine from India been used for many centuries helping a human body to adapt to stressful conditions, after recent studies in pharmacology and medicine it's clinically proven to be one of the few herbs with significant effects on both psychological and physiological aspects of human functioning.



APPLICATIONS & MAIN ATTRIBUTES.

The species name *somnifera* means "sleep-inducing" in [Latin](#).^[6] The name, *ashwagandha*, is a combination of the [Sanskrit](#) words *ashva*, meaning horse, and *gandha*, meaning smell, reflecting that the root has a strong horse-like odor.


The Roots are the main portion of the plant that are used therapeutically.

- Help reduce stress, anxiety, cortisol levels and stress-related food cravings.
- Help promote enhanced memory and cognitive function.
- Help promote endurance, strength, muscle size and muscle recovery rate.
- Help enhance sexual performance health in both men and women, and testosterone in men.
- Help to maintain normal Thyroid.
- Help support health weight management.

•	<u>PRODUCT CHARACTERISTICS</u>	<u>SPECIFICATION</u>
•	Botanical Name	<i>Withania Somnifera</i>
•	Plant Part	Roots
•	Description	Powder: Light yellow-brown
•	Flavor	Typical natural
•	Pantone	7499U, 7500U, 7506U and 7401 C
•	Solubility	Soluble in Water
•	Preservatives	None
•	Origin	India
•	Tariff Code	0813.30.00
•	Shipping Classification	70 M
•	Storage	Dry at 20 C / 70 F
•	Availability	Year-round

DAYLY RECOMMEND INTAKE:

Standardized root extract is commonly taken in 450–500 mg capsules once or twice per day. For a 30-**day** period, doses of an **ashwagandha** aqueous extract were increased in 10-**day** intervals, starting at 250 mg in the **morning** and 500 mg in the **evening** on days 1 to 10 (750 mg/**day**). From days 11 to 20, 500 mg was taken in the **morning** and 500 mg was taken in the **evening** (1,000 mg/**day**)

Nutrition Facts	
Serving Size:  100 g (100g)	
Amount Per Serving	
Calories 277	Calories from Fat 2.7
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0.1g	1%
Sodium 200mg	8%
Total Carbohydrates 47g	16%
Dietary Fiber 36g	144%
Sugars 11g	
Protein 3.7g	
* Percent Daily Values are based on a 2000 calorie diet.	

INGREDIENT STATEMENT

Produced with Ashwagandha Roots

ALLERGEN STATEMENT

There is no historical data available of any case of Allergies with Ashwagandha powder- Produced with 100% Natural Ashwagandha with no carriers, confirmed Allergen Free.

ASHWAGANDHA POWDER IS PRODUCED/PROCESSED FROM RAW MATERIALS THAT ARE:

Not genetically modified.

No enzymes, preservatives or additives are used during the production.

No Irradiation is used in or during the process.

No ETO used

BSE FREE.

No Gluten.

They are Vegetarian and Vegan

PACKAGING and STORAGE

Industrial: Double line Plastic Bag heat-sealed, corrugated carton. Store in Dry Place, away from light, in original and closed packaging, avoiding direct contact with the floor, store in temperatures between 20 C (71 F) and 25 C (73 F) , This product may be hygroscopic.

SHELF LIFE

36 months from production date, after manufacturer packing opened valid for maximum 12 months.