



# Ashwa.30™

## Performance, Endurance & Stress Recovery

**Ashwa30™** is setting a new benchmark in ashwagandha innovation. What makes **Ashwa30™** the next-generation ashwagandha root extract?

- Currently the lowest-dose root-only Ashwagandha extract on the market, delivering full efficacy at just 30 mg
- Standardized to 30% Ashwa Bioactive Complex (ABC), which is a combination of  $\geq 15\%$  withanolides (HPLC) and  $\geq 15\%$  of a unique ATP active fraction
- Designed to support both stress resilience and physical endurance
- Developed with patented Bioactive Optimization Technology (BOT), resulting in a concentrated fraction of the most effective actives

**Ashwa30™** provides a cleaner, more potent extract with demonstrated efficacy. In human studies, **Ashwa30™** demonstrated a reduction in salivary cortisol by 38% versus placebo in a 7-day stress study. In a separate endurance study, supplementation with **Ashwa30™** improved  $VO_2$  max by 10%, reduced fatigue and perceived exertion, and lowered markers of muscle damage compared to placebo.

### Product Facts:

#### Advantages:

- ✓ Optimized with patent pending Bioactive Optimization Technology (BOT).
- ✓ Derived from ashwagandha root only.
- ✓ Lowest effective root-only dose on the market: 30 mg per day.
- ✓ Clinically evaluated for both endurance and stress resilience
- ✓ Sustainably cultivated - Fair For Life certified

#### Applications:

- ✓ Gummies
- ✓ Softgels
- ✓ Capsules and tablets
- ✓ Powders

#### Certifications:

- ✓ Kosher
- ✓ Halal
- ✓ Non-GMO

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\*These statements have not been evaluated by the Food and Drug administration. This product is not intended to diagnose, treat, cure, or prevent any disease.