

KSM-66 ashwagandha strictly avoids leaves

Grounding in tradition, science drives focus on use of root, not leaves, of ashwagandha

Ayurvedic practitioners dug up the roots of ashwagandha instead of using the more plentiful and easily accessible leaves due to their strong belief in the power of the roots. Thousands of years of traditional use, as well as current clinical trials, focus on the use of root-only ashwagandha extract for ingestion to deliver adaptogenic benefits. Ashwagandha leaves were traditionally used mainly for topical treatments.

Why Root-Only?

- The majority of published clinical trials are on ashwagandha root, not leaf
- Ashwagandha's coverage for internal therapeutic use in major reference works is on root only, including:



Health
Canada



World Health
Organization

- o US Pharmacopoeia
- o British Pharmacopoeia
- o Indian Pharmacopoeia
- o Ayurvedic Pharmacopoeia
- o Indian Materia Medica
- o Health Canada monograph
- o World Health Organization monograph

- The long history of use of ashwagandha root consumption substantiates its safety to a greater degree than consumption of leaf.
- Some European countries allow only ashwagandha root and not leaf



Ixoreal Biomed is a family-owned business founded with the mission of supplying the best-quality ashwagandha. KSM-66 is its only product, produced from roots only.

Leaves are significantly less expensive, often 1/15th the price of roots. Using leaves could boost profits greatly, but departs from mainstream Ayurveda practice and current scientific literature.

Adhering to Ayurveda practice and scientific evidence, KSM-66 Ashwagandha stands by its basic principles of using root only to develop this safe, efficacious product.