Ashwagandha for athletic performance and recovery

Adaptogens & the Power of Ashwagandha

Ashwagandha may also function as an ergogenic aid, and CD8 immune cells

CD3, CD4

VO2 max

terminals. It is one of the oldest known herbs in Ayurveda (Science of Life),

which has been extensively studied for various health benefits. In particular,

muscle size

pressure and leg extension

levels of serum total and serum free testosterone in male participants

produced significant increases in levels of serum total and serum free testosterone in male participants

astenosis, myalgia, and general well-being scores.

 Researchers have extended their investigations into the ability of ashwagandha to

Supplementation improved muscle strength and size through resistance training by

an 8-week, randomised, double-blind, placebo-controlled study. Healthy adults (n=50) received a placebo or a 300

mg capsule of ashwagandha (as KSM-66) twice daily. Researchers assessed VO2 max, quality recovery scores and antioxidant levels; participants also completed

the Daily Analysis of Life Demands for Athletes (DALDA) questionnaire and

for: energy, exercise capacity, psychological health and well-being, sleep, health, social relationships and quality of life for both the genders for:

Physical Performance — Tradition Meets Clinical Research

Similarly, research has shown that ashwagandha root extract can successfully

Ashwagandha root extract can successfully

Ashwagandha may also function as an ergogenic aid, significantly improving physical performance, including a reduction in muscle soreness, fatigue, and general well-being scores.

The most clinically studied

Ashwagandha for Physical Performance — Tradition Meets Clinical Research

The findings suggest that Ashwagandha root extract is a natural ergogenic aid that can enhance cardiorespiratory endurance and improve QOL in healthy athletes.

Significant decreases were reported in exercise-induced muscle damage (p=0.03) and body fat percentage (reduction of 3.5%).

Further, significant increases (p<0.05) were realized among men and women for:

quality of life in healthy athletic adults."

"Ashwagandha root extract can successfully enhance cardiorespiratory endurance and improve quality of life in healthy athletic adults."

Ashwagandha root extract (as KSM-66 Ashwagandha) improved VO2 max—an indication of the amount of oxygen the body can use during exercise—in a randomised, placebo-controlled study. Healthy adults (n=50) consumed 300 mg of ashwagandha twice daily for 12 weeks, and were assessed on performance and quality of life (QOL) measures.

Rest, athletic performance, and a lack of sleep are major stressors to which athletes and sportspersons are subjected. Ashwagandha supplementation is associated with reduced increases in muscle mass and strength and... may be useful in conjunction with resistance training programs.

KSM-66 Ashwagandha ic

Serious athletes and weekend warriors alike

Nutrition products with natural ingredients. A new report from Mordor Intelligence (Europe Sports Nutrition Market 2020-2025) showcases the rising interest among consumers for such items. The firm projects an 8% compound annual growth rate (CAGR) in the market (Figure 1).

Ashwagandha for athletic performance and recovery

KSM-66 Ashwagandha is:

the most studied and validated form of Ashwagandha on the market

21.6%

significant decreases in:

rest and recovery

muscle soreness

fatigue

muscle stiffness

general fatigue

general well-being

Ashwagandha is one of the more complex

Herbs with many phytochemical constituents in it, and is valued for its ability to

increase vitality, energy, endurance and stamina, suggesting it can enhance

physical performance.

Targeting the expanding EU sports market

Ashwagandha is one of the most researched and validated herbs on the planet,

and is used in more than 2000 Ayurvedic formulations. Its use in Ayurveda is widespread,

and is valued for its ability to enhance the body’s ability to manage stress and achieve balance.

KSM-66 Ashwagandha is:

targeted to improve physical performance.