

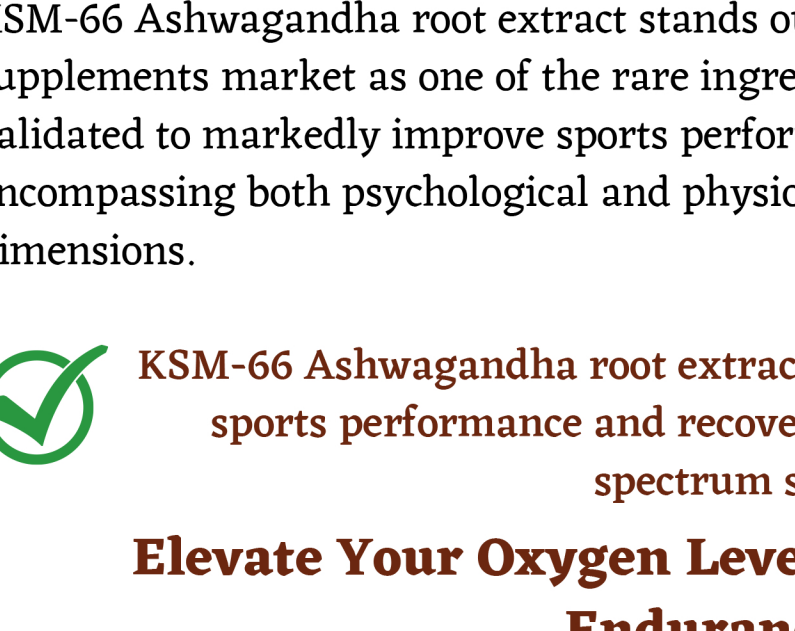


Ashwagandha for Athletic Performance

Professional athletes and weekend warriors alike want products to boost performance, and they are on the lookout for sports nutrition products with natural ingredients.

The global sports nutrition market is on course to experience strong growth. Valued at US \$42.9 billion in 2022, the market is expected to expand at 7.4% CAGR from 2023 to 2030.¹

Sports nutrition industry is moving towards the 'natural' methods of supplementation and adaptogens such as Ashwagandha, are in the spotlight.



Ashwagandha is one of the oldest known adaptogens, its power lies in its roots.

KSM-66 Ashwagandha root extract stands out in the supplements market as one of the rare ingredients clinically validated to markedly improve sports performance, encompassing both psychological and physiological dimensions.



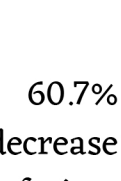
KSM-66 Ashwagandha root extract is clinically proven for various sports performance and recovery aspects, and offers a full-spectrum solution.

Elevate Your Oxygen Levels, Maximize Your Endurance

Study 1

A randomized, double-blind, placebo-controlled clinical study, investigated the effects of an 8-week administration of KSM-66 Ashwagandha root extract (300mg/ twice daily) in 49 healthy adults and resulted in a:

11.3% increase in VO2 Max

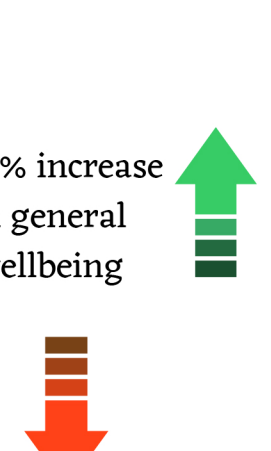
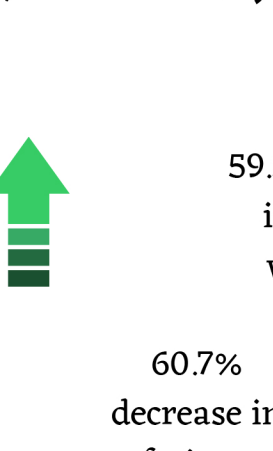
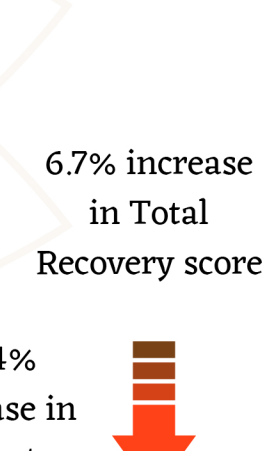
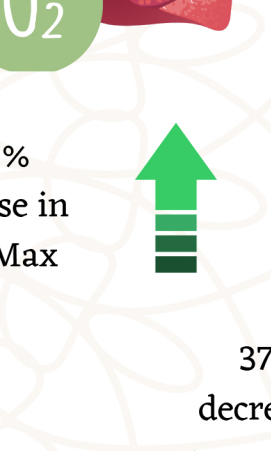
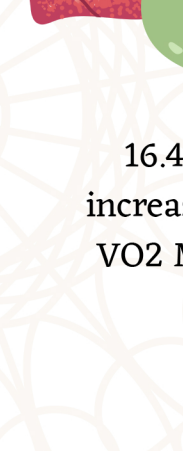


week 4

13.6% increase in VO2 Max



week 8



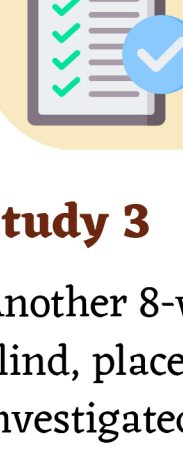
16.4% increase in VO2 Max

6.7% increase in Total Recovery score

59.2% increase in general wellbeing

37.4% decrease in general stress

60.7% decrease in fatigue



KSM-66 Ashwagandha root extract supplementation resulted in enhanced cardiorespiratory endurance and also reported an improvement in quality of life.²

Study 2

An 8-week, randomized, double-blind, placebo-controlled clinical study, investigated the effects of KSM-66 Ashwagandha root extract (300mg/ twice daily) in 50 healthy adults and resulted in:

16.4% increase in VO2 Max

6.7% increase in Total Recovery score

59.2% increase in general wellbeing

37.4% decrease in general stress

60.7% decrease in fatigue

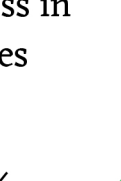


KSM-66 Ashwagandha root extract supplementation resulted in enhanced cardiorespiratory endurance and an improvement in recovery.³

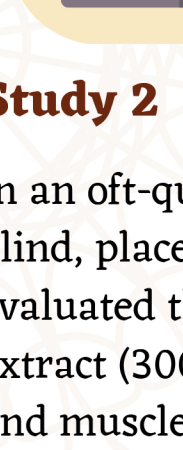
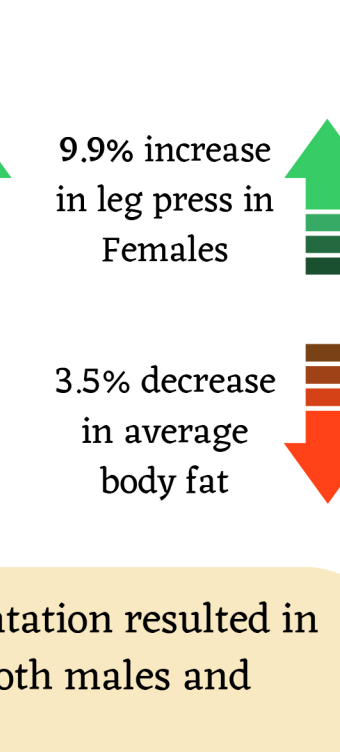
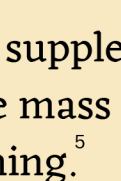
Study 3

Another 8-week, randomized, double-blind, placebo-controlled clinical study, investigated the effects of KSM-66 Ashwagandha root extract (300mg/ twice daily) in 80 healthy adults. This supplementation demonstrated a significant improvement in VO2 max:

9.5% increase in males



7.1% increase in females



KSM-66 Ashwagandha root extract supplementation resulted in enhanced cardiorespiratory endurance.⁴

Revitalize Muscle Power with better recovery: The Ashwagandha Advantage

Study 1

In a newly published randomized, double-blind, placebo-controlled study, researchers evaluated the effect of KSM-66 Ashwagandha root extract (300mg/ twice daily) on muscle strength and muscle girth in 80 participants. The 8-week supplementation demonstrated a significant:

23.5% increase in bench press in Males

22.8% increase in bench press in Females

15% increase in leg press in Males

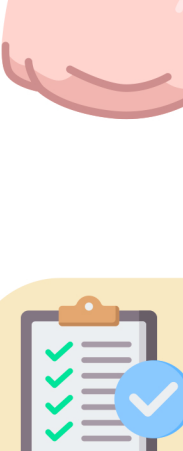
9.9% increase in leg press in Females

5.2% increase in arm girth

3.5% increase in thigh girth

4.1% increase in chest girth

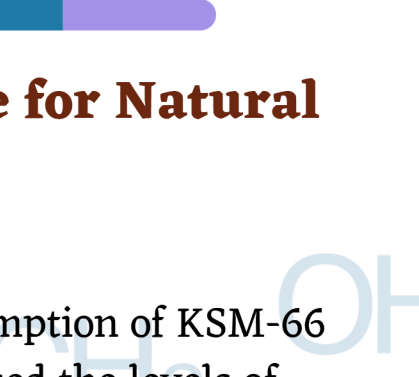
3.5% decrease in average body fat



KSM-66 Ashwagandha root extract supplementation resulted in greater muscle strength and muscle mass in both males and females undergoing resistance training.⁵

Study 2

In an oft-quoted published randomized, double-blind, placebo-controlled study, researchers evaluated the effect of KSM-66 Ashwagandha root extract (300mg/ twice daily) on muscle strength and muscle girth in 50 healthy males. The 8-week supplementation demonstrated a significant:



>75% increase in muscle strength for bench press

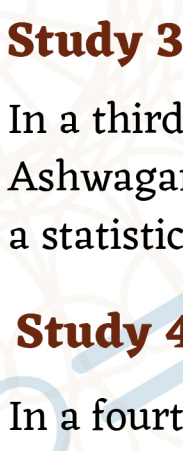
>50% increase in muscle strength for leg extension

8.1% increase in thigh girth

17.1% increase in arm girth

3.5% decrease in average body fat

Significant decrease in serum Creatine kinase



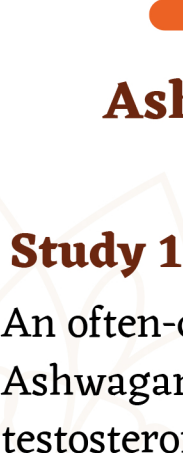
KSM-66 Ashwagandha root extract supplementation resulted in greater muscle strength and muscle mass in both males and females undergoing resistance training.⁶

Study 3

In a newly published randomized, double-blind, placebo-controlled study, researchers evaluated the effect of KSM-66 Ashwagandha root extract (300mg/ twice daily) on muscle recovery and muscle girth. The 8-week supplementation demonstrated a significant:



Significant decrease in serum Creatine kinase



KSM-66 Ashwagandha root extract supplementation resulted in greater muscle strength and muscle mass in both males and females undergoing resistance training.⁷

Ashwagandha: The Athlete's Choice for Natural Testosterone Boosting

Study 1

An often-quoted published study found that the consumption of KSM-66 Ashwagandha root extract (300mg/twice daily) increased the levels of testosterone, naturally.⁸

Study 2

A second double-blind, randomized, placebo-controlled published clinical trial of 46 men with low sperm count, found that KSM-66 Ashwagandha root supplementation increased the levels of testosterone.⁹

Study 3

In a third published study conducted on otherwise healthy males - KSM-66 Ashwagandha root extract supplementation (300mg/twice daily) resulted in a statistically significant increase in testosterone levels.¹⁰

Study 4

In a fourth study, KSM-66 Ashwagandha root extract supplementation (300mg/twice daily) resulted in a significant increase in levels of serum total and serum free testosterone in male participants.¹¹

KSM-66 Ashwagandha root extract boots testosterone levels in all the studies:

15% Study 1

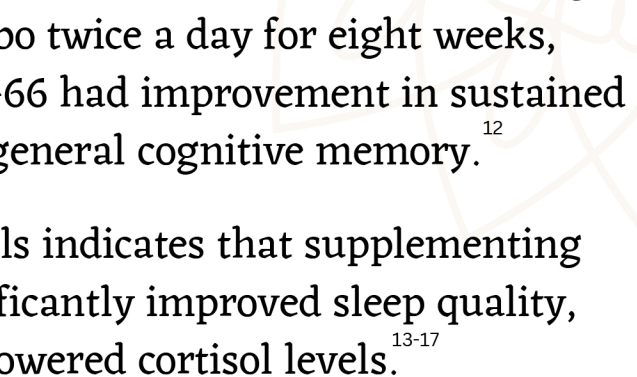
17% Study 2

16% Study 3

10.07% Study 4

The Competitive Edge: Enhancing Mental Agility and Stress Resilience with Ashwagandha for Athletes

Athletes today are increasingly interested in sports nutrition supplements with nootropic properties to boost mental performance. Ashwagandha root, widely known for its adaptogenic and anti-stress properties, is acknowledged for its ability to decelerate brain aging and enhance memory and cognitive function.



A published study with 50 adults who were supplemented with either 300 mg of KSM-66 Ashwagandha root extract or a placebo twice a day for eight weeks, demonstrated that those who consumed KSM-66 had improvement in sustained attention, information processing speed, and general cognitive memory.¹²

Recent research featured in prestigious journals indicates that supplementing with KSM-66 Ashwagandha root extract significantly improved sleep quality, markedly reduced anxiety, and substantially lowered cortisol levels.¹³⁻¹⁷

KSM-66: Athletes' Choice for Doping-Free Excellence

KSM-66 has been certified by 'BSCG (Banned Substances Control Group) Drug Free' and 'Informed Ingredient', offering the assurances that athletes need, in alignment with World Anti-Doping Agency (WADA) guidelines

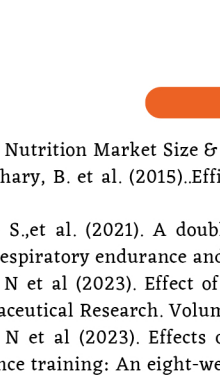


KSM-66 Ashwagandha: The Gold Standard

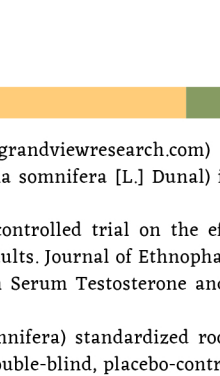
KSM-66 stands out in today's sports supplement market as one of the rare ingredients clinically verified to enhance both psychological and physiological dimensions of sports performance and energy generation.



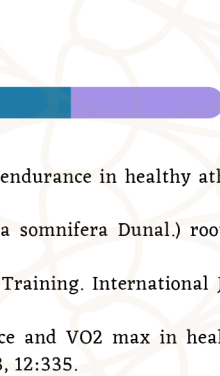
Additionally, it holds the title of the world's top-selling ashwagandha root extract, a distinction it has earned for very compelling reasons:



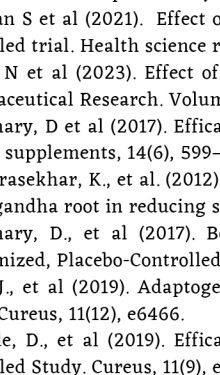
Root only extract



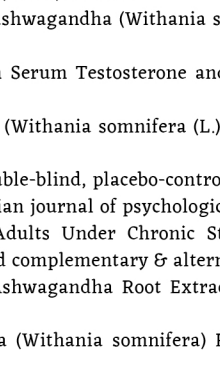
Green Chemistry



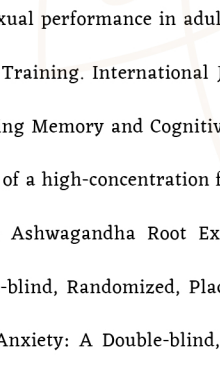
Most clinically researched



Vertically Integrated Supply chain



Highest number of quality certifications



Never adulterated with leaves

1. Sports Nutrition Market Size & Trends Analysis Report, 2030 (grandviewresearch.com)

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4. Verma N et al (2023). Effect of Ashwagandha Root Extract on Serum Testosterone and Muscle Recovery in Strength Training. International Journal of Medical and Pharmaceutical Research. Volume: 4 Issue:5; Page No: 371-381

5. Verma N et al (2023). Effects of Ashwagandha (Withania somnifera) standardized root extract on physical endurance and VO2 max in healthy adults performing resistance training: An eight-week, prospective, randomized, double-blind, placebo-controlled study. P1000Research, 2023, 12:338.

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