

KSM-66: THE MOST CLINICALLY STUDIED ASHWAGANDHA FOR MEN'S VITALITY AND HORMONAL WELLNESS

PART OF THE ASHWAGANDHA EXPERIENCE



From fertility and libido to energy and emotional balance, men's health is deeply interconnected with hormonal function and stress biology. Yet modern life places unprecedented demands on the male body and mind. Chronic stress, disrupted sleep, sedentary work, poor recovery, and environmental pressures quietly erode vitality, often long before visible symptoms emerge.

One of the most profound shifts occurs in testosterone levels. Beginning as early as the third decade of life, testosterone naturally declines at a gradual rate of about 1% per year. Over time, lower levels are associated with reduced sexual desire, mood changes, reduced muscle strength, fatigue, and diminished overall wellbeing. For many men, this hormonal shift affects not just physical performance, but confidence, motivation, and quality of life.

As awareness grows, so does the demand for natural, science-backed solutions that support vitality without compromising safety. This is where ashwagandha—Ayurveda's revered "king of herbs"—has emerged as a cornerstone ingredient in modern men's wellness regimens.

STRESS, HORMONES, AND THE MALE VITALITY CONNECTION

Ashwagandha (*Withania somnifera*) is classified as an adaptogen—an herb that helps the body regulate stress and restore physiological balance. This stress-modulating effect is especially relevant for men because elevated cortisol directly suppresses testosterone production, disrupts sexual health, and impairs recovery.

By improving the body's response to stress, ashwagandha supports the hormonal environment needed for reproductive health, stamina, and emotional resilience. Among the many forms of ashwagandha on the global market, KSM-66 stands apart as the most clinically studied organic, root-only extract, produced using green chemistry principles and validated through multiple gold-standard trials in men's health.

A study published this year in the *Journal of Ayurveda and Integrative Medicine* revealed remarkable results across numerous aspects of male sexual health for the participants supplemented with KSM-66 Ashwagandha (300mg twice daily). At the end of the eight-week study, daily consumption of the extract had led to significant improvement in levels of serum testosterone (14.3%) and dihydrotestosterone (10.43%), alongside notable improvements in semen parameters like semen volume (26.4%), total sperm count (32.14%), and sperm motility (37.58%). There was also a significant increase in satisfying sexual events (108.12%), sexual desire (112.84%), and orgasmic function (19.03%). Additionally, total International Index of Erectile Function (IIEF) domain scores had improved by 18.23%, while the supplemented group also recorded a 15.52% increase in quality of life.¹

The above-mentioned study adds to KSM-66 Ashwagandha's proven track record in supporting men's health.

Notably, a 2013 clinical study involving 46 healthy male participants for 12 weeks resulted in remarkable improvements observed in the supplemented group across an array of parameters, including sperm concentration (167%), semen volume (53%), sperm motility (57%), and serum testosterone levels (17%).²

A 2022 study, which investigated the effects of KSM-66 Ashwagandha root extract (300mg twice daily) demonstrated significant improvements in sexual functions (3.64%), arousal (14.3%), orgasm (6.12%), and sexual drive (11.35%), according to their Derogatis Interview for Sexual Functioning (DISF) domain ratings. The KSM-66 treatment group's Short Form-36 Quality of Life Questionnaire domain scores demonstrated the extract's positive impact, with improvements in physical functioning (31.2%), energy/fatigue (18.37%), emotional wellbeing (26.18%), social functioning (14.7%), pain (35.25%), and general health (11.07%).³

Several soon-to-be-published studies further support the wider demonstrated benefits of KSM-66 supplementation across a broad range of male sexual wellness parameters.

One gold-standard study, which examined the effects of the top ashwagandha extract on 76 healthy adult males over an 8-week period, found that the KSM-66 supplemented group (300mg twice daily) significantly improved Total and free testosterone (12.17% and 10.23%, respectively), sperm concentration (32.88%), semen volume (38.68%), and sperm volume (38.06%). The KSM-66 group saw significant improvement in erectile function and quality of life, as well as a 160.6% increase in their "Level of Sexual Desire" scores.⁴

The effects of KSM-66 Ashwagandha (300mg twice daily) on 40 healthy adults were examined in another soon-to-be published eight-week study. At the end of the trial, the supplemented group's serum testosterone levels, degree of sexual desire, and "Number of Satisfying Sexual Event" scores significantly improved.⁵

Another published study on KSM-66 Ashwagandha's effect on male athletes showed the extract not only significantly increased testosterone levels (15.3%), but also that this boost was directly linked to improved muscle recovery and augmented strength – both crucial for competitive performance.⁶

Across all these clinical investigations, KSM-66 has consistently demonstrated excellent tolerability, with no serious adverse events reported. This safety profile reinforces its suitability as a natural, long-term solution for men seeking hormonal balance and vitality support.

Collectively, these findings establish KSM-66 Ashwagandha as a gold-standard, clinically validated botanical for men's health. By naturally supporting testosterone, fertility, sexual wellness, resilience, and performance, KSM-66 offers holistic support that empowers men to thrive at every stage of life.

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