SHATAVARI: A SCIENCE-BACKED BOTANICAL SHAPING THE FUTURE OF WOMEN'S WELLNESS

PART OF THE ASHWAGANDHA EXPERIENCE

In today's landscape, women's health is no longer viewed as a collection of isolated conditions. Instead, it is increasingly understood as a continuous journey influenced by hormonal transitions, emotional balance, and key reproductive stages.

From adolescence to adulthood, motherhood, and midlife, there is a growing demand for safe, natural, and evidence-based solutions. This shift has brought renewed attention to traditional botanicals that are now being validated through modern scientific approaches, offering holistic support for women's overall well-being.

Among these botanicals, Shatavari (Asparagus racemosus) has long held a prominent position. Revered in Ayurvedic practice, it has historically been associated with female vitality, reproductive health, and resilience across life stages. Today, advancements in botanical research are enabling this traditional herb to be standardized, clinically studied, and positioned for contemporary health applications.

SRI-81 Shatavari stands out as a modern evolution of this ancient ingredient. It is a root-only, full-spectrum extract produced through focused scientific research.

Unlike many others, it maintains the root's natural phytochemical profile while standardizing total shatavarins within a precise range, ensuring both consistency and efficacy. This unique combination distinguishes SRI-81 from traditional shatavari preparations.

This approach allows the ingredient to preserve its traditional adaptogenic characteristics while aligning with current expectations of quality, reproducibility, and traceability. The extraction process avoids harsh solvents, ensuring the integrity of the plant's bioactive profile is maintained.

Equally critical is the emphasis on sourcing and manufacturing control. A vertically integrated supply chain—covering organic cultivation, extraction, testing, and global distribution—helps ensure authenticity and batch-to-batch consistency.

This level of control is particularly important in the botanical space, where challenges such as variability, adulteration, and supply instability are common. By overseeing the entire process, SRI-81 aims to deliver both reliability and performance to manufacturers.

A growing clinical evidence base

SRI-81 Shatavari stands out for its robust clinical evidence. Researchers have completed 18 human clinical studies—5 published, 4 completed, 9 ongoing—making it among the most clinically studied shatavari extracts.

This research positions SRI-81 as a data-backed option in women's health. The five published studies confirm its benefits across multiple life stages.

A randomized, double-blind, placebo-controlled study in postpartum women demonstrated that shatavari root extract significantly reduced the time to noticeable breast fullness and increased expressed milk volume within 72 hours. Improvements in maternal well-being and satisfaction were also reported, reinforcing its traditional association with lactation support.1

In adult women, a randomized, double-blind, placebo-controlled clinical study evaluating female sexual wellness reported significant improvements across Female Sexual Function Index domains, including desire, arousal, lubrication, and satisfaction. The study also observed reductions in sexual distress scores and improvements in mood-state parameters, alongside favorable shifts in reproductive hormone markers.2

In women experiencing menopausal symptoms, supplementation with shatavari root extract over eight weeks resulted in significant reductions in total Menopause Rating Scale (MRS) scores. Improvements were seen across somato-vegetative, psychological, and urogenital domains, with additional reductions in hot flash frequency and perceived stress.3

A separate randomized, double-blind, placebo-controlled trial in perimenopausal women demonstrated significant improvements in menopausal symptom scores, reductions in perceived stress, and positive changes in quality-of-life assessments. Notably, serum estradiol levels showed supportive trends, reflecting potential endocrine-modulating effects during transitional hormonal phases.4

In women with polycystic ovarian syndrome (PCOS), a 12-week randomized, double-blind, placebo-controlled trial reported reductions in follicle count and improvements in ovarian morphology, alongside decreases in perceived stress scores.

Hormonal parameters, including FSH, LH, and testosterone, showed normalization trends, supporting shatavari's role in complex hormonal environments.5

Bridging traditional wisdom with modern validation

Collectively, these studies address stages from postpartum recovery to sexual wellbeing and PCOS, underscoring the broad applicability of the ingredient.

This growing evidence base aligns with evolving consumer expectations. Women are increasingly seeking solutions that go beyond symptom management to support overall well-being, including hormonal balance, emotional resilience, sleep quality, vitality, and healthy aging.

Botanicals that address interconnected health needs are gaining popularity, especially those with supporting clinical research and transparent manufacturing.

As the global women's health market grows, SRI-81's integration of traditional botanical knowledge, scientific validation, traceable sourcing, and sustainable production positions it as a uniquely innovative solution. Its combination of heritage, clinical substantiation, and end-to-end quality control addresses the needs of both consumers and industry stakeholders.

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