



Achieving Balance with KSM-66 Ashwagandha

Women - The Real Superheros

Women often juggle various roles - professional, caregiver, partner, friend, among others. This multitasking can often lead to compromised health.

In 2022, the women's health segment held the largest market share of¹

68.4%

By 2032, the Global Women's Health and Beauty Supplements market is set to reach²

\$ 89.3 bn



Natural supplements, especially Ashwagandha, might just be the secret ingredient we've all been looking for.

Ashwagandha: Nature's Gift



Ashwagandha, a cornerstone of Ayurvedic medicine, has been used for over 3,000 years for its restorative and therapeutic properties. From stress reduction and increased vitality to improved sleep and overall health, Ashwagandha offers a lot of benefits for both men and women of all ages.

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

KSM-66 Ashwagandha is a standardized and specialized extract that amplifies the health-promoting benefits of Ashwagandha. It stands undefeated not only as the most clinically studied Ashwagandha root extract for Women's health and well-being but also in terms of Women Empowerment.

Women's Empowerment: A Core Value at KSM-66

Women contribute to the majority of the workforce and they work in different areas, including fieldwork like harvesting the ashwagandha crop and working in factories, and offices, and collaborate with social organizations where women are involved in crafting hundreds of thousands of jute bags. Women are also paid 10 - 20 percent more than what they would make in other jobs in their areas.



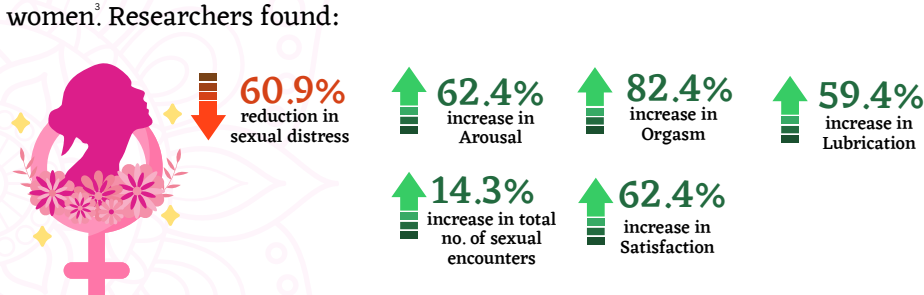
Women's empowerment is deeply ingrained in KSM-66's roots.

Scientific Validation of KSM-66 Ashwagandha

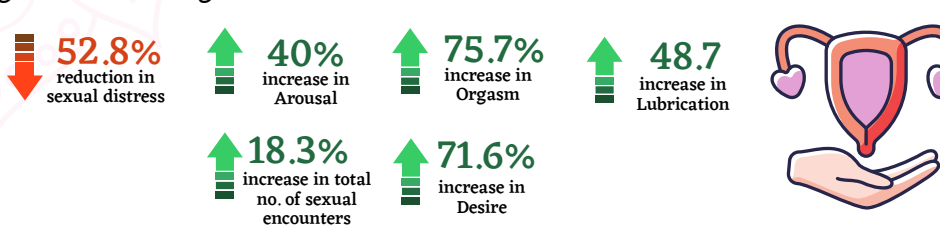
Several gold-standard clinical studies validate the efficacy of KSM-66 in enhancing sexual health, alleviating perimenopausal and menopausal symptoms, regulating hormonal health and improving overall wellbeing in women.

KSM-66 Ashwagandha: A Natural Boost for Sexual Health

A study published in 2015 investigated the safety and efficacy of KSM-66 Ashwagandha root extract (600mg/day) in improving sexual wellness in women.³ Researchers found:



Another study published in 2022, evaluated the safety and efficacy of KSM-66 Ashwagandha root extract (600mg/day) in improving sexual wellness and general wellbeing in women.⁴ Researchers found:

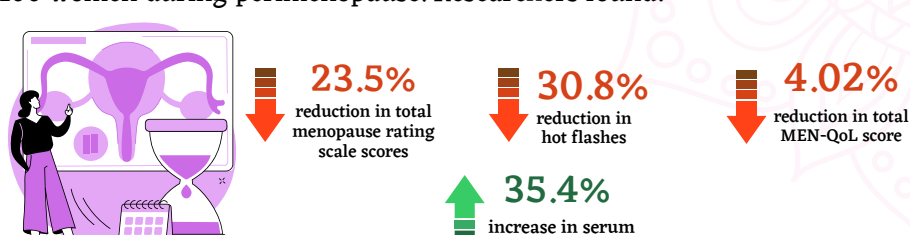


Additionally, two soon-to-be-published studies have shown that KSM-66 Ashwagandha root extract supplementation (600mg/day) improves female sexual function, including arousal, lubrication, orgasm, desire, satisfaction, and pain. It further improves sexual encounters and reduces sexual distress.^{5,6}

Researchers conclude that KSM-66 Ashwagandha root extract is a natural aphrodisiac and is beneficial in improving sexual function, reducing sexual distress, and thus improving the quality of life in women.

KSM-66 Ashwagandha: Your Companion Through Menopause

A study published in 2021 investigated the safety and efficacy of KSM-66 Ashwagandha root extract (600mg/day) in alleviating climacteric symptoms in 100 women during perimenopause.⁷ Researchers found:



A soon-to-be-published study further supports these findings, demonstrating that KSM-66 Ashwagandha supplementation significantly reduced total MRS scores, hot flash scores, and perceived stress scale scores compared to the placebo group.⁸

Researchers conclude that KSM-66 Ashwagandha root extract is beneficial in alleviating climacteric symptoms in perimenopausal and menopausal women.

KSM-66: Your Path to Hormonal Balance

A 2015 study evaluated the effects of the KSM-66 Ashwagandha root extract (600mg/day) on thyroid hormone levels and showed promising results.⁹ Researchers found:



Another study published in 2020, showed that KSM-66 Ashwagandha root extract supplementation (600mg/day) had no statistically significant change or abnormality in the thyroid hormonal profile of the participants.¹⁰

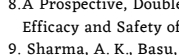
A soon-to-be-published also showed that KSM-66 Ashwagandha root extract supplementation (600mg/day) normalized serum thyroid indices and improved thyroid function in participants.¹¹

Researchers conclude that KSM-66 Ashwagandha root extract helps to normalize thyroid hormone levels and to maintain thyroid health.

A few of the marquee brands that use KSM-66 Ashwagandha in their women's health products:



1. Women's Health and Beauty Supplements Market Report. <https://market.us/report/womens-health-and-beauty-supplements-market/>
 2. Women's Health and Beauty Supplements Market Report. <https://market.us/report/womens-health-and-beauty-supplements-market/>
 3. Dongre, S., Langade, D., & Bhattacharyya, S. (2015). BioMed research international, 2015, 284154.
 4. Ajgaonkar A, Jain M, Debnath K (October 28, 2022). Cureus 14(10): e30787.
 5. A Prospective, Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Effects of KSM-66 Ashwagandha® capsule (300 mg) on Sexual Health in Healthy Women. (Under Peer review)
 6. Role of Eight-Week Therapy with Ashwagandha Root Extract in Improving Sexual Health in Healthy Women: Findings of a Prospective, Randomized, Double-Blind, Placebo-Controlled Study (Under Peer review)
 7. Gopal, S., Ajgaonkar, A., Kanchi, P., Kaundinya, A., Thakare, V., Chauhan, S., & Langade, D. (2021). The journal of obstetrics and gynecology research, 47(12), 4414-4425.
 8. A Prospective, Double-Blind, Randomized, Parallel, Single-Center, Two-Arm, Placebo-Controlled Clinical Study to Assess the Efficacy and Safety of KSM-66 Ashwagandha® capsule (300 mg) on Menopausal Symptoms (Under Peer Review)
 9. Sharma, A. K., Basu, I., & Singh, S. (2018). Journal of alternative and complementary medicine, 24(3), 243-248.
 10. Verma, N., Gupta, S. K., Tiwari, S., & Mishra, A. K. (2020). Complementary therapies in medicine, 57, 102642.
 11. Effects of Ashwagandha Root Extract on subclinical hypothyroidism: A Prospective, Randomized, Placebo-Controlled Study (Under Peer Review).



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease