

KSM-66® Ashwagandha: The Industry Leader in Ashwagandha Clinical Research

The rising popularity of botanical extracts highlights an increasing shift towards holistic and natural health solutions. Today's consumers demand scientific evidence and make informed choices. This article highlights the essential criteria for recognizing the most clinically studied Ashwagandha extract.

Root-only Extract

Traditionally, only Ashwagandha roots have been recommended for internal use. Ayurvedic Vaidyas aka physicians prescribed only roots for centuries and this practice continues even today. Almost every independent clinical trial (excluding commercially sold extracts) has focused on either root or root-based formulations. Additionally, the Government of India issued an advisory that endorses the use of Ashwagandha roots citing the insufficient evidence for the safety and efficacy of Ashwagandha leaves.

Thus, KSM-66's way of using only roots is very much based on both scientific and historical evidence, unlike other ashwagandha extract makers who use leaves.

Gold Standard Clinical Trials

The "Gold Standard Clinical Trial Design" - Randomized, Double-Blinded, and Placebo-Controlled Clinical Trials, is the most accepted methodology, ensuring both reliability and validity.

All KSM-66 Ashwagandha clinical studies adhere to these Gold Standards of substantiation – highlighting their reliability.

Healthy Populations

Some Ashwagandha studies focus on clinically compromised populations, or populations with existing health issues, which can be problematic if the product targets normal and healthy populations. Improvements seen in clinically compromised populations may not apply to healthy individuals.

KSM-66 Ashwagandha studies involve healthy participants with no pre-existing clinical conditions, aligning with the target demographic of consumers seeking to enhance their strength and well-being. Recruiting healthy participants is challenging as they are less interested in participating in clinical studies. Therefore, it is important to have both the efficacy and safety data available for those kinds of normal healthy people.

PubMed Indexed Journals

In an era of information overload, distinguishing credible research is extremely crucial. PubMed, maintained by the U.S. National Library of Medicine, indexes high-quality biomedical journals. Journals not indexed by PubMed are often considered lower tier.

All KSM-66 research is published in peer-reviewed, PubMed-indexed journals with strong impact factors.

Independent Researchers as Principal Investigators

Clinical trials conducted by independent researchers and academicians with established publication records add credibility and rigor to the studies.

All of the KSM-66 Ashwagandha studies have been conducted by Western medicine doctors and independent researchers from renowned institutions and hospitals, ensuring scientific integrity.

KSM-66 Ashwagandha – the most clinically studied Ashwagandha root extract:

Ixoreal leads the industry in Ashwagandha clinical trials. KSM-66 Ashwagandha root extract possesses the most extensive research portfolio, with 41 completed and 14 ongoing studies across various conditions:

- **Stress and Anxiety:** Six studies show that KSM-66 Ashwagandha reduces stress, anxiety, and cortisol levels.
- **Sleep:** Four studies demonstrate that KSM-66 Ashwagandha improves sleep duration and sleep quality.
- **Memory and Cognition:** Four studies demonstrate that KSM-66 Ashwagandha improves focus, concentration, attention, executive function, information processing speed, and task performance.
- **Men's Health:** Six studies indicate that KSM-66 Ashwagandha enhances testosterone levels, sperm count, sperm quality, and sexual desire in men.
- **Women's Health:** Seven studies demonstrate that KSM-66 Ashwagandha improves sexual desire, arousal, and orgasm in women and alleviates menopausal symptoms during perimenopause and menopause.
- **Physical Performance and Endurance:** Four studies demonstrate that KSM-66 Ashwagandha improves muscle strength, size, muscle recovery, and cardiorespiratory endurance.
- **Weight Management:** Two studies demonstrate that KSM-66 Ashwagandha helps reduce stress-related food cravings and aids in weight management.
- **Thyroid Function Support:** Three studies show that KSM-66 Ashwagandha helps maintain healthy thyroid levels.
- **Elderly Care:** Two studies highlight that KSM-66 Ashwagandha improves mental alertness, sleep quality, and physical and psychological well-being in elderly individuals.
- **Personal Care:** Three studies found that KSM-66 Ashwagandha improves skin texture and hydration, reduces wrinkles and hyperpigmentation, boosts collagen production, enhances hair density, and reduces scalp irritation and hair fall.

Conclusion

KSM-66 Ashwagandha stands as a leading example of a world-class ingredient, founded on extensive research and clinical science. Its efficacy and safety are consistently demonstrated through numerous gold-standard trials on healthy populations, strengthening its position as a trusted, scientifically validated herbal extract for health and wellness.

