

KSM-66[®] Ashwagandha

BODY+MIND

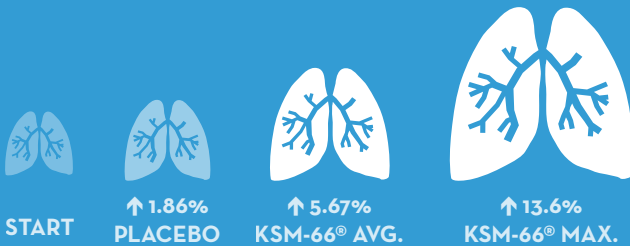
An Ayurvedic herb and medicinal plant with a 4,000 year history, backed by science.

Oxygen

FITNESS TAKEAWAY: Improve your stamina and enhance your fitness level.

Up to 13.6% Increase in VO₂Max (Maximum Oxygen Consumption)

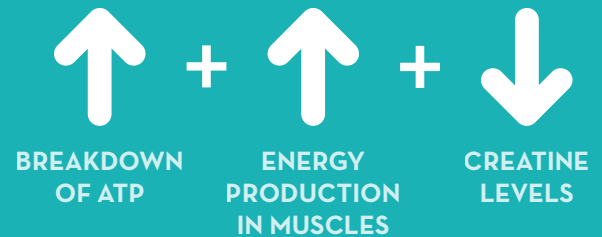
Placebo vs. KSM-66[®] Ashwagandha, after 12 Weeks



Energy

FITNESS TAKEAWAY: Get the energy you need without the crash.

KSM-66[®] Ashwagandha Encourages:



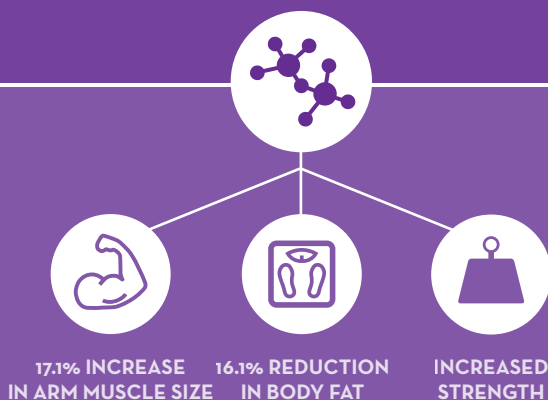
= RAPID ENERGY
WITHOUT THE CRASH

Muscles

FITNESS TAKEAWAY: Achieve better results from your workouts.

15.3% Increase in Serum Testosterone Levels

300 mg KSM-66[®] Ashwagandha 2x daily, after 8 Weeks

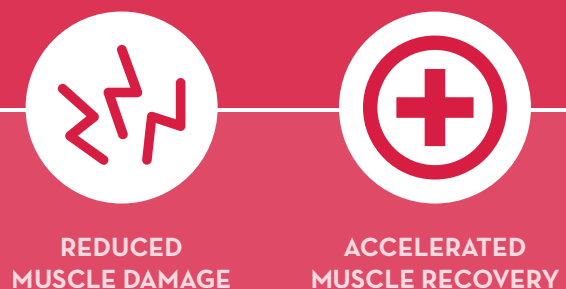


Recovery

FITNESS TAKEAWAY: Get back in the game sooner with less muscle damage and faster muscle recovery.

98.9% Reduction in Post-Exercise Buildup of Serum Creatine Kinase Levels

with KSM-66[®] Ashwagandha



KSM-66[®] Ashwagandha MIND+BODY

An Ayurvedic herb and medicinal plant with a 4,000 year history, backed by science.

All Natural

FITNESS TAKEAWAY: A safe, all natural, scientifically proven addition to your healthy lifestyle.

Superior Quality, Safety and Traceability



Efficacy Validated by Modern Research

All Natural Herb & Medicinal Plant

Quality of Life

FITNESS TAKEAWAY: Improve resistance to stress and keep your head in the game.

Improved Self-Assessed Quality of Life

Placebo vs. KSM-66[®] Ashwagandha, after 12 Weeks



PHYSICAL



PSYCHOLOGICAL



SOCIAL



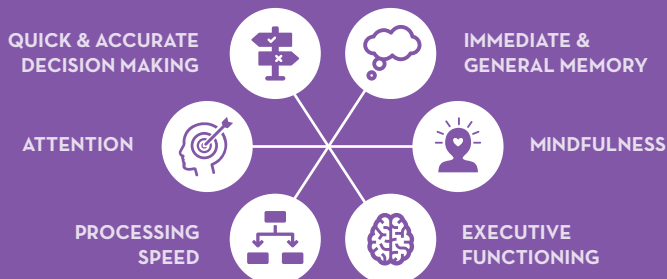
ENVIRONMENTAL

Focus + Mindfulness

FITNESS TAKEAWAY: Achieve peak performance with improved mind-body coordination.

Significant Improvements in Multiple Areas

300 mg KSM-66[®] Ashwagandha 2x daily, after 8 Weeks



Stress + Anxiety

FITNESS TAKEAWAY: Maintain energy during times of stress and act calmly under pressure.

33% Stress Reduction

300 mg KSM-66[®] Ashwagandha, 2x daily, after 8 Weeks

SUPPORT ADRENALS & THE NERVOUS SYSTEM

22% DROP IN SERUM CORTISOL LEVELS



REDUCE FOOD CRAVINGS, BODY WEIGHT & BMI



PREVENT THE BODY FROM "BURNING OUT"