

Ashwagandha with Sensoril®

Doctor's
BEST

Science-Based Nutrition™



INGREDIENTS

Doctor's Best Ashwagandha with Sensoril® is the most scientifically validated preparation of the renowned Ayurvedic superplant *Withania somnifera* (Ashwagandha). This is a patented, standardized water extract of ashwagandha roots and leaves, produced without using chemical solvents and containing a superior profile of bioactive substances. It is clinically proven from several well-designed clinical trials.

Ashwagandha is among the most highly prized plants in the ancient Ayurvedic system of India, where for millennia it earned a reputation as a liver and general energy tonic. In Ayurveda it is generally considered Rasayana, a substance able to influence life forces towards a healthy balance and an integrated relationship with the environment. In the West it is known as an adaptogen (a substance able to help the body maintain balance), able to enhance the individual's healthy reaction to challenges of a physical, chemical, or biological nature.^{1,2} Modern research has validated its use in promoting healthy sleep (the species name *somnifera* is Latin for "sleep-inducing"), supporting our ability to handle and recover from stress, and enhancing immune function.³⁻⁶

Much of ashwagandha's beneficial activity has been credited to substances known as withanolides.^{3,7,8} Sensoril® is standardized to contain a minimum of 10% withanolide glycosides, ensuring a potency far superior to the whole plant. Additional active constituents could include choline, beta-sitosterol, somniferine (thought to contribute to the plant's sleep-enhancing properties), withanine and other alkaloids, scopoletin, chlorogenic acid, tannins, and flavonoids.⁵

BENEFITS

- Helps with forgetfulness and improve mental focus*
- Reduces feelings of stress, irritability, negativity*
- Supports energy and healthy sleep patterns*

EXTENDED BENEFITS

Helps with forgetfulness & improves mental focus*

Sensoril® was evaluated for its effects on memory and other cognitive

functions in an 8-week randomized, double blind, placebo-controlled trial of 60 men and women.⁹ The participants received either a placebo or 250 mg of Sensoril® for the first week followed by 500 mg (250 mg twice daily) of Sensoril® for the remainder of the trial. Participants were evaluated at the beginning, midpoint, and end of the trial for cognitive processing speed, attention/working memory, memory and psychomotor speed. Social cognition and emotional status were also evaluated. Those taking Sensoril® showed significantly greater improvements over the placebo in multiple cognitive tests, suggesting benefits for forgetfulness and mental focus.

Sensoril® significantly promoted mental focus in another randomized, double blind, placebo-controlled trial. Twenty healthy men received either a placebo or 1000 mg of Sensoril® (500 mg morning and evening), for 14 days.¹⁰ On the 15th day, cognition and psychomotor performance were evaluated using a variety of validated assessments. Compared against placebo, Sensoril® significantly decreased reaction time (meaning it improved response times) in many of the tests performed. The researchers concluded that Sensoril® improved mental focus likely by having a brain-level effect on the stress response.

Reduces feelings of stress, irritability, negativity*
Supports energy and healthy sleep patterns*

A randomized, double blind, placebo-controlled trial of 130 men and women (ages 18–60) in India investigated the effects of Sensoril® against stress, using a validated questionnaire for the subjects to rate their perceptions.¹¹ Participants received either 125 mg Sensoril® plus placebo daily, 125 or 250 mg of Sensoril® twice daily (250 and 500 mg daily, respectively), or placebo twice daily for 60 days. Measurements taken after 30 and 60 days showed statistically significant, dose-related improvements in stress scores in the Sensoril® groups when compared to the placebo.

Supplement Facts

Serving Size 2 veggie capsules
Servings per container 30 servings

Amount per serving % Daily Value

Ashwagandha (*Withania somnifera*) 250 mg †
root and leaf extract (minimum 10%
withanolide glycosides)

† Daily Value not established.

Other Ingredients: Cellulose, modified cellulose (vegetarian capsule), magnesium stearate (vegetable source), maltodextrin.

Suggested Adult Use: Take 2 capsules with food, preferably in the morning. For added benefits take another 2 capsules with food at any time, or more, as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

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

Significant improvements at 60 days in the 250 mg per day Sensoril® group included less fatigue (79.3%), better concentration (75.8%), lower irritability (76.5%), enhanced sleep (67.7%), and improvement in forgetfulness (57.1%). Additionally there were statistically significant changes in the blood levels of two important adrenal stress hormones with counterbalancing effects, consistent with overall improved coping with stress.

In a randomized, double blind, placebo-controlled trial of 20 men, researchers examined Sensoril®'s mind-body connection by investigating how it impacted the effect of mental stress on the cardiovascular system and biomarkers of the stress response.12 Participants received either a placebo or 1000 mg of Sensoril® (500 mg twice a day) for 14 days, and were subjected to a computerized mental stress test with the added distraction of a metronome playing loudly through headphones. Their cardiovascular responses were measured on the 15th day.

Compared to the placebo, the Sensoril® group showed significantly better tolerance for such stress on the cardiovascular system. Additionally, Sensoril® promoted significantly favorable levels of oxidative stress indicators and of an important stress hormone. Taken together, these results show strong support for healthy cardiovascular function during mental stress.

Doctor's Best Ashwagandha with Sensoril® is the most thoroughly researched ashwagandha preparation available. It is standardized by independent laboratory analysis and its potency eclipses traditional ashwagandha supplements. Doctor's Best is proud to make available this breakthrough supplement for promoting brain and cardiovascular health, for coping with stress, for fighting occasional fatigue and for improving sleep patterns.

SCIENTIFIC REFERENCES



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