

Ashwagandha for athletic performance & recovery

Targeting the expanding EU sports market



Serious athletes and weekend warriors alike want products to boost performance, and they are hunting for sports nutrition products with natural ingredients. A new report from Mordor Intelligence (Europe Sports Nutrition Market 2020-2025) showcases the rising interest among consumers to opt for sports nutrition products that complement workout sessions, as well as the expanded distribution of such items. The firm projects an 8% compound annual growth rate (CAGR) from 2019-2024.



Adaptogens & the Power of Ashwagandha

These multi-tasking herbs help the body adjust to stress and achieve balance. Russian scientists began researching adaptogens in the early 1960s for their potential to, among other things, empower Olympic athletes. A Russian toxicologist coined the term “adaptogen.” [HerbalGram. 2011;90.]

Ashwagandha (*Withania somnifera*) is a small woody shrub that grows in India and a few parts of the Mediterranean and Africa. One of the oldest known adaptogens, its power lies in its roots. Ashwagandha is one of the more complex herbs with many phytochemical constituents in it, and is valued for its ability to increase vitality, energy, endurance and stamina, suggesting it can enhance physical performance.

Ashwagandha for Physical Performance – Tradition Meets Clinical Research



Clinically supported KSM-66 Ashwagandha full-spectrum root extract has been studied in multiple trials focused on different aspects of sports performance and recovery.

Ashwagandha root extract (as KSM-66 Ashwagandha) significantly increased cardiorespiratory endurance and improved VO2 max—an indication of the amount of oxygen the body can use during exercise—in a randomised, placebo-controlled study. Healthy adults (n=50) consumed 300 mg of ashwagandha twice daily for 12 weeks, and were assessed on performance and quality of life (QOL) measures.

11.76% ↑ increase in VO2 max at 8 weeks and 13.58 % increase at 12 weeks

21.6% ↑ increase in QOL measures including social relationships and 14.7% increase in physical health

“The findings suggest that Ashwagandha root extract enhances the cardiorespiratory endurance and improves QOL in healthy athletic adults.”

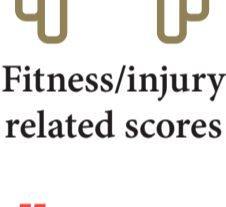
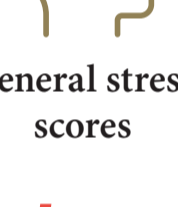
[Ayu. 2015;36:63-8. DOI: 10.4103/0974-8520.169002]

Similar results were reported in an 8-week prospective, randomised, double-blind, placebo-controlled 2019 study. Healthy adults (n=50) received a placebo or a 300 mg capsule of ashwagandha (as KSM-66) twice daily. Researchers assessed VO2 max, quality recovery scores and antioxidant levels; participants also completed the Daily Analysis of Life Demands for Athletes (DALDA) questionnaire and Recovery-Stress Questionnaire for Athletes (RESTQ).

p<0.0001
Significant improvement of 16.40% was observed in VO2 max at 8 weeks.

p<0.0001
Significant improvement was also reported for DALDA and RESTQ general well-being scores.

RESTQ assessment yielded significant decreases in:



“Ashwagandha root extract can successfully enhance cardiorespiratory endurance and improve quality of life in healthy athletic adults.”

[Journal of Ethnopharmacology. 2021; 272:113929. DOI: 10.1016/j.jep.2021.113929]

Ashwagandha may also function as an ergogenic aid, supporting physical performance parameters related to muscle strength, muscle recovery and body composition, while also increasing testosterone levels. One randomized, prospective, double-blind, placebo-controlled clinical trial included healthy men (n=57) with little experience in resistance training receiving placebo or 300 mg ashwagandha (KSM-66) twice per day for eight weeks.

Supplementation improved muscle strength and size through resistance training by increasing testosterone levels in the body by more than 15%, boosting strength by:

75% in the upper body

50% in the lower body

Significant decreases were reported in exercise-induced muscle damage (p=0.03) and body fat percentage (reduction of 3.5%).

Ashwagandha supplementation is associated with significant increases in muscle mass and strength and ... may be useful in conjunction with a resistance training program.”

[JISSN. 2015;12:43. DOI:10.1186/s12970-015-0104-9]

Researchers have extended their investigations into the ability of ashwagandha to positively affect muscle strength and recoveries in both men and women. An eight-week, randomised, double-blind, placebo-controlled study included 80 subjects—40 men and 40 women—equally divided into placebo and supplementation groups. The study assessed the impact of 300 mg ashwagandha (KSM-66) twice daily on muscle strength, recovery and size; cardiorespiratory endurance; body fat; immune and inflammatory markers; endurance; and testosterone levels.

Ashwagandha supplementation produced significant increases (p<0.05) for male and female participants in:

- ✓ Muscle strength for bench press and leg extension
- ✓ Thigh, arm and chest muscle size
- ✓ VO2 max levels
- ✓ Counts of CD3, CD4 and CD8 immune cells

Further, significant decreases (p<0.05) were realized among men and women for:

- ✓ Body fat percentage
- ✓ Serum creatine kinase levels—improving muscle recovery
- ✓ Levels of inflammatory markers IL-6 and TNF-alpha

Notably, ashwagandha’s positive function as an adaptogen was seen in the significant increases in levels of serum total and serum free testosterone in male participants receiving ashwagandha, but not in female participants in the treatment group.

“Results demonstrate a significant improvement in muscle strength, cardiorespiratory endurance, muscle mass, body fat reduction, immunity and overall quality of life for both the genders for Ashwagandha supplementation group.”

[2020 Unpublished data under peer review]

KSM-66 Ashwagandha is:

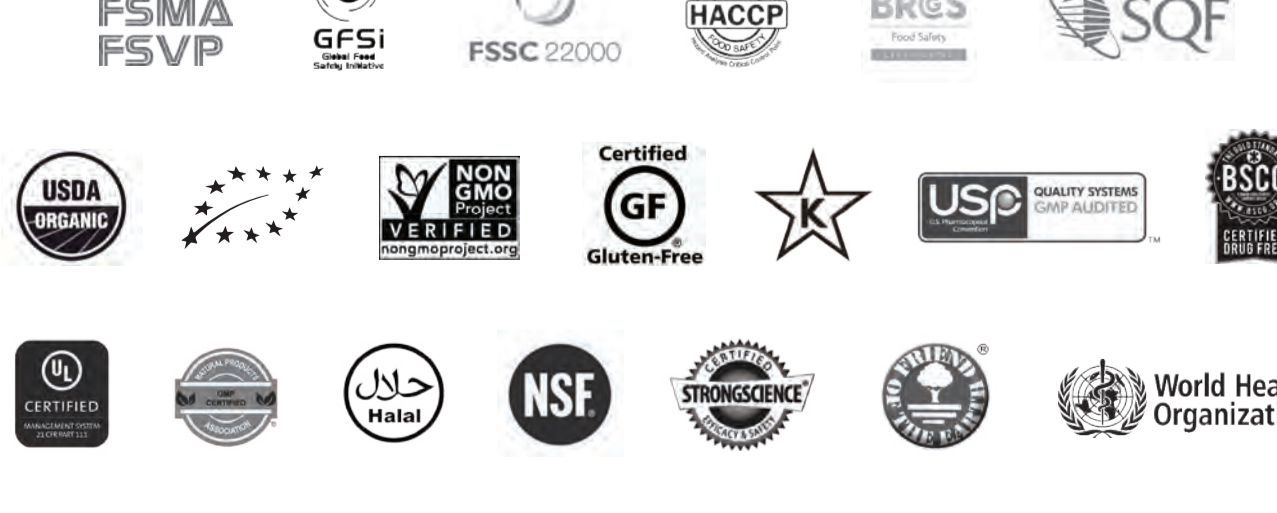


The most clinically studied ashwagandha on the market



The highest concentration, most bioavailable, full spectrum ashwagandha root extract on the market

Certified:



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