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***POWERFUL PROTECTIVE effects of Ashwagandha Forte (M1740)***

**Indications for use:**

* **Anxiety & depression**
* **Hypothyroidism-boosts T4 & T3 levels**
* **Stress tonic & energy booster/ Balances cortisol levels**

Alcohol Withdrawal epilepsy, Anxiety & Depression:

500 mg Ashwaganda has suppressed the PTZ kindling (acute and severe) seizures of alcohol withdrawal in animals. In validated models of anxiety and depression, Ashwagandha has been demonstrated to be as effective as some tranquilizers and antidepressant drugs.

Oral administration of Ashwagandha for five days suggested anxiety-relieving effects similar to those achieved by the anti-anxiety drug lorazepam (Ativan®), and antidepressant effects similar to those of the prescription antidepressant drug imipramine (Tofranil®)

Anti-anxiety drugs such as lorazepam fall into the class of Benzodiazepines. This class of drug is listed right up there with Cocaine and Heroin as one of the 6th hardest drugs to quit! If a person has been on benzos longer than 2 weeks, it’s suggested not to stop abruptly. One of the most followed guidelines was issued by the National Center for PTSD suggest an initial reduction of 25-30% for high dosage chronic users, followed by a 5-10% daily to weekly reduced dose.

Ashwagandha Forte can be considered as a safe and very effective way to support Nervous System health without any scary, addictive side effects. It contains 10 mg withanolides per tablet. Ashwagandha 1:1 extract contains the same amount of withanolides per 5ml (1 t). It’s 4.5x’s stronger than Ashwagandha Cx (formerly Withania Cx).

Ashwagandha, a traditional medicine in Ayurveda, is often prescribed for thyroid dysfunctions. Significantly boosted T4 (up to 111%) in experimental models- T3 was also increased, but to a lesser extent

Suggested use: There is clinical evidence of change when taking 20 or 30 mg of withanolides for 60 days. Withania somnifera (Ashwagandha) root extract is statistically efficacious at 1 gram (1,000 mg) per day after 2 weeks and even more so after 6 weeks of treatment.

Safety: No known contraindications- It has also been found to be safe to use while on SSRIs.

https://pubmed.ncbi.nlm.nih.gov/28829155/

<https://www.sciencedirect.com/science/article/abs/pii/S2222180812602795>

SK, Bhattacharya A, Sairam K, Ghosal S. Anxiolytic-antidepressant activity of Withania somnifera glycowithanolides: an experimental study. Phytomedicine. 2000 Dec;7(6):463-9.

<https://pubmed.ncbi.nlm.nih.gov/11194174/>

https://americanaddictioncenters.org/adult-addiction-treatment-programs/hardest-quit