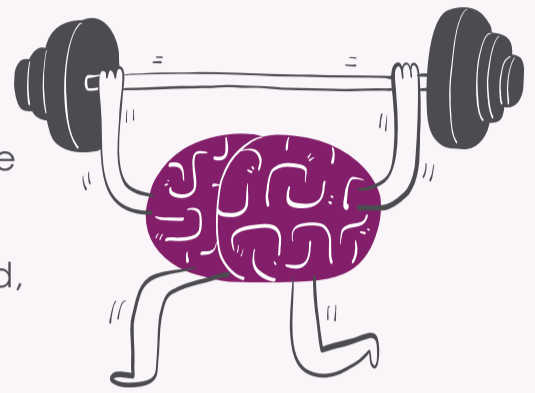


# Products to help reduce feelings of anxiety

## KSM-66 Ashwagandha®

KSM-66 Ashwagandha® is a full-spectrum, root-only extract with the highest concentration of bio-actives available on the market today. It is created via an aqueous-based, Green-Chemistry process, using no alcohol or any chemical solvent.

KSM-66 Ashwagandha® has been shown to help reduce stress and improve resilience and overall wellbeing. Research suggests that it can positively influence mood, cognitive function, and overall quality of life.



Finished products available to you:

Our NPD team has created a cognition capsule (P17287) using KSM-66 Ashwagandha® and other ingredients including Lion's Mane Mushroom Extract and Cognizin®.



References: Choudhary D, Bhattacharyya S, Bose S. Efficacy and Safety of Ashwagandha (*Withania somnifera* (L.) Dunal) Root Extract in Improving Memory and Cognitive Functions. *J Diet Suppl.* 2017 Nov 2;14(6):599-612. doi: 10.1080/19390211.2017.1284970. Epub 2017 Feb 21. PMID: 28471731.

## Calmaluma™

Calmaluma™ consists of a **Caralluma Fimbriata** extract (CFE), derived from a cactus-like plant, which has been clinically researched for its therapeutic potential in easing anxiety and stress in adults.

Research has demonstrated that Calmaluma™ can help reduce stress and anxiety levels in adults. One study found that taking 500mg of *C. fimbriata* extract twice a day for 8 weeks led to significant reductions in anxiety and stress after 4 and 8 weeks.



Finished products available to you:

Our NPD team has created a calm capsule (P17286) using Calmaluma™, and our TheaGreen® which is theanine from green tea, and magnesium.

References: G. Kell, A. Rao, M. Katsikitis. A randomised placebo controlled clinical trial on the efficacy of *Caralluma fimbriata* supplement for reducing anxiety and stress in healthy adults over eight weeks. *Journal of Affective Disorders*, Volume 246, 2019, Pages 619-626.



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