



Withania somnifera

Ordering Information

Fast Service Online:

www.energetix.com

Call: (800) 990-7085

Fax: (866) 669-7692

Email: info@energetix.com

Energetix Hours:

8:30 to 5:30 ET

Monday - Friday

01012 Core Ashwagandha
(2 oz.)

Synergistic Considerations

Adrenapath
Phyto B Complex
Fields of Flowers®
Adrenal-Tone
Endocrinpath
Phyto Rad
Core Licor Blend
Seratran



Core Ashwagandha

Core Ashwagandha is a spagyrically prepared botanical extract of ashwagandha root that may support*

- Adaptogenic strengthening of body systems
- Healthy stress response
- Normal neuroendocrine function
- Healthy inflammation response
- Antioxidant protection
- Normal sleep patterns
- Mental clarity & memory
- Vitality & general well-being

Biological Response: Adaptogenic Support

Certain herbs known as adaptogens support neuroendocrine function and by doing so, a healthy stress response as well. The stress response is regulated by several major signaling networks including the neuroendocrine and immune systems.

Withanolides, sitoindosides, and amino acids found in ashwagandha root modulate certain stress response mediators including among others cortisol, nitric oxide, and the stress protective protein HSP70.

Biological Response: Inflammation Response

The prostaglandin cascade is an elegant system of biochemical pathways that generates several types of signaling molecules during cellular stress—including prostaglandins, leukotrienes, and thromboxanes. These hormonal substances play a vital role in coordinating the inflammation response and maintaining cellular homeostasis.

*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.

Core Ashwagandha

Withanolides, sitoindosides, and alkaloids found in ashwagandha root support a healthy inflammation response by inhibiting important pathway mediators such as cytokines, prostaglandins, and the transcription factor NF-κB.

Biological Response: Antioxidant Protection

Highly reactive by nature, free radicals damage critical cellular components such as membrane lipids, nucleic acids, and proteins, reducing cell lifespan.

Withanolides and sitoindosides promote production of key antioxidants including among others superoxide dismutase, catalase, and glutathione. As free radical scavengers, these unique phytochemicals protect hepatic, renal, pancreatic, and neural tissue. Withanolides reinforce cellular protection by encouraging Phase II detoxification.

Botanical Profile

Core Ashwagandha is sourced from *Withania somnifera*, an evergreen woody perennial with stellate, tomentose branches, wide ovate leaves, and small, bell-shaped flowers. Native to dry subtropical regions of India, Pakistan, Nepal, Sri Lanka, and Africa, this compact shrub thrives in the wild and on cultivated farmland.

Known as *ashwagandha* in the ancient Sanskrit language, its long, aromatic roots are prized by South Asian cultures. As a nightshade, this plant shares the family Solanaceae with more familiar members such as tomato, bell pepper, and eggplant.

Ashwagandha root contains a unique set of alkaloids, steroidal compounds, minerals, and amino acids that coordinate a range of biochemical and physiological responses including among others free radical scavenging, cellular detoxification, immunomodulation, and balanced hemoglobin.

Spagyrically Prepared Botanicals

Core Ashwagandha is prepared using a unique handcrafted method known as spagyric processing. A branch of the medieval science known as alchemy and the forerunner of modern chemistry, *spagyria* is an herbal manufacturing method first described in the early 16th century by the Swiss physician Paracelsus in his book *Liber Paragranum*. The word comes from the ancient Greek σπάω, *spao* 'to draw out' and ἀγείρω, *ageiro* 'to gather.' Its essential meaning is 'to separate and join.'

In this sense, a spagyric is a botanical extract produced by certain alchemical processes involving separation, purification, and *cohobation*—a critical last step in which the liquid extract is carefully blended with the mineral-rich ash produced by the controlled incineration of the macerated remains of the extracted plant material known as the *herbal marc*. As such, a pure, high quality, bioavailable product is created in which the plant's active constituents are fully integrated with its energetic signature.

Energetix is proud to carry on the alchemical tradition of preparing botanical extracts spagyrically.

*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.

Core Ashwagandha

Ingredients and Supplement Facts

Ashwagandha Root (*Withania somnifera*)

If pregnant or breast-feeding, consult a healthcare professional before use.

Supplement Facts

Serving Size: 1/4 tsp (1.2 mL),
about 30-40 drops

Servings Per Container: About 49

Amount Per Serving		%DV
Botanical Extract	1.2 mL	*
Ashwagandha Root (<i>Withania somnifera</i>)		

* Daily Value (DV) not established.

r01-20 01012

*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.