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Adrenal Chill



NPN: #80089995



Corn
Free



Dairy
Free



Gluten
Free



GMO
Free



Soy
Free



Vegan

More on Adrenal Chill

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- Providing 600mg of KSM-66®, the highest concentration, full-spectrum extract of Ashwagandha
- KSM-66® reduces cortisol, stress and anxiety
- 200mg of L-Theanine to promote relaxation without sedation

Description

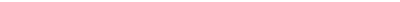
A nourishing combination of Ashwagandha and L-Theanine that will increase resistance to stress and anxiety and improve overall quality of life. This formula will also help support the physical aspects of sexual health in women.

KSM-66® Ashwagandha

KSM-66® is the highest concentration full-spectrum extract of Ashwagandha. A “full-spectrum” extract ensures that all the constituents of the herb are captured in their natural proportions, resembling the herb in its original state. KSM-66® is standardized to an impressive 5% withanolides from the root of the plant. The extraction process utilizes the principles of “Green Chemistry” refraining from the use of alcohol or other chemical solvents.

Ashwagandha has been used for over 4,000 years for its amazing ability to restore balance in the body, specifically in the endocrine, immune and nervous system. Several clinical studies demonstrate its anti-stress, antioxidant, mind-boosting, immune and sexual enhancing effects.

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 (https://canprev.ca/wp-content/uploads/2020/10/KSM-66_Logo-1.png)

L-Theanine

L-Theanine is a non-protein amino acid that induces alpha brainwave activity, which correlates with a perceived state of relaxation, without sedation. In addition, it can help improve concentration and focus. This will give your mind and body the tools it needs to combat stress and anxiety, naturally.

Available format:

90 vegetable capsules

Ingredients

Directions & Cautions

For the following health goals:

General Health (https://canprev.ca/health_goals/general-health/)

Stress & Anxiety (https://canprev.ca/health_goals/stress-anxiety/)

Vegan Lifestyle (https://canprev.ca/health_goals/vegan/)

Women's Health (https://canprev.ca/health_goals/womens-health/)

Clinical Research

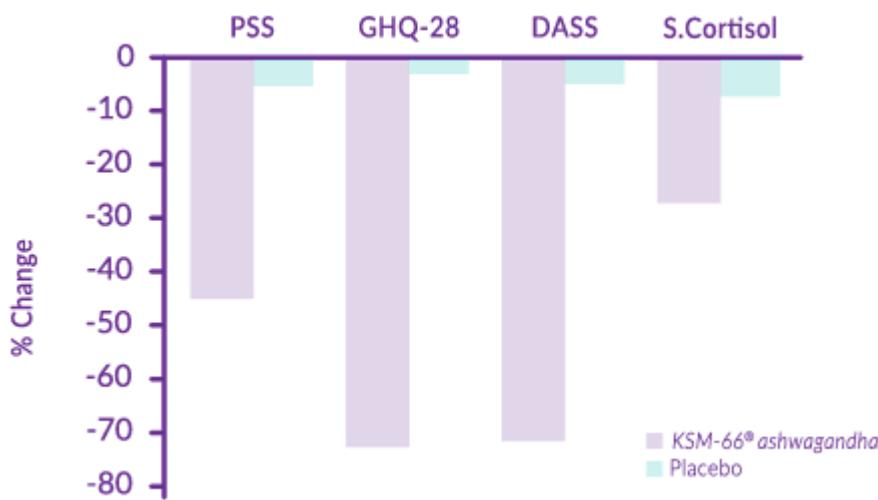
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KSM-66® ashwagandha has over 20 human clinical trials to support its efficacy in areas of memory and cognition, stress and anxiety, female sexual function, thyroid health, and weight management. Two studies are highlighted below.

Anxiety & Stress

A study involving 64 subjects with a history of chronic stress were evaluated for depression, anxiety, and stress after 8 weeks of supplementing with 300 mg capsules of KSM-66® twice daily. The results showed that the KSM66® group, when compared to placebo, had a significant reduction in stress, anxiety, and depression, and a decrease in serum cortisol levels of 27.9%! (1)



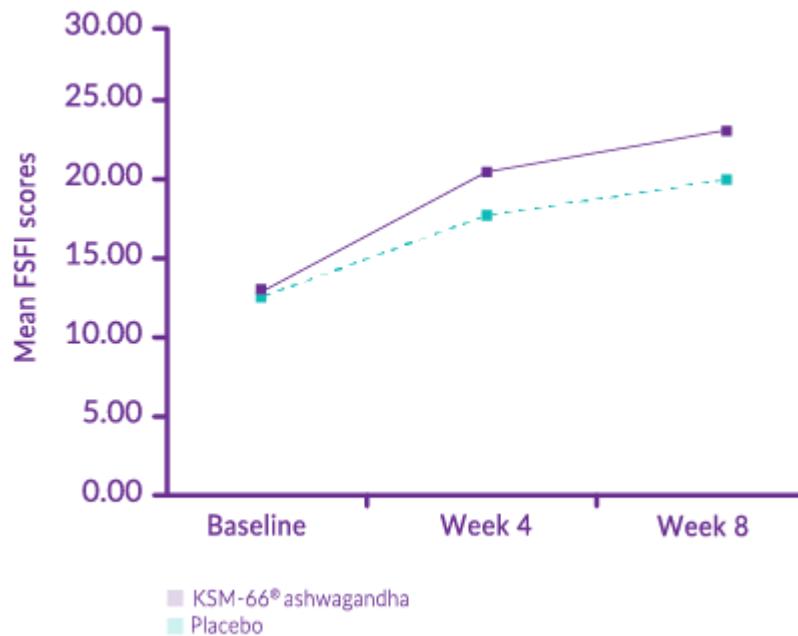
Percentage change from baseline in PSS (perceived stress scale), GHQ-28 questionnaire (Goldberg and Hillier 1979), DASS questionnaire (depression anxiety stress scale), and serum cortisol.

Female Sexual Function

The efficacy of KSM-66® ashwagandha was explored for sexual function in a group of women who had experienced sexual dysfunction and orgasm disorders. Fifty women were given either placebo or 300 mg capsules of KSM-66® capsules twice daily for 8 weeks. Results showed improvements in female sexual health, including arousal, lubrication, satisfaction, and orgasm.(2)

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Sexual function was assessed using the Female Sexual Function Index (FSFI). The KSM-66® ashwagandha treated group showed higher FSFI scores compared to placebo.

¹ Chandrasekhar, K., Kapoor, J., & Anishetty, S. (2012). A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of Ashwagandha root in reducing stress and anxiety in adults. *Indian Journal of Psychological Medicine*, 34(3), 255. doi: 10.4103/0253-7176.106022

² Dongre, S., Langade, D., & Bhattacharyya, S. (2015). Efficacy and Safety of Ashwagandha (*Withania somnifera*) Root Extract in Improving Sexual Function in Women: A Pilot Study. *BioMed Research International*, 2015, 1-9. doi: 10.1155/2015/284154.

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