

DUOLIFE

# Ashwagandha

Food supplement

**DUOLIFE Ashwagandha** is a food supplement **from the Pure Formula line** containing the proprietary winter cherry (ashwagandha) root extract formula in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time.

Ashwagandha has adaptogenic properties and supports the body's resistance to stress. It also fosters the maintenance of relaxation, optimal mood during the day and good sleep quality at night. Moreover, it helps maintain optimal sexual functions in both men and women. It will also work perfectly as a support for athletes, contributing to improved performance during physical exercise and more effective regeneration after a completed workout.

Winter cherry (ashwagandha) root extract in the form of a patented formula is standardised to 5% withanolides content. Thanks to standardisation, the amount of withanolides in the product is guaranteed.



Simple, targeted composition



Product with comprehensible purpose



Convenient form of use



Naturally sourced ingredients

## When to use DUOLIFE Ashwagandha?

**DUOLIFE Ashwagandha** is a food supplement **from the Pure Formula line** containing the proprietary winter cherry (ashwagandha) root extract formula in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time.

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**The DUOLIFE Ashwagandha food supplement is intended for use as support for optimal body functions in the case of:**

- ▶ people with concentration problems, at risk of chronic stress;
- ▶ people battling anxiety, nervousness, restlessness;
- ▶ people wanting to support the quality of their sleep;
- ▶ people wanting to maintain optimal sexual functions;
- ▶ active people and athletes;
- ▶ people wanting to support the functioning of muscles and performance during physical activity;
- ▶ people wanting to support body regeneration after exercise;
- ▶ people wanting to maintain optimal blood glucose level;
- ▶ people wanting to support the functioning of the vascular system.

## How does ashwagandha found in the DUOLIFE Ashwagandha food supplement work?

**DUOLIFE Ashwagandha** is a food supplement based on high-quality patented formula from winter cherry (ashwagandha) root extract standardised to 5% withanolides content. Thanks to standardisation, the amount of withanolides in the product is guaranteed.

Winter cherry (ashwagandha) extract found in **DUOLIFE Ashwagandha** supports:

- ▶ body vitality and relaxation;
- ▶ body immunity to stress.
- ▶ the maintenance of optimal mood;
- ▶ proper memory functions;
- ▶ optimal cognitive processes;
- ▶ concentration;
- ▶ optimal sleep;
- ▶ normal functioning of the nervous system and the conduction of nerve impulses;
- ▶ sexual functions;
- ▶ fertility in men;
- ▶ the process of muscle mass building;
- ▶ performance during physical activity;
- ▶ body regeneration after exercise;
- ▶ functions of the cardiovascular system;
- ▶ the maintenance of optimal blood glucose level.

**i** **Instructions for use:** 2 capsules a day, with a meal. Do not exceed the recommended daily dose. Food supplements should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

**i** **It is beneficial to combine the DUOLIFE Ashwagandha food supplement with:**  
Shape Code® Protein Shake, DUOLIFE Collagen, DUOLIFE Collagen Powder, DUOLIFE Day, ProSelect®, ProStik®, ProCardiol®, DUOLIFE FIZZY EASY ENERGY COMPLEX, DUOLIFE My Mind, DUOLIFE Schisandra Berry.

### Precautions

- ▶ Do not use if you are hypersensitive to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ The product should not be used with sedative, hypnotic, and antiepileptic drugs.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before using the product.

**i** **Ingredients – content in a daily dose (2 capsules):** magnesium (magnesium salts of citric acid) – 112.5 mg (30% NRV\*), patented withania somnifera (*Withania somnifera* L.) root extract formula, 12:1 (200 mg), standardised to 5% withanolides content (10 mg), apple fibre, vitamin B6 (pyridoxal 5'-phosphate) – 2.8 mg (200% NRV\*), anti-caking agent: silicon dioxide (from rice). Coating ingredient: hydroxypropyl methylcellulose (HPMC).

\* NRV – Nutrient Reference Value for an average adult.

## Discover the ingredients of the DUOLIFE Ashwagandha food supplement

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Patented ashwagandha (*Withania somnifera*) root extract formula, 12:1, standardised for 5% withanolides content

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**Ashwagandha**, also known as winter cherry, is a plant native to India. It owes its valuable properties mainly to two groups of compounds: withanolides and glycowithanolides. It is classified as an **adaptogenic** plant. The term "adaptogen" refers to a substance that enables the body to respond to physical, chemical and biological stressors by increasing the body's non-specific response to a particular type of stressor. This means that an adaptogen increases the body's ability to adapt to changing environmental conditions.

Ashwagandha is probably most famous for its properties that **support the battle against stress**<sup>1</sup>. Those wanting to support **the quality of their sleep**<sup>2</sup> often reach for it as well. Active ingredients found in this plant's extract contribute to the maintenance of optimal cortisol (also known as the stress hormone) blood levels. As a result, ashwagandha helps the body **maintain the state of relaxation and peacefulness**<sup>3</sup>.

Research proves that ashwagandha can also contribute to the maintenance of optimal **mental and cognitive**-activity, as well as support **memory and concentration**<sup>4,5</sup>.

Athletes also keenly use ashwagandha root. The results of multiple studies show that using this plant can support the body during physical exercise by fostering **the maintenance of muscle strength**, as well as **performance during the workout**. It can also contribute to the **minimisation of experienced muscle fatigue**, as well as the discomfort regarding muscle soreness following the exercise<sup>6,7</sup>. Moreover, ashwagandha can contribute to **the increase in muscle mass**, as ingredients found in this plant support testosterone production by fostering the production of luteinising hormone (LH).

Ashwagandha is also eagerly used by those wanting to maintain **optimal sexual functions** (both women and men)<sup>8</sup>. In case of men, this plant additionally helps support sperm motility and count, which can contribute to the improvement in **fertility**<sup>9</sup>.

In addition, ashwagandha root can foster the **maintenance of optimal blood glucose** level<sup>10</sup> supports the **functioning of the heart, blood vessels and the respiratory system**. It can also support **the maintenance of healthy skin condition**.

The DUOLIFE Ashwagandha food supplement also contains magnesium, vitamin B6 and apple fibre, which synergistically support the action of the main ingredient – ashwagandha.

### Magnesium

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**Magnesium** promotes optimal nervous system function, helps improve nerve cell function and contributes to proper communication between neurons. Magnesium deficiency in the body can manifest itself, among other things, in increased neuromuscular excitability (muscle cramps, especially at night, or twitching of the eyelids and lips), weakness, easy fatigue, heart abnormalities, excessive nervousness, decreased mood, but also increased hair loss, brittle nails and night sweats associated with compromised immunity<sup>11</sup>. Magnesium contributes to the normal function of the cardiovascular system, supports normal heart health, promotes vascular functioning and helps maintain optimal blood pressure. Magnesium provides support in the functioning of the nervous system: it has a calming and relaxing effect, reduces the hyperactivity of nerve cells, contributes to improving memory and concentration<sup>12-15</sup>.

### Vitamin B6

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**Vitamin B6** promotes blood pressure regulation, proper heart function and muscle contraction. It contributes to the proper functioning of the nervous system, helping to minimise the adverse effects of excessive stress and maintain an optimal mood. In addition, vitamin B6 supports the immune system functioning, contributes to the healthy skin appearance and promotes proper iron metabolism. Importantly, vitamin B6 promotes the efficient absorption of magnesium from the gastrointestinal tract, helping to improve its bioavailability<sup>16</sup>.

## Apple fibre

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**Apple fibre** found in the DUOLIFE Ashwagandha food supplement is a natural bulking agent with valuable properties. This substance is not digested or absorbed by the body, yet it supports the process of digestion and the functioning of the intestines. Therefore, it contributes to increase peristalsis and accelerate intestinal transit, fostering regular bowel movements.

## What makes the DUOLIFE Ashwagandha food supplement so special?

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- ▶ **Simple, targeted composition** – based on the main active ingredient **with known properties and concentrated dose**.
- ▶ **Product with comprehensible purpose** – featuring health statements on the label, which makes it easier to recommend the product.
- ▶ **Standardised active ingredient** – a guarantee of the declared active compound content.
- ▶ **Naturally sourced ingredients**.
- ▶ **No artificial fillers, preservatives or unnecessary additives**.
- ▶ **Convenient form of use** – capsules **made of organic cellulose derivative (HPMC; hypromellose; hydroxypropyl methylcellulose)** with delayed release time, supporting the protection of active ingredients against the acidic pH of the gastric juice.
- ▶ **Uniformity of the PURE FORMULA line - easy recommendation** – 1 packaging contains 60 capsules for 1 month of use (2 capsules a day).
- ▶ The supplement can be easily adjusted to the individual needs of the body.
- ▶ The product is **LACTOSE-FREE** and **GMO-free**.
- ▶ The product is **GLUTEN-FREE** – suitable for people with gluten intolerance.
- ▶ The product is **suitable for vegans and vegetarians**.
- ▶ Multilingual label.

**i** Reference list for the DUOLIFE Ashwagandha formulation can be found in the separate sheet of the binder.

## References

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