Allmax is pleased to introduce the newest member to our Essentials family Ashwagandha KSM-66. Ashwagandha is an evergreen shrub that is used to boost energy and reduce stress. Ashwagandha KSM-66 is the highest concentration, most bioavailable full-spectrum root extract available on the market today. It retains natural constituents of the herb in the original balance. It also has an extensive set of research studies and clinical trials.

A few highlights of the benefits of KSM-66 Ashwagandha include (excerpts from research studies):

In one study 64 healthy adults half were given 300 grams of Ashwagandha KSM-66 twice a day and the other half were given a placebo. In the Ashwagandha KSM-66 group, serum cortisol levels were reduced by 27.9% after 8 weeks of continuous use.

In another study men aged 18-50 with minimal experience in resistance training were given either 300 grams of Ashwagandha KSM-66 twice a day or a starch placebo and underwent resistance training for 8 weeks. Significantly greater increases in muscle strength in both the bench press and leg extension and muscle size increase in the chest and arms was also observed. In addition, body fat percentage was lowered by 3.5% versus 1.5% versus placebo group.

Key benefits (clinically proven to):

         Helps increase strength and muscle recovery \*

         Reduces stress\*

         Enhances memory and cognitive function\*

         Enhances sexual performance in men and women\*

\* 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.