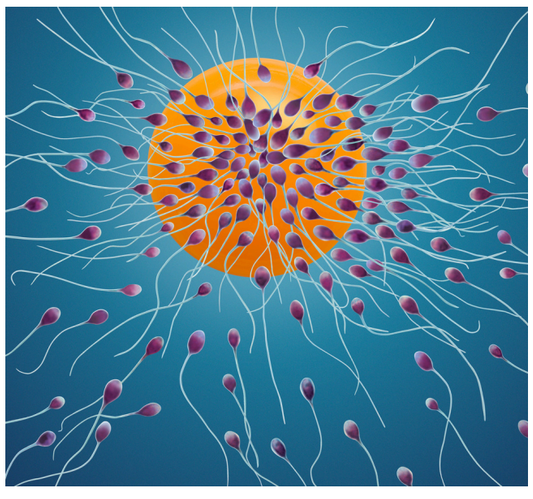
Clinical Evidence of Ashwagandha in Hormonal Balance and Fertility

Recent clinical studies highlight Ashwagandha's potential in supporting hormonal balance and fertility, particularly in aging men. Supplementation has been shown to increase testosterone, DHEA-S levels, and improve sperm quality.

Hormonal Balance in Men:

↑ Testosterone (~15%) and ↑ DHEA-S (18%) after 8 weeks in overweight men (ages 40–70)



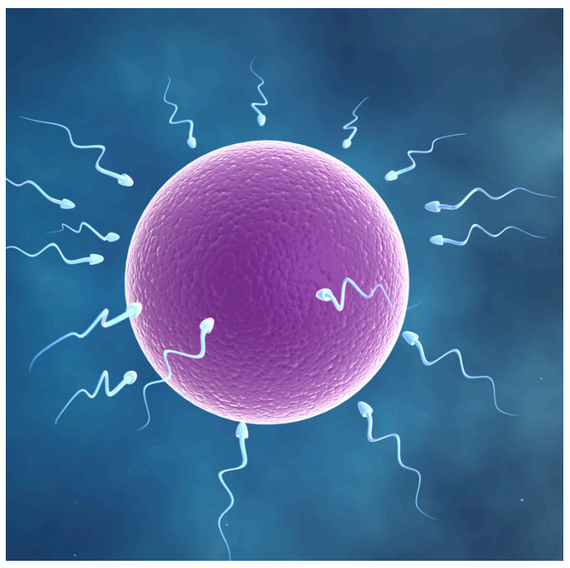
Improves sperm concentration, motility (+57%), and semen volume

No significant changes in cortisol or estradiol observed

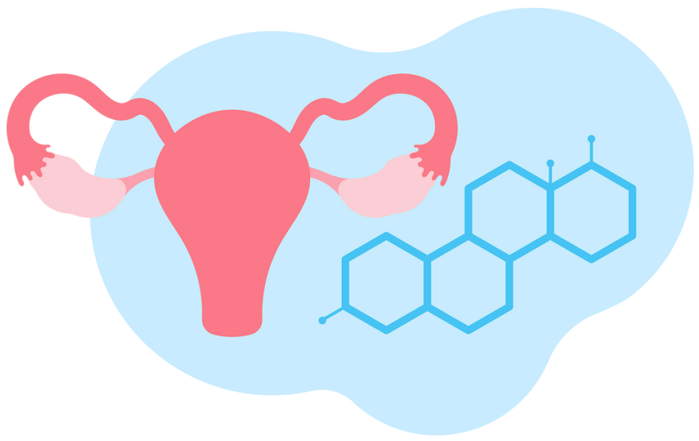
Mechanisms of Action:

- Modulates HPA & HPG axes
- Promotes hormone production by reducing oxidative stress & inflammation
- May inhibit aromatase, and supports testosterone preservation

Women's Health: Emerging Evidence for Reproductive Support:



Protective effects on ovarian tissues and reproductive system



May help modulate female reproductive hormones via phytoestrogenic compounds

Promising for hormonal balance during aging or stress-related dysfunction

Mechanisms (Hypothesized):

- Isoflavones & flavonoids may mimic estrogen activity
- Supports stress resilience via adaptogenic action
- May reduce oxidative damage in female reproductive tissues