



EVOLUTION OF WELLNESS

Ashwagandha: Research Brief

Supplement and Ingredient Research Brief Sample

What It Is

Ashwagandha (*Withania somnifera*) is an adaptogenic herb used in Ayurvedic medicine for centuries, now widely marketed for stress reduction, sleep, and exercise recovery.

What the Research Shows

Stress and cortisol: multiple randomized controlled trials, including a well-cited 2019 study in *Medicine*, show meaningful reductions in self-reported stress and serum cortisol over 8 weeks compared to placebo. Sleep: a 2021 systematic review found consistent, moderate improvement in sleep quality, particularly in adults with existing sleep difficulty. Exercise recovery: small trials suggest modest improvements in VO2 max and recovery markers, though sample sizes remain limited.

What the Research Does Not Support

Claims that ashwagandha meaningfully increases testosterone in the general population are not well supported. The studies showing hormonal effects were conducted in small, specific populations and do not generalize broadly.

Dosing and Safety

Most studied range: 300 to 600 mg per day of standardized root extract, taken with food. Generally well tolerated. Not recommended during pregnancy. May interact with thyroid medication and sedatives. No FDA-approved therapeutic claims exist for this ingredient.

This is a condensed excerpt. The full brief runs 3 pages and includes population-specific guidance, complete regulatory notes, and full citations.

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