



KSM-66

- Helps Increase Strength & Muscle Recovery*
- Reduces Stress*
- Enhances Memory & Cognitive Function*
- Enhances Sexual Performance in Men & Women*

600 mg
PER SERVING

ASHWAGANDHA KSM-66

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:

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.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
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KSM-66® [Ashwagandha (<i>Withania somnifera</i> , root) Extract] (Std. to 5% Withanolides)	600 mg †
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† Daily Value not established.

Other Ingredients: Hypromellose (Capsule), Microcrystalline cellulose, Magnesium stearate, Silicon dioxide.

ALLERGEN WARNING: Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nuts, Sesame, Fish, Crustacean and Shellfish products.

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