

# TriGandha™

Comprehensive Blend of Ashwagandha Extracts



STRESS/MOOD+



TriGandha™ is a unique blend of three comprehensive and well-researched forms of ashwagandha extracts that help support balanced moods and a healthy response to perceived stress.\* TriGandha™ is carefully formulated with industry-leading ashwagandha sources — Sensoril®, NooGandha®, and a high-quality standardized extract — derived from whole plant extracts (with roots and leaves) to provide optimal efficacy and bioactive diversity. Each 1-capsule serving provides 650 mg of adaptogenic ashwagandha extracts.

**Ashwagandha (*Withania somnifera*)**, also known as Indian ginseng, is a well-researched adaptogenic herb that is revered and has been used traditionally in the Ayurvedic system of medicine for centuries to promote balance and homeostasis within the body and help counteract the effects of stress.\* It is a small, woody shrub in the nightshade family that grows in a wide range

of habitats and contains a diverse array of bioactive compounds contributing to its adaptogenic properties.\* Ashwagandha is known to help the body successfully adapt to stressful conditions, and has been shown through research to have significantly favorable mental and physiological effects in humans.\*

**Adaptogens** are compounds in plants that help the body support normal production of various hormones and neurotransmitters. Whether the need is for an increase or a decrease, adaptogenic herbs may help normal metabolism, supporting an individual's resilience to stress.\* While most adaptogens have somewhat stimulating properties and ashwagandha is an excellent adaptogen, the novel aspects of this herb are that it is relaxing and soothing to the nervous system, and hence, the species moniker of "somnifera" (i.e., somnolence or sleep\*).

## Benefits\*

- May promote a healthy response to perceived stress
- May help support occasional anxiety
- May support a positive mood
- May promote restorative sleep
- May support overall adrenal health
- May support healthy cognitive function, and focus

## Recommended Use

Take 1 capsule per day or as directed by your health-care practitioner.

SENSORIL® is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478, and is a registered trademark of Natreon, Inc.

NooGandha® is a registered trademark of SpecNova, LLC.

## Highlights

- Exclusive combination of three different forms of adaptogenic ashwagandha
- 650 mg of ashwagandha per capsule
- Ashwagandha extracts standardized to meet targeted amounts of bioactive ingredients
- Contains whole plant extracts, including both the roots and leaves
- Includes 250 mg of Sensoril® that contains >10% withanolides — the bioactive components of ashwagandha
- Includes 250 mg of NooGandha® — a non-GMO extract that uses liposomal technology for enhanced absorption and bioavailability
- NooGandha® delivers ultra-concentrated amounts of Withanoid I and Withanoid II — compounds with cognitive-supportive properties\*
- Suitable for vegetarians and vegans

ZPTED TGD 06/21

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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.

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