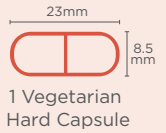


TriGandha™

Contains an exclusive trio of Withania (Ashwagandha) proprietary extracts Shoden®, Sensoril® and Noogandha®.



OVERVIEW

- > An exclusive combination of three proprietary Ashwagandha extracts – Shoden®, Sensoril® and Noogandha®.
- > Provides therapeutic doses of clinically tested standardised extracts.
- > Extracts derived from the whole plant for added synergy.

Active Ingredients (per vegetarian hard capsule)	
<i>Withania somnifera</i> (Shoden® Ashwagandha) extract dry conc.	150 mg
From minimum dry whole plant	5.7 g
Standardised to withanolide glycosides	52.5 mg
<i>Withania somnifera</i> (Sensoril® Ashwagandha) extract dry conc.	33 mg
From minimum dry leaf	188.1 mg
Standardised to withanolide glycosides	3.75 mg
<i>Withania somnifera</i> (Sensoril® Ashwagandha) extract dry conc.	33 mg
From minimum dry root	188.1 mg
Standardised to withanolide glycosides	3.75 mg
Equivalent total withanolide glycosides	60 mg
<i>Withania somnifera</i> (Noogandha® Ashwagandha) extract dry conc.	150 mg
From dry root	1.5 g

Pack Size	60
Servings Per Pack	30 serves

Directions for Use
Adults: Take 2 capsules per day or as directed by your healthcare professional.

Excipients	
Hypromellose	Maltodextrin
Purified water	Silicon dioxide
Calcium hydrogen phosphate dihydrate	Calcium silicate
Gamma-cyclodextrin	Betadex
Colloidal anhydrous silica	Modified food starch
Magnesium stearate	Sunflower lecithin

Prescribing Information: (considerations, contraindications)
Concomitant use with blood glucose medications may potentiate hypoglycaemic effects. Only use under the supervision of a healthcare professional. ⁵
Concomitant use with thyroid medication may increase serum thyroxine levels. Monitoring of patient is recommended. ⁵
Warnings:
If you are pregnant or considering becoming pregnant, do not take without consulting a health professional. If symptoms persist, talk to your health professional.

Allergen Information
No added: gluten, dairy, lactose, soy or nuts.

Designed and formulated in Australia.



No Added Gluten



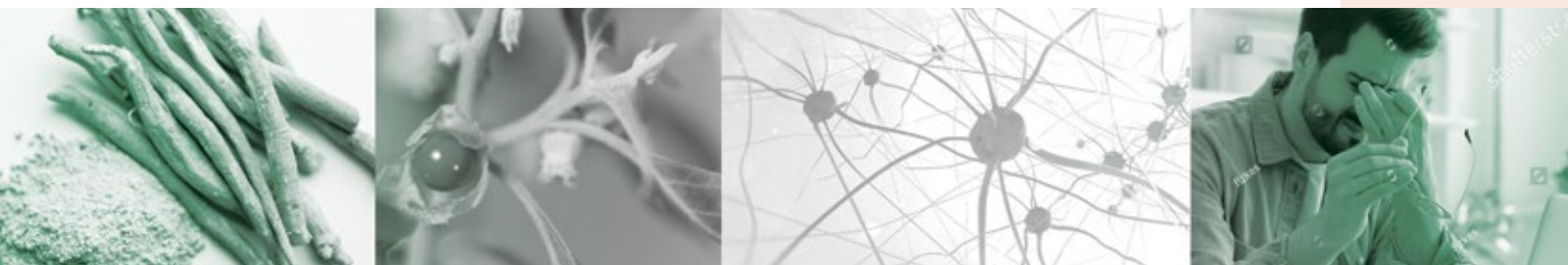
No Added Dairy



No Added Nuts



No Added Soy



EDUCATION

Withania somnifera is an evergreen shrub also known as Ashwagandha, Indian ginseng or winter cherry that grows in many regions including the Mediterranean, Middle East, India, China and parts of Australia.^{1,2} Ashwagandha is a key therapeutic in Ayurvedic medicine that is classified as a 'royal herb' because of its diverse and significant rejuvenating (rasayana) properties.²⁻⁴ Within this traditional paradigm, such properties underlie its long-standing use as non-stimulating adaptogen and rejuvenating tonic for relieving stress and debility, supporting the nervous system, and promoting energy, vitality and homeostasis.^{2,5} The primary pharmacologically active constituents responsible for many of Ashwagandha's medicinal effects are the steroidal lactones, withanolide glycosides (e.g. withaferin A), with other bioactives including sitoindosides VII-X, alkaloids, saponins and polysaccharides.^{2,5,6}

Shoden®, Noogandha® and Sensoril® Extracts

To ensure the full and comprehensive range of potential medicinal benefits from Ashwagandha requires optimal concentrations of therapeutically relevant constituents from high quality herbal material of origin. The Designs for Health TriGandha™ is carefully formulated with Shoden®, Noogandha® and Sensoril® extracts that are derived from both root and whole plant extracts to provide optimal efficacy and bioactive diversity. Shoden® is a highly concentrated source of withanolide glycosides (35%); Sensoril® delivers a patented composition withanolide glycosides, withaferin A and oligosaccharides; and Noogandha® provides a concentrated source of bioavailable non-glycosylated withanolides, along with withanoid I and II. The efficacy of these extracts has been demonstrated in human clinical trials, and combined they deliver a unique Ashwagandha formulation for clinical use.

Adaptogen

The primary traditional and clinical use of Ashwagandha is as an adaptogen.⁵ Adaptogens have an important place in herbal medicine due to their capacity to help the body respond to stress in a healthy and balanced way.² The most effective adaptogens are considered to be those that can modulate and minimise the negative physiological impact of stress on the body while also having the capacity to be used in multiple dosages in a way that minimises harm.² Ashwagandha's highly regarded status in traditional Ayurvedic herbal medicine for helping the body adapt to stress and recover from convalescence and debility is based on its well-established use as an effective adaptogen.

References supplied on request.

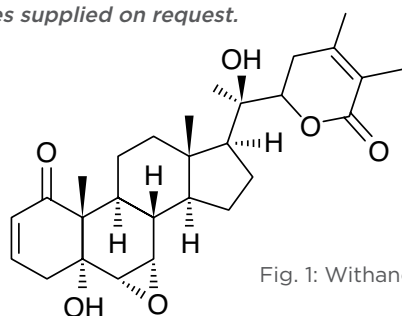


Fig. 1: Withanolide Glycoside

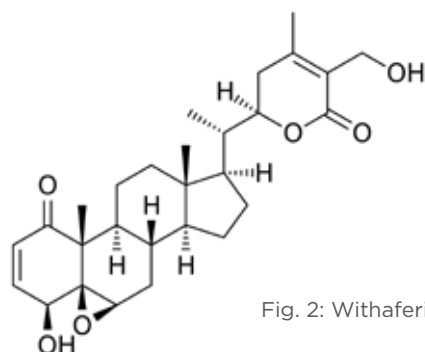
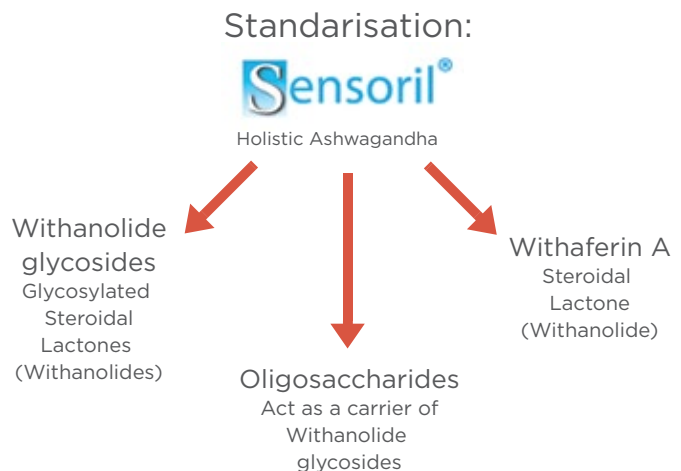


Fig. 2: Withaferin A



 **SHODEN®** [NOO]GANDHA®
Ashwagandha

Designs for Health Quality Guarantee

Designs for Health medicines that are listed on the Australian Register of Therapeutic Goods will display an AUSTRALIAN THERAPEUTIC GOODS (ATG) number on the label. Listed medicines in Australia need to be manufactured according to legislated standards set out in Therapeutic Goods Order 101. TGO101 legislation sets out minimum quality standards for medicines supplied in Australia that display an AUSTRALIAN THERAPEUTIC GOODS (ATG) number. It mandates testing for:

- Impurities such as heavy metals (including lead, mercury, cadmium and arsenic), pesticides and residual solvents
- Dissolution (to ensure the capsule will dissolve once taken)
- Uniformity (to ensure that every capsule is the same)

Final assay testing is also performed to ensure that what we have on the label is in each capsule, and microbiological testing is performed to ensure that no microbial contamination has occurred during the encapsulation and packing process.