designs for health Australia

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 both root and whole plant extracts.

Active Ingredients (per vegetarian hard capsule) Withania somnifera (Shoden® Ashwagandha) whole plant extract dry conc. stand. 150 mg Min. equiv. dry Withania somnifera (Sensoril® Ashwagandha) whole plant extract dry conc. stand. 75 mg Min. equiv. dry 300 mg 60 mg Equiv. total withanolide glycosides Withania somnifera (Noogandha® Ashwagandha) 150 mg root extract dry conc. Equiv. dry 1.5 g

Pack Size	60	
Serving Per Pack	30 serves	

Excipients	
Hypromellose Purified water	Colloidal anhydrous silica Magnesium stearate
Oryza sativa (rice) seed husk powder Calcium hydrogen phosphate dihydrate	Maltodextrin Silicon dioxide Calcium silicate

Directions for Use

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

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 my 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 Ashwangandha, Indian ginseng or winter cherry that grows in many regions including the Mediterranean, Middle East, India, China and parts of Australia.^{1,2} Ashwangandha 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 nonstimulating 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 Ashwangandha'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

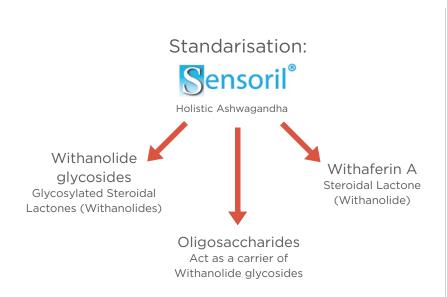
To ensure the full and comprehensive range of potential medicinal benefits from Ashwangandha requires optimal concentrations of therapeutically relevant constituents from high quality herbal material of origin. The Designs for Health TriGandha™ is carefully formulated with Shoden®, Noogandha® and Sensoril® extracts that are derived from both root and whole plant extracts to provide optimal efficacy and

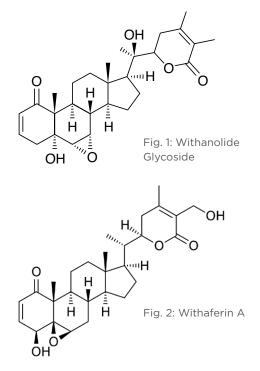
bioactive diversity. Shoden® is a highly concentrated source of withanolide glycosides (35%); Sensoril® delivers a patented composition withanolide glycosides, withaferin A and oligosaccharides; and Noogandha® provides a concentrated source of bioavailable non-glycosylated withanolides, along with withanoid I and II. The efficacy of these extracts has been demonstrated in human clinical trials, and combined they deliver a unique Ashwangandha formulation for clinical use.

Adaptogen

The primary traditional and clinical use of Ashwangandha 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 Ashwangandha'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.









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