

# SanAshwa® - Branded Anti-Stress Supplement to Beat Stress Mindfully

**Livermore, CA** (August 2016) —Stress can make us anxious, irritable, tired, and even sick.<sup>1</sup> Getting enough sleep, being physically active, taking time to relax, and recognizing our daily accomplishments can all help, but such mindful life practices are challenging to adopt and demand continuous efforts to maintain. **SanAshwa®**, the anti-stress formula from **Sandhu Products**, can help reduce the effects of stress, restore balance, and enhance well-being.

## Mindful Life Science

SanAshwa as a product is result of combining ancient wisdom of Ayurveda, analytical techniques of modern science, and self experiences and desire to lead a mindful and healthy life.

Based on mindful philosophy, SanAshwa is formulated by Pharmacists who grew up in India and learned firsthand how traditional farming methods and ancient healing practices go hand-in-hand. This experience, combined with certification in Pharmaceutical Sciences, gives them a deep understanding of both natural and scientific healing principles. The blend of knowledge, self-experiences, and desire to offer safe and effective product to deal with stressors and anxiety on a day to day basis, resulted in development of SanAshwa.

## A New Form of Ashwagandha

The cornerstone of the SanAshwa formula is a distinctly different, proprietary blend of ashwagandha root extract and root powder: AGW-20™. In contrast, other ashwagandha supplements typically contain only the root or an extract of root and/or leaf.

Ashwagandha root is the plant part used to combat stress for thousands of years, and most of the stress-related research has tested either the root or its extracts. There are good reasons to use both. Extracts concentrate and enhance potency of specific active ingredients, such as withanolides, while the root contains more than 40 compounds,<sup>2</sup> and these work in synergy.

With AGW-20™ in the SanAshwa formula, root powder provides the natural range of compounds that produce a gentle effect in modulating stress hormones, the immune system, and the nervous system.<sup>3</sup> Since herbal effects take time to kick in, the extract speeds up the action, just enough to be efficient and satisfy impatience, without acting as a stimulant.

## Herbs from Traditional, Small Farms

The ashwagandha and other herbs in the SanAshwa formula are cultivated on many small, traditional farms in India. Each one averages between 2 and 5 acres, and is owned and operated by the farmer. Altogether, about 20,000 independent farmers produce the herbs in the formula, using old-world methods without chemical fertilizers, insecticides, or pesticides. Each plant is cultivated in its optimal native climate: dry areas for ashwagandha, for example, and hilly areas with ample rainfall for black pepper.

## Product Details



One serving of SanAshwa: 1 vegetarian capsule, containing 2 mg of zinc and 440 mg of a proprietary blend of AGW-20™ ashwagandha, holy basil extract, and black pepper extract. The product does not contain gluten, preservatives, GMO ingredients, soy, nuts, peanuts, eggs, or sodium. Research supports each component of the SanAshwa formula.

**AGW-20™ Ashwagandha Root Extract and Root Powder:** A review of human trials, by researchers at SUNY Upstate Medical University, Syracuse, NY, found that ashwagandha significantly reduced both stress and anxiety, using clinically accepted psychological tests.<sup>4</sup>

**Holy Basil Extract:** Also called Tulsi, the herb has been shown in studies to counter the effects of physical, chemical, metabolic, and psychological stress.<sup>5</sup>

**Black Pepper Extract:** Containing the active ingredient piperine, the extract is a natural bioavailability enhancer.<sup>6</sup>

**Zinc:** SanAshwa contains zinc in a bioavailable form: mono-L-methionine. Studies show that a deficiency of the mineral can lead to anxiety<sup>7</sup> and depression.<sup>8</sup>

**Clinically-Proven Formula:** While other marketed ashwagandha supplements use either ashwagandha alone or sometimes in combination with other herbs, SanAshwa combines both time-tested herbs and mineral that have proven to be effective for the management of stress and anxiety. Also, while other supplements depend on published literature as reference for the effectiveness of their product, SanAshwa has well-researched, tested and proven combination of ashwagandha, holy basil, black pepper and zinc. While many of the marketed stress supplements do not have identical dosage and concentration of the herb as detailed in the literature, SanAshwa is the only available product in the market that has research based formula which is clinically proven for its benefits to manage stress and anxiety.

A prospective, randomized, double-blind, placebo-controlled study of healthy adults found statistically significant benefits of the SanAshwa formula for stress reduction, a sense of general well-being, and improved focus, with no reported adverse side effects.<sup>9</sup>

## About Sandhu Products

Sandhu Products manufactures SanAshwa in its GMP-Certified facility in Livermore, CA, which has earned GMP Registration by NSF International, a third-party certifying organization. GMP is short for “good manufacturing practices,” guidelines that provide a system of processes, procedures, and documentation to assure a product has the identity, strength, composition, quality, and purity that appear on its label. Herbal ingredients are third-party tested at a lab in California and meet or exceed standards set by the USP Dietary Supplements Compendium. For more information, visit [www.sanashwa.com](http://www.sanashwa.com).

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[1][Fact Sheet on Stress](#).National Institute of Mental Health.

[2]<http://www.drugs.com/npp/ashwagandha.html>

[3][Scientific basis for the therapeutic use of Withaniasomnifera \(ashwagandha\): a review](#). Mishra LC, Singh BB, Dagenais S. Alternative Medicine Review. 2000 Aug;5(4):334-46.

[4][An alternative treatment for anxiety: a systematic review of human trial results reported for the Ayurvedic herb ashwagandha \(Withaniasomnifera\)](#). Pratte MA, Nanavati KB, Young V, Morley CP. Journal of Alternative and Complementary Medicine. 2014 Dec;20(12):901-8.

[5][Tulsi - Ocimum sanctum: A herb for all reasons](#).Cohen MM. Journal of Ayurveda and Integrative Medicine.2014 Oct-Dec;5(4):251-9.

[6][Bioavailability enhancers of herbal origin](#): An overview. Gupta R, Kesarwani K. Asian Pacific Journal of Tropical Biomedicine. 2013 Apr; 3(4): 253–266.

[7][Decreased zinc and increased copper in individuals with anxiety](#).Russo AJ. Nutrition and Metabolic Insights.2011 Feb 7;4:1-5.

[8][Zinc and depression.An update](#).Nowak G, Szewczyk B, Pilc A.Pharmacological Reports. 2005 Nov-Dec;57(6):713-8.

[9] Study details available upon request.