

**NEW**SCIENCE • INNOVATION • QUALITY • RESULTS  
**ALLMAX**  
ESSENTIALSASHWAGANDHA  
**KSM-66**600mg  
PER SERVING / PAR PORTION60 VEGGIE CAPS  
NPN 80120388**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.

### Medicinal Ingredients/ Ingrédients médicinaux

Serving Size / Portion : 2 Capsules  
Servings Per Container / Portions par contenant : 30

Amount per serving / Teneur par portion	% DV* % VQ*
KSM-66 [Ashwagandha ( <i>Withania somnifera</i> , root) Extract] (Std. to 5% Withanolides)	600 mg †
KSM-66 [Ashwagandha ( <i>Withania somnifera</i> , racine) Extraît] (Std. à 5 % de withanolides)	

\* Percent Daily Value (DV) based on a 2,000 calorie diet. / Pourcentage de la valeur quotidienne (VQ) selon un régime alimentaire de 2 000 calories.

**NON-MEDICINAL INGREDIENTS:** Hypromellose (Capsule), Microcrystalline cellulose, Magnesium stearate, Silicon dioxide.

**INGRÉDIENTS NON-MÉDICINAUX :** Hypromellose (capsule), cellulose microcristalline, stéarate de magnésium, dioxyde de silicium.

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

**AVERTISSEMENT ALLERGÈNES :** Produit dans une installation qui traite également des produits à base de lait, de soja, d'œufs, d'arachides, de noix, de sésame, de poisson, de crustacés et de fruits de mer.

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**ALLMAX**  
PROFESSIONAL GRADE SUPPLEMENTS

ESSENTIALS

Naturals

SPORT

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