Natreon’s Sensoril® Ashwagandha Improves Strength Training Adaptations and Recovery in Recently Published Clinical Trial

Natreon, a leader in Ayurvedic ingredient research and innovation, announced its latest results in the recently published S.T.A.R. (Strength Training Adaptations and Recovery) trial with its clinically studied Sensoril® ashwagandha.

NEW BRUNSWICK, N.J. (PRWEB) December 17, 2018 -- Sensoril® is a patented ashwagandha extract supported by more than 10 clinical studies designed to enhance adaptogenic health benefits. Sensoril® is derived from a unique blend of both leaves and roots of the Withania somnifera plant to provide optimal efficacy and bioactive diversity. During this trial, Sensoril® showed significant improvement in both upper and lower-body strength in recreationally active men over a 12-week resistance training and supplementation period.

This U.S. based study, conducted at The Center for Applied Health Sciences, was a 12-week, randomized, parallel-group, placebo-controlled, clinical trial to examine the impact of Sensoril® on strength training adaptations. Subjects were all healthy males between the ages of 18–45 years who were recreationally active, training no more than 2–3 days/week. Subjects were randomized to either receive Sensoril® 500 mg/day, or a placebo. Subjects in the Sensoril® group significantly improved their squat strength by 90%, an increase in leg strength of more than 9 kg, compared to the placebo. There was also a 60% improvement upper body strength (as assessed by the bench press) by more than 4 kg. Sensoril® was also found to significantly improve Perceived Recovery by 14% compared to the baseline while the placebo group showed a significant increase in muscle soreness by more than 40%.

“The results of our study help establish an evidence base for this impressive Ayurvedic herb in sports nutrition. The Center for Applied Health Sciences is eager to continue its strategic partnership with Natreon to continue bringing high quality research to consumers.” stated Dr. Tim Ziegenfuss, CEO of The Center for Applied Health Sciences. The significant increases in upper and lower body strength with Sensoril® continues to add to the successful clinical substantiation supporting Sensoril’s® ability to enhance performance, improve energy, reduce symptoms of everyday stress and enhance focus.

“Sensoril is a wonderful product and we are proud to work with US based institutes such as CAHS to advance the sports nutrition utility of Sensoril. Furthermore, we are happy that the University of Pittsburgh Medical Center has two investigator initiated studies with Sensoril and a third study in progress at UCLA and University of Maryland. We will continue to demonstrate our focus on expanding science with reputable US institutes.” said Dr. Sanni Raju, CEO of Natreon.

For more information about Sensoril® or Natreon’s full portfolio of ingredients, please contact info@natreoninc.com or call 732-296-1080.

About Sensoril®
Sensoril® ashwagandha is an adaptogen derived from a unique blend of both leaves and roots of the Withania somnifera plant, by a totally aqueous extraction process, to provide optimal efficacy and bioactive diversity. This proprietary extract, with water-solubility more than 95%, has been studied in more than ten randomized, double-blind, placebo-controlled human clinical trials. Sensoril® is extracted using a specialized, water-based
extraction process and is standardized to three key bioactives: withanolide glycosides, oligosaccharides & withaferin A, with a patented composition. Sensoril® supports many health benefits, and has excellent applications in supplements, foods, beverages, and personal care products. Sensoril® is the trusted and original holistic ashwagandha extract in the market, and is GRAS affirmed, Non-GMO Project Verified, and Organic certified. Visit: https://natreoninc.com/sensoril/.

About Natreon
Natreon is a leader in nutritional ingredient innovation, quality and research. Trusted by manufacturers for over 20 years, Natreon’s patented ingredients are derived from nature and founded on evidence-based Ayurveda. Committed to quality, its extracts are purified and standardized using proprietary process technology and controls that result in optimal levels of bioactive constituents. Natreon’s ingredients have been tested in multiple clinical and safety studies to ensure safety, efficacy and authenticity. Natreon brings storied knowledge and expertise in botanical cultivation and extraction, and its ingredients are sustainably sourced through an integrated supply chain to ensure quality and potency. Natreon has its global headquarters in New Jersey and a state-of-the-art R&D facility in Kolkata, India. For more information, visit: https://natreoninc.com/.

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