## **GLOBAL NEWS**

### Bioiberica achieves CSR certification aligned with UN SDGs<sup>1</sup>



#### 'First aid' call as PAW Report warns of behaviour problem<sup>2</sup>

### Monoclonal antibodies outperform benchmarks in dog study<sup>3</sup>



Bark Out = loud = wishes you a \* Happy \* Friendship Day







# STUDY

An investigation into the stressrelieving & pharmacological actions of an ashwagandha (Withania somnifera) extract, A randomized, double-blind, placebo-controlled study

Medicine, September 2019

In this 60-day, randomized, double-blind, placebo-controlled study the stress-relieving & pharmacological activity of an ashwagandha extract was investigated in stressed, healthy adults. 60 adults were randomly allocated to take either a placebo or 240 mg of a standardized ashwagandha extract OD. Outcomes were measured using the Hamilton Anxiety Rating Scale (HAM-A), Depression, Anxiety & Stress Scale -21 (DASS-21), & hormonal changes in cortisol, dehydroepiandrosterone-sulphate (DHEA-S) & testosterone.

Result: Based on the HAM-A, anxiety levels reduced by 41% in participants taking ashwagandha. Further confirmation of the mood-enhancing effects of ashwagandha was provided by positive overall improvements in the DASS-21, a measure of depressive, anxiety & stress symptoms. All participants completed the trial with no adverse events reported. In comparison with the placebo, ashwagandha supplementation was associated with a statistically significant reduction in the HAM-A& a nearsignificant reduction in the DASS-21. In preclinical studies, ashwagandha can also influence GABAergic & serotonin activity, which have antidepressant & anxiolytic effects. These findings suggest that ashwagandha's stress-relieving effects may occur via its moderating effect on the hypothalamus-pituitary-adrenal axis.

#### Calming & Anti - Anxiety Supplement

MANAGES ANXIETY RELATED TO SEPARATION. TRAVEL, NOISE & GROOMING



The supplement should be given 1 hour prior to a stressful event. Effect stays for 4-5 hours after administration (may differ in chronic anxiety cases)

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Weight	For Dogs	For Cats
Up to 11kg	1/4 Sachet	1/8 Sachet
11-22kg	1/2 sachet	-
22kg & above	1 sachet	-

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Vivaldis Health & Foods Pvt. Ltd.

Office No. 803/804, Clover Hills Plaza, NIBM Road, Pune- 411048, Maharashtra, India. Help-line No.: +91 7767922244 | Email : info@vivaldis.co.in | Website : www.vivaldis.co.in