

Premier Ashwagandha

Full-Spectrum Fermented Adaptogen for Stress Resilience*

Dietary Supplement



Rooted in Tradition, Refined for Bioavailability

Premier Ashwagandha is not just another adaptogen. It's a full-spectrum, fermented form of *Withania somnifera*—crafted using traditional lactic acid fermentation methods to unlock maximum absorption, minimize GI irritation, and amplify bioavailability. This formula contains a profile of eight bioactive withanolides, confirmed by third-party testing to deliver 1,660 mcg/g total withanolides.

Fermented for Enhanced Therapeutic Action

What sets Premier Ashwagandha apart is its fermented delivery system—an innovation that makes it more absorbable, gentler on digestion, and metabolically active. Fermentation:

- Improves bioavailability of fat- and water-soluble compounds (e.g., withanolides, alkaloids, flavonoids)
- Reduces anti-nutrients such as oxalates, saponins, and lectins, which can cause inflammation or nutrient malabsorption
- Generates beneficial postbiotics that enhance immune balance, microbiome support, and antioxidant defense

Premier Ashwagandha thus becomes a dual-action tonic—delivering both adaptogenic compounds and microbiome-regulating metabolites.

Clinical Applications & Practice Integration

Based on traditional Ayurvedic wisdom, Premier Ashwagandha is particularly suited for:

- Chronic stress, anxiousness, or burnout
- Cognitive fatigue or “brain fog”
- Low mood, emotional instability
- Sleep disturbances or adrenal exhaustion

Why Fermented Ashwagandha Is a Game-Changer

According to Nutrition Business Journal (2023), global demand for fermented wellness products is booming due to their enhanced bioavailability, postbiotic content, and tolerability. Fermented ashwagandha uniquely addresses:

- Digestive sensitivity (especially in individuals with weak digestive fire)
- Oxalate overload or lectin intolerance (via microbial degradation)
- Synergistic effects through enhanced nutrient liberation and microbiome support

By combining the well-established adaptogenic value of ashwagandha with the metabolic advantages of fermentation, this formula sits at the intersection of ancient tradition and cutting-edge functional nutrition.

Dosing & Usage Guidelines

Standard Dose: 2 capsules daily with a fat-containing meal for best absorption

Stress/Adrenal Fatigue: 2–4 capsules daily, divided

Sleep or Cognitive Support: 1–2 capsules at dinner or before bed

Pairing Guidance:

With Premier L-Theanine for focused calm and mood balance

- With Adaptogen-R3™ (rich in rhodiola) for HPA axis synergy

- With Tranquinol® for deeper, restorative sleep support

Clinical Pearl

Ashwagandha is a “Rasayana” in Ayurveda—a rejuvenating tonic taken over time to restore foundational vitality. Fermented ashwagandha offers a more gentle, cumulative, and system-wide approach to stress recovery in comparison to unprepared or isolate-only forms, making it ideal for long-term support in modern clinical practice.



One Plant-Source Capsule Provides:

Organic Fermented Ashwagandha (root) powder 350 mg

Other Ingredients: Plant-Source Capsule (Cellulose, Water)

Suggested Use: 2 capsules daily with a fat-containing meal for best absorption

Order Code: 2858 (120 Capsules/Bottle); Violite® Container