

 WhitaZen 1.5[®]

The natural solution for Mental Health :
Ashwagandha



Sleep

Stress

Mood

LUSTREL[®]
LABORATOIRES



Ashwagandha is an adaptogenic plant traditionally used in Ayurveda to help increase resistance to stress over time. It's also used to support the onset of sleep.

Our Product Guarantees

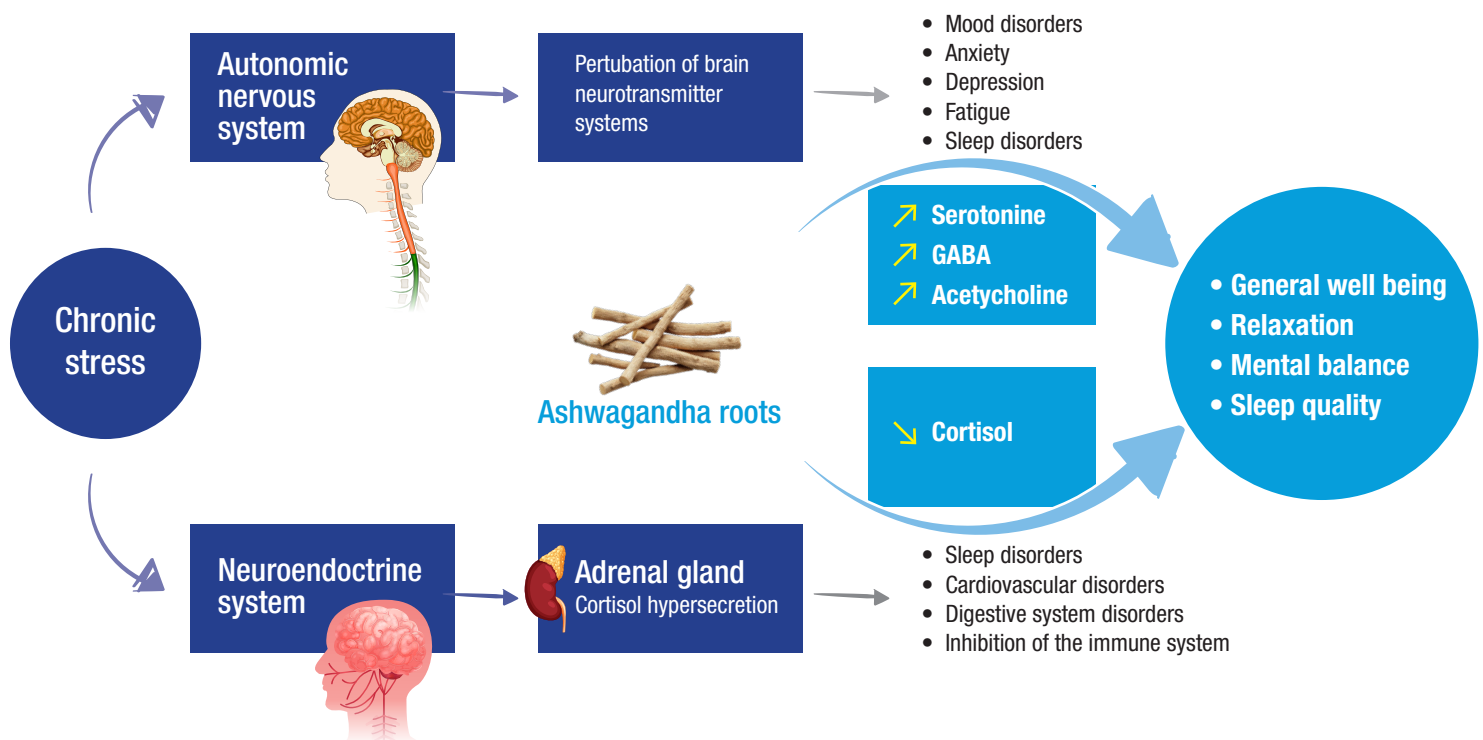
- Water Extraction
- Additives free
- Assay : 1.5 % Withanolides
- DER : 10-15 to 1
- Complies with Ashwagandha monographs^{1/2}
- Complies with European and French³ regulations

Our Quality Guarantees

- Phytochemical analyzes on each batch
- No risk of adulteration
- Botanical quality
- Consumer safety



Ashwagandha acts on the 2 systems that the body activate to deal with stress in order to restore homeostasis : the neuroendocrine system and the autonomic nervous system.



¹ Ashwagandha – Withania somnifera, Natural Health Product, Health Canada

² Monograph Withania somnifera, Alternative Medicine Review, Volume 9, Number 2, 2004

³ Plant listed in List B of the French Pharmacopoeia: according to the Public Health Code, food supplements containing plants or parts of plants on List B of the French Pharmacopoeia may not be sold by persons other than pharmacists.

➔ **Directions for use :** 285 mg of WhitaZen 1.5[®] / day

Capsules 
Tablets 

➔ Clinically proven effects of Ashwagandha on **Mental Health**^{4/5/6}

➔ **Pending claims :**

- **Stress :** Ashwagandha has adaptogenic properties (*ID 3251*), helps the body to deal with stress. Helps you recover from stressful events (*ID 4194*). Contributes to optimal relaxation (*ID 2183*)
- **Mood :** Contributes to emotional balance (*ID 2183*), Helps to maintain physical and mental capacities (*ID 3657*), Helps maintain mental balance (*ID 4194*)
- **Sleep :** Supports the onset of sleep (*ID 4194*)



⁴ Cheah KL, et al., PLoS One, September 24, 2021;16(9):e0257843

⁵ Speers Abet al., Curr Neuropsychopharmacol. 2021;19(9):1468-1495

⁶ Ng QX, et al., Phytother Res. March 2020;34(3):583-590.

This communication is not intended to the final consumer. It provides scientific information for professionals only. Communications to the final consumer have to be checked according to local regulations in force, since the conditions of use are beyond our control.

Lustrel Laboratoires,
is also a supplier of natural ingredients
(organic and conventional):



- Beehive products: Royal jelly, Propolis, Pollen and Honey
- Microalgae: Spirulina and Chlorella
- Ginseng
- Maca
- Cranberry
- Devil's claw



+500
customers



+3000
developed
formulas



Present in
40 countries



SME of human
size
45 years of
experience