

# Ashwagandha for Sensitive Individuals

## Amazon.com: Ashwagandha for Sensitive Individuals

Here's a side-by-side look at the two products, so you can choose the best fit for your wife's sensitivity and your budget.

### 1. Ingredient Profile & Standardization

- **Himalaya Organic Ashwagandha (670 mg caplet)** combines:
  - 380 mg root powder (0.2% withanolides → 0.76 mg)
  - 280 mg root extract (0.5% withanolides → 1.4 mg)
  - 10 mg supercritical CO<sub>2</sub> extract (8% withanolides → 0.8 mg)
  - **Total withanolides ≈ 2.96 mg per caplet.**
  - Labelled “standardized to 5% withanolides” and USDA Organic, Non-GMO, Vegan, Gluten-Free.
- **Organic India Ashwagandha (90 capsules)** lists **400 mg pure root powder per capsule**, with no additional extracts or stated standardization of withanolides.
- **Takeaway:** Himalaya delivers a precise blend of powder + extracts for a known withanolide dose; Organic India is pure root powder (milder, unstandardized).

### 2. Dosage & Potency

- Clinical trials typically use **250–600 mg of standardized extract** daily to lower cortisol and anxiety. Himalaya delivers ~290 mg extract plus a small supercritical extract—aligning with study doses.
- Organic India's 400 mg of root powder likely yields **much lower** active content (without extract), so you'd need more capsules to hit clinical levels.
- **For high sensitivity:**
  - With Himalaya, you can start at **½–1 caplet** (~300 mg total) and adjust.
  - With Organic India, you'd need **2–3 capsules** to approach an extract-equivalent dose, which may be harder to titrate if she's sensitive.

### 3. Price & Value

Product	Count	Unit Price	Notes
Himalaya Organic Ashwagandha (670 mg)	60	CA \$0.35/cap	2-month supply, blends powder + extract, 5% withanolides
Organic India Ashwagandha (400 mg)	90	CA \$0.23/cap	3-month supply, pure root powder, no standardization

- **Himalaya** costs more per caplet but delivers a **known withanolide dose**.
- **Organic India** is cheaper per capsule but requires higher counts to reach clinical potency.

### 4. Quality & Safety Considerations

- Both brands are **USDA Organic, Non-GMO, Vegan, Gluten-Free**, and widely available in Canada.
- **Third-party testing** is crucial for heavy metals and purity—dietitians recommend choosing supplements that disclose such testing([Health](#)).
- Ayurveda experts and wellness sites list Himalaya as the **best budget** extract option and Organic India as the **best organic** choice, reflecting their respective strengths([Byrdie](#)).
- Supplements are unregulated by Health Canada; look for **GMP or third-party seals** on the label to ensure quality([Verywell Health](#)).

### 5. Recommendation

- **If you want guaranteed, study-aligned potency** and fine-tunable dosing: choose **Himalaya Organic Ashwagandha**. Its blend of powder + extract provides a known withanolide content that matches clinical research, and you can start with half a caplet if she's sensitive.
- **If you prefer a gentler, lower-potency start** and the lowest cost per pill: choose **Organic India Ashwagandha**, but be prepared to take more capsules to reach effective doses—and know the active content is unstandardized.

Either way, begin at **half the suggested dose**, monitor her response, and adjust upward slowly. Always check for third-party quality seals and consult a healthcare provider if new symptoms arise.

## Amazon.ca: Top 5 Ashwagandha Supplements for Sensitive Individuals

Here's a ranked list of your Canadian-available options, ordered from most to least suited for starting low in a highly sensitive individual:

## Key takeaway

- **Now Foods Ashwagandha 400 mg** offers a gentle, standardized 4.5 % withanolide extract at a dose you can easily halve (200 mg  $\approx$  9 mg withanolides), aligning with study-backed starting levels (120–600 mg/day) ([EatingWell](#), [NationalNutrition.ca](#)).
- **Himalaya Organic Ashwagandha (670 mg)** combines powder + extracts delivering only  $\sim$ 3 mg total withanolides per caplet—ideal for ultra-low starts ( $\frac{1}{2}$  caplet  $\approx$  1.5 mg) ([Amazon](#), [Optimum Health & Kolya](#)).
- **Renew Actives KSM-66 (500 mg)** is a full-spectrum root extract (standardized to  $\geq$ 5 % withanolides) with black pepper for absorption; you can begin at  $\frac{1}{2}$  capsule  $\approx$  12.5 mg withanolides ([Amazon](#), [Amazon](#)).
- **EBYSU Ashwagandha (650 mg)** is a Canadian-made root powder + black pepper formula, labeled 5 % withanolides ( $\approx$  32.5 mg/capsule), so start at  $\frac{1}{2}$  capsule  $\approx$  16 mg if you choose this ([Amazon](#)).
- **AOR Gandha-600 (600 mg)** is a potent 10:1 extract standardized for withanolides and sitoindosides (600 mg extract  $\approx$  6 g root equivalent), best reserved for later titration ([aor.ca](#), [Amazon](#)).

Rank	Product & Dose	Standardization & Dose Flexibility	Why It Fits (for low-dose start)
1	<b>Now Foods Ashwagandha</b> 400 mg/cap (4.5 % withanolides) ( <a href="#">NationalNutrition.ca</a> )	– 4.5 % withanolides ( $\sim$ 18 mg) – Halve capsule $\downarrow$ ( $\sim$ 200 mg $\approx$ 9 mg)	Study-aligned dose range Easiest to titrate down for sensitivity
2	<b>Himalaya Organic Ashwagandha</b> 670 mg/cap (mix powder+extract) ( <a href="#">Amazon</a> , <a href="#">Optimum Health &amp; Kolya</a> )	– $\sim$ 2.96 mg total withanolides per caplet – Halve caplet $\approx$ 1.5 mg	Lowest active dose Highly gentle for very sensitive individuals
3	<b>Renew Actives KSM-66</b> 500 mg/cap (5 % withanolides) ( <a href="#">Amazon</a> , <a href="#">Amazon</a> )	– Branded KSM-66 full-spectrum – Halve capsule $\downarrow$ $\approx$ 12.5 mg	Clinically studied extract Black pepper for better absorption
4	<b>EBYSU Ashwagandha</b> 650 mg/cap (5 % withanolides) ( <a href="#">Amazon</a> )	– Root powder + black pepper – Halve capsule $\downarrow$ $\approx$ 16 mg	Canadian-made GMP product Absorption aid, but higher active dose
5	<b>AOR Gandha-600</b> 600 mg/cap (10:1 extract) ( <a href="#">aor.ca</a> , <a href="#">Amazon</a> )	– Standardized for withanolides & sitoindosides – 600 mg extract ( $\sim$ 6000 mg root equiv.)	Highly potent extract Best for later increased dosing, not ideal to start

## Recommendation

- **First choice:** *Now Foods* for its defined 4.5 % withanolide content and straightforward half-capsule dosing.
- **Runner-up:** *Himalaya* for the lowest total withanolides—ideal if extreme gentleness is needed.
- **Titration plan:** Start at  $\frac{1}{2}$  **capsule** of your chosen product, monitor response for 5–7 days, then adjust gradually.