Prolanza™

Long acting ashwagandha for
all-day stress support

clean label PROJECT CERTIFIED

FINALIST NUTRA INGREDIENTS USA AWARDS 2025

Also known as ashwanova™

Root-only, USP compliant, 1-a-day ashwagandha

Prolanza™ is a unique long-acting ingredient of **ashwagandha root extract** which complies to **10 USP Withanolides.** It's **innovative release pattern** ensures extended clinical benefits.



Clinically substantiated for stress management
Multiple randomized, double-blind, placebo controlled clinical trials validating one-a-day dose for managing stress.

USP compliant
NLT 4% of 10 USP compliant Withanolides.

One-a-day dosage
Validated with a full clinical package for prolonged release.

HEALTH BENEFITS

- Stress Support
- Sleep Health
- Mental Wellbeing
- Cognitive Support

PRACTICAL APPLICATIONS

- Capsules
- Effervescent Tablets
- Tablets
- Ready-To-Drink
- Ready-To-Mix
- Gummies

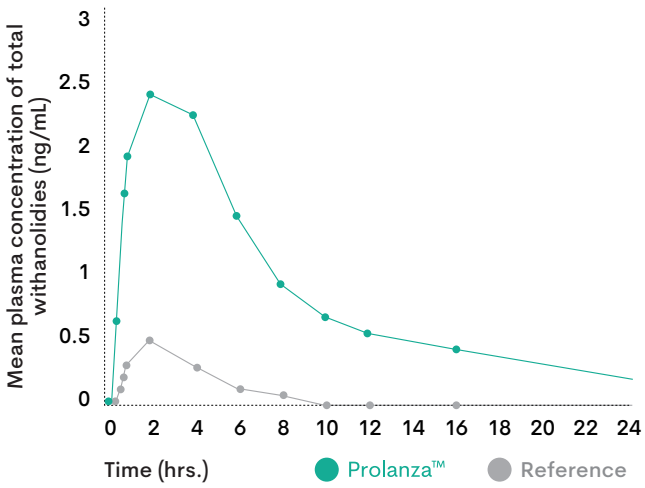
A comprehensive clinical package

PHARMACOKINETIC STUDY*

Compared to a leading branded Ashwagandha ingredient, Prolanza™ showed -

Superior Relative Bioavailability
Prolanza™ has a bioavailability which is nearly 12 times higher as compared to the reference product.

Extended Availability
Withanolides from Prolanza™ are available in plasma for upto 24 hours



Source: Alluri VKR, Thanawala S, Upadhyay V. A comparative pharmacokinetics study of Ashwagandha (Withania somnifera) Root Extract sustained-release capsules: an open-label, randomized, two treatment, two-sequence, two period, single-dose crossover clinical study. Int J Basic Clin Pharmacol 2022;11:26-34

nutriventia.

STUDY 2 – A STRESS & COGNITIVE HEALTH STUDY

Randomized, double-blind, placebo-controlled, 90 days study on 100 healthy subjects with mild to moderate stress.

9.3X
Improvement In Perceived Stress

3.5X
Improvement In Sleep Quality

****2X**
Improvement In Overall Mental Well-Being

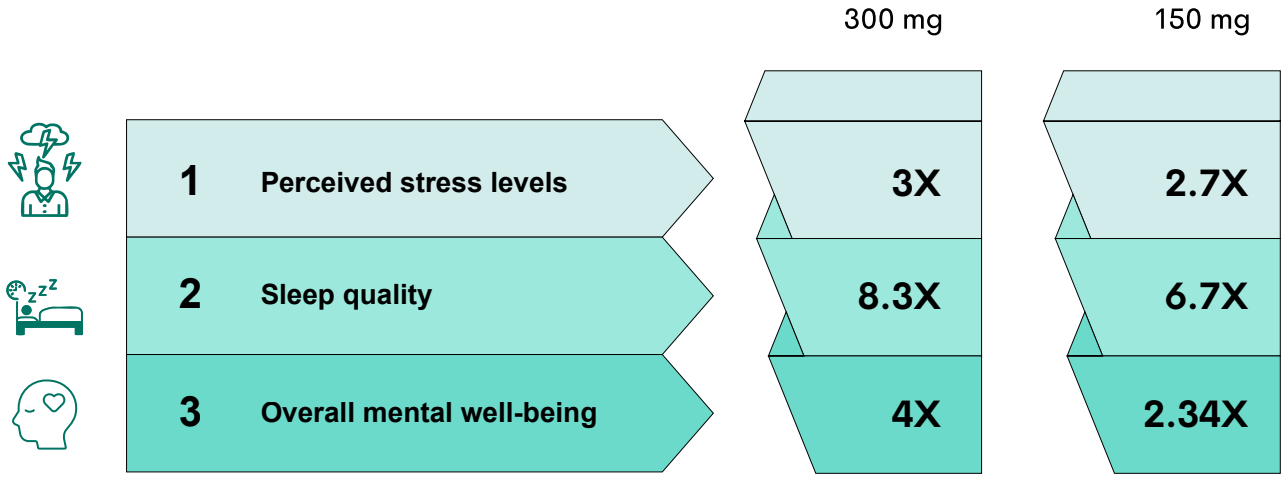
3.6X
Improvement In Memory Recall

**Change in Oxford Happiness Questionnaire (OHQ)
Source: Gopukumar K, Thanawala S, Somepalli V, Sathyanarayana Rao T S, Thamatam VB, Chauhan S. Efficacy and safety of Ashwagandha Root Extract on cognitive functions in healthy, stressed adults : A randomized, double-blind, placebo-controlled study. Evidence-based Complementary and Alternative Medicine. 2021, Article ID 8254344, https://doi.org/10.1155/2021/8254344

*STUDY 3 – MULTI ARM - STRESS STUDY

Randomized, double-blind, placebo-controlled, 60 days, multi arm study on 126 healthy subjects with mild to moderate stress

Improvement in subjects taking Prolanza™ as compared to Placebo after 60 days



***Preprint available**

Shefali Thanawala*, Rajat Shah, Kiran Bhupathiraju, Krishnaraju Venkata Alluri, Prabakaran Desomayanandanam, Arun Bhuvenendran
Posted Date: 19 February 2025
doi: 10.20944/preprints202502.1076.v2
Keywords: ashwagandha; happiness; sleep; stress; sustained- release; withanolides

LICENSES & CERTIFICATIONS

Scan to visit website for more information

*Study Source: International Journal of Basic & Clinical Pharmacology, Medip Academy (2022)
*Study Source: Evidence-Based Complementary and Alternative Medicine, Hindawi (2021)

nutriventia.com | info@nutriventia.com

nutriventia.

2025 Prolanza™ is a registered trademark of Nutriventia Ltd.