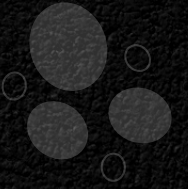


## ASHWAGANDHA

# INDIAN ASHWAGANDHA EXPORTERS

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- Ashwagandha is also said to be a wonder herb. This is due to the fact that it has several medicinal properties and uses. The Ashwagandha exporter in India exports tonnes of Ashwagandha abroad every year. The Ashwagandha export from India has been increasing over the years due to the growing popularity of the product. The Indian Ashwagandha exporter thus has a good reputation worldwide due to the premium quality of products exported. The Ashwagandha export from India includes the export of several varieties of Ashwagandha.

## GLOBAL MARKET DEMAND

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- Ashwagandha is widely produced in the subtropical regions including Rajasthan, Punjab, Haryana, Uttar Pradesh so on, and so forth. The Ashwagandha exporter in India exports their products from about 36 exporting ports including Hyderabad. New York receives one of the highest shipments of Ashwagandha from India. The Ashwagandha import from India has thus been on a rise.

# ASHWAGANDHA

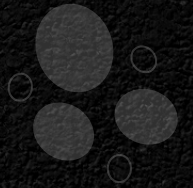
## SPECIFICATION

Product Name	Ashwagandha
Origin	India
Family	Solanaceae
Binomial Name	<i>Withania somnifera</i>



# ASHWAGANDHA

# INGREDIENTS



**Nutrients**

**Calories 45, Total Carbohydrate - 10g,  
Dietary Fiber - 0g**

**Minerals**

**Calcium, Iron, Potassium**

**Vitamins**

**-**

**Protein**

**1g**

**Fats**

**0g**



# USES & BENEFITS

- Ashwagandha has various health and medicinal uses. Its roots are used for making a vital tonic. It is known to be a stress reliever and useful for senile dysfunctions.
- Ashwagandha is also said to be useful in controlling anxiety, depression, phobias, alcoholic paranoia so on, and so forth.
- Ashwagandha is also said to be helpful to reduce blood sugar levels through its effects on insulin secretion and sensitivity.
- Some studies and tests also state that withaferin, a bioactive compound in ashwagandha, promotes the death of tumor cells. Therefore, Ashwagandha may be effective against several types of cancer too.

Pisum Foods is one of the best Ashwagandha importers from India. We have extensive experience of working in the export industry and assist our clients with each and every step involved in the export of Ashwagandha. Right from documentation until the final delivery of the products, our executives are well trained to help you with every process. Ashwagandha is a very useful product and therefore it is widely demanded across the world. If you are looking for Ashwagandha export from India, Contact Pisum now!