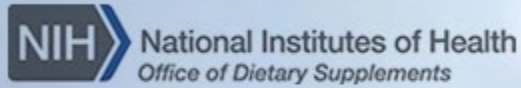


Just the Facts

National Institutes of Health (NIH) Office of Dietary Supplements (ODS) sent this bulletin at 01/23/2024 10:00 AM EST

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Just the Facts



January 23, 2024

Ashwagandha: Is It Helpful for Stress, Anxiety, or Sleep?

New ODS Fact Sheet Now Available



Have you heard of ashwagandha? It's a plant used in traditional Ayurvedic medicine. Several studies have examined the effectiveness and safety of ashwagandha supplements for stress, anxiety, and sleep. Find out what the results of these studies show in our new fact sheets for [health professionals](#) and consumers in [English](#) and [Spanish](#).



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About ODS

The [Office of Dietary Supplements \(ODS\)](#) is part of the National Institutes of Health (NIH), the nation's medical research agency—supporting scientific studies that turn discovery into health.

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