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Clinical study shows Kerryâ??s Sensoril Ashwagandha supports quality of life

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Sensoril AshwagandhaÂ â??Â a science-backed ingredient byÂ Kerry GroupÂ â??Â has been shown to support quality of life for women post-menopause, according to aÂ new clinical study.

With the potential for women to spend up to 40 per cent of their life post-menopause, those years must be enjoyable.Â This recently published study validates Sensoril's unique ability to support symptom management and quality of life in women post menopause, at as low as 250mg/day.

This research builds on the existing 14 scientifically backed studies that show the natural ingredient is a safe and effective solution to support overall health.

Hormonal changes associated with menopause can lead to negative symptoms like hot flashes, mood swings, and sleep disturbances. Approximately 80 per cent of women experience these symptoms, making it a common but typically overlooked or ignored aspect of women's health. In Asia Pacific, 64 per cent of women experience pre-menopausal symptoms that impact their emotional health and 62 per cent who are perimenopausal, menopausal or post-menopausal say they would be interested in nutritional supplements that help them manage their symptoms.

Despite the frequency of these symptoms, the impact of menopause on ageing has not been considered widely in research, leading to gaps in women's healthcare. With one billion women estimated to be experiencing menopause in 2025, these shortcomings must be addressed.

Increasingly, the use of herbal, plant-based treatments for managing menopausal symptoms has been gaining popularity as many women seek more natural alternatives to hormone replacement therapy. Sensoril, a unique, standardised, synergetic combination of the ashwagandha root and leaf, directly meets this need. With demonstrated efficacy, Sensoril can be a key, natural ingredient integrated into solutions specifically targeted toward women.