



AYUSH HERBS® INC.
Modern Science Validating Ancient Medicine

Ayush Herbs® Inc.
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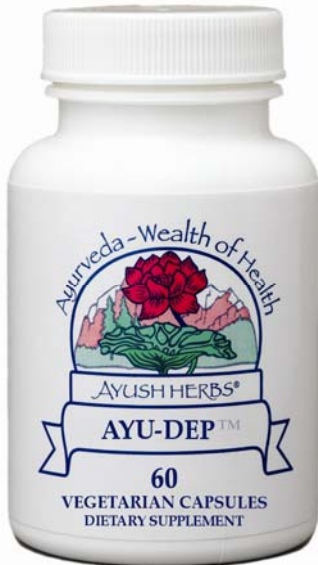
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FOR IMMEDIATE RELEASE

Ayush Herbs' New Ayu-Dep Formula Offers Nutritional Mood Support

New Ayurvedic Formula includes saffron and other mood-enhancing Ayurvedic Herbs



REDMOND, WA (June 17, 2011) – Mood disorders are on the rise as a result of our fast-paced, stress-inducing society; in fact, depressive disorders affect about 19 million Americans each year. In an effort to offer natural mood and stress support, [Ayush Herbs](http://www.ayush.com), one of the premier Ayurvedic herbal companies in the U.S., introduces Ayu-Dep, a proprietary Ayurvedic formula featuring saffron, an herb popular in Eastern healing traditions for its uplifting, rejuvenating and tranquil effects.

“Whether brought on by loneliness, stress, external factors or even PMS, mood disorders can be debilitating, and prescription medications can cause a range of unwanted side effects,” explained Dr. Virender Sodhi, Ayurvedic MD, naturopath physician and CEO of Ayush Herbs. “Saffron has been so effective for my patients suffering from melancholy that we developed Ayu-Dep, a synergistic blend of saffron and other mood enhancing herbs .

According to a study in the Journal of Ethnopharmacology (2005;97:281-4) saffron may be effective for treating mild to moderate mood disorders. In addition to saffron, the blend also includes ashwagandha (withania somnifera), gotu kola (centella asiatica), bacopa monnieri, mucuna pruriens and Indian barberry (berberis aristata), considered to be brain tonics that rejuvenate the nervous system and promote tranquility.

Available to healthcare professionals for their patients, Ayu-Dep comes in a 60 caplet bottle and wholesales for \$17, with a suggested retail price of \$34. To order or for more details, visit the Ayush Herbs website at www.ayush.com or call (800) 925-1371.

Founded in 1988, Ayush Herbs Inc. is the only Ayurvedic herbal company in the U.S. owned and operated by practicing Ayurvedic physicians, who also cultivate the wildcrafted and/or organic medicinal herbs offered to ensure the utmost in quality and safety standards. Ayush Herbs is located at 2239 152nd Avenue NE; Redmond, WA 98052. Editors seeking more information, samples or images may contact Holly Padove at holly@thepressroom.com or (805) 773-1000.

