



Introducing SRI-81 Shatavari

Bridging ancient wisdom
and modern science for
women's wellness

It's no secret that women's health was long overlooked in the supplement aisle, with one-size-fits-all formulations or general health offerings broken down by age and decade. Think pre-natal or 40-plus vitamin offerings. This is no longer the case, as the market becomes more customized, embracing stages of life, such as perimenopause and menopause. The women's health category has maintained one of the steadier growth rates over the past few years, outpacing men's and children's general health as well as top-performing categories such as healthy sleep and mood and mental health, according to *Nutrition Business Journal's* (NBJ) "2025 NBJ Condition Specific Report."

Still the women's general health category continues to evolve as women seek even more personalized options to meet their stage-of-life health needs. From menopause to sports nutrition, they're open to formulations and ingredients



that help them thrive. NBJ reports that combination herbs are helping to spearhead this growth. Ayurvedic herb Shatavari is one such herb poised to play a starring role in future formulations for women.

A rising star

Coinciding with the growth of women's health supplements is awareness of herbs associated with the ancient practice of Ayurveda. From 2024 to 2028, the Ayurvedic herbs market is projected to grow at an annual rate of approximately 8% to 9%, from \$1.33 billion to \$1.86 billion. In 2025, these herbs accounted for 10.3% of all herb supplement sales.¹

While turmeric and adaptogen Ashwagandha are the most known herbs in this space, this market is diversifying with lesser-known herbs such as Shatavari [pronounced Shawtawvri] gaining traction, especially as the women's market evolves. NBJ puts growth estimates for Shatavari at \$3.4 to \$10.4 million between 2024 and 2028, with peak growth rates of 36% to 38%.

Why such growth? In the Ayurvedic tradition, Shatavari has been revered as the "Queen of Ayurvedic Herbs", symbolizing vitality, fertility, resilience and female strength. For generations, women have turned to Shatavari for support across life transitions—easing the ebb and flow of cycles,



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replenishing strength after childbirth, supporting lactation, soothing the changes brought by menopause and restoring vitality during times of stress and fatigue.

As the women's health market grows, so too does interest in ingredients such as Shatavari, scientifically known as *Asparagus racemosus*. Yet, this growth has also been spurred by a growing body of research. Research validating efficacy has been crucial for herbs like Ashwagandha and now Shatavari to grow beyond traditional wellness consumers to reach a more conventional and mainstream audience.

Introducing SRI-81

Ixoreal's branded ingredient SRI-81 Shatavari is a full-spectrum extract crafted using principles of green chemistry and produced across a vertically integrated value chain. SRI-81 Shatavari is designed to maintain the balance of the various constituents in the original Shatavari herb.



Shatavari's therapeutic benefits derive from its rich blend of phytochemicals, in particular steroidal saponins Shatavarins (I-IV), key active compounds that research shows help regulate hormones and support reproductive health. They also contain flavonoids, such as quercetin and rutin, which have potent antioxidant and anti-inflammatory properties. Other constituents include tannins, alkaloids and polysaccharides, to name a few. To receive the full benefits of Shatavari, it's key that all of the herb's constituents be available in their approximate natural proportions. This is why it's important for an extract to be full spectrum.

SRI-81 Shatavari is backed by 18 clinical studies: 5 published, 4 completed and 9 ongoing, conducted in partnership with major academic and research institutes and designed to follow the gold standard of clinical studies with randomized, double blind, placebo-controlled designs. These studies have produced outcomes supporting the awareness of Shatavari that for centuries has been passed down to women who follow Ayurvedic practices.

Key results from these studies include:

+ **Improved Lactation:** Shatavari (300 mg/day) significantly enhanced lactation within 72 hours, including a ~49% faster onset of breast fullness, increased milk volume and improved maternal wellbeing with excellent tolerability.²

- + **Reduced Menopausal Symptoms:** Shatavari significantly reduced menopausal symptoms, with a ~44.7% decrease in total Menopause Rating Scale scores and notable improvements in stress, hot flashes and quality of life.³
- + **Improved Perimenopausal Symptoms:** Shatavari improved perimenopausal symptoms, showing a ~42.6% reduction in total symptom scores along with reduced stress, fewer hot flashes and increased estradiol levels.⁴
- + **Enhanced Sexual Function in Women:** Shatavari enhanced female sexual wellness with a ~34.2% improvement in FSFI scores, reduced sexual distress and better mood and hormonal balance.⁵
- + **PCOS Management:** Shatavari supported hormonal balance in PCOS, including ~28.6% reduction in follicle count and improved reproductive parameters alongside reduced stress levels.⁶

1. *Nutrition Business Journal* "2025 Herbs and Botanicals Report"

2. A. Ajgaonkar et al., "Shatavari (*Asparagus racemosus* Willd) root extract for postpartum lactation: A randomized, double-blind, placebo-controlled study," *Journal of Obstetrics and Gynaecology* 45, no. 1 (2025): 2564168.

3. J. Ademola et al., "Efficacy and safety of Shatavari root extract (*Asparagus racemosus*) for menopausal symptoms: a randomized, double-blind, three-arm, placebo-controlled study," *Frontiers in Reproductive Health* 7 (2025): 1654503.

4. S. Mahajan et al., "Efficacy and Safety of Shatavari (*Asparagus racemosus*) Root Extract for Perimenopause: Randomized, Double-Blind, Placebo-Controlled Study," *International Journal of Women's Health* 17 (2025): 4057-4073.

5. J. Ademola et al., "Effects of Shatavari (*Asparagus racemosus*) Root Extract on Sexual Wellness in Women: Findings from a Prospective, Randomized, Double-Blind, Three-Arm, Parallel-Group, Placebo-Controlled Study," *International Journal of Women's Health* 18 (2026): 561213.

6. Y. Mhatre et al., "Efficacy and safety of Shatavari root extract in women with polycystic ovarian syndrome: A randomized, double-blind, placebo-controlled trial," *Frontiers in Endocrinology* (2026).

FAQ

What is Shatavari?

Shatavari (*Asparagus racemosus*) is referred to as the “Queen of Ayurvedic Herbs.” In Sanskrit, Shatavari means “a woman who possesses a hundred husbands,” symbolizing vitality, fertility, resilience and female strength. Like an adaptogen, Shatavari doesn’t just relieve symptoms, it builds resilience, helping women restore balance, strength and harmony at every stage of life.

What is SRI-81 Shatavari?

Ixoreal’s SRI-81 Shatavari is the most clinically studied Shatavari extract in the world. Crafted using principles of green chemistry, SRI-81 Shatavari is a root-only extract that preserves the plant’s full integrity while ensuring purity, potency and safety. Ixoreal owns the entire value chain in producing the extract, with its own organic certified farms, production facilities, testing laboratories, research center and distribution. SRI-81 and its manufacturing has gone through extensive inspections and safety assessments and have 27 quality certifications, including GMP certifications affirming pharmaceutical-grade manufacturing standards, USDA certified organic and For Life and Fair for Life, supporting ecological balance and fair trade.

What are SRI-81 Shatavari’s clinically proven benefits?

Ixoreal’s SRI-81 is the industry leader in research and clinical trials investigating the effects of Shatavari. Working in collaboration with major academic and research institutes, these studies follow the gold standards of substantiation—randomized, double-blind, placebo-controlled designs. Via 18 clinical studies (five published, four completed and nine ongoing studies), SRI-81 is clinically proven to help:



- + Harmonize hormones and enhance reproductive health
- + Ease menopausal symptoms and elevate emotional well-being
- + Enhance libido and sexual vitality
- + Boost lactation and support postpartum recovery
- + Reduce stress and improve mood and sleep

When choosing a Shatavari extract, look for:

- + *A full-spectrum extract* that includes all beneficial constituents found in the original herb—to ensure quality and efficacy.
- + *Total Shatavarin content* measured using High-Performance Liquid Chromatography (HPLC), the most accurate analytical method for quantifying the total Shatavarin content. Research shows the optimum percentage of total Shatavarin is 10% by HPLC. SRI-81 Shatavari is standardized to >10% by HPLC, making room for other important phytoconstituents to be preserved.
- + *The optimum dosage of 300mg/day*—determined by research for a full spectrum Shatavari root extract.
- + *A vertically integrated supplier* to avoid the possible supply chain availability challenges that can result from both cultivation and wild harvesting. Ixoreal is a Shatavari manufacturer with a vertically integrated supply chain.