Ashwagandha testosterone results after filtering vendor involvement

The strict funding filter leaves three trials and about 150 men. The estimated standardized effect remains similar to the full pool, but is no longer statistically significant: Hedges' g = 0.49 (95% CI −0.68 to 1.7), p = 0.21. The estimated absolute difference is +80 ng/dL (95% CI −53 to +210).

Pool	Trials	SMD and 95% CI	p
Original expanded pool	12	0.44 (0.19 to 0.70)	0.0027
Explicit no-funding declarations; samples allowed	3	0.49 (−0.68 to 1.7)	0.21
Also allow Wankhede's incomplete funding disclosure	4	0.41 (−0.21 to 1.0)	0.13
Also allow Ambiye's incomplete funding disclosure	5	0.40 (−0.0029 to 0.79)	0.051

Sources: Recalculation from the same extracted trial data and model as the original pool. Random-effects REML; modified Hartung–Knapp confidence intervals. Outcome: final blood total testosterone in men. The filter changes trial eligibility only.

The strict pool includes Mishra 2024 Verma 2023 and Khanna 2026

Mishra and Verma acknowledge supplied extract and explicitly state that no specific grant was received. Khanna declares no financial support. These classifications follow the published disclosures; they are not an audit of financial records. Verma still requires the original assumption that final SDs equal baseline SDs.

Using only the two eligible trials with directly reported final means and SDs gives g = 0.64, with a very wide interval (−4.5 to 5.7; p = 0.36). With three trials, the conventional normal interval also crosses zero: −0.026 to 1.0; p = 0.063.

Vendor funding and researcher payments exceed the samples threshold

Study funding, paid consultation, vendor employment, and vendor-funded research contracts all fail the requested threshold. An author's "no conflict" declaration does not override a disclosed payment or company affiliation elsewhere in the report. Missing or conflicting funding disclosures are excluded from the strict pool and tested separately.

The funding filter reduces the amount of evidence much more than it changes the estimated effect. These results do not establish that sponsorship caused the positive findings.

The disclosure audit covers every trial in the previous pool

Trial	Disclosed vendor involvement	Strict pool
Ambiye 2013	KSM-66 vendor identified; no funding statement located; no conflicts declared. Funding unclear.	No
Wankhede 2015	Ixoreal and Shri Kartikeya supplied extract. No separate funding statement located.	No
Lopresti 2019	Arjuna funded the project and supplied Shoden. Lopresti also reports prior Arjuna funding and presentation compensation.	No
Chauhan 2022	Ixoreal supplied capsules; coauthors received clinical consultation fees from Shri Kartikeya Pharma.	No
Mishra 2024	Arjuna supplied active and placebo capsules; explicitly no specific grant; no conflicts declared.	Yes
Puttaswamy 2025	Manipal Natural funded the study; several authors have vendor affiliations, including its COO.	No
Vaidya 2025/26	Phytoveda funded the trial; three authors employed by Phytoveda/Viridis.	No
Khanna 2026	KSM-66 manufacturer identified; explicitly no financial support or commercial/financial conflicts.	Yes
Smith 2023	Verdure Sciences funded the study; authors include leaders/staff of the contract research organization.	No
Verma 2023	Ixoreal supplied extract; explicitly no specific grant; no conflicts declared.	Yes
Mutha 2025	Samples and editorial support acknowledged; earlier reported Funder label could not be reproduced. Unresolved classification.	No
Thanawala 2026	Nutriventia funded study; vendor employees/owner among authors; other authors received consulting fees.	No

Sources: Primary article funding, acknowledgments, conflicts, and affiliations listed on the next page. Levels: samples; study funding; direct researcher ties or payments. Unknown disclosures remain a separate category.

Mutha remains excluded while the funding discrepancy is unresolved

The current ScienceDirect article, PMC text, and Europe PMC XML state that no specific grant was received and acknowledge Ixoreal for supplying extract. They also acknowledge writing and editorial support from Clinsearch. Crossref currently lists no funder. I could not reproduce my earlier claim that Ixoreal was labeled “Funder”; that claim is unverified in this recheck, rather than established proof of cash funding.

Mutha is excluded from the strict analysis. If Mutha, Wankhede, and Ambiye are all admitted under a permissive reading of the disclosures, the six-trial result is g = 0.40 (95% CI 0.12 to 0.69), p = 0.015. This shows why eligibility under the funding rule matters; the effect estimate itself remains near 0.4–0.5.

Primary sources for the sponsorship classifications

Ambiye 2013 — methods and conflict declaration

Wankhede 2015 — acknowledgments and competing interests

Lopresti 2019 — acknowledgments and author footnotes

Chauhan 2022 — coauthor consultation fees and supplied capsules

Mishra 2024 — funding and acknowledgments

Puttaswamy 2025 — affiliations and funding

Vaidya 2025/26 — funding and conflicts

Khanna 2026 — funding and conflicts

Smith 2023 — funding and conflicts

Verma 2023 — funding and acknowledgments

Mutha 2025 — current publisher disclosures

Thanawala 2026 — funding and detailed author ties

Disclosure review and sensitivity analysis completed October 27, 2026. Full-precision calculations and the inclusion sets are retained with the research files.