

# EVIDENCE EXHIBITS

Paper Trail · Some exhibits below are fabricated for this exercise. At least one is real.

## EXHIBIT A

SOCIAL POST

@calmrootwellness · posted 6:58 AM · shared 7,900 times

"There's literally a Phase III clinical trial proving ashwagandha cures anxiety. Not 'may help' — PROVES. I've been taking mine every morning and it's changed my life. Link in bio."

## EXHIBIT B

PRODUCT WEBPAGE

calmrootwellness.example/clinical-trial

CALMROOT Shop Clinical Trial Reviews

### Phase III Proven. Anxiety, Solved.

✓ PROVEN IN A PHASE III CLINICAL TRIAL

adaptogenresearchcenter.example/ashwagandha-results

"The supplement backed by real clinical research" — Mindful Living Report

## EXHIBIT C

BLOG ARTICLE

mindfullivingreport.example · posted 9 days before the viral post

Headline: "Does Ashwagandha Really Cure Anxiety? Inside the Clinical Trial." Excerpt: "CalmRoot points to a randomized, placebo-controlled Phase III trial of a standardized ashwagandha extract, describing it as proof the supplement cures anxiety for anyone." A link under "the trial" leads to Exhibit D.

## EXHIBIT D

PRESS RELEASE

calmrootwellness.example/press · issued 5 weeks before the blog article

FOR IMMEDIATE RELEASE — CalmRoot cites a randomized, placebo-controlled Phase III clinical trial of a standardized ashwagandha extract. "This is definitive proof our supplement works," said the company's founder. The release does not name the specific branded extract tested, does not mention the study population had pre-existing hypertension and cardiometabolic risk factors, and does not state that the extract reduced symptoms rather than eliminating them.

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## EXHIBIT E

CITATION

Referenced in Exhibits C and D as "a randomized, placebo-controlled Phase III trial"

**Pattojoshi A, Kumar Patra S, Idrees SA, Behera S, Dalua SS, Tiwari P, Valavan R.**

*Safety and efficacy of ashwaghen (a standardized withania somnifera extract) in stress and anxiety with hypertension and associated cardiometabolic risk factors: a randomized, placebo-controlled trial.*

Stress. 2026;29(1):2669544.

DOI: 10.1080/10253890.2026.2669544 PMID: 42105298

*A record with this title, journal, and DOI can be looked up directly. Check which specific branded extract was tested, who the study participants were, and how much symptoms actually decreased — then compare that to how Exhibits C and D describe it.*