

ENERGY VITALITY

Ultimate Enhancement of Mental and Physical Stamina*

DOSAGE

Liquid Phyto-Caps: 1 capsule, 3 times daily

DURATION OF USE

4-6 months

BEST TAKEN

Between meals, with water

Note: This product contains caffeine from Green Tea



Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 20

Calories per serving - 20

Proprietary Synergistic Blend: 426 mg

Green Tea leaf (Camellia sinensis) ▲, Eleuthero root (Eleutherococcus senticosus) +, Schisandra berry (Schisandra chinensis) +, Korean Ginseng root (Panax ginseng) +, Cola nut (Cola acuminata) +, Ginkgo leaf (Ginkgo biloba) ▲, Licorice root (Glycyrrhiza spp.) +, Nettle seed (Urtica dioica) ▲, Prickly Ash bark (Zanthoxylum spp.) +

Total Dry Herb Equivalency: 5,400 mg

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).

▲ = Certified Organic Ingredient + = Ecologically Harvested

ABUNDANT ENERGY

This formula is useful for anyone who suffers from fading vitality and depleted energy, particularly those individuals who are constantly exposed to overwork, stressful environments or situations, and excess strain to mind or body. This formula efficiently combines herbs which are well known for their influence on energy, with those that address adrenal function, circulatory health, and non-specific resistance to stress (including oxidative / free radical stress). The result is a comprehensive approach for supporting mental and physical stamina.

Korean Ginseng belongs to a genus (a sub-group of a family) named Panax - which is derived from the word panacea - meaning 'cure-all'. The common name also honors this highly useful herb, for Ginseng means 'wonder of the world'. It has traditionally been used to increase stamina (both mental and physical). Known as an adaptogen, Panax builds resistance to stresses of both biological and physical origin. Interestingly, modern research lends support to this adaptogenic affect. This plant is the energy tonic par excellence.

Green Tea has a long history of use, dating back to around 2,700 B.C. Today, we know that Green Tea is a stimulating antioxidant. This plant supports healthy liver function in a manner that reduces free-radical damage to the liver tissue. Free-radical damage has been linked to low energy and weariness. Oxidative (free-radical) damage is also associated with decreasing intracellular levels of cyclic AMP. Green Tea increases levels of cyclic AMP. Increased levels of cAMP allow hormones to perform better, thus overall function of the body is improved. This cyclic AMP supporting affect is highly desirable in a formula that aims to enhance vital energy. Coupled with its mild stimulant influence, Green Tea proves very useful indeed.

Nettle seed has been included here solely on the basis of empirical use with mental stress. The authors have, on many occasions, used an extract of the Nettle seed to allay drowsiness, both behind the wheel and in front of the

textbooks. Its affect is not as a stimulant, but as a "mental" adaptogen (enhancing resistance to mental stress). The seed of Nettle contains fatty acids associated with brain function such as Linoleic Acid, Linolenic Acid, Oleic Acid, and Palmitic Acid, which may play a part in its activity.

Siberian Ginseng, unlike the Nettle seed discussed above, is well known and well researched as an adaptogen. Traditionally it has been regarded as a support for weariness, stress, and deficiency. Modern research has shown it to be a stimulant with powerful antioxidant and adaptogenic qualities. It is widely reported to build resistance to both physical and mental stress.

Chinese Schizandra berry has also been used historically during physical stress. Modern research highlights its strong antioxidant and liver supportive properties, along with its capacity to improve work performance and endurance.

Cola nut is a caffeine containing plant that is used with nervous stress. Although many individuals may initially think of Cola nut as a stimulant, it is well respected for use during recuperation. It is said that Cola counters weariness and restores nervous integrity, making it a valuable addition to this formula.

Licorice root is often used with physical weariness that is related to the adrenal gland. Whereas Siberian Ginseng supports the adrenal gland's hormonal response to stress, Licorice prevents the breakdown of such hormones. This results in an overall reduction of the functional load that is placed on this important gland. Compounds isolated from licorice appear to be immuno-stimulating.

Some studies have suggested an effect from Ginkgo leaf on glucose metabolism, thereby affecting body function from the cellular level. It appears to assist glucose and ATP metabolism. This may help to explain its usefulness in cognitive function, as well as the supportive influence it seems to have on energy. As with a number of ingredients in this formula, Ginkgo is recognized as a powerful antioxidant. Its support to the

circulatory system is also of benefit here.

Prickly Ash bark has long been used to support circulation. Its use here is to help deliver the entire formula throughout the body. It was traditionally said that Prickly Ash has the ability to 'increase tonicity and functional activity' and to 'sustain the vital force'.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

COMPLEMENTARY HERBS / FORMULAS

Ginseng/Schizandra Supreme, Endurance Tonic, Vitality Elixir

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use this product during pregnancy or lactation.

KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any prescription drugs.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.