

GYNOSTEMMA / CARDIO SYSTEM



This formula contains Gynostemma (Jiao-gu-lan). The Chinese have used Gynostemma, also called the "Herb of Immortality", for centuries as a tonic to aid in recovery from strenuous physical overexertion.

This formula assists the body in maintaining healthy cholesterol levels and promoting the healthy functioning of the heart and immune system.

BENEFITS:

Supports the heart and its system:

- Reduces hardening of the arteries
- Helps control high blood pressure and hypertension
- Regulates and maintains cholesterol levels
- Provides maximum herbal support for the healthy functioning of the heart and circulatory system.

Supports the immune system:

- Helps counteract free radicals in the body
- Resists cancer, especially in the liver, lungs, cervix, and skin
- Improves immunity and counteracts fatigue and aging
- Studies into the anti-cancer activity of Gynostemma have shown a very significant (20-80%) inhibition rate on a wide range of cancer cells.

Supports the metabolic system:

- Helps maintain a healthy body weight, by accelerating the body's metabolism
- Adjusts blood sugar and fat levels, which are vital to maintaining a healthy metabolic system
- The ultimate greatness of Gynostemma lies in its broad-spectrum adaptogenic quality. It has the ability to bring balance to the body under a wide range of stressful circumstances.
- Regular consumption of Gynostemma provides the body with amino acids and vitamins and minerals, such as calcium, selenium, magnesium, zinc and iron

UNIQUE FEATURES:

Gynostemma is currently being used to treat the following in China, Japan and Korea, by doctors, hospitals and clinics: Acne, arthritis, asthma, athlete's foot, cancer, cholelithiasis, chills, chronic headache, common cold, constipation, coronary heart disease, cough, diabetes, frostbite, gastric ulcer, gastritis, gastroptosis, gout, gum inflammation, hair loss, halitosis (bad breath) hemorrhoids, high blood fat, high cholesterol, hypertension, hypertrophy of the prostate, impotence, insomnia, leg and foot cramps, liver diseases, loss of appetite, loss of concentration, lumbago, neuralgia, obesity, oral cavity inflammation, otitis media, plaque, premature ejaculation, rheumatism, rough skin, scars, schizophrenia, shoulder ache, spasms, tumors, warts, weariness.

Gynostemma is widely believed to have the following health benefits: to slow down the aging process, to reduce fatigue, to reduce oxygen deficiency at high altitudes, to improve digestion, to strengthen the mind. It is also believed to help calm the nerves and to ease pain. Gynostemma is generally reinforcing to overall health, and has a strong anti-fatigue effect. To the local people who collect it wild, grow it and consume it, it is simply called "Magical Grass."

Gynostemma has similar active components to ginseng, gypenosides. However, while ginseng has some 27 of these chemicals, Gynostemma has over 80.

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DID YOU KNOW?

Gynostemma has powerful adaptogenic abilities, by balancing the body during times of stress, which will help protect the systems of the body throughout life. Also, because of these properties, it helps control weight, and may help athletes add more lean body weight.

KEY REFERENCES:

1. Gynostemms have been found to improve cell immune function, and cancer patients showed improvement following operations, after taking 400mg Gypenoside.
This same study showed strengthening effects on the heart
(Zhe Jiang Traditional Medical Research Institute)
 2. Gynostemms have been found to increase the phagocytic activity of macrophages, therefore regulating immunity.
(Xin ZT et al. J. Botany. 1984; (5): 627)
 3. A Japanese study has shown that gynostemms have the ability to inhibit in vitro growth of some cancers, such as liver cancer cell growth.
(Zhou HP et al. Acta Pharmacol. 1988; 23: 720.)
 4. Research has shown that Gynostemma has the ability to enhance the cardiovascular system, by controlling high blood pressure and cholesterol levels.
(Lu, GH. et al. Comparative study on anti-hypertensive effect of Gypenosides, Ginseng and Indapamide in patients with essential hypertension. Guizhou Medical Journal 1996; 20:1.)
- Kimura, Y et al. Effects of crude saponins of Gynostemma pentaphyllum on lipid metabolism. Japanese. Shoyakugaku Zasshi 1983 (Rec'd 1984); 37(3): 272-275.

INGREDIENTS & SUPPLEMENTAL FACTS:

Each capsule contains:

Carrot powder	400 mg
Gynostemma pentaphyllum stem	148mg
Green tea (Camellia Sinensis) polyphenols	50mg
Non-medicinal ingredients: gelatin, microcrystalline cellulose, magnesium stearate	

Food supplement
520mg 120 capsules/bottle

DIRECTIONS FOR USE:

Take 2 capsules, twice daily with food
Store in a cool dry place at room temperature.

WARNINGS:

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

Do not take with antiplatelet (such as Plavix and Ticlid) or anticoagulant (Heparin and Warfarin) drugs.

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