

## Proprietary Blend & Adaptogen Proprietary Blend Ingredient Index

**Green Tea:** regulates blood pressure and blood sugar. Also has a powerful anti-oxidant effect.

**Aloe Vera:** soothes, promotes healing, boosts immunity, and ensures nutrient absorption.

**Trace Minerals** (*Includes copper, zinc, manganese, iodine, chromium, and fluoride*): essential in trace amounts for the assimilation and utilization of vitamins and other nutrients, provides a catalyst for many hormones, enzymes and essential body functions and reactions

**Pau D'Arco:** This inner bark of a tree found in South America is used to enhance the body's natural defenses. Also reduces water retention.

**Bladder Wrack** (*Fucus vesiculosus*): A natural remedy against cellulite and obesity, supports urinary tract health, and eases rheumatic aches and pains.

**Sea Lettuce** (*Ulva Lactuca*): A natural cleanser for the body.

**Kelp** (*Laminaria digitata*): Excellent source of calcium, magnesium, potassium and many trace minerals. Kelp helps the body to fight infection and is beneficial to the thyroid gland.

**Stevia - Green or White** (*Stevia rebaudiana*): Used in Japan as a zero calorie sweetener for many commercial foods and soft drinks. 200-300 times sweeter than sugar, yet not a sugar. Stevia does not create plaque or cavities and has been shown to be anti-cavity; also aids digestion.

**Ginseng, Siberian** (*Eleutherococcus senticosus*): Used to improve memory and concentration; as an adaptogen to both to raise and/or lower blood sugar as needed. Also used to lower stress, helping the body resist viral infections, toxic substances, chemotherapy and radiation. **Caution:** *Contraindicated during pregnancy.*

**Schizandra** (*Schizandra Chinensis*): Used for centuries in traditional Chinese medicine. Valued as a tonic, an adaptogen, immune-booster, and to increase vitality and stamina.

**Alaria Esculenta** (*Dabberlocks*): sea kelp rich in naturally occurring vitamins, minerals and amino acids.

**Aralia Mandshurica:** primary adaptogen; enhances mental acuity.

**Crataegus Oxycantha:** promotes cardiac stability.

**Viburnum Sargentii:** anti-aging and antioxidant effects, stimulates immunity.

**Glycyrrhiza Uralensis:** supports immunity, improves skin tone.

**Rhaponticum Carthimoides:** primary adaptogen; enhances muscle development, improves performance, endurance and circulation.

**Rhodiola Rosea:** primary adaptogen; enhances mental and physical performance, normalizes heart rate, improves nervous system function, stabilizes mood.

**Sorbus Aucuparis:** anti-aging and antioxidant effects, stimulates immune system.

**Inonotus Obliquus:** supports healthy digestion and immunity.

### **Other Ingredients:**

**Fructose:** sweetest natural sugar found in fruits, vegetables and honey, has very little effect on blood sugar and only a negligible effect on the secretion of insulin

**Citric Acid:** FDA-approved natural preservative; extends shelf life

**Potassium Sorbate:** FDA-approved natural preservative; extends shelf life

**Sodium Benzoate:** FDA-approved natural preservative; extends shelf life