

Energy Formula

PROMOTES HEALTHY ENERGY LEVELS*



Positioning Statement

The herbs in Energy Formula work together to provide optimal synergism and support the body's ability to reduce mental fatigue and tiredness, increase alertness, and enhance vitality.*

Concept

Humans under acute stress, due to intense exercise or physical work, temporary emotional disturbances, chemical insults, or simply suffering from a lack of sleep, often become fatigued, causing their performance in a number of physical and psychological categories to decrease noticeably. If a period of stress lingers, the result may be momentary suppression of immune function, succumbing to poor health more often, and/or recovering more slowly.

By combining secrets of traditional Chinese medicine with modern pharmaceutical technologies, Energy Formula utilizes the benefits of science and nature to create a stimulant-free solution to fight fatigue. Unlike other products that deliver a quick boost, but then leaves you feeling wired and restless past midnight, Energy Formula offers a rapid, but safe vitality enhancement with all-natural ingredients, such as ginseng, rhodiola, and schisandra. These herbs have adaptogenic properties that help the body adapt and adjust to psychological and physical stress, and overcome mental and physical fatigue.*

Primary Benefits

- Reduces mental fatigue*
- Increases mental alertness*
- Boosts stamina and vitality*

What Makes This Product Unique?

- Capsule contains 100% all-natural ingredients
- Safe
- Non-stimulant

Who Should Use This Product?

Energy Formula is designed for people suffering from occasional fatigue. This product offers an immediate, but safe vitality boost with all-natural ginseng.*

Did You Know?

- The herbs in Energy Formula have traditional uses dating back thousands of years
- Ginseng was traditionally called the “man-root” because its shape resembled a human
- Rhodiola bouquets are still given at weddings in Siberia to assure a rich and fruitful marriage
- Because it grows in cold climates, rhodiola is also known as arctic root

Frequently Asked Questions

What ingredients does this product have?

Each capsule of Energy Formula contains panax ginseng (300 mg), schisandra (100 mg), and rhodiola (100 mg).

How are the ingredients in this product standardized?

The constituents in Energy Formula are standardized through scientific and analytical methods in a sterile environment to ensure that every capsule contains the prescribed level of constituents, every time. Panax ginseng is standardized to a minimum of 7% ginsenosides, rhodiola is standardized to 3% rosavins, and schisandra is standardized to 5% schisandrins. Other routine testing includes heavy metal content, full microbial testing and residual solvents.

How does Energy Formula work?

Energy Formula is designed to provide a rapid onset energy-inducing effect by reducing mental fatigue and tiredness, and increasing both alertness and mental performance. In addition, the long term benefits of this product may include an increased tolerance to mental and physical stressors and a positive affect on physical and mental

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well-being. Energy Formula provides these benefits by the tonic-like and adaptogenic effects provided by the three key ingredients panax ginseng, rhodiola rosea, and schisandra.*

Do I need to take the product continually to see the benefits or can I take it on an as needed basis?

Energy Formula should be taken on a continuous basis for maximum benefit. The recommended dosage is one to two capsules daily depending on your energy needs.

Key Scientific Studies

1. Hiai S, et al. Stimulation of pituitary-adrenocortical system by ginseng saponin. *Endocrinol Jpn*, 1979; 26(6):661-65.
2. Ellis JM, Reddy P. Effects of panax ginseng on quality of life. *Ann Pharmacother*, 2002 Mar; 36(3):375-379.
3. Petkov VD, et al. Effects of alcohol aqueous extract from rhodiola rosea L. roots on learning and memory. *Acta Physiol Pharmacol Bulg*, 1986; 12(1):3-16.
4. Upton R. Schisandra berry: analytical, quality control, and therapeutic monograph. Santa Cruz, CA: American Herbal Pharmacopoeia, 1999.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value
Ginseng Panax (Panax ginseng C.A. Meyer) Root Extract (4:1)	300 mg	*
Schisandra (Schisandra chinensis) Berry Extract (10:1)	100 mg	*
Rhodiola (Rhodiola rosea) Root	100 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

Directions for Use

Take one (1) capsule up to two (2) times daily. Use as needed for up to three months, followed by a resting period of at least one month. Store in a cool, dry place.

Warnings

Keep out of reach of children. If you are taking prescription medications such as monoamine oxidase inhibitors (MAOIs), calcium channel blockers, corticosteroids, or anticoagulant therapy, please consult a physician prior to use. Exercise caution in combination with stimulants (e.g., caffeine).

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