



Category 1
Liquid Special Formulas
(E=Extract T=Tincture)



GOODFORYOU

GOOD FOR LIFE

GINSENG PLUS (E)

(Adaptogen & Stimulating Tonic) #14000

100 ml

Description: **GINSENG PLUS:** is an excellent formula that helps increase and balance energy levels, reduces the effects of stress, both mental and physical, and gives one a general sense of well being. Runners and other endurance athletes find that they have increased endurance and improved performance. **Properties:** adaptogen, alterative, blood purifier, demulcent, diuretic, expectorant, rejuvenative, stimulant.

Contents / Ingredients	Traditional Therapeutic Action
Korean Red Root (<i>Panax ginseng</i>)	<ul style="list-style-type: none"> • has excellent adaptogenic properties • considered good for mental & physical health • strengthens the body's immune system • helps regulate blood pressure & blood sugar levels • balances the pituitary and adrenal glands & other endocrine glands
Eleuthero Root (Siberian Ginseng / <i>Eleutherococcus senticosus</i>)	<ul style="list-style-type: none"> • excellent blood purifier • soothes nerves
Red Clover (<i>Trifolium pratense</i>)	<ul style="list-style-type: none"> • strengthens the body and balances the endocrine gland system • aphrodisiac
Fo Ti Tieng (<i>Polygonum multiflorum</i>)	<ul style="list-style-type: none"> • longevity herb • remarkable rejuvenating properties
Gotu Kola (<i>Centella asiatica</i>)	<ul style="list-style-type: none"> • stimulates the adrenal cortex • stimulates the thyroid gland
Licorice (<i>Glycyrrhiza glabra</i>)	<ul style="list-style-type: none"> • blood purifier • provides and abundance of iron, increases insulin production
Oregon Grape (<i>Berberis aquifolium</i>)	<ul style="list-style-type: none"> • blood purifier, builds and cleanses the liver • aids in blood circulation
Burdock root (<i>Arctium lappa</i>)	<ul style="list-style-type: none"> • helps improve glandular function & balances hormones • improves digestion
Sarsaparilla (<i>Smilax offic.</i>)	<ul style="list-style-type: none"> • great immune stimulant • antiviral and antibiotic properties
Echinacea (<i>Echinacea angustifolia</i>)	

SUGGESTED DOSAGE: General Tonic: 1/2 tsp - two or three times a day. Endurance: 1 tsp before exercise - 1 tsp after exercise

CAUTION: Refer to qualified practitioner when pregnant

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.