

## EMPEROR'S CHI

Ch'i is known in Chinese philosophy as one's essence or life force. This potent concentrate captures the elements needed to strengthen that life force. Using traditional Chinese herbs Emperor's Ch'i builds vitality by improving the way your body makes and uses energy. Enjoy this delicious beverage cold, with water or juice or as a hot nourishing tea.

**Ingredients:** Deionized Water, Prune Juice Concentrate, Crystalline Fructose, Dried Orange Juice, Citric Acid, Guar Gum, Natural Flavor, Gynostemma Pentaphyllum Ma Kino (Whole Herb), Ginseng (Root), Eucommia Glutinosa (Bark), Eleutherococcus (Siberian Ginseng Root), Ganoderma Reishi Mushroom (Whole), Polygonum Multiflorum (Root), Rehmannia Glutinosa (Root), Glycyrrhiza Uralensis (Licorice Root), Astragalus Membranaceus (Root), Schizandra (Fruit), Polygonatum Sibericum (Root, Stem), Sodium Benzoate (preservative), Sargassum (Whole Herb), Atractylodes (Root), Lycium Fructus (Fruit), Ginkgo Biloba (Leaf), Jujube (Zizyphus Fruit), Momordica (Lo Han Kuo Seed)

### **Ingredients:**

**Gynostemma Pentaphyllum Ma Kino (Whole Herb):** Revered in China as “the immortality herb.” This herb was reserved for Chinese Royalty in promoting life, longevity, fertility, and immortality.

**Ginseng (Root):** Helps regulate the metabolism and the functioning of the cardiovascular system, helps prevent cholesterol buildup, regulates the central nervous system; decreases fatigue and promotes learning; adaptogenic; lab animals given ginseng do not develop enlarged adrenals, high blood pressure, neurosis or Vitamin C deficiency when exposed to high levels of stress.

**Eucommia Glutinosa (Bark):** Tonic to liver and kidneys; nutrient to bone, sinew and cartilage; anti-inflammatory; has received tremendous attention in Chinese and American drug companies for treating and perhaps preventing high blood pressure.

**Eleutherococcus (Siberian Ginseng Root):** General tonic that is felt to restore vigor, improve general health, restore memory, promote good appetite; adaptogenic, diuretic, tonifies tendons and ligaments, used for rheumatism and arthritis.

**Ganoderma Reishi Mushroom (Whole):** Elevates the mood, strengthens the heart, protects the liver, improves the body's use of oxygen and enhances muscle strength, efficiency and endurance; currently being studied in the West where it is used by herbalists to treat Chronic Fatigue Syndrome, diabetes, liver diseases and many immune related diseases; lowers blood pressure, stimulates liver actions, blood cleansing; helps the body fight off stress; prized in China for its ability to regenerate the liver; obtains high levels of polysaccharides which have been shown to induce the production of interferon, a protein produced by the cells to fight viral infections; is being studied for treatment of AIDS because of its ability to up the body's production of T-cells; helps heart disease and reduced cholesterol; fights free radicals and protects against the effects of radiation.

**Polygonum Multiflorum (Root):** Builds strength in the liver and kidneys, also muscles and bones; calms the nervous system and clears the eyes; cleanses the liver and kidney which in turn cleanse the blood; extracts in animals have been shown to have anti-tumor activity; is cardiogenic, hypotensive, antispasmodic and antibacterial.

**Rehmannia Glutinosa (Root):** One of the most effective blood and kidney tonics, improves blood flow to the liver, anti-hypertensive, lowers blood sugar; said to strengthen bones and tendons, nourish the marrow; cooked – used after childbirth to strengthen female organs and relieve abdominal pain, nourishing the Yin.

**Glycyrrhiza Uralensis (Licorice Root):** Known as the “Great Detoxifier,” believed to drive poisons and toxins from the body, aids all other herbs to enter meridians allowing Chi to flow smoothly, regulates blood sugar, sharpens concentration, relieves abdominal pain; effective in relieving intoxication due to bad food, drugs and alcohol; when used over a long period of time said to produce radiant health and prolong life.

**Astragalus Membranaceous (Root):** Increases muscle mass, strength and endurance; protects the liver against toxicity, reduces blood pressure by increasing the elasticity of blood vessels; article in *Cancer* reports that extracts restored the immune functions in 90% of cancer patients studied; augments the white blood cells that fight disease and eliminates some of those that make the body more vulnerable to it; being looked into as a possible treatment for AIDS and other auto-immune diseases.

**Schizandra (Fruit):** Increases the function of the liver, lung and kidney, beautifies the skin, purifies the blood; seems to increase mental acuity and improve pulmonary capacity; its fame is due to its reputation as a youth preserver and as a powerful sexual tonic.

**Atractylodes (Root):** General body tonic that acts upon the digestive system and balances the appetite, widely used in Chinese weight control programs, mild stimulant; increases endurance by strengthening the leg muscles; anti-inflammatory.

**Lycium Fructus (Fruit):** Liver tonic and excellent blood tonic, improves night vision, calms the heart and nervous system in modern Chinese hospitals is used for hypertension, nephritis and cancer; lowers cholesterol and blood sugar levels.

**Jujube (Zizyphus Fruit):** Enhances the efficacy of other tonics, improves circulation; quiets the spirit, for irritability, insomnia, anxiety; been shown to have sedative, hypotensive, cardiostimulant and smooth muscle relaxing properties in animals.

**Note:** All information is intended as reference for educational purposes only and for increasing knowledge. This material is not meant to replace the services of a health professional.

\*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.