



Eleuthero TINCTURE

ENDURANCE
General tonic

NPN 80031431
50 ml

Each ml contains

Eleuthero	fresh root	<i>Eleutherococcus senticosus</i>	1:3	315 mg	Organic
Alcohol 40% to 45%, certified organic					

DOSAGE

INTERVENTION: 2.5 ml, 3 times per day.

TREATMENT: 2 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. Use for a maximum of 6 weeks followed by a 2-week pause. Repeat as needed.

MODE OF ACTION

The adaptogen properties of eleuthero act on the hypothalamus-pituitary-adrenal axis and help the organism resist prolonged stress and a heavy work load. It helps regulate the entire hormonal system and protects the adrenal cortex. It reduces the swelling of the adrenal glands brought on by stress. A performance tonic, eleuthero facilitates physical effort, increases endurance, reduces recovery time after effort and increases the metabolism of oxygen in the tissues and organs. Less stimulating than *Panax Ginseng*, it has a more general effect on immunity and greater effect on endurance than Panax.

Eleuthero is also used for exhaustion, general weakness, chronic fatigue syndrome, irritability, insomnia and symptoms of depression. As well as increasing concentration and mental acuity and easing the learning process, it has a mild calming effect on the central nervous system. In Traditional Chinese Medicine, it is a preventive medicine, a general tonic that strengthens the Chi and increases vitality.

The polysaccharides in *E. senticosus* strengthen the immune system and increase the organism's general resistance to infections by stimulating the production of NK cells and T-cells. Among other things, it reduces the severity, the duration and the frequency of *Herpes simplex* eruptions. It increases non-specific immunity in chemotherapy patients. It reduces the side-effects of chemotherapy, radiotherapy and surgery. It is used during recovery to increase the body's capacity to heal and a feeling of well-being. Some of its constituents have anti-tumoral, anti-proliferation and anti-oxidant effects.

Eleuthero normalizes blood-sugar, blood pressure, cholesterol levels and it protects the cardio-vascular system, making it a particularly interesting herb in the case of metabolic syndrome. It increases lung capacity in individuals with chronic bronchitis and other pulmonary afflictions. In the digestive system, it helps reduce chronic diarrhea and diarrhea after taking antibiotics and it is a liver protector.

The main constituents of eleuthero are eleutherosides (A, B, B1, C, D, E), triterpenoids saponins (protoprimulagenin A glycosides), glycans (eleutherans A, B, C, D, E, F and G), phenylpropionates (syringin, caffeic acid), lignans (sesamin), coumarins and vitamins (beta-carotene).

HELPFUL ASSOCIATIONS

RHODIOLA tincture for concentration difficulties.

SKULLCAP tincture or infusion for anxiety.

GREEN OATSTRAW infusion for nervous system troubles.

RESIS TEA capsules or infusion for weak immunity & convalescence.

NETTLE infusion for fatigue.

ETHNOBOTANY

Nervous system: chronic fatigue, weakness, exhaustion, irritability, weak concentration, mental fatigue.

Digestive system: diarrhea after antibiotics, chronic diarrhea.

Other: physical performance and endurance, chronic bronchitis, pulmonary affections, Herpes simplex, side-effects of chemotherapy and radiotherapy, metabolic syndrome.

HISTORY

Eleuthero has been used in Traditional Chinese Medicine for over 2000 years to increase longevity, improve general health, sustain appetite and help memory. It is only in the middle of the 20th Century that general interest for the medicinal virtues of eleuthero appeared, when researchers saw it as a substitute for *Panax ginseng* which is more costly and hard to find. Since the 1950's, Russian research has demonstrated the potential of eleuthero as an adaptogen and resulted in its inclusion in the Soviet pharmacopeia. It was included in the Russian space program in 1977.

CONTRA-INDICATIONS

Consult a health care practitioner to use longer than one month, if you are pregnant or breast-feeding, have an acute infection or if symptoms persist or worsen. Do not use if you suffer from hypertension.

INTERACTIONS

None known.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

