



Energ-V

Stock #875-8 (100 capsules)

As its name suggests, Energ-V is an energy-enhancing formula, also considered a type of "spring tonic." Energ-V consists of herbs which improve stamina and vitality by cleansing the body of metabolic by-products, stimulating circulation to promote healing, improving digestion, reducing nervous tension, strengthening nervous system and glandular function, and increasing immunity.

Energ-V is a popular herbal supplement for anemia, anorexia, depression, digestive dysfunction, dysmenorrhea, endurance, fatigue, liver problems, malnutrition, menopause, poor memory, prolonged illness, sexual dysfunction, skin conditions, and for improving athletic performance.

Barley grass is a rich source of numerous vitamins, minerals, amino acids, protein, and plant enzymes, including superoxide dismutase (SOD), a potent antioxidant. SOD is a powerful antioxidant which helps slow cellular degeneration and mutation, making it highly beneficial for treating degenerative diseases, as well as aging in general. Barley grass helps strengthen digestive and glandular functions, builds healthy blood cells, moistens dryness, soothes inflamed membranes and supports the nerves. Barley grass acts as a natural diuretic to relieve painful or difficult urination, as well as watery conditions such as edema. Barley grass' mildly laxative effect helps cleanse the intestinal tract, while its rich supply of enzymes helps metabolize indigestible or toxic substances in foods. Barley grass also stimulates the immune system and cleanses the liver. Barley grass is helpful for anemia, anorexia, arthritis, fatigue, general debility, liver spots, poor digestion, rheumatism and stomach problems.

Bee pollen gathered from various flowers, is rich in protein and vitamin B12. It contains almost all of the nutrients necessary for humans. It is made up of approximately 30% protein and over 50% carbohydrates and is used by many as a concentrated source of energy. Bee pollen is often used to improve convalescence, fatigue, poor memory, and sexual dysfunction. In Chinese medicine, bee pollen is considered an energy and nutritive tonic. In fact, bee pollen has been used for a variety of purposes in cultures throughout the world, including adding weight during convalescence, assisting recovery from chronic illness, building new blood, improving endurance and vitality, increasing longevity, inhibiting communicable diseases such as the common cold and flu, reducing cravings and addictions, regulating intestinal function, and even helping to overcome retardation and other developmental problems in children.

Capsicum has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum is believed to help cardiovascular disease because of its stimulating action and ability to breakdown cholesterol buildup. Capsicum has been found beneficial for numerous ailments, including arthritis, cardiovascular disease, vascular headaches, impotence (resulting from venous insufficiency), infections, kidney problems, menstrual complaints, respiratory conditions such as asthma and pleurisy, thyroid dysfunction and gastric ulcers. Studies indicate capsicum may be useful for mild depression and for improving athletic performance.

Numerous studies have outlined the effect of **Eleuthero** (also known as Siberian ginseng) on mental and physical behavior, and its action as a brain and nerve tonic for promoting mental clarity. Eleuthero has been proven to help restore mental ability in the elderly and improve mental resilience during exams for students taking the herb. Eleuthero is used mostly for increasing endurance, stimulating circulatory and immune function, and regulating blood pressure. Russian studies have documented Eleuthero's ability to strengthening the body against environmental stress and to improve physical performance. Eleuthero has been shown to directly influence the adrenal-pituitary axis, resulting in an increased resistance to the effects of stress, including cold, heat, infection, and even radiation. In fact, Russian doctors recommend Eleuthero herb for improving the body's tolerance to chemotherapy and radiation treatments. Eleuthero has also been shown to stimulate production of digestive fluids, balance blood sugar levels, and help reduce inflammation. Eleuthero is generally recommended for anemia, debility, diarrhea, diabetes, fatigue, hypoglycemia, impotence, menopause, poor memory, and weak digestion.

Gotu kola is often referred to as "brain food," because it enhances memory and energy, and stimulates the pituitary gland. Gotu kola has been proven an effective treatment for numerous mental disorders, as well as for reducing high blood pressure and high serum cholesterol levels. Recent research confirms gotu kola acts as a blood purifier, diuretic, and antispasmodic, helping to relieve muscle cramps. Gotu kola has been found to stimulate the immune system, reduce fever and inflammation, and speed the healing of wounds. Numerous studies have shown gotu kola enhances circulation to the lower extremities. Among the more well-known uses for gotu kola are the treatment of brain fatigue, cardiovascular health, depression, high blood pressure, memory problems, menopause, mental

disorders, nervous breakdown, rheumatism, rheumatoid arthritis, senility, stamina and vitality.

Kelp has long been used in Oriental medicine to moisten and soften dry, hardened tissues in the body such as cysts or tumors. Kelp also enhances kidney function and corrects hormone imbalances, especially relating to the thyroid gland. Kelp's rich supply of nutrients improves digestion and respiration, helps reduce the effects of stress upon the body, increases immunity, and promotes general well-being. Kelp is commonly used for anemia, angina, arthritis, asthma, candidiasis, diabetes, enlarged glands, fatigue, hair loss, high blood pressure, prostate and ovarian problems, obesity, ulcers and wounds. Kelp contains a viscous fiber called algin, which stimulates the detoxifying and eliminative actions of the digestive system, and has been used effectively as a bulk laxative for treating constipation, without causing irritation or side effects. Kelp is also a rich source of many nutrients, including carbohydrates, essential fatty acids, protein, and several amino acids. Kelp also contains almost every mineral and trace mineral needed by the human body, particularly calcium, copper, magnesium, potassium, selenium, sodium and zinc. Furthermore, kelp provides numerous B-complex vitamins, as well as vitamins A, D, E and K.

Licorice increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritic, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral and possible anticancer properties

Rose hips are a rich source of vitamin C, containing anywhere from 10-100 times more than any other food. Rose hips also contain vitamins A, B1, B2, D, E, K, P, pantothenic acid, flavonoids, carotenoids, and the minerals calcium, iron, phosphorus and zinc. Rose hips are a source of astringent tannins which make rose hips beneficial as a tonic and astringent, capable of tightening tissues and slowing the discharge of blood and mucosal fluid. Thus, rose hips are often used for diarrhea and gastritis. Rose hips' rich supply of bioflavonoids has been shown to increase the absorption of vitamin C, which in turn, strengthens connective tissues and reduces capillary fragility, easy bruising, hemorrhoids, and varicose veins. Rose hips also help stimulate immune function and fight infection and inflammation, useful for treating colds, fevers, general debility and inflammatory skin conditions.

Schizandra is an adaptogen and nervous system tonic which helps the body to handle stress more effectively with less fatigue. Schizandra also increases blood circulation and blood sugar, reduces blood pressure, controls coughing, and stimulates bile flow and the production of mucosal fluids to moisten dry and irritated tissues. Schizandra contains substances which are both astringent and antiseptic, and which help strengthen heart and kidney function. Schizandra has been found to benefit anxiety, asthma, chronic diarrhea (associated with kidney weakness), diabetes, dry coughs, excessive perspiration, frequent urination, hepatitis, hyperacidity, insomnia, leukorrhea, nervous exhaustion, night sweats, nocturnal emission, palpitations, poor memory, spermatorrhea, urinary disorders and wheezing.

Yellow dock is rich in ascorbic acid (vitamin C), vitamin A and iron, and is often used to improve iron levels in pregnant women and those suffering anemia. Yellow dock also supplies calcium, magnesium, phosphorus, and selenium. Yellow dock has become favored as a tonic for the liver and gallbladder, due to its astringent purification of the blood supply to the glands. Yellow dock has one of the most prominent reputations for clearing skin problems, relieving glandular inflammation and swelling, and curing a variety of bladder ailments and liver diseases, including jaundice. Yellow dock also works as a laxative, encouraging the production of bile and digestive fluids and easing inflammatory bowel conditions.