



GC-X

Stock #1212-1 (100 capsules)

GC-X is an herbal combination which alleviates stress on the circulatory system by stimulating blood circulation, thereby reducing blood pressure. GC-X helps elimination, focusing on the kidneys and liver to promote greater blood cleansing and detoxification. GC-X also contains herbs which encourage perspiration to reduce fever, increase immunity and fight infection, improve digestion and absorption of nutrient, and enhance kidney function.

GC-X is beneficial for various types of circulatory disorders such as atherosclerosis, headaches, hemorrhoids, hypercholesterolemia, hypertension, poor circulation, and varicose veins. GC-X can also be used for immune, respiratory, and urinary tract-related disorders, including asthma, bronchitis, colds, edema, fever with chills, flu, and urinary tract infections, as well as arthritis, dyspepsia and rheumatism.

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's warming properties are useful for poor circulation and related conditions, including cold hands and feet, cold stages of fevers and varicose veins. Capsicum is believed to help cardiovascular disease because of its stimulating action and ability to breakdown cholesterol buildup. Capsaicin, the active constituent which make capsicum hot, promotes the conversion of cholesterol into bile acids which can then be excreted by the body—an action which may help prevent atherosclerosis. 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.

Garlic has been shown to treat a variety of circulatory, digestive, respiratory and urinary problems. Garlic inhibits platelet aggregation and encourages the breakdown and production of fibrin, a clotting protein implicated in heart disease and strokes. Garlic reduces hypertension and lowers serum cholesterol, serum triglycerides and blood fats. Garlic also been shown to raise HDL cholesterol levels. Garlic enhances immune function, fights infection, and is an excellent remedy for a variety of chest complaints. In fact, garlic has been shown to reduce bronchial secretions which helps asthma. Garlic also acts as an effective expectorant. In the urinary system, garlic produces a cleansing reaction in the kidneys which causes an increase in urine flow. Furthermore, garlic increases bile production, thus enhancing digestion. Some of the more popular uses for garlic include asthma, atherosclerosis, cancer, colds, coronary heart disease, coughs, diabetes, ear infections, flu, hemorrhoids, hypertension, inflammatory skin problems, intestinal parasites, tumors and urinary infections.

Studies have found **ginger** produces a strong stimulating effect on muscular contractions of the heart, validating ginger's use for improving overall circulation. Ginger also helps lower serum cholesterol levels, again assisting circulatory improvement. Ginger contains a volatile oil and other compounds which act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract which reduces gas and pain in the bowel. Ginger has been found to be helpful for expelling phlegm and is used to treat asthma, bronchitis, colds, coughs, and respiratory congestion. Ginger also induces perspiration, making it useful in the treatment of fevers, including malaria. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids ear, eye, nose and throat problems, stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal acts as a mild decongestant, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling and sinusitis. Golden seal also reduces inflammation and pain in mucosal tissues, and acts as a laxative. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions.

Parsley stimulates production of digestive fluids and enhances the elimination of wastes from inflamed joints via the kidneys. Parsley helps tone the urinary system and has been used effectively for almost any type of kidney and urinary problems. Parsley effectively dries watery mucous conditions and acts as an antispasmodic. Parsley also lowers blood pressure, strengthens the adrenal glands, and enhances brain and optic nerve function. Parsley is a rich source of iron and provides numerous trace minerals, particularly the electrolytes calcium, magnesium, potassium and sodium. Parsley also provides vitamins A, B, C, and K, protein (up to 25%) and chlorophyll. Parsley actually

contains several times the amount of vitamin C found in citrus.

Numerous studies have outlined the effect of **Siberian ginseng** on mental and physical behavior, and its action as a brain and nerve tonic for promoting mental clarity. Siberian ginseng has been proven to help restore mental ability in the elderly and improve mental resilience during exams for students taking the herb. Siberian ginseng is used mostly for increasing endurance, stimulating circulatory and immune function, and regulating blood pressure. Russian studies have documented Siberian ginseng's ability to strengthen the body against environmental stress and to improve physical performance. Siberian ginseng 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 Siberian ginseng herb for improving the body's tolerance to chemotherapy and radiation treatments. Siberian ginseng has also been shown to stimulate production of digestive fluids, balance blood sugar levels, and help reduce inflammation. Siberian ginseng is generally recommended for anemia, debility, diarrhea, diabetes, fatigue, hypoglycemia, impotence, menopause, poor memory and weak digestion.