



## Chinese Mineral-Chi Tonic

Stock #1818-3 (32 fl. oz.)

According to traditional Chinese medicine, at the root of all disease is a critical imbalance or deficiency in the different internal energies which regulate the entire body. Each vital organ is governed by a specific vital energy which travels through its own channel, or meridian. In turn, these meridians form a network of energy channels which feed and nourish the body's life force, maintaining health and balance.

**Chinese Mineral-Chi Tonic** is a unique blend of liquid colloidal minerals and several of the most important Chinese tonic herbs, formulated to balance the body's meridians and achieve a healthy state of equilibrium. Chinese Mineral-Chi Tonic provides powerful herbal adaptogens which enable the body to respond more efficiently to stress and to resist negative biological, chemical and physical stressors. Chinese Mineral-Chi Tonic contains the same liquid colloidal minerals blend found in NSP's Colloidal Minerals, along with additional potassium (180mg per 1 oz. serving) to nourish the adrenal glands.

**Astragalus** root extract is regarded as a superior tonic in traditional Chinese medicine and is used to invigorate the body's vital energy. Astragalus also enhances white blood cell and immune function, supports the adrenal glands, increases cardiac function while reducing blood pressure, lowers blood sugar levels, promotes urine flow and the production of digestive fluids and bile, relieves muscle spasms, and strengthens the body where there is weakness or convalescence. In China, astragalus has long been used to stimulate immunity and resistance to disease, and to fight respiratory and urinary tract infections. Chinese studies show this herb increases energy and endurance, improves digestion, and reduces recovery time from chemotherapy and radiation. Furthermore, researchers at the University of Texas Medical Center in Houston have confirmed astragalus' ability to restore healthy immune system functioning in cancer patients.

**Deglycyrrhized licorice** (DGL) root extract provides nutrients essential for optimal digestive function. Studies have shown DGL to be both safer and more effective in treating peptic ulcers than popular prescription drugs. DGL has also been found extremely effective in the treatment of gastric and duodenal ulcers. DGL is an extract of licorice root, whereby the glycyrrhizin molecule has been removed. Glycyrrhizin occurs naturally in the herb but has the ability to raise blood pressure and lower potassium levels in some individuals. DGL improves normal defense mechanisms in the stomach and intestinal cells, stimulates the production of cells which form the protective mucosal lining of the GI tract, encourages blood flow to this protective barrier, and increases the longevity of intestinal tract cells. In comparison, prescription medications actually reduce stomach acid secretion and weaken these protective gastrointestinal functions.

**Ginger** rhizome has been shown in studies to produce a strong stimulating effect on muscular contractions of the heart, as well as the ability to lower serum cholesterol levels, thus validating the herb's common folk use for improving overall circulation. Researchers have also determined that ginger significantly reduces platelet aggregation—the tendency of blood cells to stick together or clot—which may help in the prevention of heart attacks. Studies show ginger also relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs).

**Ginkgo biloba** leaf extract (standardized to contain 24% flavone ginkgo flavone glycosides and 6% terpene lactones) acts as a vasodilator, opening constricted blood vessels to promote normalized circulation to the brain and central nervous system. This mode of action has been proven to reverse such problems as angina, asthma, diabetic retinopathy, depression, fatigue, headache, hearing loss, impotency (due to arterial insufficiency), intermittent claudication, macular degeneration, short-term memory loss, tinnitus, and vertigo. Researchers have confirmed the use of ginkgo for improving oxygen and blood flow to the brain, with numerous clinical trials and studies substantiating the benefits of ginkgo supplementation for early stages of Alzheimer's disease.

**Gymnostemma** herb extract, also known as "southern ginseng," is classified as an adaptogen and contains saponins comparable to the ginsenosides found in ginseng. Gymnostemma enhances the body's ability to eliminate toxins and aids in the reduction of cholesterol, possibly due to the high amount of saponins present in the herb. Gymnostemma is regarded as a tonic herb for improving circulation and reducing blood pressure, strengthening immune and nervous system activity, stimulating liver function, decreasing blood sugar and cholesterol levels, and providing antispasmodic and sedative properties.

**Lycii berry** extract reduces blood pressure and cholesterol, encourages liver cell regeneration, protects the liver from damage caused by toxins, and tones the kidneys. Lycii berries also facilitate healthy circulation and absorption of

nutrients by the cells.

**Reishi mushroom**, a powerful adaptogen, is one of the highest valued medicinal mushrooms in the Orient. Known as the “mushroom of immortality” and celebrated in both art and literature, the reishi mushroom has a long history of use for strengthening a weakened immune system, speeding recovery from illness, and increasing overall health. Reishi mushroom contains ganoderma—a powerful immune system stimulant—as well as a rich supply of terpenoids which promote the body’s resistance to stress, thus substantiating its role as an adaptogen. Reishi mushroom has been found to exhibit significant liver-protecting and curative effects, and has been studied for its free radical scavenging action. Reishi mushroom also encourages the reduction of high blood pressure, inhibits cholesterol production and absorption, reduces platelet aggregation, prevents oxygen deprivation of heart muscles, and relieves symptoms of active heart disease. Reishi mushroom has even been found to exhibit a calming effect on the central nervous system, relieving insomnia and calming an overly-excited or anxious mind.

**Schizandra berry** extract is an adaptogen and nervous system tonic which helps the body to handle stress more effectively with less fatigue. Schizandra berries also increase circulation and blood sugar levels, reduce blood pressure, protect the liver, and stimulate immune function. Research studies show schizandra is highly effective for improving endurance, especially during physical exertion, and for promoting quicker recovery. Schizandra berries contain substances which are both astringent and antiseptic and which help strengthen heart and kidney function. Furthermore, schizandra is a recognized medicine in Russia for use in the treatment of vision problems.

**Siberian ginseng** root and rhizome are 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. Siberian ginseng owes much of this action to the presence of adaptogens—substances which build immunity to chemical, emotional or physical stressors—which are chemically similar to the adaptogens found in Panax (Korean) ginseng. Adaptogens appear to be triggered only when the body is exposed to stress. When triggered, adaptogens stimulate natural killer cells and other immune functions, increase the oxygenation of cells, balance blood pressure and blood sugar levels, and increase the production of adrenal and thyroid hormones. Siberian ginseng has also been shown to stimulate production of digestive fluids and help reduce inflammation. Interestingly, the German government endorses the use of Siberian ginseng as an invigorating tonic and strengthening agent during times of debility and fatigue; for diminishing concentration and work capacity; and to assist recovery from convalescence.

Additional ingredients: Purified water, liquid mineral concentrate, white grape juice, glycerin, potassium chloride, sodium benzoate, citric acid, and natural apple and cherry flavors.

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