



## Suma (Combination) Stock #1088-5 (100 capsules)

Suma Combination is an herbal formula designed to nourish, strengthen, and protect the body, improving overall vitality and well-being. Suma Combination provides an impressive blend of herbs that have been shown to enhance the body's resistance to stress and fatigue, increase immunity, and help relieve anxiety and depression. Suma Combination contains:

**Echinacea** (*Echinacea purpurea*) has been clinically proven to be an effective and extremely safe remedy for increasing immune system function. Clinical studies support the use of echinacea for preventing and treating colds, flus and upper respiratory infections, as well as increasing general immune system function. A recent meta-analysis evaluated the effect of echinacea on the incidence and duration of the common cold and found that echinacea reduces the odds of developing the common cold by 58% and the duration of a cold by 1.4 days. According to findings published in 2008, there are currently no verifiable

reports of drug-herb interactions with echinacea.<sup>1-8</sup>

**Suma** (*Pfafia paniculata*), which is often referred to as "Brazilian ginseng," has been used as an herbal tonic for improving overall health and vitality. Suma appears to enhance the body's resistance to stress and fatigue and provides mild anti-inflammatory and analgesic (pain-relieving) activity. Suma may also help rejuvenate and restore healthy glandular and nervous system functions, acting as both a nervine and sedative. Suma has been used to treat a variety of health problems, including anxiety, chronic fatigue, menstrual and menopausal symptoms, and immune-related health problems. Although suma's effectiveness is primarily based on its history as a folk remedy, preliminary in vitro studies indicate that suma may have potential benefit in the treatment of cancer.<sup>9-14</sup>

**Astragalus** (*Astragalus membranaceus*) is an important adaptogenic Chinese herb that has been prescribed for centuries for general debility and chronic illnesses, as well as to increase the body's overall vitality and to build stamina. Scientific studies have found astragalus acts as an adaptogen, antioxidant, cardiogenic (heart tonic), diuretic, immunostimulant and tonic. Astragalus also controls excessive perspiration, lowers blood pressure and blood sugar levels, improves circulation and strengthens digestive function. Research has confirmed that astragalus provides numerous potential therapeutic applications in immunodeficiency syndromes and as an adjunct cancer treatment. There is also evidence that astragalus offers therapeutic benefit for the treatment of cardiovascular disease, due to its adaptogenic effect on the heart and kidneys. Astragalus appears to be most effective when used on a long-term basis daily.<sup>3,15-21</sup>

**Eleuthero** (*Eleutherococcus senticosus*) - A number of experimental and clinical studies have confirmed eleuthero's adaptogenic properties, including anti-depressive, anti-fatigue, anti-stress and immuno-enhancing effects. Clinical data also supports the use of eleuthero as a prophylactic (preventative) and restorative tonic for enhancing mental and physical performance in cases of exhaustion and tiredness, weakness, and during convalescence—the stage of recovery following an attack of disease, a surgical operation or an injury. A review of clinical trials involving over 2,100 healthy individuals found that eleuthero root extract improved resistance to adverse physical conditions (i.e. heat, noise, work load increase, exercise, etc.), increased mental alertness and work output, and improved both the quality of work performed under stressful conditions, as well as athletic performance. Eleuthero has also been shown to normalize adrenal and thyroid function and balance blood pressure and blood sugar levels in both animal and experimental studies.<sup>2,4,22-25</sup>

**Ginkgo** (*Ginkgo biloba*) has been shown to reduce the negative influence of stress by interacting with various mechanisms involved in the stress response. For example, ginkgo has been shown to have an inhibitory action on cardiovascular and neuroendocrine responses to stress, as evidenced by a reduction in stress-induced rises in blood pressure and absence of salivary cortisol responses to stress stimuli in healthy volunteers. Ginkgo has also been shown to have beneficial effects on mood, including antidepressive and anxiolytic (ability to reduce anxiety, agitation or tension) effects. Furthermore, animal studies have confirmed that ginkgo increases stress resistance and longevity by successfully countering oxidative stress, a major determinant of life span, as well as other types of stress.<sup>26-31</sup>

**Gotu kola** (*Centella asiatica*) has been used for centuries in traditional Ayurvedic and Chinese medicine to relieve anxiety and depression. Scientific research suggests that Gotu kola may indeed provide mild tranquilizing and anxiolytic (anxiety-relieving) effects. A double-blind placebo-controlled trial of the effects of Gotu kola on fear and anxiety found that it significantly reduced the "startle" responses of participants to sudden loud noises, indicating that Gotu kola could be helpful for relieving anxiety. Another double-blind study found that Gotu kola improved mood and also enhanced working memory in healthy elderly participants.<sup>28,32-35</sup>

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