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## **3 Ancient Adaptogenic Herbs**









## **Korean Red Panax Ginseng**

#### **Powerful Adaptogen** Studies have shown Potential Benefits:

- May Improve Mood and Reduces Stress
- May Improve Brain Function
- May Improve Antioxidant Levels
- May help with Weight Loss and Weight Management
- May Improve Libido
- May help boost Immune System

## Milk Thistle

**Powerful Adaptogen** Studies have shown Potential Benefits:

- May help with Liver Detoxification & Health
- May help Lower High Cholesterol
- May help boost Skin Health
- May help with Anti-Aging

## **Tribulus Terrestris Fruit**

#### **Powerful Adaptogen** Studies have shown Potential Benefits:

- May help support healthy testosterone levels
- May improve libido and prostate health
- May help support muscle development and metabolism

# 9 Gentle & Companion Herbs









## **Blessed/Holy Thistle**

#### **Studies have shown Potential Benefits:**

- May help relieve indigestion
- May help improve immune system
- May help the body in cleansing with excess water and salt
- May aid in cleansing the liver and kidney



## Marshmallow

#### **Studies have shown Potential Benefits:**

- May improve digestion
- Is Rich in calcium, zinc, iron, sodium, iodine, vitamin B complex, and pantothenic acid



## Papaya

#### **Studies have shown Potential Benefits:**

- May aid as a powerful Antioxidant
- May help with treating gastrointestinal tract disorders
- Contains a chemical called papain which

## **Hibiscus Flower**

#### **Studies have shown Potential Benefits:**

- Natural source of hydroxycitric acid (HCA)
- May help support healthy metabolism
- May help maintain healthy cholesterol



## Ginger

#### **Studies have shown Potential Benefits:**

• May aid digestion, nausea, and circulation

may help break down proteins, carbohydrates, and fats.



## Chamomile

**Studies have shown Potential Benefits:** 

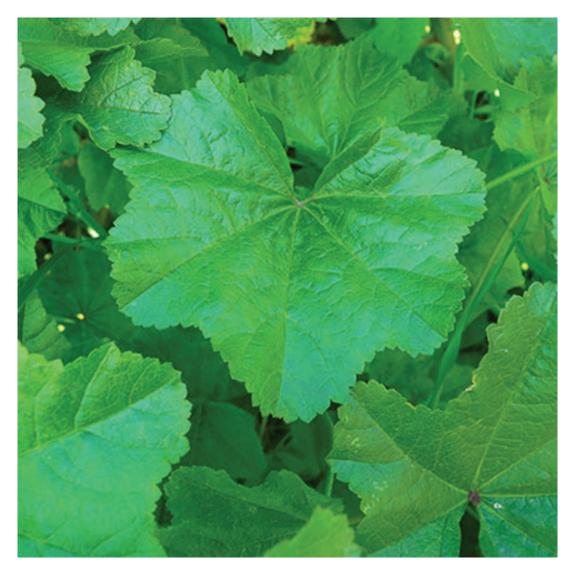
- May lower stress levels and aid in sleep
- May boost the immune system
- May alleviate gastrointestinal issues



## **Persimmon Leavest**

Studies have shown Potential Benefits:

- May help promote healthy metabolism
- May aid as a Natural cleanser and antihistamine
- Does Contain flavonoids, vitamin C, choline carotenoids, amino acids, rutin and tannins.



Malva Leaves

Studies have shown Potential Benefits:

 May be an Anti-inflammatory
May improve Decongestant, humectant, expectorant, gentle laxative, and anti-histamine



## **Jasmine Pearls**

Studies have shown Potential Benefits:

- May aid as an Antioxidant
- May aid as an Antibacterial
- May help improve cardiovascular health, stress relief, and joint pain
- May help increase metabolism and improves digestion to support weight management