



Contains herbs to support **immune health**, help the body **resist minor infections** and **support recovery** in traditional Chinese medicine

KEY BENEFITS

Contains herbs used in traditional Chinese medicine (TCM) to support stamina, vitality and good health.

Contains herbs traditionally used in TCM to improve symptoms of:

- ✓ Lowered resistance to minor infections
- ✓ Slow recovery
- ✓ Fatigue

DOSAGE

Tablets:

Adult: Take 2 tablets once or twice daily

Child 6-12 yrs: Take 1-2 tablets once or twice daily

Child 2-5 yrs: Take ½-1 tablet once or twice daily. Tablet must be crushed and mixed with syrup or honey

Liquid:

Adult: Take 7-10mL once or twice daily

Child 6-12yrs: Take 5-7mL once or twice daily

Child 2-6yrs: Take 2-5mL once or twice daily. Dilute each dose in 50mL of water or juice

PRODUCT FEATURES

- ✓ A traditional herbal tonic
- ✓ High quality herbal extracts
- ✓ Liquid or tablet form for convenience

ACTIVE INGREDIENTS

Each tablet contains extracts equivalent to dry:

Astragalus (<i>Astragalus membranaceus</i>) root	3g (3000mg)
Ligustrum (<i>Ligustrum lucidum</i>) fruit	1g (1000mg)
Atractylodes (<i>Atractylodes macrocephala</i>) root	750mg
Codonopsis (<i>Codonopsis pilosula</i>) root	750mg
Reishi (<i>Ganoderma lucidum</i>) mushroom	650mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root	450mg
Schisandra (<i>Schisandra chinensis</i>) fruit	300mg
Licorice (<i>Glycyrrhiza uralensis</i>) root and stolon	100mg

Each 5ml contains extracts equivalent to dry:

Astragalus (<i>Astragalus membranaceus</i>) root	720mg
Ligustrum (<i>Ligustrum lucidum</i>) fruit	425mg
Atractylodes (<i>Atractylodes macrocephala</i>) root	285mg
Codonopsis (<i>Codonopsis pilosula</i>) root	285mg
Reishi (<i>Ganoderma lucidum</i>) mushroom	285mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root	250mg
Schisandra (<i>Schisandra chinensis</i>) fruit	175mg
Licorice (<i>Glycyrrhiza uralensis</i>) root	75mg

Suitable for vegetarians and vegans. NO artificial colours, flavours or preservatives, yeast, gluten, wheat, nuts or dairy products.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

CAUTIONS/CONTRAINDICATIONS

- Avoid in acute infections and/or fever.
- Not to be used in children five years of age and under without medical supervision.
- Liquid product contains ethanol.
- Not recommended during pregnancy and breastfeeding.

BACKGROUND INFORMATION

MILD INFECTIONS

The common cold is the most frequent acute illness in the Western world. About half of us get 1 cold per year however, many adults average of 2-4 colds every year, and children may have 5-7 colds every year. Recurrent upper respiratory tract infections, such as the common cold can have a significant effect on productivity and quality of life.

TRADITIONAL CHINESE MEDICINE (TCM) AND IMMUNITY

According to Chinese medicine theory, acute infections such as colds and flus are caused by 'external wind pathogens' entering through the outer layers of our body. These areas include the nasal cavity, upper respiratory tract and lungs, which is where the symptoms primarily manifest. If these pathogens reach the interior organs and meridians, they begin to deplete vital energy until they are cleared.

HERBS FOR RESISTING INFECTIONS

For lowered immunity and frequent colds and flus, herbs that strengthen *Qi* are used and are said to 'fortify the exterior'. These herbs are not recommended during the acute stages of infection as this may strengthen or prevent clearance of the external pathogens.

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Astragalus is traditionally used in TCM as a herbal tonic to support immune health and reduce the frequency of cold and flu.



Reishi is traditionally used in TCM for irritability, poor appetite and chronic cough.



Siberian ginseng is traditionally used in TCM for symptoms of weakness and fatigue and during convalescence. Evidence supports its use in supporting healthy physical and mental performance.



Schisandra is traditionally used in TCM to assist with coughs. In TCM Schisandra is viewed as an adaptogen and prescribed with other herbs to increase mental and physical performance after periods of mental and physical exertion.

Formula is further supported with **atractylodes**, **ligustrum**, **Chinese licorice** and **codonopsis**.



COMPANION PRODUCTS

Zinc Advanced - Readily absorbable zinc supplement to support antioxidant defences and immune health.



Sinusitis - With herbs traditionally used to relieve sinus pain and nasal congestion in TCM.