



Energy tonic to help increase energy, vitality, improve resistance to stress and promote a healthy immune system\*

\*Based on use in traditional Chinese and Western herbal medicine

## KEY BENEFITS

Combines ingredients used in traditional Chinese medicine (TCM) and/or Western herbal medicine (WHM) to help:

- ✓ Increase energy and vitality
- ✓ Improve resistance to stress
- ✓ Enhance physical performance
- ✓ Promote a healthy immune system
- ✓ Manage mild anxiety and irritability

## PRODUCT FEATURES

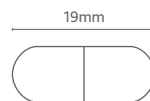
- ✓ Synergistic formula
- ✓ High quality herbal extracts
- ✓ Caffeine free

## ACTIVE INGREDIENTS

Each tablet contains extracts equivalent to dry:

Cordyceps ( <i>Cordyceps sinensis</i> ) hyphae	400mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root	400mg
Withania ( <i>Withania somnifera</i> ) root	400mg
Reishi ( <i>Ganoderma lucidum</i> ) fruiting body	350mg
Astragalus ( <i>Astragalus membranaceus</i> ) root	325mg
Korean ginseng ( <i>Panax ginseng</i> ) root	325mg
American ginseng ( <i>Panax quinquefolius</i> ) whole plant	300mg

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



## DOSAGE

Adults: Take 1-2 tablets daily

Children under 12 years take as professionally advised

## CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- Formula is a strong *Qi* (energy) tonic in TCM. Use during acute infection is not advised.

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

## BACKGROUND INFORMATION

Fatigue, defined as a feeling of weariness from bodily or mental exertion; and feeling tired, drained and exhausted is widespread in our society. It affects many people at some stage in their lives.

Unmanaged stress is a common contributing cause, while lack of rest, sleep deprivation and poor diet may often exacerbate the problem.

Fatigue is a common reason for people to seek medical help, and in one Australian study (2014) was found to be the most common reason people visit a doctor.

### WHAT ARE ADAPTOGENS

In traditional WHM, herbs known as adaptogens are often used to assist with symptoms of fatigue and stress. Adaptogens are capable of improving resistance to physical or emotional stressors, and reduce symptoms induced by stress.

### TCM AND ENERGY

According to TCM theory, *Qi* is 'vital energy' that invigorates and animates the body's organs and their functions. In Chinese medicine, our *Qi* is mainly derived from the nutrients we eat. This is further supported by our foundational Essence inherited from our parents (known as *Jing*) which acts as a reserve of *Qi*.

*Qi* can be easily depleted, in times of stress (physical, mental or emotional) or after illness. If depleted over long periods of time, it can also affect the health of our *Jing*, and our ability to produce *Qi* from our food, known as '*Qi* deficiency'.

Deficient *Qi* can manifest as fatigue, exhaustion, weakness, poor focus, and a lack of motivation to move or speak.

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Fusion Health, 54/1 Porter St.,  
Byron Bay, NSW 2481 Australia  
Ph: 1800 550 103

## HERBS TO SUPPORT ENERGY AND VITALITY



**Siberian ginseng** is traditionally used in TCM and WHM to help relieve fatigue, lethargy, exhaustion, debility, (physical) weakness and improve sleep quality. It's also used in TCM as well as WHM to help improve resistance to stress and promote a healthy immune system.



**Korean ginseng** is used in TCM as a *Qi* (energy) tonic. It's also used in TCM and WHM in times of stress to help improve sleep quality, relieve mild anxiety and enhance physical performance.



**Reishi** is traditionally used in TCM to help relieve irritability.

Formula is further supported with cordyceps, withania, astragalus and American ginseng.



## COMPANION PRODUCTS

**Ubiquinol 150** - Active form of CoQ10 to support energy production and cardiovascular system health.



**Energy Multi Advanced** - Specially formulated with nutrients and herbs, to help support your energy levels every day.