

ENERGY BOOST

HERBAL TEA INGREDIENTS:

HAWTHORN BERRIES, LEAF & FLOWER - The *Crataegus* extract found in Hawthorn decreases fatigue and shortness of breath and improves exercise tolerance.

ELEUTHERO – Eleuthero, formerly known as Siberian ginseng, is particularly effective for athletes and can boost energy, sharpen mental concentration and help improve strength and stamina.

GINKGO LEAF - Some studies suggest that ginkgo biloba may improve some aspects of mood, including alertness and calmness, in healthy subjects. By making you more alert and calm, it may increase your sense of energy.

REISHI MUSHROOM – Has been traditionally used to help people's health. It has anti-aging properties, can boost memory and energy, and reduce stress.

ASTRAGALUS ROOT - Astragalus is an immunity enhancer that can help raise your energy levels if you are feeling run down or low.

GINSENG - is believed to restore and enhance wellbeing. Both American ginseng (*Panax quinquefolius*, L.) and Asian ginseng (*P. Ginseng*) are believed to boost energy.

ARCTIC ROOT – Arctic root is most commonly used for increasing energy, endurance, strength, and mental capacity.

SCHISANDRA BERRY - Schisandra is used as an "adaptogen" for increasing resistance to disease and stress, increasing energy, and increasing physical performance and endurance

GINGER- Ginger can reduce fatigue by improving blood circulation and blood sugar levels. And it can boost your immune system.



"Herbs that work!"