

# JIAOGULAN

## What is JIAOGULAN?

Jiaogulan, also known as Gynostemma and Southern Ginseng, is a remarkable herb popularly believed to be a major anti-aging, longevity tonic and a virtual “cure-all.” The ultimate greatness of Jiaogulan lies in its broad spectrum adaptogenic quality. It has the ability to bring balance to the body under a wide range of stressful circumstances. The chemical constituents responsible for the adaptogenic characteristics of Jiaogulan are saponins called gypenosides. Jiaogulan contains more than eighty different gypenosides, the broadest range of saponins in one plant in nature. \*

## What are the benefits?

Studies indicate that Jiaogulan has a regulating, adaptogenic influence on the central nervous system. It is calming when one is overexcited and stimulating when one is depressed. It is an antioxidant, immune modulating, anti-inflammatory, anti-aging agent; it improves digestion, strengthens the mind, improves sexual functions, calms nerves, eases pain, adjusts blood sugar and reduces blood fat. As a diet herb, it helps by accelerating the body’s metabolism. It will help reduce weight in overweight people, and can help athletes, bodybuilders or excessively slim people gain weight. It has been shown to lower LDL and increase HDL cholesterol and is effective in treating liver damage and hepatitis. Recent research has indicated that Jiaogulan has both anti-cancer activity and an immune protection/prophylactic agent for HIV infected individuals. The direct effects of gypenosides on cancer cells from carcinomas of human liver, lungs, skin and uterus was studied and the results showed that these saponins inhibited the proliferation and growth of cancer cells. Studies also confirmed Jiaogulan increased the white blood cell count of patients receiving chemotherapy and radiation, improving their ability to recover. \*

## Supplement Recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Accelerates metabolism for dieters\***
- **Contains anti-cancer activity and immune protection\***
- **Brings balance to the body under stressful circumstances\***
- **Helpful for mental and neurological conditions\***
- **Reduces fatigue, increases vigor\***
- **Improves digestion\***
- **Helps to adjust blood sugar and reduce blood fat\***
- **Lowers LDL and increases HDL cholesterol\***
- **Enhances cardiovascular function**
- **Powerful antioxidant and adaptogenic activity**

### Supporting Research:

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\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.