

Product Profile

ATHLETE'S POWER TONIC (Formerly known as Herbal Sterol Compound)

Energy Enhancing Tonic for Athletes

A blend of the liquid extracts of:

- **Sarsaparilla root** (*Smilax (ornata) regelii*) 30%
 - **Saw Palmetto berry** (*Serenoa repens*) 30%
 - **Eleuthero root** (*Eleutherococcus senticosus*) 30%
 - **Gotu Kola herb** (*Centella asiatica*) 10%
- Dried

Action: The herbs in this compound contain natural phytosterols (plant steroids). The metabolic effects of phytosterols are not as fast acting or dynamic as synthetic anabolic steroids but, unlike synthetic steroids, they are safe to use and do not have health-threatening side-effects.

Contrary to popular belief, Sarsaparilla root does not contain testosterone. However, Sarsaparilla root has been used in the pharmaceutical industry as the starting material in the manufacture of semi-synthetic testosterone, and is believed by many herbalists (although not proven) to augment the body's natural production of its own testosterone.

Uses: This compound can be used in **athletic training and competition** as a safe alternative to synthetic anabolic steroids. It is indicated for both men and women athletes. It is recommended in any situation where the body (or mind) is being trained to perform optimally and is being pushed beyond its normal limits. Facilitates rapid recovery from strenuous physical stress.

Dose: Three or four times per day, take 30 to 50 drops in water. Best taken between meals and a few minutes before physical (or mental) workout.

Cautions: Although this compound is unlikely to do harm, its use in hyperadrenal conditions is contraindicated. This is especially true in Cushing's syndrome (excess of cortisol hormone) and Conn's syndrome (excess of aldosterone).

The extra energy experienced from taking this compound may create sleeplessness. If this happens decrease dosage or do not take drops in the evening.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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