

## Product Profile

# ELEUTHERO (Siberian Ginseng)

*Eleutherococcus senticosus*

Liquid extract of dried root harvested in Russia.

**Actions:** Adaptogenic tonic that moderates harmful effects of physical and mental stress. Enhances general health, as well as physical and mental vitality, energy, stamina and work performance. Increases general resistance to disease.

**Uses:** Excellent rejuvenating tonic for debility and lack of physical and mental energy. Environmental, physical and mental stress, overwork, chronic tiredness, and nervous exhaustion. Elimination or moderation of chronic or recurring illness, and to facilitate recuperation during convalescence. To moderate ill effects of radiation and chemotherapy. Tonic for athletic training and performance, as well as hard physical work and mental concentration. Withdrawal from drug addictions.

**Dose:** Take 30 to 40 drops, 2 to 3 times per day.

**Cautions:** While not a stimulant, Eleuthero may create sleeplessness in some individuals if taken in the evening. Best not taken during acute infections or fevers.



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.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.