

Contains herbs used as **kidney tonics** and to help **regulate fluid balance** in traditional Chinese medicine

## KEY BENEFITS

Includes goji berry, horny goat weed and rehmannia, which are used as kidney tonics and to regulate fluid balance in traditional Chinese medicine (TCM).

In addition, based on their use in TCM:

- ✓ Goji berry acts as a longevity tonic, relieves fatigue, and strengthens Jing, a form of life force energy that declines with age
- ✓ Rehmannia is a blood tonic that invigorates Jing
- ✓ Horny goat weed promotes healthy libido, enhances bone strength and relieves mild joint pain

## PRODUCT FEATURES

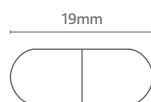
- ✓ High quality herbal extracts
- ✓ Includes a synergistic blend of herbs used in TCM to support and tonify Kidney Qi

## ACTIVE INGREDIENTS

Each tablet contains extracts equivalent to dry:

Rehmannia ( <i>Rehmannia glutinosa</i> ) root	214.29mg dry equiv.	1.5g
Goji berry ( <i>Lycium barbarum</i> ) fruit	250mg, dry equiv.	1g
Horny goat weed ( <i>Epimedium sagittatum</i> ) leaf	33.33mg, dry equiv.	500mg
Cornelian cherry ( <i>Cornus officinalis</i> ) fruit	80mg, dry equiv.	400mg
Chinese yam ( <i>Dioscorea oppositifolia</i> ) root & rhizome	80mg, dry equiv.	400mg
Alisma ( <i>Alisma orientale</i> ) rhizome	60mg, dry equiv.	300mg
Poria ( <i>Wolfiporia cocos</i> ) mushroom	60mg, dry equiv.	300mg

Made in Australia. Suitable for vegetarians and vegans. NO ADDED artificial colours, flavours, sweeteners or preservatives, yeast, gluten, wheat, nuts, dairy or animal products.



## DOSAGE

Adults: Take 1-2 tablets, 2-3 times daily.

## CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- Not to be used in children under 5 years of age.
- Contains naturally-occurring salicylates.

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

## BACKGROUND INFORMATION

### TCM AND KIDNEY ENERGY

In TCM, our capacity to manage various stressors on the body can be conceptualised as Kidney energy (Kidney Qi). In TCM, part of our Kidney energy is acquired from our parents and shapes our constitution. This Kidney energy is also vital for the function of all other organs in the body. As we age, this Kidney energy is known to naturally decline, which is why generally Kidney symptomology often appears from mid-life onwards.

In TCM, long-standing emotional, physical or environmental stressors are also recognised to deplete Kidney energy, including a busy lifestyle.

According to TCM theory, the Kidneys also govern reproduction and fluid metabolism, and therefore when deficient, Kidney symptomology will often relate to these systems. Typical signs and symptoms include:

- Fatigue
- Low sexual vitality
- Menstrual irregularity
- Mild dizziness
- Reduced hearing due to mild ringing in the ear
- Weakness of the bones
- Frequent urination or fluid dysregulation

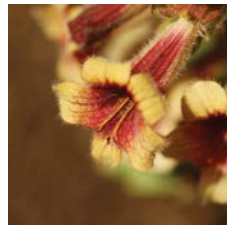
Strengthening the Kidneys is an important therapeutic strategy in TCM related to any of these symptoms or in times of increased stress or 'overwork'. One of the major TCM formulas for tonifying Kidney Qi is the 'Six Ingredient Rehmannia Pill' (dating from around the year 1119) which consists of rehmannia, cornelian cherry, Chinese yam, alisma, poria and moutan root bark.

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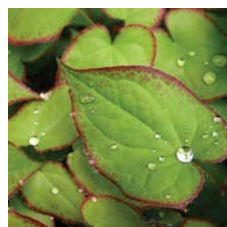
### HERBS FOR SUPPORTING KIDNEY ENERGY



**Rehmannia** is used in TCM to support Kidney health, relieve urinary frequency, enhance Blood health and enhance Liver health. It's traditionally used in TCM to tonify Kidney Yin to support healthy hearing in patterns of Liver and Kidney Yin deficiency.



**Goji berry** is known for its antioxidant properties. It's traditionally used in TCM as a Liver tonic and Blood tonic and to tonify the Kidney, regulate body fluids, relieve urinary frequency, relieve fatigue and feelings of general debility, promote longevity and support vitality, general health and wellbeing and reduce mild dizziness in patterns of Kidney Yin deficiency.



**Horny goat weed** is traditionally used in TCM as a Kidney tonic to support Kidney function and enhance healthy libido. It's also traditionally used in TCM to promote bone strength and relieve mild joint aches and pains.

Formula is further supported with **cornelian cherry**, **Chinese yam**, **alisma** and **poria**.



### COMPANION PRODUCTS

**Liver Tonic** - Contains herbs used to support healthy liver and gallbladder function in TCM and Western herbal medicine.



**Libido** - With aphrodisiac herbs used to promote healthy sexual vitality and libido in TCM.