



**Jiaogulan Leaf:** Scientific name: (Gynostemma pentaphyllum)



Jiaogulan (“jow-goo-lan”) is, native to S. W. China, known for the longevity of its inhabitants where it is called “*Xiancao*” or “Herb of Immortality.” In Thailand and throughout S.E. Asia, jiaogulan has been used for centuries, taken in the morning to provide energy and after work to relive fatigue.

Jiaogulan maintains vital functions, increases endurance, provides resistance to injurious stimuli and promotes individual core health with strong potential for prevention as well as healing. It is an effective adjunctive therapy to reduce side effects and speed recovery when used in conjunction with

more aggressive Western treatments (such as chemotherapy) we may require for healing.

**HOMEOSTASIS:** With 120 saponins, jiaogulan is truly the “Saponin King” of the plant kingdom. Saponins are complex molecules that modulate and balance our physiology. Jiaogulan contains the broadest range of saponins (ginseng has 32 saponins and astragalus root has 24). The Thai concept of “The Wisdom of Equilibrium” identifies balance as the key to good health. In balance, your well-being and natural healing abilities are at their highest natural level.

Each of these saponins have been isolated, numbered and subjected to intense scientific investigation. Science is validating the specific compounds (ie: saponin gypenoside # 49 which contributes to longevity) that balance your physiology by their regulatory effects on blood pressure, blood sugar levels, immune system, nervous system etc.

**ADAPTOGEN:** The ability to adapt is a defining condition of life. Nothing could be more central to our existence and survival. Adaptogens are a precious category of herbs that increase the body’s natural abilities to respond to stress. They transform stressful circumstances into catalysts to adapt. Adaptogens are “bi-directional.” Should you require energy, they increases you energy, but if you are overactive they will calm your nerves. If your blood sugar level is low jiaogulan will raise it, but if too high it will lower the level. There is nothing like this bi-directional response in allopathic medicine. Jiaogulan works on what’s given and different for each person to adjust and strengthen the body sequentially while maintaining overall balance.

A well-balanced physiology has a normalizing effect on our entire bio-physical condition. Through normalizing the balance of the central nervous system, neuro-endocrine regulation, immune system, and cardiac health jiaogulan helps to balance our entire physiology via multiple metabolic pathways.

**ANTIOXIDANT:** Jiaogulan strengthens the body's ability to produce the enzymes specific to catalyze the synthesis of its own endogenous antioxidants. Your body synthesizes the enzymes superoxide dismutase (SOD) and glutathione. These antioxidants are part of your natural defense system but as you age your ability to produce these enzymes decreases and you may need the extra help that jiaogulan can provide.

**NUTRITIONAL VALUE:** Jiaogulan contains minerals and vitamins that are part of its adaptogenic response. These should not be overlooked by taking an extract alone. Jiaogulan leaves and young green stems contain well-balanced proportions of selenium, magnesium, zinc, calcium, iron and phosphorous. Vitamins B1, B2, carotene join the broad spectrum of strong anti-oxidant compounds as well as proteins and amino acids: lysine, phenylalanine, arginine, glutamic acid, glutamine, aspartic acid and isoleucine.

Jiaogulan grows best in its primal growing conditions high in the mountains where environmental conditions are extreme: hot days and cold nights, strong winds, excessive seasonal rains alternating with dry season. It thrives on stressful conditions and adapts to these extremes to survive. This ability to adapt to stress is inherent in jiaogulan's genetic code. What jiaogulan does for you when it enters your body is a remarkable reflection of how it survives and prospers in the wild.

**RAW MATERIAL SPECIFICATIONS:** We accept only the fresh green leaves with the small capillary veins since these have the highest value in terms of bioactive ingredients. If we were to accept the stems, oven dry and grind to a powder you would be getting 100% jiaogulan but with 80% of the weight being pulp from the stems.

**CELLULAR FRACTION-LINE TECHNOLOGY (CFL):** CFL is the key to the quality and efficacy of our jiaogulan compared to all others on the market. Jiaogulan is complex with 120 (and counting) identified saponin glycosides and many more ingredients all acting in synergy. CFL preserves the complex cellular and molecular structure of jiaogulan to deliver its full benefits.

The inherent intelligence that Jiaogulan demonstrates in response to intercellular messages which indicate the location and nature of imbalances and in which direction and to what degree an adjustment is required to normalize the condition is critical to its effect as an adaptogen. It is essential that the cellular and molecular structure of the plant is kept intact. This is where CFL

surpasses all other technologies for preservation of jiaogulan. The chemical compounds per se tell only part of the story. Our bodies consist of billions of cells operating within collective organization. Order, information, programming and communication are essential ingredients of every biological system and particularly relevant in the case of adaptogens. (CFL link)

CFL activated Jiaogulan leaf powder comes in boxes of 70 capsules, boxes of 30 capsules or as bulk powder.

Capsules are blister-packed to prevent re-hydration and preserve their integrity. Bulk powder is packaged in vacuum sealed bags for best preservation..

