**ELEUTHERO ROOT**
*(Eleutherococcus senticosus)*

**Ultimate Support to Enhance Energy and Stamina***

**ALCOHOL-FREE CONCENTRATED EXTRACTS OF:**

**ELEUTHERO ROOT** MG EXTRACT PER 2 CAPS
*(Eleutherococcus senticosus)* 400 mg

**STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE**
Eleutheroside B & E 3.2 mg

**HISTORY**

Eleuthero is a thorny shrub native to East Russia, Northeast China, Korea, and Japan. It is often confused with Panax Ginseng, which is in the same family (Araliaceae). However, these are distinctly different plants. While the herb is sometimes called Siberian Ginseng, it is not actually a ginseng. Eleuthero more accurately describes this plant, referring to its botanical identity, *Eleutherococcus senticosus*.*

During the 1950’s and 1960’s Russian scientists began to extensively study the constituents and activities of Eleuthero. A new terminology was about to be born, as scientists studied substances that were able to bring about an “increased non-specific resistance” to an organism. These substances and the plants that contained them were called “adaptogens.”* **MODEL ADAPTOGEN**

An adaptogen is a substance that helps the body adapt to stresses of various kinds. In order to achieve this classification, a plant must be harmless. It must have a normalizing, broad-spectrum action that brings an organism back to homeostasis. Through Russian research, Eleuthero became the model of an adaptogen.*

Numerous clinical studies performed in Russia have documented the efficacy of Eleuthero as an adaptogen. In the late 1960’s and 1970’s studies were conducted in over 2,100 healthy people. These studies showed that Eleuthero increased the ability of the subjects to withstand stresses such as heat, noise, motion, exercise, and increase in workload. Subjects also experienced increases in mental alertness and work output.*

A popular general tonic, this root serves to promote health and vitality. It contains an assortment of chemical constituents that encourage a healthy brain, immune system and hormonal balance. Used regularly, it functions to enhance the body’s natural resistance and adaptation to stressful influences. Likewise, Eleuthero supports mental endurance and promotes overall metabolic efficiency.*

**DOSAGE**

1 Liquid Phyto-Cap, twice daily

**DURATION OF USE**

4-6 Months

**BEST TAKEN**

Between meals, with warm water

**COMPLEMENTARY HERBS/FORMULAS**

Ginseng/Schizandra Supreme, Siberian Ginseng Tonic, Energy/Vitality Phyto-Caps

**SAFETY EVALUATION/CONTRAINDICATIONS**

Do not use during pregnancy or lactation. Do not take during an acute infection or fever, or if you have a bleeding disorder. Side effects are rare but may include insomnia, swollen breasts, hypertension, irritability, anxiety, and/or a rapid heart rate. Use with caution and seek the advise of a qualified healthcare professional if you have hypertension.*

**DRUG INTERACTIONS**

Eleuthero should be used with caution in combination with cholesterol-reducing drugs, drugs that inhibit blood clotting and platelet aggregation including but not limited to warfarin (Coumadin®). Eleuthero might increase the risk of digoxin (Lanoxin®) side effects. Additionally, it might interact with hormone therapies such as estradiol (Alora®, Estrace®), estrogen (Premarin®, Prempro®, Cenestin®), Demulen, Loestrin, Lo/Ovral, Alesse, Triphasil, Ortho Tri-Cyclen, and many others. This herb should also be used with caution in combination with antihypertention, antidiabetic, and antipsychotic medications, in addition to alcohol and barbiturates. Before using this herb, talk with your healthcare professional if you take any medications.*

**REFERENCES**


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**GENERAL REFERENCES**


Newall C, Phillipson JD. 'Interactions of Herbs with Other Medicines.” Online. Internet. [4/26/00]. Available WWW: http://www.ex.ac.uk/phytonet/phytojournal/


DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag. 1993


*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.