

# TEN CHINESE HERBS / ESSENTIAL SYSTEM



*Tiens Ten Chinese Herbs formula directly supports your kidneys, immune system, and stamina to work with optimum efficiency.*

## BENEFITS:

### Supports Kidneys – The Essence of Life:

Provides maximum herbal support for the healthy functioning of the kidneys  
Nourishes your Yin and Yang energies in the kidneys

### Supports Immune System and Stamina:

- This formula directly supports your immune system and stamina to work more efficiently.

### Supports the Skeletal System:

Eucommia bark is a superb Yang Jing tonic, used to strengthen the back (especially the lower back), skeleton, and joints (especially the knees and ankles). Eucommia is believed to confer strength and flexibility to the ligaments and tendons. It is often used by athletes to strengthen the entire body. Eucommia is considered to be one of the great longevity tonics of Chinese herbalism

### Supports Brain:

Morinda is widely believed in China to increase mental power.  
Schizandra is said to be a powerful tonic to the brain and mind, and is believed in China to improve memory.

### Supports Beauty:

Schizandra is renowned as a beauty tonic and is considered to be a youth preserving herb. It has been used for centuries to make the skin soft, moist and radiant.

### Also:

As a Yang tonic herb, Morinda has been shown to be effective in lowering high blood pressure.

## UNIQUE FEATURES

Tiens Ten Chinese Herbs was developed on the basis of Traditional Chinese Medical theories, which are founded on an energetic model. In ancient times, doctors from all over the country were summoned to study and refine the most beneficial formula for the emperors. As a result, the herbal formula for kidney nourishment has a long and outstanding pedigree. Traditional Chinese medicine believes the essence of life comes from the kidneys, which are enriched and strengthened by a proper diet and regime. The kidneys are the foundation, on which a human body grows, develops, and reproduces. Since ancient times, herbs have been used in traditional Chinese healthcare to strengthen the kidneys; thus improving the balance of yin and yang in the human body.

## FREQUENTLY ASKED QUESTIONS:

### Who should use this product?

- People who would like to improve their overall health
- People who would like to support their immune system
- People who need an extra boost of energy and stamina

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### Why are there so many ingredients?

Every botanical has a function, and together, they all work synergistically to enhance the immune system and kidney function.

### KEY REFERENCES:

1. Chinese yam root has been found to have antioxidant activities, moderating serum lipid levels (Life Science, 1996)
2. Ligustrum fruit has a positive effect on weak kidney and liver, being useful in backache, and insomnia. (Bown, D, Encyclopaedia of Herbs and their Uses, 1995)
3. Achyranthes root has shown useful in digestive and rheumatic disorders. (Yeung, Him-Che, Handbook of Chinese Herbs and Formulas, 1985)
4. In a study conducted to analyze and compare the antioxidant potential of some compounds, schizandra was found to be more powerful than vitamin E. (Li XJ, et al., Free Radic Biol M, 1990)

### INGREDIENTS & SUPPLEMENTAL FACTS:

Each capsule contains:

Chinese yam root (Shan-yao, Dioscorea opposita)	125 mg
Ligustrum fruit	56.5 mg
Eucommia bark (Du-zhong, Eucommia ulmoides)	43.5 mg
Achyranthes root (Nui-Xi, Achyranthes bidentata)	29 mg
Raw rehmannia root (Sheng-di-huang, Rehmannia glutinosa)	29 mg
Asiatic dogwood fruit (Shan-zhu-yu, Cornus officinalis)	29 mg
Schizandra fruit (Wu-wei-zi, Schizandra chinensis)	86.5 mg
Chinese dodder seed (Tu-si-zi, Cuscuta chinensis)	43.5 mg
Morinda root (Ba-Ji-Tian, Morinda officinalis)	29 mg
Alisma root (Ze-Xie, Alisma orientalis)	29 mg

Non-medical ingredients: Gelatin, microcrystalline cellulose, magnesium stearate.

Contains no preservatives, artificial flavor or colour, corn, lactose, soy, wheat or yeast.

Herbal Supplement Natural Source  
500mg 100 capsules/bottle

### DIRECTIONS FOR USE:

Take 3 capsules, twice daily, with meals.  
Keep tightly closed in a cool dry place at room temperature.

### WARNINGS:

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

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