

## Asian Energy Boost

### Lift Your Energy Without the Letdown of Stimulants

Item #01805 • 90 vegetarian capsules

Most people rely on stimulants, particularly caffeine, to boost sagging energy levels during the day.<sup>1</sup> The result is often a roller coaster of intense energy followed by deep lulls that can lead to further exhaustion. But there is a better way. For sustained vigor, the secret is to boost your body's own energy source, **ATP (adenosine triphosphate)**.

**Asian Energy Boost** combines two potent extracts to provide all-natural support for cellular and physical energy levels to help you stay alert without negative effects, such as crashing or uncomfortable jitters.

#### *Cordyceps sinensis*

Studies show that cordyceps supports energy levels by promoting healthy levels of ATP.<sup>2,3</sup> In one study, subjects took **333 mg** of cordyceps extract **3 times daily** for 12 weeks and were able to exercise at peak levels for over **10% longer**.<sup>4</sup> *Cordyceps* also supports healthy insulin sensitivity in those already within normal range.<sup>5,6</sup>

#### *Panax ginseng*

Evidence indicates that ginseng supports **ATP production** in the **mitochondria**.<sup>7,8</sup> And studies have shown that this extract promotes both physical *and* mental energy, including cognitive performance.<sup>9-14</sup> **Asian Energy Boost** also contains *Panax ginseng* that has been naturally fermented, a process shown to increase absorption of the active compound — Compound K (*Ginsenosides metabolite*) — by more than **15 times**.<sup>15</sup>

#### Complementary Effects

The *Cordyceps* and fermented *Panax ginseng* in **Asian Energy Boost** work in a **complementary** fashion to help maintain ATP levels and your body's energy stores. *Cordyceps* extract supports ATP production when oxygen availability is insufficient.<sup>2</sup> *Panax ginseng* supports ATP production at the much higher levels possible when more sufficient oxygen is available — such as a challenging but prolonged task.<sup>16</sup>

Try Asian Energy Boost and lift your energy without the letdown of stimulants like caffeine.

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#### References

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New look outside.  
Same quality inside.



The transition to this new look will happen over time.

#### Each vegetarian capsule contains:

Cordyceps (*Paecilomyces hepiali*)..... 333.34 mg extract (mycelia) [providing 23.33 mg cordycepic acid]

GS15-4™ Fermented Asian ginseng..... 55 mg extract (root)

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, gum acacia, vegetable stearate, silica.

Contains soybeans.

#### Dosage and use

- Take one capsule three times daily with food, or as recommended by a healthcare practitioner.



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