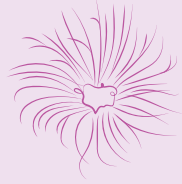




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South African Kanna

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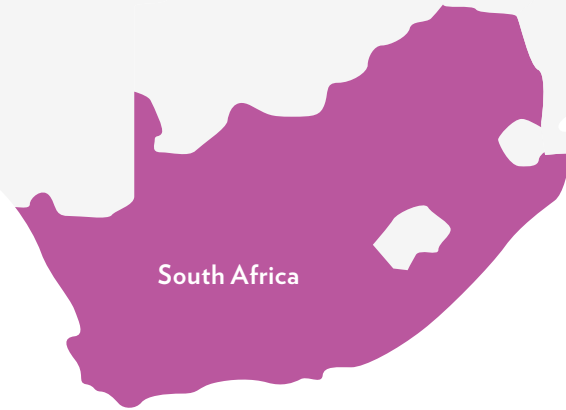
Sceletium tortuosum

Kanna's scientific name is *Sceletium Tortuosum* (of the family Aizoaceae; subfamily Mesembryanthemaceae).

Kanna is an ethnobotanically significant plant which comes from the Karroo areas of Western, Eastern and Northern Cape Provinces in South Africa. It produces small flowers which vary in color from white to yellow and occasionally pale orange or pink.

Growing Region

South Africa



Traditional Medicinal Use

Kanna has been used and revered by the San (Bushmen) and Khoikhoi (Hottentot) people since ancient times. It's traditionally chewed for its mood-altering properties, taken to enhance intimate connection, and before stressful events like hunting.

"Kanna is truly the great plant of the Heart, enlivening the Heart where it is active and restoring the Heart where it has been lost."

Modern Uses

Kanna has an incredible scope of human benefits. It supports the reduction of anxious feelings, helping with the overwhelm or high load state anxiety that occurs when the brain region known as the amygdala is over-activated. Since anxiety can impair cognitive performance, Kanna helps with focus.

"Its greatest gift is the way it opens the heart, facilitates communication, heals relationships and enhances intimacy and loved-based sexuality."

It's considered a natural anti-depressant with serotonin releasing and re-uptake inhibiting effects. Kanna has neuro-protective effects, being a noted PDE4 inhibitor. It is also potentially pro-sexual, emotionally opening, mind-body relaxing, entactogenic and empathogenic. While it has obvious benefits for dealing with anxiety, depression or obsessive-compulsive behavior (for which it is unsurpassed in clinical efficacy), it is also of great use as a simple bodily relaxant and mental clarifier, engendering a state of deep calm and fullness.

According to ethno-botanists, "Sceletium brings emotional and mental balance, provides connectedness and grounding, and allows the mind to find its natural equilibrium, taking the direction of calm, clear centeredness and spacious feeling."



Active Chemical Components

Scelletium has a complex chemistry with at least 32 known alkaloids (including a number of terpenes and saponins) isolated from the genus to date. The major components of Kanna are four alkaloids which are known to have active properties:

Mesembrine
(can be fermented to form 7-Mesembrenone)*

serotonin reuptake inhibitor (SRI)

Mesembrenone*

dual SRI and PDE4 inhibitor

Mesembrenol

Tortuosamine

The mood-elevating action of Scelletium is caused by a number of alkaloids including mesembrine, mesembrenol and tortuosamine which interact with the brain's dopamine and serotonin receptors. Mesembrine is a major alkaloid present in Scelletium. Mesembrine has been demonstrated to be a potent serotonin-uptake inhibitor and serotonin releasing agent.

The raw herbs vary in alkaloid percentage, ranging from about 0.4% to about 1.6% of dry material, with the average being around 0.8%. This natural variability has led to the development of standardized extracts.

Our Kanna

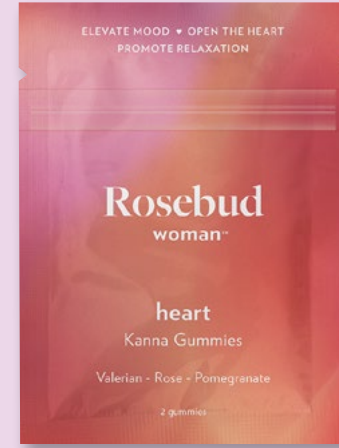
Our gummies include the most pure and potent Kanna extract available. It is harvested and processed in the traditional method by small farmers in South Africa following our strictest supply standards.

We use MZO Sceletium Tortuosum powder extract, which is standardized for very high mesembrine.

| MZO Sceletium Tortuosum | Result (% w/w) |
|-------------------------|----------------|
| Total Alkaloids | 5.3% |
| Mesembrine | 4% |

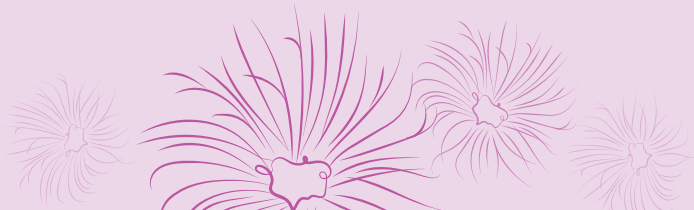
Further Breakdown of Total Alkaloid Profile:

| Alkaloid | Result (% w/w) |
|-----------------|----------------|
| Mesembrine | ≥75% |
| Mesembrenone | ≤15% |
| Δ7-Mesembrenone | ≤10% |



Dosage

Tune the dosage to your needs. Take one gummy (25mg) as the first dose, and observe feelings of wellbeing, which usually arise within 30 minutes. If you would like to experiment with 50mg or 75 mg per serving, try that on the next use. No more than 100mg of MZO extract (four gummies) per day is recommended. Take as needed, or use a standard 5 day on / 2 day off supplement protocol.



Side Effects and Contraindications

Sceletium tortuosum (Kanna) is not known to be hallucinogenic nor habit forming. No negative side effects have been reported. It is known to potentiate marijuana, making it feel stronger. People taking anti-anxiety drugs, sedatives, hypnotics, antidepressants, anti-psychotics or cardiac medications are advised not to take Sceletium-containing products. As with most supplements and modern drugs, safety for use during pregnancy has not been established for Kanna.





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