

## “Energy Boost 10-2-4”

Finally ... Something That Can Help ... Now! Homeopathic & Herbal Combined!

The Benefits of Gotu kola (*Centella asiatica*) has been used for many conditions for thousands of years. It was used to:

### Boost Memory



### Improve Mental Clarity



### Clear Fuzzy Thinking



Historically, gotu kola has also been used to treat **syphilis, hepatitis, stomach ulcers, mental fatigue, epilepsy, diarrhea, fever, and asthma**. Gotu kola is not the same as kola nut (*Cola nitida*). Unlike kola nut, gotu kola does not have caffeine, and is not a stimulant.

## The Many Benefits of Ginseng

As an energy pick-me-up, consider this. In one clinical trial, the **endurance improved by 23%**. <sup>[1]</sup> And a study from Sweden reported it improved both **mental and physical stamina** in cases of **mild fatigue** and feelings of weakness. <sup>[2]</sup> Other research indicates it reduces the effects of **stress**.

When you take Ginseng, you'll have more energy. But as it turns out, energy is only part of its benefits. Here are additional benefits attributed to it.

### •Improves immune system response

•Antioxidant protection <sup>[3]</sup>

•Reduces irritation <sup>[4]</sup>

•Better memory and recall <sup>[5]</sup>

•Increases libido

•Improves mental clarity

•Better focus

•Alertness

•Strengthens bones <sup>[6]</sup>

•Reduces outbreaks in individuals infected with Herpes <sup>[7]</sup>

•Encourages more restful sleep



## The Many Benefits of Capsicum



It has been used for various problems:

**digestion** including **upset stomach, intestinal gas, stomach pain, diarrhea, and cramps**. It is also used for **conditions of the heart and blood vessels** including **poor circulation, excessive blood clotting, high cholesterol, and preventing heart disease**.

**Awake, Alert, & Mentally Sharp**

**..... This really works! .....**

**Mid Morning 10 / Early Afternoon 2 / Late Afternoon 4 Energy Boost**