

Energins™

Ginseng Essence & American Ginseng Essence



Once a day, Vitality all the way!

Hectic lifestyle in modern society often results in us being highly stressed; over-exerting ourselves and suffering from a lack of sleep we therefore feel tired, lethargic and sleepy throughout the day. Other common symptoms include irritability and hepato-pyrexia. In addition, hot weather may cause dryness in the mouth, profuse sweating, sleeplessness, lack of energy, etc.

Constant fatigue disrupts our metabolism and body functions. At this stage, our body system will not recover fully by simply one or two resting.

Appropriate nourishment is necessary to reverse harms caused to our body, effectively relieve "fatigue", replenish energy and return our body to its equilibrium.

Ginseng and American ginseng, the best tonic in over 5000 years

Ginseng (*Panax ginseng*) grows in the Northern Hemisphere in eastern Asia (mostly northern China and Korea) while American ginseng (*Panax quinquefolius*) originates from the US and Canada. *Panax* means "cure-all" in Greek. Both Ginseng and American ginseng are probably the best known supplements for keeping energy up.

It contains 16 essential trace elements and more than 17 amino acids and polysaccharide, peptide and a range of vitamins. The World Health Organization (WHO) monograph confirms Ginseng "as a prophylactic and restorative agent for enhancement of mental and physical capacities, in cases of weakness, exhaustion, tiredness, and loss of concentration, and during convalescence".

Why Are Energins™ Ginseng Essence & Energins™ American Ginseng Essence So Unique?

Energins™ Ginseng Essence and American Ginseng Essence contain HB801 Standard Ginseng Extract and HB802 Standard American Ginseng Extract respectively. With advanced technology, true essences of Ginseng and American ginseng are extracted and standardized to 4% Ginsenosides and 5% Ginseng polysaccharides. This ensures the consistency of dosage and is free from heavy metal and pesticide residues. Energins contains Vitamin D3 that helps the body to properly utilize calcium necessary for strong



Ginsenosides	Ginseng polysaccharides
<ul style="list-style-type: none"> • Delay degeneration of cells, act as an antioxidant • Improve memory, mental and nervous system • Anti-aging, anti-fatigue • Active skin cells, enhance skin elasticity, reduce wrinkles, enhance immune system • Inhibit growth of cancer cell • Lower blood pressure • Lower blood sugar 	<ul style="list-style-type: none"> • Enhance immune system • Inhibit growth of cancer cell, anti-tumour • Enhance liver detoxification capacity • Lower blood sugar • Reduce hepatic glycogen • Anti-ulcer

Research shows Vitamin D deficiency could lead to severe fatigue. Studies also show that Panax ginseng when combined with vitamins and minerals is useful in counteracting fatigue and its symptoms such as loss of calmness, concentration and memory. Therefore, specially formulated together, Ginseng and American ginseng can synergize with Vitamin D3 in keeping energy up.

Advantages of Energins™

- 4% Ginsenosides and 5% Ginseng polysaccharides.
- Up to 200mg essence of Ginseng/American ginseng.
- Adhere to World's Health Organization (WHO) daily dosage. Eliminate concerns of over dose.
- Free from heavy metal and pesticide.
- Synergize with Vitamin D3, properly utilize calcium necessary for strong bones and teeth, and enhance immunity.

Ginseng and American ginseng: which is suitable for you?

Traditionally, ginseng is believed to be hotter than American ginseng. However, recent researches found that this is probably due to excessive and inconsistent dosage of active ingredients in ginseng.

Energins™ contains standardized dosage of ginseng essence hence, heatiness and over dose are no longer of concerns and you can safely consume both Energins™ Ginseng Essence and Energins™ American Ginseng Essence.

However, Traditional Chinese Medicine theories believe that Ginseng is more nourishing than American ginseng. Therefore, Energins™ Ginseng Essence is more suitable for athletes, fatigued or individuals under stress. For general healthcare, Energins™ American Ginseng Essence is recommended.

When do we need Energins™?

- ✦ Deficiency of energy (Qi) and blood, short of breath, profuse sweating
- ✦ Constant thirst and dryness of mouth
- ✦ Constant fatigue and feeling lethargic or general weakness
- ✦ Prone to flu infection, weak immune system
- ✦ Poor memory, mental dullness
- ✦ Learning, examination, feeling tense, stressed
- ✦ Chest tightness, asthma, cough
- ✦ Post surgery, post delivery, and recovering from an illness
- ✦ Poor quality of sleep
- ✦ Giddiness and Tinnitus
- ✦ Inelastic skin, bad facial complexion and premature aging
- ✦ Traveling
- ✦ Before and after exercise

Recommended Dosage

Take 1 to 2 capsules daily after meals.

Precaution

Pregnant and breast-feeding women are advised to consult their doctor before taking Energins™

Not recommended for children under 12 years.



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