



**HERBAL
FORTRESS™**

Building Natural Strength and Protection



Siberian Eleuthero FORTÉ

STANDARDIZED
EXTRACT

Adaptogenic Energizer*



- 500 mg Siberian Eleuthero Extract.
 - Standardized Extract – Laboratory Tested
 - Quality Guaranteed (0.8% eleutherosides)
 - Botanical name: Eleutherococcus senticosus / Pin Yin: ci wu jia
 - Eleuthero (E. Senticosus) Formerly known as “Siberian Ginseng”
 - 60 Vegetarian capsules. Dose: 2 capsules daily taken with warm water or tea.
- * May be taken with food or between meals

WHAT IS SIBERIAN ELEUTHERO?

Siberian Eleuthero is a remarkable herb from Russia, and is the root of the herb formerly known as “Siberian Ginseng”. Eleuthero is considered a tonic herb and it is an adaptogen.

As an adaptogen, Siberian Eleuthero also helps the body adapt to stress. It does this by supporting healthy adrenal gland functions, allowing them to function optimally when challenged by stress. Siberian Eleuthero has been shown to enhance mental acuity and physical endurance without the “crash” that comes with caffeinated products. Another way that Siberian Eleuthero supports the body is by combating harmful toxins.

Siberian Eleuthero helps increase mental alertness, combat fatigue, and to boost the body’s healing system. Eleuthero is beneficial for physical endurance and has a remarkable normalizing and strengthening effect on the body. Siberian Eleuthero improves energy naturally. It benefits the liver, kidney and lung functions. Siberian Eleuthero (formerly called Siberian Ginseng) may be useful as a preventive measure during cold and flu season. Preliminary evidence also suggests that Siberian Eleuthero may prove valuable in the long-term management of various imbalances of the immune system and can help improve energy in HIV infection, chronic fatigue syndrome and fibromyalgia.

Russian scientists concluded that Siberian Eleuthero was similar in properties to Panax ginseng (Asian ginseng). Thus, the misleading term “Siberian ginseng” was coined in the early 1950’s.

HOW DOES SIBERIAN ELEUTHERO WORK?

Eleuthero has a wide range of beneficial actions on performance, wellness and adaptation to change. The active constituents in the root of the plant contains a series of steroid-like compounds (eleutherosides) that counteract the “alarm” stage of stress response in the body, and benefits the adrenals. It has also been shown to be very beneficial and balancing for women during menopause. Siberian Eleuthero helps women overcome the fatigue associated with hormonal fluctuations.

HERBAL FORTRESS™ HAS AN UNCOMPROMISING COMMITMENT TO QUALITY AND PRODUCT INTEGRITY.

SATISFACTION GUARANTEED: All of our Herbal Fortress™ products are Laboratory Tested according to the highest GMP (Good Manufacturing Practices) standards in the industry. Each batch undergoes stringent quality controls and are all laboratory tested. Freshness and Quality is guaranteed. The lot number and expiration date of each product is imprinted on the front panel. Each product is packaged in a light-protective bottle and safety sealed with outer shrink wrap and printed inner seal. Do not use if either seal is broken or missing.

DID YOU KNOW? Herbal Fortress™ standardized extracts are technically advanced herbal products. Standardization ensures specific, measurable levels of important compounds that provide beneficial activity in the body. All of our products are free of wheat, corn, dairy, soy, natural or artificial sweeteners and yeast.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Siberian Eleuthero has demonstrated ability to increase stamina and endurance. This led Soviet Olympic athletes to use it to enhance their training. Explorers, divers, sailors, and miners used Siberian Eleuthero to prevent stress-related illness. After the Chernobyl accident, many Russian and Ukrainian citizens were given Siberian Eleuthero to counteract the effects of radiation. Research has shown that Siberian Eleuthero improves the use of oxygen by the exercising muscle, which means that a person is able to maintain aerobic exercise longer and recover from workouts more quickly.

HEALTH BENEFITS:

Healthy people taking 450 mg of the standardized extract (0.8%) two - three times per day have been shown to produce increased numbers of immune cells (T lymphocytes).

Siberian Eleuthero has been used as an adaptogenic energizer in connection with the following conditions:

Primary: Fatigue and Stress

Secondary: Chemotherapy Support

Other: Menopause, Alzheimer’s disease, Athletic support, Chronic fatigue syndrome, Common cold/sore throat, Diabetes, Fibromyalgia, HIV support, Influenza

CAUTIONS:

Reported side effects from using Siberian Eleuthero are minimal. Mild, transient diarrhea has been reported by a very small number of users. Siberian Eleuthero (formerly known as Siberian Ginseng) may cause insomnia in some people if taken too close to bedtime. Eleuthero is not recommended for individuals with uncontrolled high blood pressure. As with all herbal and dietary supplements, you should always inform your physician about what you are taking in order to avoid potentially dangerous drug interactions.



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