

## ***Ci Wu Jai—Strengthens Joints, Ligaments, and Tendons...Siberian Ginseng***



- So many people are in awe of this Plant! It is loved and cherished in all countries of the Far East. For the Chinese, it has been the “single most powerful and beneficial herb” for almost five thousand years.
  - It gives endurance, energy, resistance, and stamina.
  - Enhances mental activity.
  - It helps with metabolism, strengthening the circulatory system.
  - Nourishes and strengthens liver, bone marrow & adrenal glands.
  - It contains precursors to human anabolites that build muscle.
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- It helps all connective tissue, muscles, ligaments, bones, and joints.
  - It has long been used to improve athletic performance and occasional sleeplessness.
  - It helps your body “adapt” to stress;
  - It is often used to improve athletic performance.
  - According to pharmacological research, it improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.<sup>1</sup>
  - This spiny shrub is not in the same family as Asian and American ginseng and is less costly than these varieties.
  - Included in ***SportCaps*** and ***JOI***.
  - Great before and after workouts along with ***SportCaps***, ***Sunrise***, and ***JOI***!

***“2 days after my car accident, I didn’t feel any soreness,” Loretta.***

***“This is a keeper” Love it when I don’t have Sportcaps,” Donna.***

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<sup>1</sup> Healthway Plant Issues, Chinese Herbal Medicine, Natural Health, June 2000