

## Here is what our customers are saying!

★★★★★ "This is undoubtedly the most healthful tea blend on the market. But what makes it even better, it taste great and is really invigorating when you drink it early in the day and yet very soothing when taken at night. I love it!"

★★★★★ "If you take only one adaptogenic tonic herbal product this should be the one. Drinking 3 to 5 cups of this per day makes me feel fantastic..."

★★★★★ "This tea just tastes heavenly. It says on the package that it is good for the heart, but I almost got a heart attack when I took my first sip as I never expected it to taste this good. It really relaxes me and with all those beneficial ingredients, it will become a daily necessity."

★★★★★ "Not a tea person, this is the only tea I drink and I absolutely love it. It's the best part of my morning. Packed full of tea bags, each packed in their own package. Honestly, this tea is the best. Treat yo'self and get this tea."

★★★★★ "Spring Dragon tea is my favorite tea on the planet and the base for any tonics I make... I give this tea my highest recommendation, it's a staple of my overall nutritional intake."

★★★★★ "Love this tea! It really gives your body what it needs at the time of consumption: rejuvenation, hydration, detoxification, relaxation, restoration...just brings you back to balance!"

For functional elixir recipes, scan the QR code below:



American Pie Longevity Tea



Longevity Limeade



Free Flow



Kick It Up A Notch, Add Dragon Drops



### Explore a whole realm of tonic herbs and superfoods

Visit our website to obtain additional product information, recipes and explore other health promoting products.



1-888-55-TONIC  
www.dragonherbs.com/601

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\*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.

## Super Infusion Process (SIP™) delivers powder extract potency in a tea bag form

Spring Dragon Longevity Tea (SDLT) is more than just a blend of 6 chopped herbs. It is a super-potent herbal formulation with potency on par with capsules and tinctures!

Traditionally, only botanicals suitable for steeping are sold in tea bags. The steeping method limits typical tea bags to mostly leaves, flowers, and a few fruits, whose flavors and constituents can come out using steeping only. Many powerful herbs require decoction (extraction by boiling). For example, **roots** such as *Ginseng*, *Astragalus*, and *Eleuthero* require a long cook times. **Mushrooms** such as Reishi and **fruits** such as *Schizandra*, *Goji* and *Monk Fruit* (Luo Han Guo) need shorter cooking than roots, but still, steeping alone will not yield optimal potency and efficacy and that means waste. As a result, these powerful and often expensive botanicals are rarely available in tea bags, only in cap-sules or tinctures.

Dragon Herbs has developed a special ecological technology called **Super Infusion Process (SIP™)** that solves this age-old dilemma, making delivering all botanicals in the tea bag format a reality.

During the **SIP** process, we optimally extract 5 premier tonic herbs (*Schizandra*, *Goji*, *Astragalus*, *Eleuthero* and *Luo Han Guo*) together, resulting in a thick, concentrated syrup. The syrup is then infused into premium grade *Gynostemma* leaves. The saturated leaves are carefully dried, locking in the superior range of phytonutrients from all the tonic herbs. The result is a super-potent herbal formulation. This proprietary process ensures that our Spring Dragon Longevity Tea is **5 to 10 times stronger than mere blends of chopped herbs**.

With six premier tonic herbs, *SDLT* yields one of the most broad-spectrum health promoting tonic brews in the world.\*

### Herbal Infusion Function Highlights

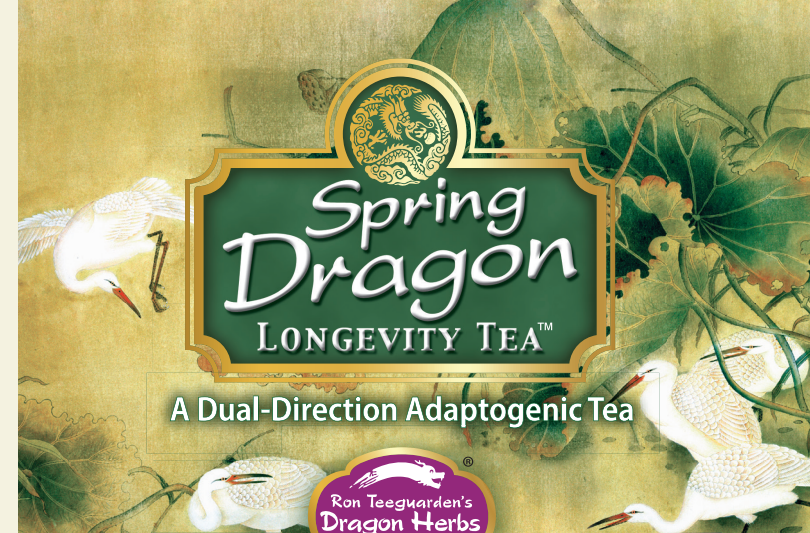
**Schizandra Fruit** – Called the "Fruit of Five Flavors", Schizandra is "the herb that does it all". It is traditionally used to tonify **all 5 primary organs** (*Heart, Spleen, Lungs, Kidneys, Liver*), nourish and moisturize the **skin**, sharpen the **mind**, and to **detoxify** and **rejuvenate** the Liver. A famous **sex tonic**.

**Goji Berries** –A delicious tonic fruit famous for fighting **stress**, gaining **strength**, and preserving **youth**.

**Astragalus Root** – One of the **most important herbs** in all of herbalism. A famed **Energizer**, especially strengthening to the large muscles, legs, and arms. It fortifies a protective energy flow (Wei Qi) that forms our **first line of defense**.

**Eleuthero Root** – aka "Siberian Ginseng," is famous for its ability to enhance **physical** and **mental endurance**, to help us **handle stress** more efficiently, and as a gentle **mood elevator**. A **superb adaptogenic herb**.

**Luo Han Guo Fruit** – aka "Monk Fruit". A **ZERO-calorie** low glycemic (GI<3) natural **sweetener**. Lung tonic.



A Dual-Direction Adaptogenic Tea



#1 SELLER 20 Years

- Builds **adaptability** and stress resilience
- **Dual-direction** regulating on multiple bodily functions
- Using proprietary **Super Infusion Process (SIP™)**, premium tea grade *Gynostemma* leaves are infused with extracted and concentrated adaptogenic herbs for maximum potency



No Caffeine



SIP Super Infusion Process

1 Bag Brews 3 Cups!

5 to 10 times STRONGER than mere blends of chopped herbs



20 Tea Bags (60 cups)

Caffeine Free

Net WT 1.8 oz. (40 g)



# Ginseng at Tea Price Gynostemma

Ginseng

Gynostemma

In 1972, a group of Japanese researchers reported that Gynostemma tea was being consumed as a daily “longevity tea” by large numbers of southern Chinese people. It was revered in the regions where it grows as “magical grass” because of its many reputed health benefits.



This led the Japanese researchers to study the constituents and pharmacology of Gynostemma. The researchers discovered that the chemical constituents responsible for the adaptogenic characteristics of Gynostemma are 180+ different saponins called **Gypenosides**. Gypenosides are structurally and functionally very similar to *Ginsenosides*, which are the active constituents of Ginseng root (*Panax ginseng*). In fact, many of them ARE ginsenosides, just in another plant that’s not Ginseng. This is the broadest known range of saponins in any one plant in nature. Ginseng, for example, has about 100 saponins (**Ginsenosides**). The Gypenosides are so similar to the ginsenosides of Ginseng that in China, Gynostemma is called “**Ginseng at Tea Price**”.

- Strong **anti-fatigue** effect albeit caffeine free
- **Supports healthy aging** (exhibits antioxidant activity)
- Japanese studies have indicated that Gynostemma has a dual-direction regulating influence on the central nervous system. It is **calming** when one is overexcited and **invigorating** when one is fatigued.
- Widely known for its “**spirit-lifting**” effect.
- Support the body’s systemic dual-direction **immune** response
- Gynostemma accelerates the body’s **metabolism** and helps

maintain healthy **blood sugar** and **blood fat** levels within a normal range.

- Gynostemma has developed an enormous reputation in Asia as a major aid in **weight management** programs. Gynostemma has been shown to have a double-direction activity with regard to weight. Gynostemma can be useful in reducing excessive body fat, when combined with a reasonable exercise program and a healthy diet that modulates caloric intake. Gynostemma may also help athletes, body builders or excessively slim people to gain weight.
- Gynostemma tea is very **soothing** to the stomach. It protects the stomach lining. A safe alternative to green tea for people with sensitive stomachs.
- Helps support **respiratory, hepatic, and cardiovascular** functions.
- Although Gynostemma is not a laxative, it may help maintain healthy **bowel movements**.

## Dual-Directional Regulating Adaptogens

### Ultimate Greatness

The ultimate greatness of Spring Dragon Longevity Tea (SDLT) lies in its broad spectrum ADAPTOGENIC dual-directional regulating characteristic. Adaptogenic herbs help maintain the efficiency and accuracy of the **adrenal, metabolic** (pancreatic and cellular), **neurological, immunologic, respiratory, and endocrine-hormonal** systems.

### Balance

#### Balance is life.

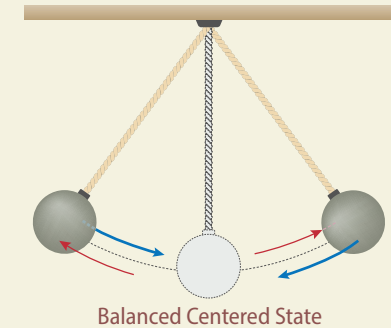
Asian health practice, at every level, is based on the **Principle of Yin and Yang** and its primary objective boils down to attaining and maintaining balance between Yin and Yang.

This principle asserts that everything and every function in the universe and in the human body (macrocosm) has **duality (Yin and Yang)**, just as a coin has two sides, a full day has night and day, and a year has summer and winter. Yin and Yang are **opposing forces** within one integrated whole. Yin and Yang are **interdependent**. Yin and Yang **oscillate**. Progression of one force will take place as the other regresses. And then the phases reverse. This cyclic movement and change results in the maintenance of a harmonious, properly balanced healthy whole. It maintains **balance (homeostasis)** and order in any system, physical or living, or even psychological.

Life itself is entirely a matter of *Yin* and *Yang* forces working together, maintaining dynamic balance (scientists call it *homeostasis*) on the microscopic scale and on the macroscopic scale. We sleep at night (*Yin*) and we work/study/play during the day (*Yang*). Our hearts contract (*Yin*) and expand (*Yang*). Our blood pressure rises up (*Yang*) and down (*Yin*).

### Balance is achieved through dual-direction regulation of Yin and Yang bodily functions.

It is impossible for a human, or any living being, to consciously regulate *all* the Yin and Yang functions of their body on a practical level. The body does that for us. Our bodies have evolved over millions of years and have attained the innate ability to maintain balances on macro- and microlevels. There are millions of Yin-Yang activities taking place on every moment, and these activities are all miraculously regulated by the body’s **regulatory mechanisms**. If a function is tending toward **deficiency**, the body **stimulates** it. If a function is **excessive**, the body **constrains** the excessive action. They function like the **thermostat** in a home that **regulates** our **home temperature**. When our home is too cold, the thermostat switches on the heating to warm up the house; when the home is too hot, it switches on the cooling. Once the temperature reaches the set desired level, the thermostat switches to maintenance mode.



Balance is achieved through dual-direction regulation of Yin and Yang bodily functions

It is because of these mechanisms that our body temperature stays stable, that our heart rate is steady except when stressed (and even then, within limits), that we wake and sleep in a daily rhythm. External climatic and environmental factors such as windy, dry, wet, hot or cold conditions can challenge our internal *homeostasis*. Our body has ways to adapt (adjust), but only within limits. If we have *enhanced* adaptability, we will do much better. This is true in all aspects of our lives. If these innate regulatory mechanisms become inaccurate or fail due to wear-and-tear, toxins, poor nutrition, some functions will become excessive and others deficient. Then our bodily functions lose balance and a cascade of problems arise.

#### Don’t fix the temperature, tune the thermostat.

The purpose of taking tonic herbs is primarily to **feed our body’s innate regulatory system**. Adaptogenic tonic herbs have complex chemistry compounds, and often pairs of compounds, that support the opposing functions: some are stimulating, some are constraining. They tune the body’s regulatory system so it is optimized and can do a stellar job with its balancing act.

Spring Dragon Longevity Tea incorporates some of the most famous adaptogens: Gynostemma, Astragalus, Goji, Schizandra, and Eleuthero “Siberian Ginseng”. Continued consumption of this delicious herbal tea can strengthen the *adaptive* capacity of the person at every level of their life.\*