

Double-Direction Regulating Adaptogens

The ultimate greatness of Spring Dragon Longevity Tea™ (SDLT) lies in its broad spectrum ADAPTOGENIC (stress modulating) characteristic. Adaptogenic herbs help maintain the efficiency of the adrenal, metabolic (pancreatic and cellular), neurological, immunologic, respiratory, and other endocrine-hormonal systems. Continued consumption of SDLT may strengthen the *adaptive* capacity of the person at every level of their life.*

Together, the total ginsenosides in SDLT have a multitude of modulating actions. No doubt, some saponins have very a broad range of actions in the body or have potent actions on specific functions. These saponins have become well known. But single-saponin action is not the full story. The more *ginsenoside-like* saponins, the more influence an herb will have on the human body and mind. And this is much more powerful for a *combination* of adaptogenic herbs that includes many more ginsenoside-like saponins.

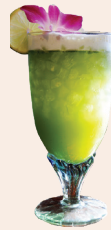
The bottom-line secret of these ginsenoside-like saponins is that they have **double-direction activity**. That means that for every saponin that stimulates a function, there are saponins that counteract that function in such a way as to maintain healthy functional balance in the body. These saponin pairings adjust physical and mental responses to maintain an appropriate balance of function in response to stress and for long term health. All these saponin containing herbs are therefore referred to as “adaptogens,” which means they are “modulators” or “regulators.” They are capable of nudging the body in both directions.

Thus, adaptogens are typically capable of promoting vitality and at the same time promoting relaxation, even supporting deep sleep. All together, they have the ability to profoundly boost the immune functions necessary for the response to pathogens. But they also modulate functions that may otherwise result in excessive responses that could result in autoimmune responses. The full saponin complex balances the immune system, modulates immune responses, which provide *appropriate* adaptive capacity to the entire immune system.

The immune system is not the end of this double-direction activity, it is just one example. The double-direction action of a powerful adaptogen, or even better a combination of adaptogens, can influence every human system, from the neurological system to the digestive system to the metabolic system to the skeletal system, and so on. They strengthen by modulation, by providing life energy and simultaneously they promote *balance* in virtually every system of the body. Balance is life. In biology, this is called *homeorhesis*, which is the maintenance of *dynamic homeostasis* under stress. That is why many scholars agree that adaptogens are the most important health-promoting and health protecting herbs on earth. How much more so when they are combined, as is the case with SDLT, which is rich in world class double-direction function-balancing adaptogens and literally hundreds of *ginsenoside-like* saponins, most of which come in double-direction modulating pairs to help us handle all the stresses of life most efficiently and effectively.



American Pie Longevity Tea



Longevity Limeade



Free Flow



For functional elixir recipes, scan the QR code below.

Here are 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!!!”



Explore a whole realm of tonic herbs and superfoods

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

888-55-TONIC

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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.



Spring Dragon LONGEVITY TEA™



A Double-Direction Adaptogenic Tea

This tonic is carefully crafted to enhance your overall well-being, adaptability, and thriving™! (We're talking about thriving here, not just surviving!)

- A **Gynostemma** leaf based herbal tea
- Over 180 different Gypenoside saponins similar to those in **Ginseng**
- Using proprietary Super Infusion Process (SIP)™, premium tea grade Gynostemma leaves are infused with extracted and concentrated adaptogenic herbs for maximum potency
- Builds **adaptability** and stress resilience
- Helps support the body's systemic double-direction **immune** response
- **Double-direction** regulating on multiple bodily functions
- Gynostemma supports **weight** management
- Simultaneously invigorating **AND** calming
- **Feel-great** healthy daily beverage, day or night, hot or cold
- **Individually wrapped** tea bags. Great for taking them to go or sharing them

Caffeine Free 20 Tea Bags (60 cups)



Gynostemma Ginseng at tea price



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 more than 180 different saponins called Gypenoside. 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 than 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 **antifatigue** effect
- **Energizing** (not a stimulant)
- **Calming** (promotes relaxation and a sense of peace – not a sedative)
- **Anti-aging** (exhibits antioxidant activity)
- Supportive of the body’s systemic double-direction **immune** response
- A **respiratory** tonic (helps support a healthy respiratory system)
- A **digestive aid** (Gynostemma is very soothing to the stomach by protecting the stomach lining)
- Gynostemma has been shown in some studies to help to support normal healthy **hepatic** and **cardiovascular** function.
- Gynostemma accelerates the body’s **metabolism** and helps maintain healthy blood sugar and blood fat levels already within a normal range. Maintaining healthy blood sugar and blood fat already within a normal range are critical steps in attaining healthy metabolic function, whether one wants to lose weight by reducing excessive body fat, gain weight by building lean muscle, or maintain healthy weight by helping regulate bodily functions.

- 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.
- Although Gynostemma is not a laxative, it may help maintain healthy **bowel movements**.



Super Infusion Process (SIP™) for maximum potency

Spring Dragon Longevity Tea 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 that are suitable for steeping are delivered in a tea bag format. The steeping method limits typical tea bags’ ingredients to mostly leaves, flowers, and a few fruits, whose flavors and constituents can come out using steeping only. Therefore, many powerful botanicals that require decoction (extracting a substance by boiling) are excluded from using tea bags as a delivery system. For example, roots and mushrooms such as *Reishi*, *Ginseng*, *Astragalus*, and *Eleuthero* require a long cook time. Fruits such as *Schizandra*, *Goji* and *Monk Fruit* (Luo Han Guo) need shorter cooking than roots, but steeping alone will not produce their maximum potency and efficacy. As a result, these powerful botanicals are typically only available in capsules or tinctures.

Dragon Herbs has developed a special technology called **Super Infusion Process (SIP™)** that solves this age-old dilemma.

During the Super Infusion Process (SIPTM), 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 (SDLT) is 5 to 10 times stronger than other herbal teas that are just blends of chopped herbs.

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



Schizandra Fruit – Called the “**quintessence of Chinese herbs**,” Schizandra is a delicious, exotic tonic fruit traditionally used to tonify **all the systems of the body**, nourish and moisturize the **skin**, and sharpen the **mind**.



Goji Berries – Known in Asia as a premier “**longevity and anti-aging herb**,” this delicious tonic fruit is a true superfood, exhibiting **antioxidant** activity. It is famous for enhancing **strength, vision** and **beauty**. Goji features **immune system**-supporting polysaccharides.



Astragalus Root – One of the most important herbs in all of herbalism, Astragalus is highly regarded for its effects in helping to support a healthy immune system. It is also a potent energy tonic and blood tonic.



Eleuthero Root – Also known as “Siberian Ginseng,” Eleuthero is famous for its ability to enhance **physical and mental endurance**, to help us **handle stress** more efficiently and as a gentle **mood elevator**. Eleuthero, like ginseng and Gynostemma, is rich in saponins. It is a **superb adaptogenic herb**.



Luo Han Guo Fruit – Also known as Monk Fruit. This delicious, exotic fruit has been used for centuries in traditional Chinese traditional to moisten the lungs and the skin, soothe the throat and generate fluids. It contains mogroside, a potent glucoside that helps to support a **healthy immune system**.