



Ginseng – The King of Herbs

Panax Ginseng is one of the most famous and valued herbs used by mankind. *Ginseng* is an energy tonic that regulates the human energy system. It has been shown to be stimulating and regulatory to both the central nervous system and to the endocrine system. It is the primary Qi tonic of Chinese tonic herbalism. Ginseng may be used as a tonic for invigoration and fortification during times of fatigue and debility; for declining work capacity and concentration, as well as during convalescence.

Modern pharmacological experiments have demonstrated that ginseng has numerous nutraceutical actions, including immunomodulatory, and endocrine system, central nervous system and neuroprotective effects.

Ginseng helps a person to adapt to stress, and enhances endurance and resilience under stressful conditions. It has thus been termed an "adaptogenic." Ginseng contains many active ingredients, but the most important are the triterpene saponins called *ginsenosides*. So far, over thirty ginsenosides have been isolated from ginseng. Each of the ginsenosides has its own distinct activities. Ginsenosides have been shown to possess antioxidant, antiinflammatory and immunomodulating properties. Recently, ginseng has been studied in a number of randomized controlled trials investigating its effect mainly on physical and psychomotor performance, cognitive function, immunomodulation, cardiovascular risk factors, quality of life, as well as adverse effects. There is considerable more work to be done on ginseng before it is fully understood. In some cases different ginsenosides have conflicting actions; but overall, ginseng is considered to be "balancing" and "regulating." For example, it is widely considered to be an immune modulator that can help to suppress overzealous immune responses while strengthening appropriate responses. For a healthy person, this means that homeostasis is supported. Ginseng has very potent immunological activity and has been found to promote strong resistance.

Many studies support the idea that ginseng and its ginsenosides help regulate sugar balance and may help maintain normal blood pressure. Many studies now indicate that ginseng may protect the cardiovascular system and central nervous system, especially the brain.

Dragon Herbs FITT™ Ginseng Granules make a tea that has true ginseng flavor and true ginseng actions.



Schizandra – Anti-Aging Elixir

Schizandra is called the "quintessence of Chinese herbs" because it has so many health-promoting functions. Schizandra is a berry with a uniquely delicious flavor. It has been used as a beauty tea in the imperial palaces of Asia for more than 2,000 years because it makes the skin soft, clear, radiant and supple. Schizandra is also a superb brain tonic. It strengthens the mind, and is especially powerful at improving memory, concentration and focus. It is simultaneously calming. It is thus an amazing herb for performers, students, athletes, business people, doctors and anyone who must use their mind to succeed. Consistent use of Schizandra is known to improve the depth of sleep. Schizandra is a powerful detoxification herb. It does this because it has the rare ability to clean both the liver and the blood. You eliminate toxins that are stored in the liver without ever noticing anything. Schizandra is a famous sexual tonic for both men and women. For women in particular, Schizandra has been used for centuries to improve sexual response – it has been used by millions of women and is a true treasure of the Orient! Schizandra is a powerful and safe general anti-inflammatory herb that relieves the low grade inflammation that causes degeneration and aging. Schizandra is one of the Orient's truly great health-promoting herbs, now available in an instant, delicious, all-natural tea.



He Shou Wu – The Great Rejuvenator

Polygonum multiflorum, known as *he shou wu* (pronounced *hū show woo*) in Chinese, has a centuries-old reputation in Asia as a premier anti-aging herb. It is an extremely popular tonic herb throughout the world because of its reputation as a longevity herb, potent sex tonic, excellent blood tonic and youth preserving herb. It is very famous for helping maintain or restore natural color to one's hair. Studies have demonstrated that various laboratory animals fed *he shou wu* in their diets lived longer than control animals, supporting its reputation as a longevity herb. Research has demonstrated that he shou wu can significantly increase *superoxide dismutase* (SOD) activity in humans. SOD is a powerful natural antioxidant and free radical scavenger that has been demonstrated to have powerful anti-aging benefits in humans. Studies indicate that this herb may protect the brain and intestines, among other organs and tissues, from the damage due to toxins and free radicals. This tonic herb has been used for centuries to help maintain the youthful color of one's hair, to strengthen the senses, to increase sperm in men and to nurture the ovaries in women.

A *glucoside* known as TSG, an active component of the rhizome extract from he shou wu, exhibits potent antioxidative and anti-inflammatory effects. Recent research indicates that inflammation may be mediated (normalized) by the activation of SIRT1 and inhibition of NFκB activation. He shou wu has been demonstrated to help strengthen the membranes of erythrocytes (red blood cells) and to promote the growth and development of erythrocytes, supporting its reputation as a blood tonic.

We use only the highest grade *he shou wu* rhizomes from a known and reliable source in the remote mountains of Western China, properly prepared by slow-steaming with organic black beans (the traditional preparation method). If *he shou wu* is not prepared properly, it does not function as a tonic, but as a purgative.

The low-temperature FITT™ extraction protects he shou wu's polyphenols. Dragon Herbs FITT™ *He Shou Wu* Granules make a tea that has true he shou wu flavor and true *he shou wu* actions.



Astragalus – China's Premier Qi Tonic

Astragalus root ranks as one of the most potent health tonics in the world. Astragalus membranaceus is used in traditional tonic herbalism to strengthen the primary energy of the body and to strengthen all metabolic, respiratory and eliminative functions. As an energizer, astragalus is famed for its strengthening effects on the outside of the body, in particular to the musculature and skin. Astragalus has long been considered a major tonic for athletes and those who work hard physically. It helps relieve fatigue and is used by athletes around the world for strength.

Most importantly, however, Astragalus is rated as one of the world's premier immune tonifying (regulating) substances, and is considered in the Orient as a quintessential protective super tonic herb. Astragalus, like many of the major tonic herbs, has a very complex constituent profile. Primarily, the active constituents of astragalus consist of triterpene glycosides, polysaccharides and flavonoids. Astragalus also contains numerous amino acids, trace elements and various other components.

Hundreds of studies seem to support the potent immune modulating activities of astragalus root. It is routinely used in Asia to promote a strong immune system. Astragalus also has significant anti-inflammatory action. Astragalus has also been shown to improve male fertility by improving sperm motility.

The primary active constituents of astragalus, the triterpene glycosides, are saponins similar to the saponins in ginseng, though all of the astragalus saponins (triterpene glycosides) have their own chemical identities. One particular astragaloside found naturally in astragalus is known as Astragaloside IV. This saponin has been determined to be the most active health-positive constituent in astragalus. It is believed that Astragaloside IV may be able to help protect telomeres and to prevent their deterioration over time due to stress and toxicity. Telomeres are chemical bindings at the end of our chromosomes that hold our DNA in place. Aging has been associated with the degeneration and loss of telomeres. Astragaloside IV has also been found to be neuroprotective to brain cells.

Astragalus has long been considered a major tonic for athletes and those who work hard physically. It helps relieve fatigue and is used by athletes around the world for strength.

The polysaccharides found in Astragalus are also extremely potent immune enhancers. These polysaccharides are similar to those found in Maitake, Reishi mushroom and other immune enhancing herbs.

Dragon Herbs FITT™ Astragalus Granules make a tea that has true astragalus flavor and true astragalus actions.



Chrysanthemum – THE Flower that Calms, Cools and Clears

Chrysanthemum Flower can help maintain healthy vision. It helps maintain the yin (moistness and coolness) of the eyes even when the eyes are stressed from excessive use such as staring at computer screens, TV and driving. It is used by millions of people in Asia to brighten dull eyes, relieve dry eyes, relieve eye strain and reduce eye irritation.

Chrysanthemum is also used in Asia to clear the mind. Consuming a relaxing cup of Chrysanthemum tea at bedtime is believed to improve one's memory. And to top it off, Chrysanthemum Flower is renowned for promoting clear, beautiful skin.

Chrysanthemum tea is the perfect summer tea because it helps you stay cool. Many Americans are unaware of the fact that some herbs can help the body stay cool in warm weather (some other herbs can help you stay warm in cold weather, too). Unlike a cold drink that cools you down momentarily, an herb that "relieves heat" helps you stay cool longer and more effectively. Chrysanthemum is one of the greatest of all cooling herbs and that is why it is one of the most popular herbs in the world. It is a great herb for athletes who need to control their body heat while exercising or playing a sport. It relieves the heat burden and even reduces inflammation.

Fun ways of preparing functional tonic elixirs using eeTee™ sticks as building blocks.

eeTees™ are truly eeeeextraordinary™ in many ways! They are so eeeeeeee to prepare that you can whip together a functional elixir within seconds. Give your health a different make-over every day! By combining different herbs, you can create a whole range of elixirs, each with their own emphatic benefits. For making an elixir, it is generally best to use high quality water, hot or room temperature to your liking. Along with the eeTee™ powders, feel free to add a little fruit juice concentrate or sweetener to the elixir to enhance the flavor to your liking. Here are some of the effects you can get by combining eeTee™ powders together into a single brew.

- **Stress fighting, super adaptogenic:** Schizandra, Ginseng
- **Antioxidant, antiaging:** Schizandra, Green Tea, He Shou Wu, Heaven Mountain® Goji Berries
- **Physical energy:** Ginseng, Astragalus
- **Male and female fertility:** Astragalus, He Shou Wu
- **Mental energy and focus:** Green Tea, Schizandra.
- **Cooling summer tea, cooling body heat, headache, dry eyes:** Green Tea, Chrysanthemum.
- **Immune protector:** Ginseng, Astragalus, Schizandra
- **Liver cooling, calms frustration, agitation and anger:** He Shou Wu, Chrysanthemum, Heaven Mountain® Goji Berries
- **Primal energy, sperm support, fertility:** He Shou Wu, Astragalus.
- **Sexual energy and long term sexual tonic:** Ginseng, He Shou Wu, Schizandra.
- **Beautiful skin and radiant eyes:** Green Tea, Schizandra, Chrysanthemum, Heaven Mountain® Goji Berries.
- **Deep tonification, restorative, rejuvenation:** Ginseng, He Shou Wu, Astragalus, Schizandra.

There are new eeTees™ being developed every month. Check us out Visit us online for more fun and functional eeTee™ recipes and find out what new eeTees™ you can add to your home or office herbal elixir bar collection.



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FINGERPRINT
IDENTICAL
TRANSFER
TECHNOLOGY

H₂O
+
Alcohol

New Green Technology Opens the Way for
Full Spectrum Botanical Extracts

eeTee

easy • economical • Tea • effective • ecological



FITT™ FINGERPRINT IDENTICAL TRANSFER TECHNOLOGY

New Green Technology Opens the Way for Full Spectrum Botanical Extracts

Exclusively from Ron Teeguarden's Dragon Herbs © Dragon Herbs

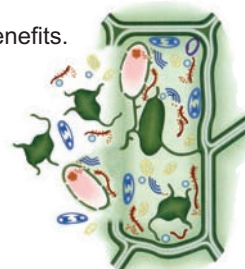
Most botanicals are woody and fibrous. The woody fiber (cell walls) generally makes most botanicals difficult to digest. Thousands of years ago, humans discovered that cooking, making teas, decoctions and soups with water and/or alcohol improved the potency and efficacy of the foods, beverages, tonics and medicines they consumed.

When a botanical is boiled in water or extracted in alcohol or other solvent, the constituents of the botanical are released from the fiber that contains them and are dissolved into the liquid medium. The resulting "tea," or paste is highly assimilable. Also, it is much easier to consume because the material has been "reduced" to a much smaller volume and yet the potency is higher. Without the extraction, the body would have to do a digestive "extraction" of the materials bound to the fiber, adding much stress to our GI tract. Since we do not have the digestive tract of a ruminant, this "extraction" method is not very effective, nor is it efficient.

Of course, the technology back then was primitive, relying on simple stove boiling to break down cell walls. Amazingly, extraction technology has not changed much even during the industrial-scientific era - it is just performed on a much larger scale. We still rely on the application of heat to a tank of solvents such as water or alcohol for several hours until the constituents of the raw herbs have been released into the hot solvents.

However, the traditional heated extraction has its downsides besides its benefits.

- It is not suitable for extracting heat sensitive substances such as protein, amino acids, essential oils and enzymes.
- Starch and saccharides of low molecular weight can gelatinize and become cohesive under heat, preventing the effective release and extraction of active ingredients.
- Substances with no or few pharmacological effects can be released simultaneously.
- The heated process accelerates the oxidation process.
- It can result in polymerization and decomposition of active constituents.



Good things are bound to be freed.

FITT, the technology of the next generation

Now for the first time, a cutting edge extraction technology is available for commercial extraction of botanicals. Dragon Herbs' new Fingerprint Identical Transfer Technology™ (FITT™) is a patented green extraction technology of the 21st century. It is the most advanced commercial extraction technology in the world.

How does the FITT™ process work?

FITT™ is a proprietary process that utilizes mechanical forces to break the raw materials down to micron level. The materials are "shaken" loose at tremendous speed, resulting in instantaneous extraction of both **water-soluble** and **alcohol-soluble** components from the raw material into the solvent. The entire process is performed at a low to moderate temperature that never exceeds 40°C (104° F), thus eliminating the drawbacks of a heated extraction.



FITT™ small scale extraction workshop

The six characteristics of FITT™ technology.

"Raw" Extracts

Many people now understand that the raw, natural constituents of plants and other edible substances have special value in our bodies, but only if they are bio-available. Eating a raw herb is often futile because many herbs are indigestible by humans unless cooked, fermented or extracted. FITT™ accomplishes something very important for those who appreciate the value of raw foods and herbs. **With the entire process's temperature controlled under 104° F, FITT™ extracts are "raw" extracts. FITT™ extracts the raw constituents without damaging them in any way.** In fact, far more constituents are released than are released by conventional extraction.

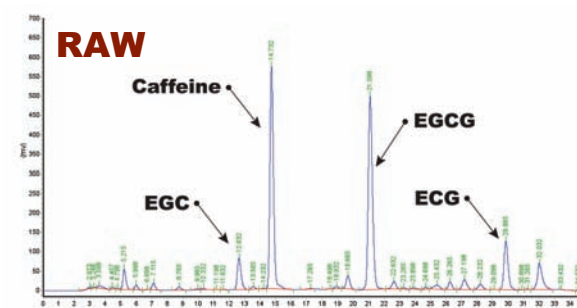
Identical

FITT™ technology captures the original phyto-chemical profile (the fingerprint) of a botanical and transfers it safely and almost identically into the final extract, perfectly preserving the aroma, color and taste of the freshly collected botanical. The result is an instant granule that tastes and smells just like its original plant. Traditionally, a truly full spectrum release of the water and alcohol soluble components would have required a water extraction plus an alcohol extraction. With FITT, the water extraction alone is close to full spectrum.

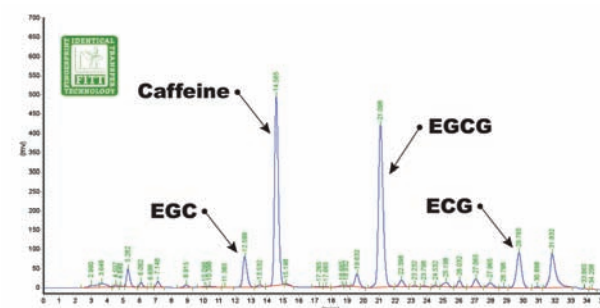


FITT preserves the aroma, color and taste of botanicals almost perfectly.

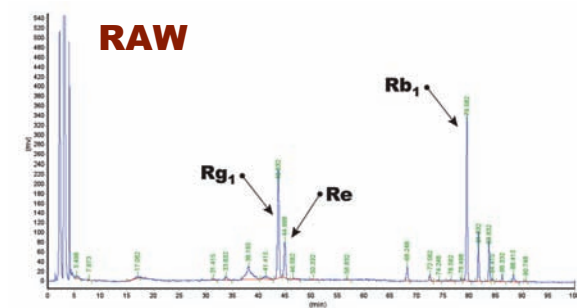
The fingerprints (HPLC-High Performance Liquid Chromatography) of the FITT extracts are almost identical to those of the original plants.



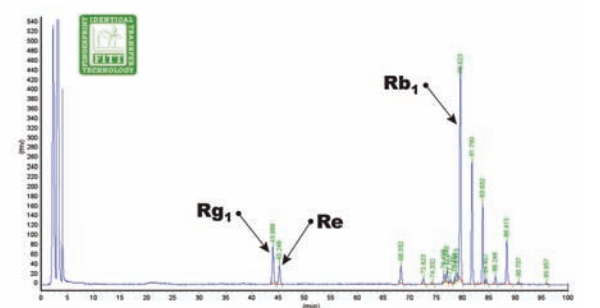
Green Tea Raw Material—HPLC



Green eeTee FITT™ Extract Concentrate—HPLC



Ginseng Raw Material—HPLC



Ginseng eeTee Granules—HPLC

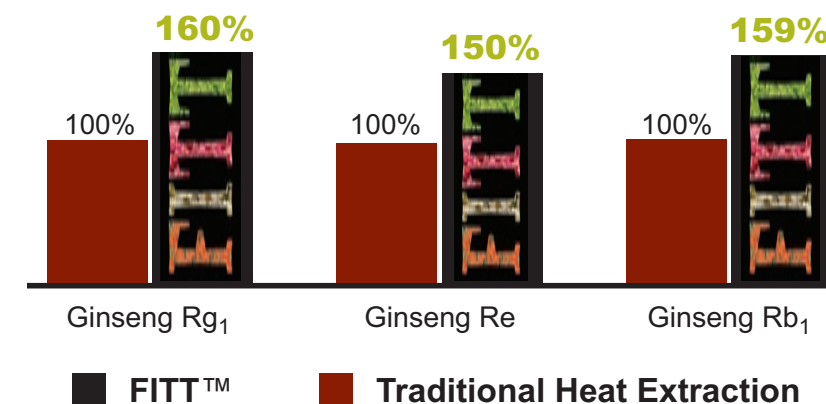
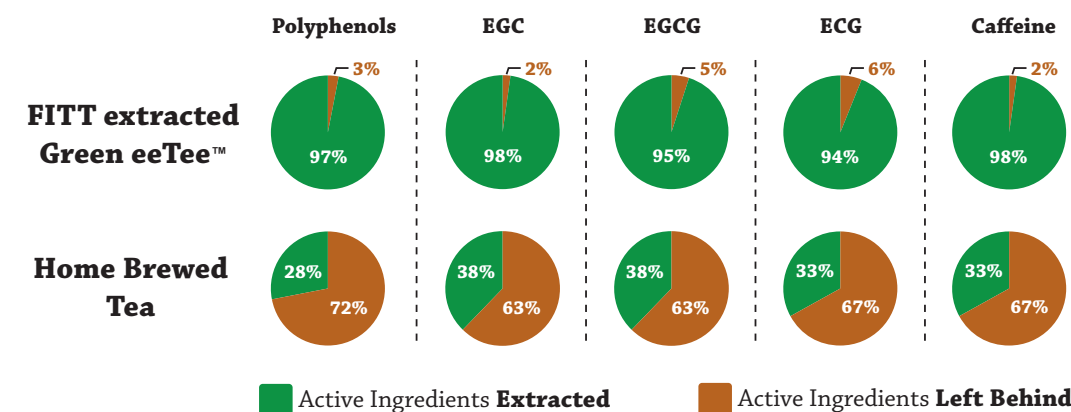
Effective

With the extraction ratio usually exceeding 95%, you can enjoy virtually all of the health benefits of the botanicals without missing a beat.

- FITT™ technology is highly effective at extracting the active ingredients.
- The raw materials are processed to micron level for maximum extraction efficiency.
- The entire extraction process does not exceed 104° Fahrenheit (boiling is 212° F). This relatively low extraction temperature ensures that all of the active constituents, including volatile components such as essential oils and enzymes, are preserved. During a heated extraction, some active ingredients are either destroyed or broken-down into different compounds.
- For example, our lab tests show that 95-98% of green tea's active ingredients, such as the polyphenols - EGCG, ECG, EGC - and caffeine are safely transferred to the extract powder, significantly higher than the 28-38% in home brewed teas. That's almost 3 times as much!



Extraction Efficiency Comparison Chart



In an independent test, equal amount of Ginseng roots were extracted with both water and alcohol as solvents using FITT and traditional heated extraction. The various active Ginseng compounds were measured. FITT released 50-60% more Ginseng Rg₁, Re and Rb₁ than conventional heated extraction.

Easy

- FITT™ powder extracts dissolve completely, making a clear beverage in seconds, even at room temperature.
- You can now truly enjoy premium tonic elixirs with ease! Just add, shake or stir and drink. It is that easy.
- No mess, no clean up, and nothing to throw away. eeTee™ takes all the hassle out of making a first class cup or bottle of tonic elixir.



eeTee granules dissolve clear in warm water within 3 seconds.

Ecological

FITT is a very green technology.

- FITT™ technology uses **33% less energy** than traditional extraction methods.
- FITT™ technology produces **1/20 the waste** of home brewing, and about **1/7 the waste** of the conventional extraction. This means FITT™ technology needs much **less raw materials** to produce the same result, hence **a much smaller carbon footprint**.
- **Zero waste of the production residue.** With FITT™, the particles of the residue reach micron level, which makes them perfect animal feed or organic fertilizer. Most of our production residue is donated to local farms.
- **Most of the production water is recycled** and only clean, filtered water is discharged.
- **eeTee™ instant granules made with FITT™ technology save you trouble while saving the earth.** eeTee granules are ready to serve within seconds. No more shipping water or heavy glass bottles. No more plastic bottles filling up the landfill. Very "GREEN" teas indeed!

Economical

Less raw materials, less energy consumption, recycled production water and automation of the entire production flow all contribute to a **lower cost** to produce the same amount of active ingredients, making FITT™ products very economical and affordable.



Herbal Extract Instant Granules, produced with FITT™.

Dragon Herbs is proud to introduce a whole series of herbal extract instant granules using FITT™. Because FITT™ technology is effective, easy, ecological and economical, we fondly named these instant granules eeTee™.



Tea – The World's Most Popular Tonic Herb

Tea has long been considered a tonic herb. Tea has acquired a universal recognition in Asian culture for its health benefits and that is the main reason why it is consumed.

Here are some of the traditional health benefits associated with the drinking of tea:

- Stimulates mental clarity
- Promotes the production of body fluids to relieve thirst
- Eliminates fatigue
- Benefits the heart
- Improves blood flow throughout the body
- Detoxifies the body, clearing away heat and toxic material
- Boosts immunity
- Calms the mind and heart
- Reduces weight by metabolizing body fat
- Aids digestion
- Brightens the eyes
- Preserves young looking skin
- Prolongs life span
- Induces diuresis (urination) and arrests diarrhea
- Promotes micturition
- Arrests cough and opens the lungs

