

Ron Teeguarden's



A Gynostemma Based Tea



- A Gynostemma leaf-based herbal tea
- Daily health beverage excellent hot or cold
- Proprietary Super Infusion Process (SIP)TM for maximum potency
- Concentrated adaptogenic herbs help build stress resilience
- Invigorating AND calming
- Helps optimize the body's systemic immune response



A Double-Direction Regulating Tea



White cranes and lotuses are symbols of longevity.

A DOUBLE-DIRECTION REGULATING TEA

Spring Dragon Longevity Tea™ is a delicious herbal tea composed of the most famous tonic herbs in the Orient, all of which are renowned for promoting a long and healthy life. The main herb is Gynostemma, a green leafy herb that is consumed throughout Asia to promote overall health. Gynostemma has a strong antifatigue effect.* In Asia, it is consumed by tens of millions of people every day, often in place of tea or coffee.



Known to the locals as “Southern Ginseng,” Gynostemma contains at least 100 saponins that are extremely close to those found in Ginseng. The saponins are the active ingredients of Ginseng. Gynostemma is even richer in these saponins than Ginseng.

THE MULTIFUNCTIONAL “MAGICAL GRASS”

In Asia, Gynostemma is known as a “magical grass.” It has been reported to have a wide range of health-promoting benefits.

Gynostemma is considered to be*

- Invigorating (not a stimulant)
- Calming (promotes a sense of peace – not a sedative)
- Anti-aging (exhibits antioxidant activity)
- Supportive of the body’s natural immune system
- A respiratory tonic (helps support a healthy respiratory system)
- A digestive aid (Gynostemma is very soothing)

Gynostemma has been shown in some studies to help to support normal healthy hepatic and cardiovascular function. *

*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. If you are experiencing chronic fatigue or other conditions, which may be the result of a serious disorder, please see your primary health care provider.

The ultimate greatness of Gynostemma lies in its broad spectrum *ADAPTOGENIC* (stress modulating) quality.*

Adaptogenic herbs help maintain the efficiency of the metabolic, neurological, immunologic, respiratory and endocrine systems. Prolonged consumption of Gynostemma may strengthen the adaptive capacity of the person at every level of their life.*

Gynostemma Has A Double-Direction Activity In Many Areas*

Gynostemma has the ability to bring balance to the body under a wide range of challenging circumstances.

- Japanese studies have indicated that Gynostemma has a double-direction, regulating, adaptogenic influence on the **central nervous system**. It is calming when one is overexcited and invigorating when one is fatigued.
- Gynostemma is widely known for its “spirit-lifting” effect on one’s mood.
- Gynostemma may help support heart health*

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 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.
- Although Gynostemma is not laxative, it may help maintain healthy bowel movements.
- Gynostemma protects the stomach lining.*

The main active ingredients in Gynostemma are known as saponins

- The saponins in Gynostemma are called *gypenosides*. There are over 100 gypenosides in Gynostemma.
- These gypenosides are responsible for the hepato-protective and adaptogenic qualities of this tonic herb.*



THE STORY OF



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 grew as “magical grass” because of its many reputed health benefits. Subsequently, studies conducted first in Japan revealed that Gynostemma was extremely rich in saponins that were extremely close to those found in ginseng and Siberian ginseng. As it turned out, Gynostemma is even richer in these saponins than ginseng. Gynostemma tea had generally been made from wild mountain *Gynostemma pentaphyllum* plants, but as Gynostemma reputation as a longevity herb grew, farmers learned to cultivate it. Within a decade, Gynostemma was being consumed by millions of Asians as a tonic tea.



Gynostemma used in Spring Dragon Longevity Tea is grown in a remote pristine mountain in Southern China. 100% mountain spring water and natural precipitation. No pesticides, fertilizers, or chemicals of any kind ever used during the cultivation.

In 1992, Ron Teeguarden was traveling to China to oversee a production run of tonic herbal formulations. Because of a ticketing mistake, he was upgraded to first class. By coincidence, he was seated on the long flight from San Francisco to Beijing next to Professor Xiao Pei-Gen. Also, by “coincidence,” Ron had an photocopied article written by Professor Xiao in his travel bag. The article was entitled “Anti-

Aging Chinese Herbs.” Xiao Pei-Gen, as it turned out, was Director of the Institute of Medicinal Plant Development in Beijing, a major research institute belonging to the Chinese Academy of Medical Sciences. He was also head of the World Health Organization (WHO) Collaborating Center for Traditional Medicine, Commissioner of the Committee on Pharmacopeia for the People’s Republic of China and a Commissioner of New Drug Evaluation for the PRC. In other words, he was one of the most powerful and knowledgeable herbal experts in the world. Because Ron had his article on the plane, Professor Xiao took Ron under his wing. When Ron met with Professor Xiao at the institute, he asked Professor Xiao if he knew of any special tonic herbs with significant anti-aging qualities. Professor Xiao responded instantly that Gynostemma was exactly what Ron was looking for. Professor Xiao introduced Ron to the supplier of the highest quality Gynostemma in China and Ron was ready to develop a product.

Gynostemma is traditionally consumed as a tea, just like green tea. It is delicious as well. At the same time, Ron had come across a special, traditional Chinese method of brewing “longevity teas” by supersaturating extracted herbs into tea leaves. Ron decided to use this ancient technology to supersaturate Gynostemma leaves with a number of other tonic herbs that had traditional reputations as longevity herbs. With the help of his wife, Yanlin, Ron found a tea master who knew the secret of preparing the “longevity teas.” After experimenting for several months at Yanlin’s parents’ home in China, the final tea was determined and thus was born Spring Dragon Longevity Tea.*



Ron Teegarden on his way to the remote Gynostemma fields.



Super **I**nfusion **P**rocess

Dragon Herbs has developed a special technology called **Super Infusion Process (SIP)**TM.

Spring Dragon Longevity TeaTM is more than just a blend of 6 chopped herbs. Five premier tonic herbs have been optimally extracted 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 tonic herbal tea is 5 to 10 times stronger than other herbal teas that are just blends of chopped herbs.



Free Flow



Ingredients

- 1 tea bag of Spring Dragon Longevity TeaTM
- 1 tea bag of Amla Tea
- 1 grapefruit
- 1 tbsp honey
- 6-7 mint leaves



Instructions

1. Bring 2 cups of water to boil in a Dragon Herbs Glass Tea Elixir Maker (20 oz., Code 8314, \$21). Medium heat, gas or electric stove.
2. Add 1 tea bag each of Spring Dragon Longevity Tea and Amla Tea to the pot. Simmer for 1-3 minutes or steep for at least 3-5 minutes. Remove the tea bags.
3. Cut the grapefruit into halves. Reserve one half to serve on the side.
4. Take the other half, slice off a piece and place it into the Elixir Maker. Juice the remaining. Add the juice (about 2.5 oz.) to the pot.
5. Add 1 tbsp of honey to the pot, stir well.
6. Place 5 mint leaves in the pot and 1-2 mint leaves in the tea cup.
7. Serve the tea hot. Serve the remaining half of the grapefruit on the side, ideally with a serrated grapefruit spoon.
8. Keep the tea pot warm on a Candle Tea Warmer (Code 8307, \$15).



Spring Dragon Longevity Drops

Same formula as Spring Dragon Longevity Tea, produced as a tincture. Two water extractions and one alcohol extraction combined and condensed. This methodology brings out more Gypenosides (saponins). Convenient, no brewing necessary. Take a few squirts straight or add a them to a liquid of your choice (water, tea, juices, smoothies...).

2 fl. oz.

Code 008

Price: \$26



Gynostemma Capsules

Tonifies Qi, cooling, adaptogenic. Helps optimize the body's systemic immune response.

Spray-dried water extract of Gynostemma leaves.

Ingredients - *Gynostemma pentaphyllum* leaf

500 mg/capsule, 100 capsules

Code 534

Price: \$23

Tips

1. You can pre-brew some SDLT and keep it chilled in the fridge for up to 5 days.
2. Dragon Herbs Glass Tea Elixir Maker (32 oz./4 cups, Code 8313, \$30) is the perfect size for brewing 3 cups of SDLT (a single tea bag). Since it is fire proof, our Glass Tea Elixir Maker can be set directly on an open flame. From boiling the water to brewing the decoction to serving the tea, all can be done in the same glass pot. Fridge, freezer and dishwasher safe. It can be used as a stylish pitcher as well.
3. Simmering the SDLT tea bag on a stove for a few minutes will bring out more active ingredients and produce a stronger decoction.

Longevity Limeade



Ingredients

1 Spring Dragon tea bag (brews about 24 oz. of tea)

3 oz. of freshly squeezed lime juice

11-12 full sized mint leaves plus another branch for garnish

6 tbsp. of xylitol (sweetener) or cane sugar.
Adjust to taste if needed.

This recipe produces about 27 oz. of Longevity Limeade.

Instructions

1. Steep one Spring Dragon Longevity Tea (SDLT) tea bag in 3 cups of near-boiling water for at least 3 to 5 minutes. Let it cool down to room temperature.
2. Remove the stems off the mint leaves. Put them into the blender. Add 5 oz. of chilled Spring Dragon Tea into the blender and blend them together for about 20-40 seconds at the highest speed to break down the mint leaves.
3. Add in the remaining 16 oz. of SDLT, lime juice, and xylitol. Blend again for about 20 seconds at the highest speed.
4. Serve over ice. Garnish with a branch of mint leaves.



Beyond Gynostemma Leaves

Extract of these five premier tonic herbs has been infused into premium grade Gynostemma leaves using our SIP™ technology.



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



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 – This delicious, exotic fruit has been used for centuries in Chinese traditional medicine as a lung tonic. It contains *mogroside*, a potent glucoside that helps to support a healthy immune system.*



Spring Dragon Longevity Tea™ contains all-natural herbs and flavors. No artificial colors or preservatives.

This tea contains no caffeine and is safe for people with sugar sensitivity. Gluten Free.*



Explore a whole realm of tonic herbs and superfoods

Visit our website to obtain additional product information, to request a free catalog and explore other health promoting products.

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