



The Ultimate Source of Tonic Herbs and Superfoods  
**Products & Services Catalog**  
**2018**





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### ***Chinese tonic herbs and superfoods are not intended to be used medicinally to treat disease.***

If you are suffering from any illness or disease that may require medical attention, please consult your licensed medical doctor for medical advice. The tonics and superfoods are a unique group of herbs and superfoods, used in the Orient and around the world to promote health, not to counteract disease.

The descriptions in this book are based upon traditional knowledge and upon modern research done by researchers in respected laboratories in China, Japan, Korea, the United States, Europe, Australia and elsewhere. Descriptions are general and must not be used as a basis for any type of therapeutic application.

If you consume a tonic herbal or superfood preparation and believe that you are experiencing any negative effects from a formula, herb or superfood, stop taking it immediately. The first rule of Chinese herbalism is "Do No Harm," and this is to be taken literally. None of the formulations described in this book have any recognized side effects when taken properly and moderately. They are all considered to be "safe." All have been used thousands to millions of times. Most have been evaluated for safety by modern techniques. But if you feel that you are having an allergic reaction (which is very rare), stop the use of the herb(s) or superfood(s) immediately. If symptoms persist, consult your licensed practitioner of Chinese herbal medicine and physician or take appropriate emergency action. Enjoy the herbs, but do not be foolhardy in using them.

No medicinal or therapeutic claims are being made or meant to be implied in this book. The information provided herein is for general information and to provide insight into how tonic herbs and superfoods have been used historically and are still used by many for general health and wellness. Use your best judgement, seek out good advice and use the herbs moderately. In this way you will enjoy them immensely and may benefit in many ways.

\*These statements have not been evaluated by the Food and Drug Administration. Dragon Herbs products are not intended to diagnose, treat, cure, or prevent any disease.

# Dragon Herbs

## Products & Services Catalog 2018

**Dragon Herbs**, under the direction of Master Herbalist Ron Teeguarden and his wife and partner Yanlin Teeguarden, offers several hundred products. These products range from single tonic herbs and herbal extracts to sophisticated tonic formulations, nutraceuticals, teas and superfoods of all kinds from around the world.

These products are all designed to help attain, maintain and support glowing health based on the Three Treasures principle, the true foundation of Taoist herbalism. Some are classics developed hundreds of years ago and some have been newly created by Ron Teeguarden and his team of herbal experts over the past few decades.

All are made with superior grade herbs, the key feature of **Dragon Herbs**. We use *Di Tao* herbs and work tirelessly to maintain quality and freshness. Our production control and quality control are cutting edge. We examine all materials at every stage of the supply chain to assure that the material is pristine and robust. We are scrupulous to avoid pollutants and radiation.

We appreciate that this is a catalog for connoisseurs — though we are confident that neophytes in the world of tonic herbalism and superfoods will find a wide range of amazing elixirs and superfoods. We know that many other companies offer herbal products that may appear on the surface to be slightly similar, but we also know that quality matters when it comes to tonic herbs and superfoods. That's where we shine. Herbs and other raw materials come in a very wide range of qualities and Dragon Herbs **ONLY** uses the best herbs in the world. This is how we built our reputation as the ultimate source of tonic herbs and superfoods with the most discerning herbal connoisseurs around the world.

This Products & Services Product Catalog 2018 will provide information about the products offered by Dragon Herbs.

We are confident that this is the finest and most complete line of tonic herbal products in the world. Feel free to call our toll free service center seven days a week if you have questions.

Dragon Herbs Products & Services Catalog 2018

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# What We Offer

Dragon Herbs offers the best of the great tonic herbal tradition to those who desire to make the most of their lives. By providing a full range of superior herbal formulations made from the best ingredients in the world, Ron Teeguarden, founder and president of Dragon Herbs, believes that Dragon Herbs can contribute in a profound and substantial way to the health of all those who are seeking a better way of living.

Superior quality tonic herbs are whole and rich. They possess extraordinary chemical profiles that provide a basis for their reputations as life-promoting substances. These herbs possess unique natural phytochemicals that cannot be synthesized and cannot be matched by pharmaceutical supplements.

**Dragon Herbs** offers the most complete and powerful line of tonic herbal products in the world. As a result of years of searching, Master Herbalist Ron Teeguarden and his team of experts have found the best sources of famous tonic herbs like Ginseng, Schizandra, Astragalus, Goji, He Shou Wu, Pearl, Tongkat Ali, Reishi, Chaga, Deer Antler, Cordyceps and many others. We have found extraordinary rare wild herbs like Purple Reishi, Cordyceps, Tibetan Rhodiola and Snow Lotus.

We are quite sure that our collection of herbs is second to none in the world. We are always looking for the most incredible ingredients that can contribute significantly to your glowing health. We settle for nothing less than the best, and by using Dragon Herbs you can do the same. With these raw materials, we produce over 200 extraordinary products that have been satisfying the most demanding herbal connoisseurs for three decades. Our herbal products are exceptionally clean and potent, and as a result, Dragon Herbs is recognized around the world by connoisseurs of great herbs as the ultimate source of tonic herbs and superfoods.

Thousands of years of experience has taught that regular consumption of the tonic herbs can and will provide a type of dietary support that is truly empowering. We are offering you the key to glowing health.

Beyond all else, we are dedicated to serving you in your quest for glowing health, longevity and wisdom.





# Dragon Drops™

## Superior Herb Hydro-Alcoholic Extracts

Dragon Herbs **Superior Herb Hydro-Alcoholic Extracts**, commonly referred to as “**Dragon Drops**,” are alcohol-and-water extracts of the highest quality tonic herbs in the world. These highly concentrated fluid extracts are available in 2 ounce glass dropper bottles with glass droppers. The Superior Herb Hydro-Alcoholic Extracts, which have all been developed by Master Herbalist Ron Teeguarden, are extremely potent formulations utilizing herbs of unparalleled quality. These “superior herbs” are extracted with both water and alcohol to assure that all active constituents are extracted from these rare and supremely potent herbs. No other herbal producer in the world utilizes these quality substances in such a broad-based line. Additionally, the Superior Herb Hydro-Alcoholic Extracts are much more highly concentrated than other brands. Dragon Drops are typically “6 to 1” or “8 to 1” concentrates (eight pounds of herbs yield one gallon of extract), whereas most companies use only 1 or 2 pounds to make a gallon of extract (1 to 1 or 2 to 1 extracts are much more diluted and are thus much less potent).

The high value of the herbs used, the super-rich concentration of the herbs, and the extraordinary technology used to produce these extracts that protect the integrity of the herbal constituents, make these products more effective than anything else available. One taste of these extraordinary extracts and you’ll know why **Dragon Drops** are regarded by thousands of knowledgeable connoisseurs as the most potent line of tonic herb tinctures in the world.

Dragon Drops are “tinctures.” By definition, they are hydro-alcoholic extracts. The secondary ingredients in Dragon Drops are water and alcohol — that’s it.



## 8 Immortals Drops

**8 Immortals** is a supertonic formulation of the highest order. All of the herbs in this extraordinary tincture have Qi building, immune strengthening, spirit lifting, mind strengthening qualities. This is the ultimate example of an adaptogenic herbal supplement. It is composed of the elite tonic herbs, and all of the herbs used are super-premium grade, far beyond conventional commercial grade — in fact, some of the herbs are wild harvested in the remote mountains where they gained their reputations over many centuries. A few are the best cultivated or cultured varieties available in the world. The product is named in honor of the “eight immortals,” eight Taoist adepts who were said to have achieved immortality. Each of these “immortals” is associated with tonic herbs. The herbs combine to build the body-mind’s ability to resist stress and overcome challenges on both a short and long term basis. The herbs have a profound influence on the quality of the skin, mind and vitality. If you are interested in a single formulation that contains most of the most powerful tonic herbs known to humankind, this is it.



**Traditional Functions** — Builds *Jing*, *Qi* and *Shen* and helps regulate all 12 organ systems

**Ingredients** — Wild Chinese Ginseng root (Changbai Mountain), Wild American Ginseng root (Catskill Mountains), Wild Red Reishi fruiting body (Changbai Mountain), Cordyceps fruiting body (cultured on brown rice), Schizandra fruit (Changbai Mountain), Goji fruit (Heaven Mountain), Wild Tibetan Rhodiola root, Wild Tibetan Snow Lotus flower, Wild He Shou Wu (*Polygonum multiflorum*) root.

**Specifications** — 2 oz. dropper bottle, 8 oz. family size bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - \$55.00 #017

8 oz - \$199.00 #10017

0.25 oz - \$9.50 #30017



varieties of mushrooms available in all these specialty emporiums. Ron Teeguarden has collected all 22 of these powerful tonic mushrooms and has had them extracted together using the world’s most advanced extraction technology to produce an over-the-top protective tonic mushroom elixir. The mushrooms used to make **22 Reishis Drops** are **100% wild** except for **Duanwood Reishi** which is naturally cultivated in the mountains. Some of the mushrooms were growing in pristine nature for decades. The mushrooms have an extraordinary range of activities that protect and support our glowing health. All wild “Reishis” have powerful Shen tonic properties, so this formulation is both an immunological powerhouse and a spiritual elixir of the highest order. **22 Reishis Drops** contains Reishi-related woody mushroom from the major mountains of Asia, including the Himalayas, Changbai Mountain, Heaven Mountain, Song Mountain, the Kunlun Mountains, Wuyi Mountain, the Yellow Mountain (Huangshan) and others. **22 Reishis Drops** belongs in every serious tonic power-user’s home elixir bar. Because the mushrooms are rare and wild, quantities each year are very limited. There will be some natural variation from batch to batch, but there will never be any mushroom product more potent than any batch of **22 Reishis Drops**.

**Traditional Functions** — Tonifies *Jing*, *Qi* and *Shen*, regulates Yin and Yang, supports protective *Qi*, stabilizes *Shen*, nourishes the brain, enters all twelve meridians and organs, enters all eight psychic channels, up-regulates all three Dantian, supports longevity, nurtures wisdom

**Ingredients** — Red Reishi (*Ganoderma lucidum*, Changbai Mountain, wild), Red Reishi (*Ganoderma lucidum*, Song Mountain, wild), Golden Reishi (*Ganoderma multiplicatum*, wild), Tiger Milk Mushroom (*Lignosus rhinocerus*, wild), Brown Spot Mushroom (*Fuscoporia punctata*, wild), Backward Stem Purple Reishi (*Ganoderma cochlear*, wild), Chaga mushroom (*Inonotus obliquus*, Manchurian wild), Flat Cap Reishi (*Ganoderma applanatum*, wild), Bamboo Reishi (*Ganoderma calidophilum*, wild), Beehive mushroom (*Hexagonia apiaria*, wild), Hoof mushroom (*Fomes fomentarius*, wild), Purple Reishi (*Ganoderma sinense*, purple, wild), Thin Cap Reishi (*Ganoderma capense*, wild), Mulberry Yellow Reishi (*Phellinus igniarius*, wild), Pine needle mushroom (*Phellinus pini*, wild), Stemless Reishi (*Ganoderma resinaseum*, wild), White hoof mushroom (*Fomes officinalis*, wild), Mongolian Reishi (*Ganoderma monglicum*, wild), Tibetan Reishi (wild), Yellow Brown Reishi (*Ganoderma fulvellum*, wild), Stemless Purple Reishi (*Ganoderma mastoporum*, wild), Cloud mushroom (*Trametes versicolor* (*Coriolus versicolor*), wild), Duanwood Reishi (*Ganoderma lucidum*, cultivated)

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

**Precaution** — If you are allergic to mushrooms, this is a mushroom product, and it may not be suitable for you. Consult your herbalist or healthcare practitioner

2 oz - \$29.00 #010

0.25 oz - \$6.50 #30010



## 22 Reishis Drops

**22 Reishis Drops** is a unique, extremely potent tonic mushroom extract designed by Ron Teeguarden based on current and traditional “wild woody mushroom” connoisseur-usage in Asia. **22 Reishis Drops** was ten years in the making and is a supreme herbal achievement that serious herbal connoisseurs will appreciate and enjoy. There are a few “Reishi emporiums” in China that sell very powerful, wild-collected woody mushrooms that are all categorized as “Reishi-related.” There are 22

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Albizia Flower Shen Drops

The beautiful, extremely delicate flower of the **Albizia julibrissin** (a variety of mimosa tree) has been used for centuries in Asia as a superior Shen tonic. A properly-prepared extract of the freshly harvested flowers lifts the spirit, calms the emotions, stabilizes mood and points our psyche in a positive direction. This extremely useful Shen tonic can have miraculous benefits. In southern China, the flower from the *Magnolia coco* tree has been used similarly. This wonderfully aromatic flower has a powerful calming effect when one is overcome by anger, frustration, worry, fear, anxiety and other tough emotions. By combining these two flowers and extracting them by advanced technology so as to assure the preservation of the aromatic oils and other components, we produce a Shen tonic that belongs in everyone's home elixir bar, and many people's bags and purses. It's naturally delicious and easy to take.



**Traditional Functions** — Stabilizes and lifts Shen

**Ingredients** — *Albizia julibrissin* flower, *Magnolia coco* flower

**Specifications** — 1 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$16.00** #032

0.25 oz - **\$4.80** #30032



“Unleash your potential, experience your higher self!”



## American Ginseng Drops

**American Ginseng** is a member of the ginseng family that is native to North America. American Ginseng is extremely popular in Asia. It contains saponins similar to those found in *Panax Ginseng* (Asian ginseng) as well as dozens of unique saponins. **American Ginseng** is considered to be a *Yin* tonic herb, especially nourishing to the lungs, skin and stomach. Because of its cool and moistening nature, it can be used by most people, and even by those who do not tolerate Asian Ginseng well. We use premium grade Wisconsin cultivated *Panax quinquefolium* roots, all personally selected and approved by Ron Teeguarden each autumn. All ginseng roots have been growing in the ground for at least six years to assure maturity and balanced saponin content.



**Traditional functions** — Builds Qi, nurtures Yin (fluids), adaptogenic

**Ingredient** — American Ginseng roots (Wisconsin)

**Specifications** — 2 oz. dropper bottle

**Usage** — 2 - 10 squirts daily as desired

2 oz - **\$39.00** #016

0.25 oz - **\$8.50** #30016



## Q&A

### Why are most of your single herb Ginseng products in liquid form?

We produce both powder and liquid Ginseng products. Dragon Herbs' liquid extracts combine the benefits of both water and alcohol extractions of Ginseng into highly concentrated extracts. Some of the most important constituents of Ginseng are water soluble only, and some are alcohol soluble only — so we extract with both. This provides the full complement and synergistic effects of all the active constituents, the ginsenosides (saponins) in all their aspects, plus all the trace components, for the fullest and most profound concentration available. Many ginseng connoisseurs feel that the liquid form is faster acting than powdered forms. **Kinetic Ginseng** is made by fermenting Korean Red Ginseng. This produces the most powerful Ginseng powder in the world, with all of Ginseng's constituents, including metabolites that usually require human digestion to produce. Most of our wild Ginseng products and organic Ginseng products are produced in tincture form to maximize the range of metabolites.





Top left: Ron with young Bhutanese Buddhist monks, Top: Bhutanese women hunt for Cordyceps at 17,000 feet and Bhutanese prayer flags wave above a Buddhist shrine. Top right: Ron, Benchen Khenpo and Garnet Dupuis with Bhutanese Minister of Forestry. Below: Benchen Khenpo, Ron, the Prime Minister of Bhutan and Garnet Dupuis. Bottom right: Bhutanese Cordyceps with characteristic red "eyes." Note: Cordyceps is a mushroom.

## Bhutanese Wild Cordyceps Drops

**Wild Cordyceps** is one of the most precious herbs in the world. It is a quintessential tonic herb from the top of the world. It grows at the snowline of the Himalayas and is collected each summer by indigenous collectors at about 17,000 feet elevation. This extremely rare mushroom, which grows on the body of an alpine caterpillar, has been prized for centuries as an immune tonic that supports glowing health. It is also considered a premier Yang tonic that promotes physical energy, sexual power and stamina, mental strength and overall robustness. Its reputation is so strong that it is now the most expensive herb in the world. Dragon Herbs produces one batch of **Bhutanese Wild Cordyceps Drops** per year. We use wild Bhutanese Cordyceps because it is considered to be the best Cordyceps in the world. To keep the price within reality, the wild Cordyceps is blended with premium grade cultured Cordyceps. Cultured Cordyceps comes in many



grades, some of which is naturally grown, and some of which is chemically grown or is grown using inferior materials. Ron Teeguarden has selected cultured Cordyceps grown without the use of any chemicals on organically grown brown rice. This cultured Cordyceps is rich in all Cordyceps components, and even has more *cordycepin* than wild Cordyceps. The wild and cultured Cordyceps are extracted together using the world's most advanced extraction technology to preserve all natural constituents. **Bhutanese Wild Cordyceps Drops** is made with 10% wild Cordyceps. The end result is a wonderful tonic tincture that may be used in any elixir.

- Traditional functions** — Yin and Yang Jing tonic, adaptogenic Qi tonic, tonifies Lungs, Kidneys and Brain
- Ingredients** — Wild Bhutanese Cordyceps mushroom (*Cordyceps sinensis*, whole mushroom, approximately 10%), cultured *Cordyceps militaris* (grown on brown rice) approximately 90%
- Specifications** — 2 oz. dropper bottle
- Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - \$139.00

#034

56

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Changbai Mountain Ant Extract

**Changbai Mountain Ant Drops** is a full-potency hydro-ethanolic extraction of one of the most powerful known tonic substances. This is a very high potency Mountain Ant extract. It is made with clean, farmed **Polyrhachis Ant** from Changbai Mountain in remote northeastern China (Manchuria). Classically considered one of the “forever young foods” incorporated into daily diets, Polyrhachis Ant is widely consumed in Asia as a dietary supplement for its many known benefits. This Mountain Ant is famous for supporting many important life functions and for its replenishing tonic properties of restoring Qi, increasing vitality and nourishing the blood. Polyrhachis Ant is also one of the most powerful adaptogenic substances of the earth, helping the body to naturally adapt to change and common stress as efficiently as possible. Polyrhachis Ant is one of the few supplements that gives quick Qi to the brain and body, while simultaneously restoring its original source, the Kidney Jing, creating its supertonic reputation for both *Qi* and *Jing*. Polyrhachis Ant regulates *Yin* and *Yang* throughout the body and supports the regulatory functions of the immune system. Polyrhachis Ant is known to increase the production of DNA and RNA within the cells. A unique set of aldehyde compounds found in Polyrhachis Ant is believed to contribute to the Ant’s unparalleled physical strength — Polyrhachis ants are known to be able to lift 100 times their own weight. This aldehyde provides great tonic action for the human body as well. *Polyrhachis vicina* is non-toxic.



The Teeguarden’s have some fun with a great piece of Coriolus, an otherwise very serious tonic herb

**Traditional Functions** — Qi tonic, adaptogen\*, Jing tonic, regulates Yin and Yang

**Ant is an ideal tonic for athletes.**

**Ingredients** — Changbai Mountain Polyrhachis Ant (*Polyrhachis vicina*), Changbai Organic Red Ginseng root, Goji fruit, Schizandra fruit

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$26.00** #007



0.25 oz - **\$5.50** #30007

## Coriolus Drops

In China *Coriolus versicolor* is known as the “cloud mushroom.” In traditional herbalism, extracts of Coriolus were used to support Lung and Liver health. A Ming dynasty edition of the *Materia Medica* states that “The cloud mushroom is beneficial to one’s spirit (Shen) and vital energy (Qi), and strengthens the tendons and bones (Jing). If cloud mushroom is taken for a long time, it will make one vigorous and will contribute to a long life.” Coriolus is an important immune modulator.



**Traditional functions** — Qi tonic, supports immune functions, heart tonic

**Ingredients** — *Coriolus versicolor* mushroom, Goji berry, Duanwood Reishi fruiting body

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$18.00** #031



0.25 oz - **\$4.75** #30031

## Q&A | Why is alcohol present in your tinctures?

By definition a tincture is a hydro-alcoholic (ethanolic) extract of an herbal substance. Alcohol is frequently used to extract herbs as there are many phytonutrients that cannot be extracted solely in water. Many of the most important constituents known in herbalism are in fact alcohol soluble and that often determines why we would use alcohol in the processing. Alcohol also acts as an efficient natural preservative which prevents spoilage of the herbal material. Alcohol has been used to make herbal extracts since ancient times. The small amount used and then consumed is actually considered beneficial by most experts and connoisseurs here and in Asia.

## Changbai Mountain Deer Antler Drops

Dragon Herbs **Changbai Mountain Deer Antler Drops** is made exclusively with antler from Sika Deer, long considered to be the best deer antler. These are small spotted deer that are native to Northeastern Asia. This is the most valuable antler in the world. Deer Antler is considered to be one of the “big three” ultimate “herbs” (dietary supplements) of China — Ginseng, Reishi Mushroom and Deer Antler. Deer Antler supports normal healthy life functions so as to promote wellbeing. Deer Antler is a Yang Jing tonifying herb, and it also tonifies Yin Jing, Qi, Blood and Shen. It therefore tonifies all three Treasures. Deer Antler is used by athletes to support muscular strength. Deer Antler is suitable to both men and women. Deer Antler extract contains hyaluronic acid, a natural substance, also produced in the human body, that maintains elasticity of the skin and connective tissue. Dragon Herbs **Changbai Mountain Deer Antler Drops** is a unique product in the U.S. market. There are dozens of other “deer velvet” products available, but Dragon Herbs **Changbai Mountain Deer Antler Drops** is the ONLY product made ENTIRELY from Deer Antler **tips**. Deer Antler grows from its “tips.” As it grows, the soft body of the antler hardens, while the growing tip remains soft and bio-chemically rich. It has been estimated that 90% of the biologically active constituents of the ENTIRE antler is contained in just the last inch of the antler, known as the “tip,” even if the antler is 18 inches long. Dragon Herbs deer are farmed in beautiful, pristine Changbai Mountain, and are certified by the Chinese Ministry of Health to be clean and safe. Since the deer

are so valuable and since deer antler is essentially a renewable “resource,” deer are highly protected. They thrive under the conditions established. The antler is painlessly cut off the live deer when the antler has developed either two or three branches and covered by “velvet.” Dragon Herbs uses only the distal *one inch* of the antler to make this product. The deer from which the antlers are collected are humanely treated at all stages of their life. They are very well fed, are allowed to graze freely in the foothills during the daylight hours, are protected from predators and are not harmed during the collection of their antlers. They are constantly monitored for their health. After the antlers are collected in May and June, the antlers regrow during the same growing season and are allowed to grow out fully. “Antler harvesting” has been proven to improve the life span of the male deer, which become somewhat less aggressive during mating season (fall and winter) and less prone to fighting and killing each other for the females. As a result, most male deer that have their antlers removed in the spring do not die from rutting, whereas the death and injury rate in the wild is very high. Female spotted deer do not produce antlers.

**Traditional Functions** — Tonify the Kidney Qi and fortify Yang. Tonic to Yin Jing and Blood, and supports the sinews and bones. Supports the heart and mind. Tonifies and nurtures Liver and Kidneys. Provides energy to the Governing, Conception, Penetrating and Belt Channels of the Extraordinary Channels system.

**Ingredient** — Deer Antler tips from Sika Deer

**Specifications** — 2 oz. dropper bottle or 8 oz family size bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$79.99**

#006

30

800

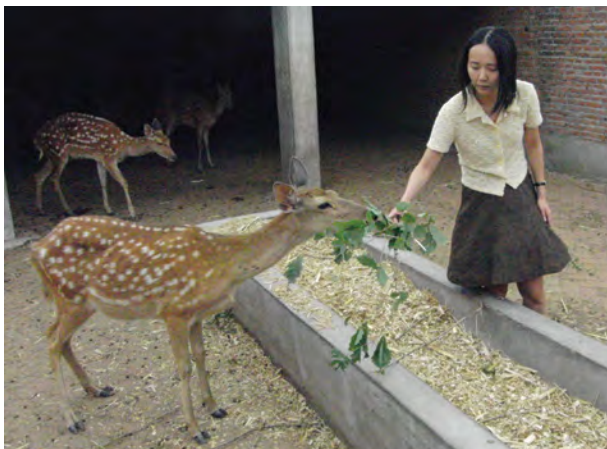
8 oz - **\$288.00**

#10006

115

0.25 oz - **\$17.50**

#30006



Lower right: Deer antler tips are small and contain a waxy substance that supports cellular renewal. Dragon Herbs ONLY uses tips to make its Deer Antler Drops. Lower left: Yanlin feeds mulberry leaves to one of our deer. Upper left: Spotted deer in full antler.

“Elixir” — an herbal substance that when consumed regularly promotes glowing health



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Desert Cistanche Drops

This product is the extract of wild-crafted *Cistanche deserticola*. It is a powerful Yang tonic made from a very rare herb. It is a tincture that you may consume straight into your mouth, or you may add to water or a blended drink or smoothie. From an herbal point of view, this is one of the most delicious and "consumable" "Drops" we have ever produced. It is rich, smooth, delicious, and simultaneously potent and delicate. *Cistanche deserticola* is a rare and precious tonic herb from the remote desert of Inner Mongolia, virtually in the shadow of Heaven Mountain. It is one of the most revered herbs in Asian herbalism. Cistanche stem is a very potent Jing tonic herb that nurtures both Yin and Yang, though it is primarily renowned as a Yang tonic that promotes sexual and physical prowess. It is historically believed to contribute to the enlargement of a certain part of the male anatomy. Desert Cistanche is famous among almost all Asians as "the herb that Genghis Khan consumed." Genghis Khan was one of the most powerful men that ever lived and founded the largest empire in the history of the world. He also fathered more children than any other known man in all of history. He is the DNA-substantiated ancestor of a substantial proportion of men now alive in the world today, approximately 16 million descendant males, and is the ancestor of countless women as well, though his female lineage cannot be traced. We appreciate that Genghis Khan was not a good man. He was a ruthless warrior and a conqueror. He did not build libraries. So for Shen we recommend Reishi, Goji, wild Ginseng and any of Dragon Herbs Shen tonic formulations.

**Traditional Functions** — Tonifies Kidney and benefits Yang

**Ingredient** — Cistanche deserticola

**Specifications** — 2 oz. dropper bottle

**Usage** — 1-6 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$29.00** #040

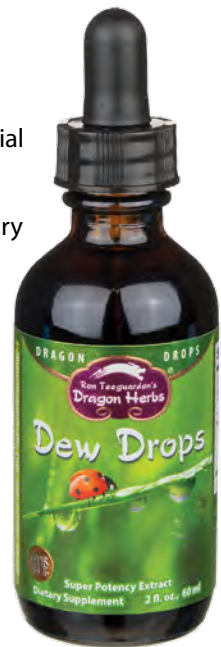


0.25 oz - **\$6.50** #30040



## Dew Drops

**Dew Drops** is a Yin tonic. Yin is essential to life. **Dew Drops** helps the body to maintain softness and fluidity. It is especially good for people who feel dry due to aging or weather conditions, such as experienced often in California and other dry regions. **Dew Drops** supports normal moisture and fluid secretion, regulation of the skin, eyes, lungs, digestive tract and internal sexual tissues. It supports the natural production of saliva and digestive fluids. **Dew Drops** can be very useful for older individuals to support fluid balance in the tissues and a youthful appearance as one grows older.



**Ingredients** — Chinese Asparagus root, American Ginseng root, *Pseudostellaria heterophylla* root tuber, Poria sclerotium, Lily flower, Chinese Licorice root

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

**Precautions** — This formulation is best not be used when experiencing cough due to invasion of wind-cold and by those with cold Spleen with diarrhea

2 oz - **\$19.99**

#025



0.25 oz - **\$5.5**

#30025



Ron within seconds of receiving new bottle of Desert Cistanche Drops

## Diamond Mind Drops

**Diamond Mind Drops** is designed to support the mind. It contains the root of the remarkable Himalayan adaptogenic herb, *Rhodiola sacra*. Tibetan *Rhodiola* grows at more than 14,700 feet above sea level, above the snowline, under extremely adverse conditions. *Rhodiola sacra* has been used for centuries in Himalayan culture to support mental energy, depth of thought, mental endurance and wisdom. This herb supports oxygen flow to the brain. Standardized *Ginkgo biloba*, another ingredient in **Diamond Mind Drops**, has been demonstrated to improve blood flow in the brain and to deliver increased oxygen to brain cells, thus it may improve cognition, especially when combined with Himalayan *Rhodiola*. Polygonatum rhizome is one of the most precious herbs used by Taoists to build the Three Treasures and to enhance life force. It has been used for centuries in the Orient to rejuvenate the brain and enhance mental power. Each of the other herbs in this formula has been used for centuries to support concentration, focus, memory and mental energy. The benefits of **Diamond Mind Drops** are by no means limited to the mind. The herbs in this formula also have powerful general tonic benefits that will support physical vitality, mood, blood flow and cardiovascular functions. Dragon Herbs **Diamond Mind Drops** is a high potency herbal extract. The complete range of active phytochemicals are fully extracted.

**Traditional Function** — Tonifies Qi, promotes circulation and tonifies Kidneys

**Ingredients** — Tibetan *Rhodiola* root (*Rhodiola sacra*), *Ginkgo biloba* leaf (Standardized to 24% Ginkgo Flavone Glycosides & 6% Terpene Lactones), Schizandra fruit, Polygonatum rhizome, Eleuthero root

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$19.99**

#023



0.25 oz - **\$5.50**

#30023



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Duanwood™ Reishi Drops

Reishi mushroom is arguably the greatest tonic herb on earth. It is certainly one of the most revered herbal substances in Asia, ranking as one of the elite herbal supplements for the attainment of glowing health, longevity and spiritual attainment. It has maintained that reputation for at least 2,500 years, and its reputation and value are only increasing. Reishi, also known by its Chinese name of *Ling Zhi* or its botanical name of *Ganoderma lucidum*,



is extremely safe and non-toxic. **Duanwood™ Reishi** is an **organically cultivated** variety of Reishi that has potent immune tonifying potency. This product is made from 100% Duanwood™ Reishi, and is rich in all of the components that make Reishi great. The Reishi is grown on logs cut wild from the forest. Duanwood Reishi is far more powerful than common hothouse (plastic bag) Reishi and Reishi mycelium, the most common sources of "reishi" raw materials on the American market. "Duan" means "original and authentic." So "Duanwood" means "authentic wood" — the same exact wood Reishi grows on in nature. **Duanwood Reishi™** is Dragon Herbs' proprietary cultivated Reishi, grown in a remote high mountain forest on Wuyi Mountain, naturally irrigated with mountain spring water, in air as fresh as any on earth, in pure virgin mountain-forest soil. The logs are sustainably wild harvested. All this yields the most potent Reishi. Ron Teegarden has been selling Reishi since 1976, which makes this his 40<sup>th</sup> anniversary in the trade. Ron has visited several dozen Reishi plantations in Asia. When Ron states that this is the best cultivated Reishi in the world, it is based on deep experience. **Duanwood™ Reishi** is made with 50% Reishis that are on the verge of going to spore and are at peak energy. The other 50% are mushrooms that have gone to spore the very day they are collected. Reishi spores have special qualities that enhance the overall benefits of this extract. Reishi spores are a profound Jing and immune tonic. \*The terms Duanwood™ and Duanwood Reishi™ are trademarks of Dragon Herbs.

**Traditional Functions** — Tonifies Qi, promotes circulation and tonifies Lungs, Spleen, Heart, Kidney and Liver. Traditionally called the "Mushroom of Immortality."

**Ingredient** — Duanwood™ Reishi fruiting body

**Specifications** — 2 oz. dropper bottle, or 8 oz family size bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$19.99**

#005



8 oz - **\$72.00**

#10005



0.25 oz - **\$5.50**

#30005

## Earth Drops Wild Ginseng

**Earth Drops Wild Ginseng** is a super-premium extract made 100% from wild ginseng roots collected in the Catskill Mountains and from Changbai Mountain in Manchuria. All roots are at least thirteen years old when collected. There are no cultivated roots in Earth Drops. Compared to the other wild ginseng extract produced by Dragon Herbs (**Heaven Drops**), **Earth Drops Wild Ginseng** has a more yin nature. It is mild and suitable for anyone of any constitution. It is a Qi tonic, adaptogenic and a Shen tonic formulation. Since it is made from extremely rare ginseng roots, **Earth Drops Wild Ginseng** is not available at all times and each batch will differ slightly in color and taste — and that is part of the charm and fun of being a ginseng connoisseur. No real tonic herbal connoisseur would miss out on this product.

**Traditional Functions** — Tonifies Qi, promotes circulation and tonifies Lungs, Spleen and Heart. Yin tonic. American ginseng was imported into China, where it has always been highly favored, for over 500 years.

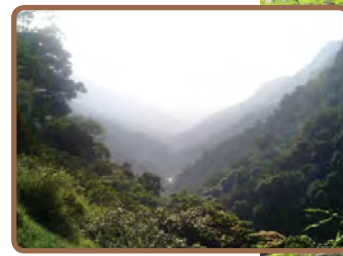
**Ingredients** — Wild American Ginseng, Wild Chinese Ginseng

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$195.00**

#002



Catskill Mountains, upstate New York, is Di Tao for American Ginseng. It has been a source favored by the Chinese for over 400 years.



## Eleuthero Drops

### Siberian Ginseng Root

Eleuthero (*Eleutherococcus senticosus*) is one of the primary adaptogenic herbs used around the world. It is widely known as Siberian Ginseng, although it is not directly related to Panax Ginseng. Both grow in northern Asia. Eleuthero is a potent energy tonic. It is an excellent herb for those who exercise and participate in athletic activities. It supports mental and physical endurance. The root of Eleuthero is woody, so it takes over 8 pounds of root stock to produce just one gallon of Dragon Herbs **Eleuthero**



**Drops.** This is genuine *Eleutherococcus senticosus* from Manchuria, a Di Tao source of this famous herb. Dragon Herbs **Eleuthero** is a full 8:1 extraction, which makes it the most potent Siberian Ginseng liquid extract product on the market.

**Traditional Functions** — Tonifies Qi, adaptogenic, promotes circulation and tonifies Lungs, Spleen and Heart. Benefits the mind.

**Ingredient** — *Eleutherococcus senticosus* (Siberian Ginseng) root

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - \$17.00

#020



0.25 oz - \$4.50

#30020

## Eucommia Bark Drops

Eucommia bark (from *Eucommia ulmoides*) is the primary plant-sourced herb in Chinese herbalism used to tonify the Kidney Yang functions, in particular as it affects the skeletal structure. Although Eucommia is primarily known as a powerful Yang Jing tonic, it is also a strong Yin Jing tonic herb as well. Because it provides both Yin and Yang, it is a superb tonic herb for men and women alike and can be used by almost anybody to support the functions of the endocrine system, to support the physical structure, to provide foundational Jing for the reproductive system, and to support the immune system. It may be combined with any number of other tonic herbs in a formulation or tonic herbal program designed to build the Yin and Yang of the Kidney. Most extracts of Eucommia in the American market today are



Ron stands before a Eucommia tree.

made with *Eucommia leaves* to reduce cost. The bark, however, is much more potent and is favored by connoisseurs of tonic herbs. Eucommia bark that has achieved appropriate maturity is extremely well balanced and chemically rich. Dragon Herbs uses only fully mature (10 years old or older) *Eucommia bark* in this important life-supporting, tonic product. The trees are sustainably harvested.

**Traditional Function** — Nourishing the Kidney and Liver; strengthening the bones, ligaments and muscles; hypotensive; and benefiting the uterus and fetus during pregnancy

**Ingredient** — Eucommia bark

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - \$19.00

#026



0.25 oz - \$4.50

#30026

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Gecko Rockclimber Drops

**Gecko Rockclimber** is a maximum potency tonic formulation suited to anyone who works out or participates in athletic activities. It is a profound Jing tonic with most of the most powerful Jing tonifying herbs all in one powerful tincture. **Gecko Rockclimber** is designed for those wishing to strengthen the skeletal and muscular systems and for those seeking immediate and long lasting physical power. **Gecko Rockclimber** is a premium Yang tonic. **Gecko Rockclimber** has a warm Yang quality, so it may need to be combined with Yin herbs such as **Spring Dragon Longevity Drops, Dew Drops, Healer's Tea** and/or **Goji and Schizandra Drops**, to help balance one's overall energetics. **Gecko Rockclimber** is designed to provide herbal support for athletes and other highly active individuals such as dancers, actors, performers, lovers, etc. It is suitable for those who have experienced adrenal exhaustion from chronic or acute stress, overwork or sexual excess, or by those whose work requires extraordinary physical prowess.



**Traditional Functions** — Tonifies Yin and Yang Jing, builds blood and Qi

**Ingredients** — Gecko tail, Deer Antler tips, Chinese Red Ginseng root, Eleuthero root, Astragalus root, Morinda root, Eucommia bark, Goji fruit, Prepared Rehmannia root, White Atractylodes rhizome, Chinese Salvia root, Dioscorea rhizome, Chinese Licorice root

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$36.99** #018



0.25 oz - **\$7.00** #30018



Step up to Superior Herbalism.  
Step over to Dragon Herbs.

## Ginseng Sublime Drops

**Ginseng Sublime Drops** is a premium, full spectrum, hydro-ethanolic extract of a number of different varieties of Ginseng. **Ginseng Sublime** is for people who want to experience the power of the finest cultivated Ginseng in the world, expertly blended and extracted. It is made from a variety of premium-grade cultivated Chinese, Korean and American Ginseng and roots. **Ginseng Sublime Drops** is Dragon Herbs' most popular Ginseng product. This highly concentrated tincture is distinguished by the quality and variety of the Ginseng roots used to make it. **Ginseng Sublime** contains red and white Ginseng roots, 6 years old or older, grown on a Ginseng plantation in Changbai Mountain in the Shu Chu Valley, recognized as the ultimate growing site of Ginseng in China.



This Ginseng is organically grown and processed naturally. In addition, **Ginseng Sublime Drops** contains premium grade cultivated American Ginseng roots to complete the "ginsenosides" profile of this extraordinary Ginseng product. It is truly "sublime."

**Traditional Functions** — Tonifies Jing, Qi and Shen\*

**Ingredients** — American Ginseng roots (cultivated), Organic Chinese Red Ginseng roots, Organic Chinese White Ginseng roots.

**Specifications** — 2 oz. dropper bottle or 8 oz family size bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$39.00** #019



8 oz - **\$148.00** #10019



0.25 oz - **\$8.50** #30019





## Goji & Schizandra Drops

This is a classical combination of two of the most powerful, important and safe tonic herbs in the world. **Goji and Schizandra Drops** is the extraction of the very finest, freshly harvested wild Schizandra from Changbai Mountain in Manchuria, blended with an equal amount of premium Goji fruit from Heaven Mountain in Central Asia, the premier source of Goji in the world. This superb super-concentrated tincture will surprise and please you with its multi-textured flavor and wide range of benefits. This is a product that should be on everyone's home herb shelf or home elixir bar. It may be used alone or combined with virtually any other tincture, or as an adjunct in juice blends and smoothies. This formulation is suitable for men and women, young or old.



**Traditional Function** — Tonifies all three treasures\*

**Ingredients** — Wild Schizandra fruit, Heaven Mountain Goji berry

**Specifications** — 2 oz. dropper bottle or 8 oz family size bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$19.00** #012



8 oz - **\$68.00** #10012

0.25 oz - **\$5.00** #30012



## Heaven Mountain™ Goji Drops

This is the pure essence of Goji berries from Heaven Mountain. This is a new product for Dragon Herbs. The flavor is so extraordinary that every connoisseur will want to stock up with multiple bottles. It is thick, delicious and brimming with phytonutrients only available from Heaven Mountain™ Goji. This could well be the best product from Dragon Herbs. A must for your home elixir bar. Perfect to turn friends onto tonic herbs. Goes into any smoothie or blender drink or DBG tea or straight into your mouth.

**Traditional Function** — Tonifies all three treasures\*

**Ingredient** — Heaven Mountain Goji berries extract

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$14.00** #052



0.25 oz - **\$5.00** #30052



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Organic Red Ginseng Changbai Mountain Drops

Asian Red Ginseng is a top-tier tonic herb famous for 3 millennia and around the world for promoting robust life force in those who consume it regularly. Dragon Herbs Organic Red Ginseng Drops is a remarkable extract of organically grown Red Ginseng from Changbai Mountain in Manchuria. It is a rich, delicious tonic extracted by a cutting edge method to maximum potency. All roots are 6 years old when harvested, and are prepared by a traditional steaming process converting the raw ginseng roots into Red Ginseng. Savor it!

**Traditional Functions** — Tonifies Jing, Qi and Shen\*

**Ingredients** — Organically grown Chinese Red Ginseng roots

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$39.00** #022

16

0.25 oz - **\$8.50** #30022

## Organic Ginseng Gone Wild

Super-premium organically-grown 6 year-old Changbai Mountain Ginseng forms the base of this extraordinary Ginseng tincture. But the main ingredient is TaiJi wild Chinese Ginseng, also from Changbai Mountain, the most precious Ginseng in the world. All wild roots are estimated to be between 35 and 100 years old. A whopping 13.5% TaiJi wild Ginseng distinguishes this from any other commercial Ginseng product in the world. Exclusively from Ron Teeguarden's Dragon Herbs.

**Ingredients** — Wild TaiJi Chinese Ginseng, Organic Changbai Mountain Ginseng

**Specifications** — 1 fl. oz.

**Usage** — 1-6 droppers per day as desired or as directed by your health care practitioner

1 oz - **\$95.00** #048

38



## Organic Purple Reishi Drops

Reishi is the ultimate tonic herb. Its reputation as the “mushroom of immortality” goes back thousands of years, even further back than written history. Traditionally, the purple Reishi mushroom was the most sought-after and revered type of Reishi. Today, purple Reishi is so rare that most herbalists have never seen it. Of all the varieties of Reishi, it provides the most Jing. It is a powerful life supporting herb. It provides abundant Qi and Shen. Ron Teeguarden has been fortunate enough to have made acquaintance with a mountainman from Sichuan province in Central China who has located a remote and hidden valley where wild Purple Reishi grows. Dragon Herbs purchases this collector's entire “harvest” twice a year (early summer and fall). There is enough available to produce a limited run twice a year. This is an ultimate tonic herbalists' elixir.

**Traditional functions** — Tonifies all three Treasures, adaptogenic, promotes longevity, protects

**Ingredient** — Wild Purple Reishi Mushroom

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$28.00** #039

11

450

0.25 oz - **\$6.25** #30039



Applying the principle of the three treasures is the highest form of herbalism. In the Orient it is called “the Superior Herbalism.”

## Qi Drops

We all need Qi on a constant basis. Qi tonics provide the energy required to be adaptive and for the immune system to function optimally. Chinese herbalism is rich in Qi tonic herbs, and **Qi Drops** is the quintessential Qi tonic formulation. It contains most of the premier Qi supertonic herbs used in Chinese tonic herbalism, including Ginseng, Gynostemma, Codonopsis, Astragalus, Tibetan Rhodiola, Siberian Ginseng and others. This very powerful formula will increase Qi production in the body by supporting the functions of the lungs and digestive system. Sung Jin Park, Ron Teegarden's Taoist mentor, had this to say about Qi: "The power of Qi can be seen in the power that enables a person to move and live. Qi is the invisible life force which enables the body to think and perform voluntary movement. It can be seen in the movement of energy in the cosmos and in all other movements and changes. Qi circulates through the twelve meridians, the energy circuitry of the body, to nourish and preserve the inner organs." Qi Drops is the ultimate broad spectrum adaptogenic Qi tonic elixir. Only premium quality herbs are used to produce Qi Drops.

**Traditional Functions** — Qi tonic, fortifies defensive energy

**Ingredients** — Astragalus root, Gynostemma leaf, Chinese Ginseng root, Eleuthero root, Codonopsis root, Tibetan Rhodiola root, White Atractylodes rhizome, Dioscorea rhizome, Polygonatum root, Chinese Licorice root, Aged Tangerine peel

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$19.00**

#024



0.25 oz - **\$5.00**

#30024

## Spring Dragon Longevity Drops

**Spring Dragon Longevity™ Drops** is a potent adaptogenic herbal elixir. It is the same formula as the famous "house tea" of Dragon Herbs, however it is extracted with water and alcohol, to create a super-potent tincture of a range of China's greatest tonic herbs.

**Spring Dragon Longevity Drops'** main ingredient is the powerful tonic herb known as Gynostemma. Gynostemma is one of the most important adaptogenic herbs used in Asian herbalism. The leaves of Gynostemma are extracted and concentrated along with five other major tonic herbs. **Spring**

**Dragon Longevity Drops** is uplifting — but it does not cause hyperactivity — it is not a stimulant. It is simultaneously calming — it promotes a sense of peace — but it is not a sedative. The herbs in **Spring Dragon Longevity Drops** support immune functions in a variety of ways.



**Traditional Functions** — Adaptogenic, immune regulating, tonifying to the Lungs, Heart, Spleen/Pancreas, Liver and Kidney\*

**Ingredients** — Gynostemma (premium grade leaves only), Luo Han Guo, Schizandra fruit, Goji fruit, Astragalus root and Eleuthero (Siberian Ginseng) root.

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$18.00**

#008



0.25 oz - **\$4.75**

#30008



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Super Yang Jing Drops



**Super Yang Jing Drops** is made from the most powerful Yang tonic herbs used in Chinese herbalism. This is a very potent hydro-ethanolic extract. It is designed for fast action, but also has profound long term cumulative benefits. Yang tonic herbs are strengthening, invigorating and warming. Many of the Yang tonics have traditionally been held in the Orient to be highly beneficial sex tonics for normal healthy individuals. The herbs in this formula are the most powerful of the Yang tonics. These same herbs have historically been used in tonic formulations used by Asia's richest men. In fact, this formula is based on a formula from an eleventh century sex manual, which describes formulations used by the emperor of China, a man who reputedly had more than a thousand concubines! In fact, every herb in the formula promotes the vitality of the Kidney system, tonifies Kidney Yang and stokes the Fire of Life. Combined and cooked together, **Super Yang Jing Drops** is a superb general tonic for highly active individuals. Only super-premium grade herbs are used to prepare this tincture. Due to the supreme quality of the raw materials used to make this product, **Super Yang Jing Drops** is unmatched in the American market. The formula contains no additives or chemicals. It may be used for an extended period of time (even a lifetime) or it may be used intermittently.\*

**Traditional Function** — Yang tonifying formulation\*

**Ingredients** — Epimedium leaf, Deer Antler Tips, Cistanche stem, Cordyceps mycelium, Chinese Red Ginseng root, Astragalus root, He Shou Wu root, Cuscuta seed, Schizandra fruit, Eucommia bark, *Cornus officinalis* fruit

**Specifications** — 2 oz. dropper bottle

**Usage** — 3-12 droppers per day or as directed by your health care practitioner

2 oz - **\$39.99** #009



0.25 oz - **\$4.75** #30009

## Supreme Shen Drops

Shen is one of the Three Treasures. Shen is our "spirit" and our higher consciousness. This is ultimately the most important of the Three Treasures because it reflects our higher nature as human beings. Chinese masters say that Shen is the all-embracing love that resides within our Heart. Shen is expressed as love, compassion, kindness, generosity, acceptance, forgiveness and tolerance. It manifests as our wisdom and our ability to see all sides of all issues, our ability to rise above the world of right and wrong, good and bad, yours and mine, high and low, etc. Shen is our higher knowledge that everything is one. **Supreme Shen Drops** contains an extraordinary range of tonic herbs that support our Shen and have the power to help calm the mind, stabilize Shen, lift the spirit, and ultimately open Shen fully. Shen tonics have been used by the great sages of the Orient. **Supreme Shen Drops** is a quintessential Shen tonic formulation that may be used daily or from time to time as needed.



**Traditional Functions** — Stabilizes and tonifies Shen\*

**Ingredients** — Chinese Asparagus root, Wild Reishi fruiting body, Tibetan Rhodiola root, *Albizia julibrissin* flower, Longan fruit, Spirit Poria sclerotium, Polygala root, American Ginseng root.

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$27.00** #015



0.25 oz - **\$5.75** #30015



Joan-Angela Hess, Senior Herbalist

Painting by John Domont 2016

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Sweetfruit Drops

**Sweetfruit Drops™** is the standardized extracted tincture of the Chinese herbal fruit Luo Han Guo (*Siraitia grosvenorii*). The functional saponin from Guilin Sweetfruit extract (*mogroside*) supports normal immune functions. In addition, it is one of the great treats of nature. **Sweetfruit Drops** is a naturally super-sweet product that has very little effect on blood sugar level. It is approximately 300 times sweeter than refined sugar and yet has just 5 percent of the calories of sugar. It can be used to flavor all kinds of drinks and food. Guilin Sweetfruit is safe and has no known side effects. It may be used by children and adults. **Sweetfruit Drops** belongs in every home elixir bar.



**Traditional Functions** — Tonifies the lungs, eliminates heat

**Ingredient** — Luo Han Guo fruit

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$10.00**

#011

4

100

8 oz - **\$30.00**

#10011

12

0.25 oz - **\$3.00**

#30011



## Tibetan Ever Young Drops

This is a tincture made from the rarest-of-rare tonic herbs — the Tibetan “Ever Young” plant (Bu Lao Cao). Hardly any of this herb leaves Tibet — it is all consumed indigenously. This herb is a relative of *Cistanche deserticola*, the infamous sex tonic and longevity herb that grows in Mongolia and in the deserts northwest of Heaven Mountain. The Tibetan variety is considered to be even stronger than its Mongolian superstar cousin, but it is much more rare. These long-lived, old, distinctly phallus-shaped roots-and-stalks grow in one of the harshest environments in the world, and have a very strong reputation as a Yang tonic and tonic to the whole body. It is prized and coveted by Asian connoisseurs. Tibetan wild herb collectors have to go to great lengths to collect this remarkable wild herb. We are



very fortunate to have a collector who can get us a hundred kilos or so of this herb each year, allowing us to share in a little bit of true Himalayan magic.

**Traditional Functions** — Yang tonic, aphrodisiac, tonifies Kidney, Liver, brain and immune system

**Ingredient** — Tibetan Ever Young Herb (Tibetan Cistanche)

**Specifications** — 2 fl. oz.

**Usage** — 1-6 droppers per day as desired or as directed by your health care practitioner

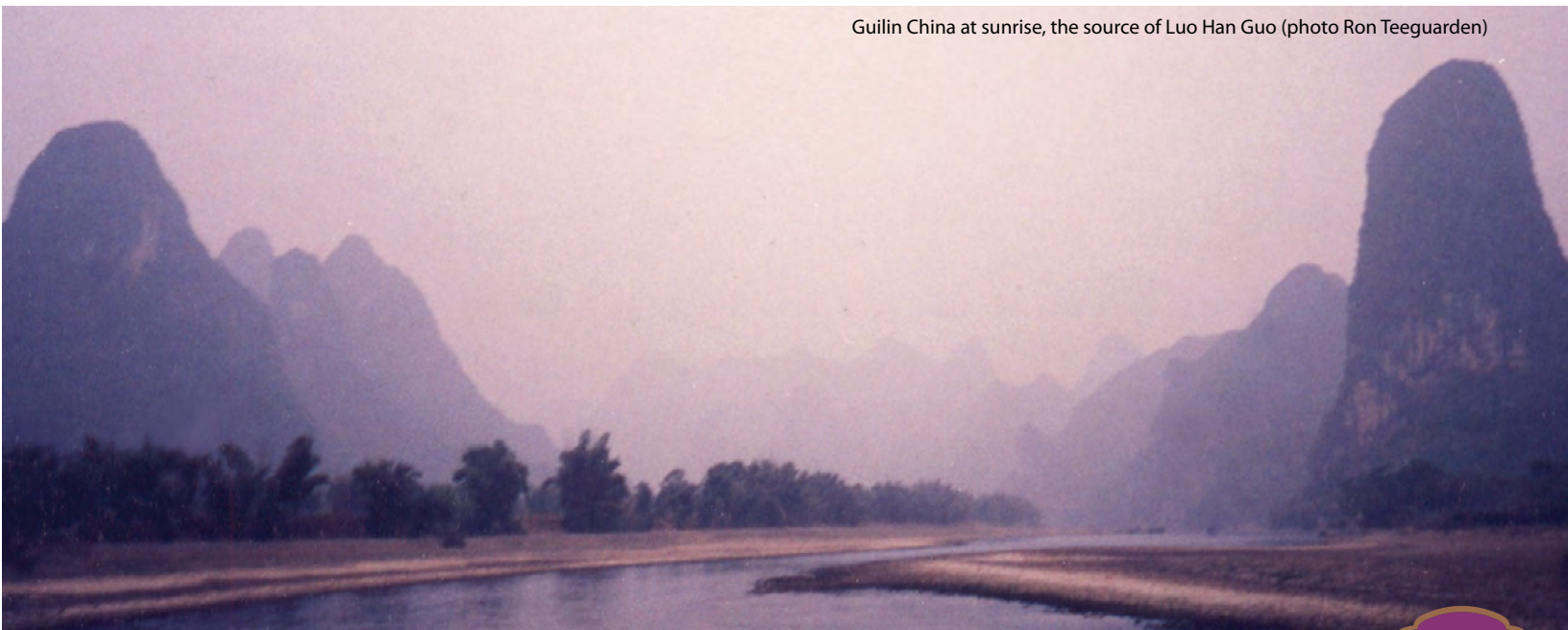
2 oz - **\$49.00**

#038

20

Note: this is a very rare herb. However as of the printing of this catalog we have ample supply to last for around a year, so we are making it available to all Dragon Herbs customers.

Guilin China at sunrise, the source of Luo Han Guo (photo Ron Teeguarden)



## Wild Red Reishi Drops

Reishi Mushroom (*Ganoderma lucidum*) is recognized as one of the most important and beneficial tonic herbs in the world. Red Reishi has been the most revered herb in Asia since pre-historic times. Sages and emperors sought this herb to confer health, well-being, good fortune and wisdom. Wild Red Reishi is very rare in the commercial market because it is not possible to collect very large amounts of it. It is special because it is totally natural. In the wild, it is a superb collector of Qi and Shen energy. It is called the "Herb of Spiritual Potency." We are fortunate to have a limited but steady supply of truly wild Reishi mushroom. These mushrooms are not planted or wildcrafted by humans. They grow where they will, where they are perfectly suited. The growing environment is extremely harsh (Manchurian alpine). As a result, they develop great power. Dragon Herbs **Wild Red Reishi Drops** is made from pure wild Reishi Mushroom fruiting bodies only. The "fruiting body" is the part that looks like a mushroom that emerges from the ground or tree. This is exactly the same Reishi that has been revered as the "Mushroom of Immortality." We do not use any mycelia (underground growth), and there are no additives of any sort in the production of Dragon Herbs **Wild Red Reishi Drops**. Dragon Herbs uses only *Ganoderma lucidum* species fruiting bodies — we do not mix species in this product.



**Traditional Functions** — Tonifies Qi and Shen.\*

**Ingredient** — Wild Changbai Mountain Red Reishi (*Ganoderma lucidum*) fruiting body

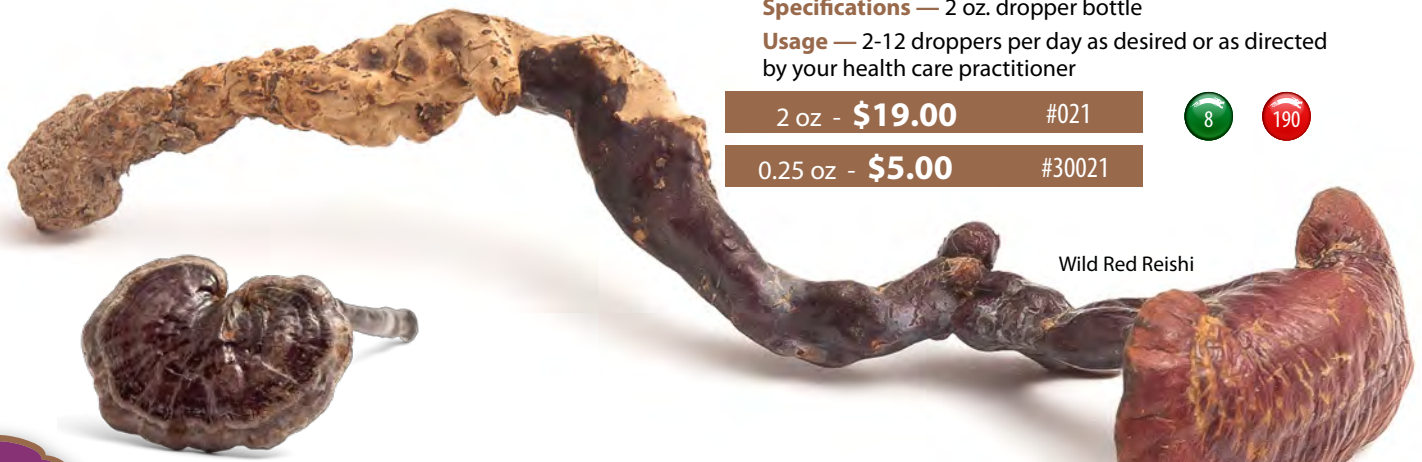
**Specifications** — 2 oz. dropper bottle or 8 oz family size bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$29.00** #004

8 oz - **\$105.00** #10004

0.25 oz - **\$6.50** #30004



Wild Red Reishi

## Yin Replenisher

This very useful tincture is a tonic formulation designed to restore Yin that has been lost from the body. Yin is lost due to stress, overwork, dehydration, poor eating, too much sex, drug and alcohol abuse, and lack of adequate sleep and rest. Dendrobium, the primary herb of this formulation, is a very important and wonderful tonic herb. Dendrobium stems and pods replenish Yin Jing and generate fluids. It is commonly used in Chinese herbalism as a Yin tonic, which moistens the Stomach and Lungs. It may be used by healthy individuals to maintain healthy fluid balance in the body. The greatest value of Dendrobium lies in its restorative actions. Taoist sages, who were the masters of longevity, have routinely used Dendrobium as a daily tonic for many centuries. Dendrobium (which is the stem, leaf and flower pod of a Dendrobium orchid that is now cultivated for use as a tonic herb) is especially useful for quickly and effectively replenishing spent adaptive energy. Dendrobium has been traditionally used to replace spent Yin Jing of the Kidney. The Kidney is considered to be the whole body's reservoir of Yin Jing, so replenishing the Yin of the Kidney replenishes the whole body. In replenishing and increasing Jing, Dendrobium increases the generative force. Dendrobium is especially famous for relieving fatigue that may result from sexual activity. For those who maintain a balanced sex life, Dendrobium is said to support superb sexual vigor. Dendrobium, being a Kidney Yin tonic, may increase the sexual fluids in men and women. It nourishes the saliva, which the Taoists call the "Precious Fluid." It is a superb herb for athletes for the purpose of maintaining fluids during exercise or sports. Ron Teeguarden's Taoist Master Sung Jin Park, was a great proponent of Dendrobium for anyone who lives an active life and who desires to remain youthful and beautiful. A great benefit of Dendrobium lies in its beauty-promoting quality. Dendrobium helps keep the skin moist, and constant use helps generate beautiful skin.



Dendrobium pods and stems



**Traditional Functions** — Nourishes and replenishes Yin Jing and body fluids

**Ingredients** — Premium Dendrobium pod and stem, Raw Rehmannia root, Goji root bark, *Ligustrum lucidum* fruit, Chinese White Peony root, Anemarrhena rhizome

**Specifications** — 2 oz. dropper bottle

**Usage** — 2-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$19.00** #021

0.25 oz - **\$5.00** #30021



## Zizyphus Dreamzzz™ Drops

The pan-fried seed of *Zizyphus spinosa*, a close relative of the Jujube date, has reliable natural sedative properties. **Fried Zizyphus seed** is the primary sedative herb used in Chinese traditional herbalism and is very commonly used as a folk herb. *Shennong's Classic* (100 A.D.) describes Zizyphus seed this way: "Zizyphus has a balanced energy, being neither too warming nor too cooling. The taking of this herb over time can calm the five viscera, make the body light, and prolong life." As stressed by a famous physician of the Ming Dynasty: "The insufficiency of genuine Yin, Jing and blood will cause disconnection of Yin and Yang, thus disturbing the peace of Shen resulting in disturbed sleep. The heart shelters the Shen and is the house of the Yang. Sleep occurs when the Wei Qi enters the Yin and creates a quiet environment. When the Yang has

a home to return to, sleep will ensue. When the heart is disturbed by worry and shakes Shen, restlessness occurs, which causes poor sleep." Zizyphus is used to help assure that the Yang has a "home" to return to by nourishing the Yin and blood of the heart and liver. Modern researchers now know that Zizyphus seed contains unique



Zizyphus Seed



triterpenes, known as *jujubosides*, which are believed to be largely responsible for the gentle non-addictive sedative action of this herb. The jujubosides are nearly identical to triterpenes found in Reishi, an herb that is traditionally used as a mildly sedative tonic. Zizyphus is reported to have very low toxicity when taken orally, and is widely used in China as a single herb, at bed time, to promote normal, relaxed, sound sleep.

**Traditional Functions** — Nourishes the heart, benefits the liver, nourishes the liver blood, calms the spirit, tranquilizes the mind, supports sound sleep

**Ingredients** — Roasted *Zizyphus sativa* seed, Red Jujube Dates

**Specifications** — 2 oz. dropper bottle

**Usage** — 1-4 squirts directly into the mouth or in a fluid (such as tea or water), ½ hour before bedtime

2 oz - **\$19.99**

#049



0.25 oz - **\$5.50**

#30049

## Q&A

### How do you take the tinctures? Under the tongue? With hot water?

Any of our liquid extracts can be squirted directly into the mouth, or may be added to warm or hot water to make a tea, or added to another beverage or smoothie. As they are full herbal extracts, there is no need to hold them under the tongue. However, some of our power users enjoy keeping the elixir under their tongue for a few moments, and many claim to notice an energetic change. This is up to you. Most of our long time users simply swallow the drops straight down, or swish it around their mouth just a bit.

### How does a squirt compare to a capsule?

A squirt is one squeeze of the rubber dropper bulb, and is roughly equivalent to one capsule.

### How long does one tincture bottle/ capsule bottle last?

Generally our capsules are 100 per bottle, and at the recommended dose they should typically last about 16 days. A few of our formulations contain 60 capsules, and at their recommended dose will last from 15 days to about one month. However, dosage may be adjusted; and often the herbalist or health practitioner may make a recommendation. Shelf life of a tightly closed bottle is typically two years from production. In our tinctures ("Dragon Drops"), there are 80 squirts (1 squeeze of the dropper bulb). So depending on your dose they can last from a week to one month or longer. Their shelf life is multiple years, depending on the tincture.

## Ron Teegarden's Guarantee:

Dragon Herbs guarantees the purity and potency of all of our products. If you have a problem with our products, return the remainder of the product within 30 days and we will either credit your account or give you a courteous refund, as you wish.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Shanghai Lady Drops

"Shanghai Lady" is the term used for the beautiful, sexy, classy women depicted in early 20th century posters that were prominent in sophisticated Shanghai culture. This special no-holds-barred limited production formulation is made to enhance the "Shanghai Lady" in every woman. The elixir is made with a wonderful, supremely potent extract of Schizandra, the herb of imperial women, plus Deer Antler Tips and Cistanche. The Northern Schizandra is organically grown, the Deer Antler Tips are from semi-wild Changbai Mountain spotted deer, and the Cistanche is sustainably wild collected in Mongolia, near Heaven Mountain. The Schizandra was extracted while still fresh and juicy and has a wonder tart flavor. Schizandra is known as Five Flavor Herb because of its robust, highly sophisticated flavor. No doubt, this extract is quite strong tasting, so simply add it to tea. Add it to tea or a smoothie, or take it straight. Men can take it too!

**Ingredients** — Deer Antler tips, Northern Schizandra fruit, Desert Cistanche stem, Luo Han Guo fruit

**Usage** — 3-12 droppers per day as desired or as directed by your health care practitioner

2 oz - \$28.00 #037

0.25 oz - \$6.25 #30037



## Schizandra Drops

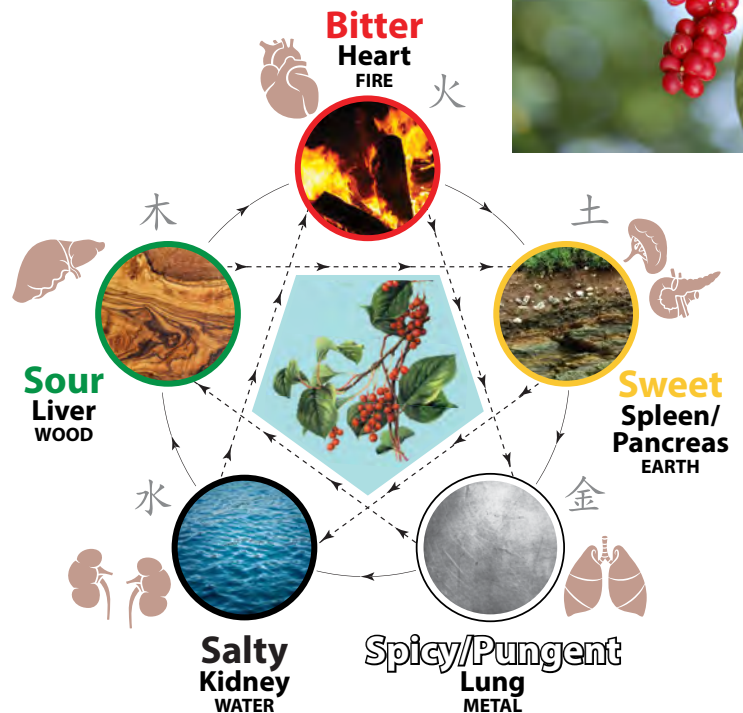
Schizandra fruit, from the plant Schizandra chinensis, is "the herb that does it all." It develops and protects the primary energies of life. Schizandra, known as the "quintessence of Chinese tonic herbs," supports vitality and beauty when used regularly for some time. It is said to promote beautiful skin. Schizandra is said to help purify the blood, support the mind, help maintain a strong memory, and help maintain sexual and sexual functions in both men and women.

**Traditional Functions** — Enters all twelve meridians, tonifies the Three Treasures (Jing, Qi and Shen), nurtures all Five Elements, generates beautiful skin, brightens the mind, promotes focused concentration, supports memory, aphrodisiac love potion, promotes sound sleep when taken at bedtime, opens the lungs to promote powerful breathing during yoga and qigong, brightens the eyes, sharpens hearing acuity.

**Usage** — 3-12 droppers per day as desired or as directed by your health care practitioner

2 oz - \$24.00 #027

0.25 oz - \$5.50 #30027





## Cultured Cordyceps

Cordyceps is famed throughout the world as a major Jing tonic (inner power, sexual, strength, bone marrow tonic) for men and women, as a major immune tonic, as a brain tonic, as a powerful tonic to the lungs and respiratory functions, and more.

Cultured Cordyceps Drops™ is one of the greatest extracts we have every made. It is thick and rich. And it has a delicious, satisfying, savory mushroom flavor. Within a second, you will understand its potency. It is 100% vegan. It is grown in a super-clean environment on a base of brown rice and other grains. Ron Teeguarden personally selected the finest grade freshly-cultured Cordyceps, and Dragon Herbs has had it extracted in our modern GMP extraction facility, using cutting edge technology and special proprietary techniques developed by Dragon Herbs. The result is Dragon Herbs' Cultured Cordyceps Drops™. It is an amazing treasure of health and a superb value. Cultured Cordyceps is many multiples less expensive than the wild variety from the snowline of Tibet or Bhutan, yet it is very close in nutrition and herbal potency. In fact, it has a higher content of the established key Cordyceps' component, cordycepin, than the wild variety. Cultured Cordyceps Drops™ is an excellent modern innovation that allows everyone to enjoy the benefits of one of the world's greatest tonic herbs at a very reasonable price.

**Usage** — 3-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$29.50** #053

0.25 oz - **\$6.50** #30053



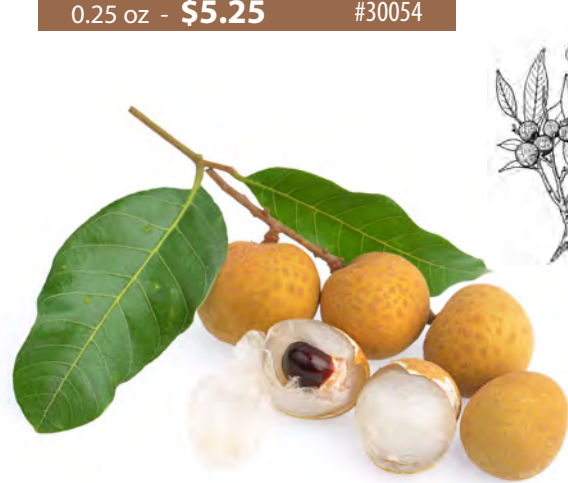
## Longan Drops

Longan is a wonderfully delicious fruit, extremely popular in Asia as a snack and as an ingredient in tonic teas, beverages and deserts. A great Blood and Qi tonic for building up everyday energy. It promotes tranquility, steadies the nerves and enhances memory. It directly promotes heart health by nourishing the heart tissues. A famous beauty herb that adds luster and beauty to the skin. Equally beneficial to men and women. A fantastic sex tonic for women. MUST for women wanting to be both beautiful and sensual!

**Usage** — 3-12 droppers per day as desired or as directed by your health care practitioner

2 oz - **\$16.00** #054

0.25 oz - **\$5.25** #30054



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Mini Dragon Drops

31 Dragon Drops tinctures are now available in 0.25 oz. miniature dropper bottles at affordable prices. Many of them are between \$2-\$5!!!

Dragon Drops from Ron Teegarden's Dragon Herbs are world famous tinctures made from the highest quality tonic herbs on earth. ALL herbs used to make Dragon Drops are Di Tao, meaning they are from the authentic original source from which their reputations spread over centuries.

Dragon Drops are made by world-class hydro-ethanolic extraction technology in one of two cutting edge factories. They are extracted for at least one full extraction-cycle in both alcohol and water. All herbs contain alcohol-soluble and water-soluble components and must be extracted in both alcohol and water to contain all bio-active constituents. THAT is what is meant by "full spectrum" extraction. This is a laboratory-level nutraceutical-level extraction process - it is NOT the cottage-industry "drip process" like many brands of tinctures on the market.

We know that many people have thought about trying the various Dragon Drops, but obtaining the whole collection can be daunting in their full 2-oz bottles. These new Mini Dragon Drops are wonderful, rich, potent herbal tinctures that will please the most discerning connoisseur or anyone wanting to explore the world of tonic herbs at a truly serious level.

The bottom line is, you can now try out all kinds of extraordinary tonic herbal tinctures and stay well within your budget.

Mini Dragon Drops are also great gifts. Mini Dragon Drops have 2 gift packaging options for free: a single count gift tube or a 6-count variety pack gift box. They are beautifully packaged, easy to carry around and sure to please!



## Mini Drops Longevity Package

We all want to age successfully, with physical vigor and a clear strong mind. We all want strong immune functions, balanced hormonal production and activity, and hopefully without too much trouble. The Drops in Longevity Package will support the aging process in a way unmatched by other tinctures and supplements. This set supports Jing, Qi and Shen. It contains Yin formulations and Yang formulations to keep you strong and balanced.

- Cultured Cordyceps Mini Drops
- Diamond Mind Mini Drops
- Duanwood Reishi Mini Drops
- Eucommia Bark Mini Drops
- Heaven Mountain Goji Mini Drops
- Spring Dragon Longevity Mini Drops

Spring Dragon Longevity Drops delivers the same Spring Dragon Longevity formula used in our famous house tea in a highly concentrated water AND alcohol extraction. Goji Drops is a sweet and broad-spectrum elixir of life that tonifies all three Treasures: Jing, Qi and Shen. Eucommia Bark tonifies the functions of bone rebuilding and thus promotes a strong skeletal system. Cultured Cordyceps is a broad-spectrum Jing tonic that is also great for enhancing Lung functions. Diamond Mind contains herbs that have been used for centuries to support concentration, focus and memory. Duanwood Reishi is a Shen tonic and potent immunity enhancer.

**\$27.25**

#MINIKIT-LONGEVITY



## Mini Drops Intellect Select Kit

This Intellect Select kit assembles the critical tools needed to achieve intellectual potency.

- 8 Immortals Mini Drops
- Diamond Mind Mini Drops
- Super Yang Jing Mini Drops
- Supreme Shen Mini Drops

- Yin Replenisher Mini Drops
- Zizyphus Dreamzzz Mini Drops

Diamond Mind gives the mind a strong immediate boost while Zizyphus Dreamzzz ensures the brains a restful night and relaxes them after excessive and exhaustive thinking. Intellectuals understand the systemic inter-dependency between Yin and Yang and therefore enjoy the balancing act of regulating Yin and Yang. They consume the right amount of Super Yang Jing and/or Yin Replenisher at the right time so as to achieve an intricate balance between the two opposing forces. 8 Immortals is a total package of 3 Treasures for anyone seeking the eternal truth while Supreme Shen may provide a short-cut to wisdom and enlightenment to those who are serious about self-cultivation.

**\$33.75**

#MINIKIT-INTELLECT



## Mini Drops Three Treasures For Her

This exquisite collection of formulations supports a woman's health and well-being from every perspective. They tonify Jing - the primal inner power of the body and mind, Qi - the energy that vitalizes the body and mind, and Shen - the power and balance of the mind and emotions. (No harm sharing them with the men in your life either).

- Dew Mini Drops
- Diamond Mind Mini Drops
- Goji and Schizandra Mini Drops
- Qi Mini Drops
- Shanghai Lady Mini Drop
- Wild Red Reishi Mini Drops

Shanghai Lady is a Yang Jing formula designed for the modern day power girls who desire to succeed professionally and romantically. Goji and Schizandra contains Schizandra, a quintessential woman's herb. It tonifies all three treasures and it contains the highest-grade Goji berries from Heaven Mountain in

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central Asia. Qi Drops is a Qi tonic safe and beneficial for all women. Dew Drops is a Yin tonic that is perfect for women. It helps the body maintain softness and fluidity. It is a moisturizer from the inside and for the inside. Diamond Mind contains herbs that have been used for centuries to support concentration, memory and mental focus. Wild Red Reishi is a Shen tonic and it enhances immune functions.

**\$28.75**

#MINIKIT-HER



## Mini Drops Three Treasures For Him

Six potent formulations, extracted to maximum strength. These formulations robustly nurture all three "Treasures," Jing, Qi and Shen. Elixirs cannot be stronger than these. There is a balance of Yin and Yang. The set is designed for men, with a healthy dose of Yang power and counterbalancing Yin. This is the perfect elixir set for any man, young or old.

- Desert Cistanche Mini Drops
- Diamond Mind Mini Drops
- Duanwood Reishi Mini Drops
- Ginseng Sublime Mini Drops
- Super Yang Jing Mini Drops
- Yin Replenisher Mini Drops

Super Yang Jing is THE man's Yang formula. Desert Cistanche is also a Yang tonic that promotes sexual and physical prowess. Always take Yin Replenisher or some Yin formula when you consume Yang tonics as



there is no Yang without Yin and Yin and Yang must be balanced. Every man should take some Ginseng and Ginseng Sublime is a superb choice. Diamond Mind contains herbs that have been used for centuries to support concentration, focus, memory and mental focus. Duanwood Reishi is an iconic Shen tonic and immunity enhancer.

**\$31.50**

#MINIKIT-HIM

## Mini Drops Family Package

This is a variety pack for the whole family. It contains Drops that are made from the most famous and full spectrum herbs in the world. They are delicious, soothing, energizing (without being stimulant), immune protective, calming, uplifting and life affirming. Every tincture is suitable to all the members of the family, young or old, weak or strong, male or female. Share the herbs and promote the health of your entire family.

- American Ginseng Mini Drops
- Cultured Cordyceps Mini Drops
- Duanwood Reishi Mini Drops
- Heaven Mountain Goji Mini Drops
- Sweetfruit Mini Drops
- Zizyphus Dreamzzz Mini Drops

American Ginseng is a Qi tonic that enhances the energy of all people. Cultured Cordyceps is a grounded, broad spectrum Jing tonic that is also great for enhancing Lung functions. Goji Drops is a sweet and broad-spectrum elixir of life that tonifies all Three Treasures. Duanwood Reishi is an iconic Shen tonic and immunity enhancer. Sweetfruit Drops can sweeten anything with close to zero calorie and close to zero glycemic index. Zizyphus Dreamzzz ensures a natural restful night whenever needed.

**\$31.00**

#MINIKIT-FAMILY



## Mini Drops Athlete's Collection

This collection of tinctures enhances power, endurance, restorative-recuperative capacity and performance. Everyone's athletic ability can be cultivated and can be improved with the help of herbs. Every athlete or aspiring athlete or fitness conscious person should try this set out.

- Changbai Deer Antler Mini Drops
- Changbai Mountain Ant Mini Drops
- Cultured Cordyceps Mini Drops
- Eleuthero Mini Drops
- Eucommia Bark Mini Drops
- Gecko Rockclimber Mini Drops

Gecko Rockclimber is great for building muscle, lungs and endurance. It is a quintessential broad spectrum athlete's formula. Eleuthero is a world famous athlete's herb. It enhances the body's ability to adapt to physical stress. It is slightly stimulating as it is one of the few Qi tonics that actually helps release energy within minutes. Deer Antler is the only mammalian organ that will regenerate after removal. It is thus highly revered in Asian culture as a source of Jing and regenerative factors. The ultimate primal power builder. A Yang Jing tonic made entirely from deer antler tips where the growth occurs and contains the highest amount of active constituents. Eucommia Bark facilitates and modulates functions related to testosterone and estrogen. It tonifies the functions of bone rebuilding and thus promotes a strong skeletal system. Tincture extraction captures almost all the active compounds in Eucommia, including the novel triterpenes and fatty acids. Ant is rich in ATP and Zinc. Ants can lift 100 times their own weight. A unique set of aldehyde compounds found in ants is believed to contribute to ants' unparalleled physical strength. Cultured Cordyceps is a balanced Yin Jing and Yang Jing tonic (inner power, sexual, strength, bone marrow tonic.) Tasty even when taken straight, it is also a powerful tonic to the lungs and respiratory functions which are integral to athletic performance.

**\$41.50**

#MINIKIT-ATHLETE



## Mini Drops Beauty Collection

The Beauty Mini Drops pack features herbs that have been consumed for centuries to ensure ever-lasting beauty.

- Shanghai Lady Mini Drops
- Goji & Schizandra Mini Drops
- Dew Mini Drops
- Longan Mini Drops
- Yin Replenisher Mini Drops
- Sweetfruit Mini Drops

Shanghai Lady Drops combines Deer Antler tips for sexual enhancement and Jing restoration, with Schizandra, for nourishing and refining the complexion's luster and tone, and Cistanche for heightened libido. Goji & Schizandra Drops is highly regarded for its Liver and Kidney cleansing and support. They also provide clarity, refinement, and tone to the complexion and body, and luminescence to the eyes. Dew Drops provides replenishment to the skin and face, acting as a humectant for the complexion, eyes, hair and nails, while protecting from dehydrating elements. Longan Fruit Drops is incorporated into all beauty formulations to promote lustrous texture and a rosy bloom to the cheeks and lips. Yin Replenisher Drops provides deep Jing replenishment and balance of Yin and Yang in the body. Sweetfruit Drops provides nourishment to the lungs and skin, with a glycemic-free natural sweetness.

**\$27.00**

#MINIKIT-BEAUTY



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# eeTee™

## Instantly-Dissolving Granules

Made by Fingerprint Identical Transfer Technology™ (FITT™)

Dragon Herbs produces a range of herbal products using FITT™ extraction technology. The herbs are extracted at less than 108°F, preserving the pigments, bioactive components and intact enzymes. It can be consumed as a tea or in a smoothie, superfood blast or other mixer beverage. These are true raw extracts. They are essentially low temperature full spectrum extracts of the juices of difficult-to-extract herbs. FITT™ technology destroys NOTHING in the original material. The analytical “fingerprint” of the **Longan eeTee™** is identical to that of the raw fruit from which it is made. That is what “FITT” stands for: **F**ingerprint **I**dentical **T**ransfer **T**echnology.



**Ingredients** — Dragon Herbs uses super-premium grade tonic herbs to produce the eeTee™ line of products. One look, one sniff, one taste and you will recognize the quality of the ingredients that went into these instant granulated powders.

**Other Ingredients** — eeTee™ powders are made with a small amount (approximately 3%) of maltodextrin enzymatically from non-GMO organic French maize. It is used as a necessary excipient. This maize extract has been laboratory tested, and is gluten-free.

FITT™ is a raw extraction, with the entire process temperature controlled under 108°F.

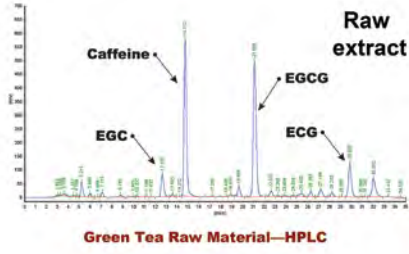
**Easy** – eeTee dissolves clear in seconds, even at room temperature. Just scoop, stir and serve.

**Economical** – Less raw materials, less energy consumption, and ecological water technology all contribute to a lower cost.

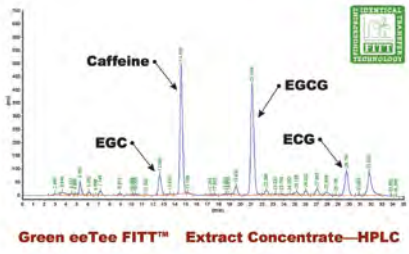
**Tea** – These powders dissolve in seconds to produce a remarkable tea that tastes exactly like the original ingredients and possesses the identical phytochemical profile.

**Effective** – With FITT, 95-98% of all of the plant’s active ingredients are transferred to the eeTee extract.

**Ecological** – FITT uses 33% less energy than traditional extraction methods and produces 1/10<sup>th</sup> the waste of home brewing.



Green Tea Raw Material—HPLC



Green eeTee FITT™ Extract Concentrate—HPLC



FITT control room and extraction tanks



## Schizandra eeTee™

Schizandra fruit, from the plant *Schizandra chinensis*, is “the herb that does it all.” It develops and protects the primary energies of life. Schizandra, known as the “quintessence of tonic herbs,” supports vitality and beauty when used regularly. It is said to promote beautiful skin. Schizandra is said to help purify the blood, support the mind, help maintain a strong memory, and help maintain sexual energy and sexual functions in both men and women. It is an important immune modulator. The Schizandra fruit used to make **Schizandra eeTee™** is collected wild on the western slope of Changbai Mountain in Manchuria. **Schizandra eeTee™** dissolves within seconds in room temperature or warm water. You will note the vibrant pink color of the powder, reflecting its natural color in nature. This pink powder produces an extraordinary and beautiful pink tea. Most Schizandra extracts on the market turn brown during extraction, resulting in a brown powder and tea. The flavor is unique, pleasant, robust and exhilarating. This tea tastes exactly like the fruit off the vine – and it has the identical effects and benefits.



**Ingredient** — Changbai Mountain Northern Schizandra fruit.

**Specifications** — 60 g tin, or 30 (2g) sticks

**Usage** — This **Schizandra eeTee™** may be used as a maintenance herb throughout one’s lifetime. It is often the primary tonic herb used in a Three Treasures program. Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - **\$35.00** #811

Stick Pack - **\$45.00** #810



Joan-Angela Hess,  
Senior Herbalist

## Astragalus eeTee™

Astragalus root ranks as one of the most important health tonics in the world. The root of *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. It is a famed immune-modulator. There are currently hundreds of Astragalus products in the American marketplace. What distinguishes Dragon Herbs **Astragalus eeTee™** is the quality of the raw material and the extraordinary processing that assures the potency of the finished product. Ron and Yanlin Teeguarden investigated many growing sources of Astragalus in China before identifying the source of the most potent Astragalus root known to man and science. With the aid and specific guidance of Professor Wang Zhengtao, Director of the Institute of Chinese Materia Medica (Shanghai University of Traditional Chinese Medicine) and chief editor of the English version of the *Pharmacopoeia of the People’s Republic of China*, we were able to directly source Astragalus root with the highest quantity of active constituents of any source in China (Professor Wang had access to detailed data on all the sources of Astragalus in China). We obtain our Astragalus from a small county in northern China that has been a favored source of Astragalus for over a thousand years. We are very blessed to have this reliable and incredibly rich source of Astragalus. As always, the original source material determines the potential quality of the finished herbal product. “You cannot make gold from straw” remains Ron Teeguarden’s favorite production maxim.



The cutting edge herbal extraction technology known as FITT™ (*Fingerprint Identical Transfer Technology™*) is used by Dragon Herbs to produce **Astragalus eeTee™**. The biochemical fingerprint (produced by ultrasensitive HPLC analysis) of the finished granular powder is virtually *identical* to the HPLC fingerprint of the raw unprocessed herb. Nothing is lost in the extraction process. All of the components are maintained, including the all-important *astragalosides* such as Astragalosides I and IV. This extraordinarily accurate extraction is unique in the herbal industry. It assures the consumer the maximum benefit from the Astragalus root. Dragon Herbs **Astragalus eeTee™** granules make a tea that has true Astragalus flavor, true Astragalus color and true Astragalus actions.

**Ingredient** — Astragalus root

**Specifications** — 60 g tin

**Usage** — This **Astragalus eeTee™** powder may be used as a maintenance herb throughout one’s lifetime. It is often the primary tonic herb used in a Qi-building program. Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - **\$36.00** #819



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## He Shou Wu eeTee™

**He Shou Wu** (pronounced *huh show woo*) is one of the most popular and highly revered tonic herbs in herbalism. He Shou Wu is the prepared tuberous root of *Polygonum multiflorum*, a plant that grows in the mountains of central and southern China. It shares the position as the primary essence (*Jing*) tonic of Chinese herbalism with the Goji berry. He Shou Wu is unsurpassed in its ability to provide deep, primordial energy to the cells of the body via the Kidney system as described in Chinese health philosophy. He Shou Wu supports the human body's "functional reserve." He Shou Wu is widely used in Chinese tonic herbalism as a tonic to promote healthy aging by tonifying the Kidney and Liver functions, toning up *Jing*, nourishing the blood, and fortifying the muscles, tendons and bones.



By virtue of its ability to accumulate tremendous quantities of Qi into its root, this herb can tonify the human and animal organs and can tonify and nourish the blood. He Shou Wu is not a stimulant. However, it is one of the greatest energy tonics known to mankind. Its action is cumulative, as any truly healthy tonic dietary supplement would be. Because it is a very mild sedative, it will calm the nervous system. So it can be said that He Shou Wu is both energizing and calming. That is the magic of a great tonic herb.

**He Shou Wu eeTee™** is produced with Fingerprint Identical Transfer Technology™ (FITT™), which does not cook the herbs in order to extract them. The herb is extracted at less than 108°F, preserving the pigments, bioactive components and intact enzymes. It may be consumed as a tea, in a smoothie or other blender beverage. **He Shou Wu eeTee™** dissolves within seconds in room temperature or warm fluid.



Dragon Herbs **He Shou Wu eeTee™** is made from PREPARED He Shou Wu.\* Dragon Herbs uses the finest quality, mature He Shou Wu (*Polygonum multiflorum*) tubers grown in the remote high mountains of Yunnan province, China.

**Ingredient** — Prepared He Shou Wu (*Polygonum multiflorum*) root

**Specifications** — 60 g tin

**Usage** — **He Shou Wu eeTee™** may be used as a maintenance herb throughout one's lifetime. It is often the primary tonic herb used in a *Jing*-building program. Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - \$38.50 #817



## Chrysanthemum Flower eeTee™

**Chrysanthemum Flower** (*Chrysanthemum morifolium*) is consumed as a tea to nourish the Yin and as an herb to remove wind and heat from various areas of the body. Chrysanthemum Flower is one of the most commonly consumed herbs in Asia, consumed by millions of people every day as a delicious, satisfying health beverage that addresses many health issues that people face every day. Chrysanthemum is classified as a surface-relieving herb with Yin-nourishing properties. As a safe, delicious, time-tested "cooling herb" that disperses excess "heat" in the surface of the body, it has a thousand applications.

According to traditional Chinese herbal theory, its functions include nourishing Yin, dispersing ascending Yang, dispersing wind and heat (especially from the face, head and upper body), brightening the eyes, relieving dry eyes (with or without tearing), relieving headaches, calming the liver and clearing liver heat. Chrysanthemum Flower is renowned for clearing the skin. 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. For mental workers and students, it can help prevent or relieve migraines and headaches caused by too much thinking, reading, stress and computer work. Consumed during the day or in the evening, it helps relieve stress and tension. You may consult with your certified herbalist for other specific uses of this tea.



**Ingredient** — *Chrysanthemum morifolium* flower buds

**Specifications** — 60g tin, or 30 (2g) sticks

**Usage** — **Chrysanthemum eeTee™** may be used as often as one desires throughout one's lifetime. Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - \$33.00 #815



Stick Pack - \$39.95 #814



Chrysanthemum fields forever



## Longan eeTee™

**Longan** is one of the elite tonic herbs, known in the Orient as a premier blood tonic and Shen tonic herb. This product is made with superior grade Longan fruit, grown in the pristine mountains of Southeastern China on a beautiful Longan plantation next to a Taoist shrine. As a result of the extraordinary material and technology, **Longan eeTee™** is a one-of-a-kind product in the world. It maintains the color, aroma and flavor of freshly prepared Longan fruit, and maintains an identical fingerprint to the raw, semi-dried fruit. Consuming a cup of **Longan eeTee™** is a superior herbal experience. Longan (*Dimocarpus longan*) is a wonderful and delicious tonic fruit used by the Chinese as a blood tonic, to build energy (Qi), calm the mind, strengthen the Spleen, tonify the Qi of the heart, and to add luster and beauty to the skin. Longan may be consumed daily as a life-enhancing eeTee™ beverage.

When dried, the dried fruit becomes a lovely golden color and has a unique flavor unlike any other dried fruit. When it is extracted using FITT™ technology, the resulting granules maintain that golden color and sweet aroma.

**Ingredient** — Golden Longan Fruit

**Specifications** — 60 g tin

**Usage** — **Longan eeTee™** may be used as a maintenance blood and Shen tonic throughout one's lifetime. Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - **\$32.00**

#823

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novel, effective and elegant health product that will promote and support beauty on all levels.

**Ingredients** — Wild-collected Tibetan White Snow Lotus, White Peony root, Licorice root, Fresh Water Pearl powder.

**Specifications** — 60 g tin

**Usage** — **Snow Lotus Beauty eeTee™** may be used as a health maintenance formula throughout one's lifetime. Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - **\$59.00**

#827

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## Shaolin Inner Power eeTee™

In 2010 Ron Teeguarden received the blessings of the chief medical monk of the Shaolin Temple in the Song Mountains of China to produce a formulation called "Shaolin Inner Power." The formulation was to contain **Reishi** mushroom, **Astragalus** root, **Jujube** date and other herbs traditionally used at the Shaolin temple to build the health and character of the resident monks. **Shaolin Inner Power eeTee™** is formulated on the principle established by Damo, the originator of Zen meditation and creator of Gong Fu: "Move forward from the heart."

This formulation nourishes all three treasures and tonifies both Yin and Yang. It promotes inner power and inner peace. **Shaolin Inner Power eeTee™** builds Jing. It strengthens bone and supports bone marrow. It is superb at increasing and maintaining Qi. **Shaolin Inner Power eeTee™** increases strength and endurance, builds muscle and nurtures blood. It is also a powerful Shen tonic. Ultimately, the formula is designed to be wisdom enhancing. It thus promotes true inner power.

**Shaolin Inner Power eeTee™** is a blessed formulation, made by FITT™ extraction technology to preserve and enhance the essence of the herbs used. **Shaolin Inner Power eeTee™** was designed and created by Master Herbalist Ron Teeguarden based on conversations with the most senior medical monks at the Shaolin Temple in China. Fifty percent (50%) of profits from this product go to the Shaolin Temple of Peace, an officially sanctioned US-based arm of the Shaolin Temple, headed by Shaolin Monk Wang Bo.

**Ingredients** — Red Jujube Date, Astragalus root, Wild Reishi mushroom, Chaga mushroom, He Shou Wu root, Eucommia bark, Polygala root, Morinda root, Licorice root

**Specifications** — 60 g tin

**Usage** — **Shaolin Inner Power eeTee™** may be used as a maintenance Jing, Qi and Shen tonic throughout one's lifetime. Take 1-3 teaspoons per day or as directed by a healthcare professional or Zen or Taoist or martial arts instructor.

Tin - **\$39.00**

#825

16



## Snow Lotus Beauty eeTee™

**Snow Lotus** is one of the premier beauty tonics in the world, but is extremely rare and precious. The Tibetan white variety of Snow Lotus grows only in the Himalayas, always above the snow line, and only blooms once every five years. It has been treasured for centuries as an herb that purifies the blood and promotes beauty and glowing health. When combined with White Peony, and white fresh water Pearl powder, it makes a "beauty super-tea." Produced by the most advanced herbal technology in the world, FITT™ technology, this is a



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## VirugoMax™ eeTee™

This formulation promotes inner power of a different type. **VirugoMax eeTee™** is a well-tested herbal formulation with immune supporting activity in humans, based on human studies and application in Asia. This 100% natural dietary supplement was invented in China in 1971, was researched at the Chinese Academy of Sciences, and eventually was selected by a select committee of over 100 health experts to be used throughout China. In the past decade over 200 million doses have been consumed in China. **VirugoMax eeTee™** can regulate the immune system and support respiratory functioning. According to Chinese government studies, **VirugoMax eeTee™** has no significant side effects or toxicity. **VirugoMax eeTee™** is made with FITT™ technology that preserves all the active constituents, and prevents them from being destroyed during the extraction and condensation process, assuring maximum effectiveness. **VirugoMax eeTee™** is a United States exclusive product from Dragon Herbs.



**Ingredients** — Isatis root, Gypsum, Anemarrhena rhizome, Forsythia fruit, Phragmites rhizome, Raw Rehmannia root, Pogostemon herb, Acorus rhizome, Turmeric tuber

**Specifications** — 60 g tin

**Usage** — Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - **\$29.00**

#829



## Green eeTee™

**Green eeTee™** is made from organic hand-picked young tea (*Camellia sinensis*) leaves and buds. Green tea is very common on the American market, so why would we think you should be interested in this product? First off, green tea is a very healthy herb that you should consider consuming on a consistent basis. Secondly, this version of green tea is actually much more potent and influential on one's health than can be achieved with bulk tea or tea bags. Why is that? This product is produced by FITT™ (Fingerprint Identical Transfer Technology). This proprietary extraction technology captures the original phytochemical profile of a botanical (the plant's fingerprint) and transfers it safely and almost identically into the final extract, preserving the aroma, color and taste of the plant perfectly. Following the Five Elements theory, only the early spring harvest is used to ensure a stronger WOOD elemental energy that is said to benefit the Liver functions and creativity. This extract tastes exactly like the highest quality green tea possible – and in fact it is! By far this is the best instant green tea available anywhere.



**Ingredient** — Premium grade Organic young green tea leaves from Wu Yi Mountain

**Specifications** — 60 g tin, or 30 (2g) sticks

**Usage** — **Green eeTee™** may be used daily throughout one's lifetime. Add ½ teaspoon (0.8 g) of Green eeTee powder to 1 cup of water (8 oz), hot or room temperature, stir or shake until the powder completely dissolves. For iced tea, use room temperature water to dissolve the powder first then add ice. You may flavor the tea with sweeteners, fruits, or herbal tinctures. You may also adjust the amount of **Green eeTee™** to your liking. 1-4 servings per day.

Tin - **\$24.50**

#813



Stick Pack - **\$29.95**

#812



Yanlin in her Wuyi Mountain Tea Garden



## Healer's Tea™ eeTee™



Sung jin Park passed this ancient Taoist formula on to Ron Teeguarden.



**Healer's Tea** is an ancient Taoist formula used to quickly replenish spent Jing. Jing is one's primal source of vitality – our deep energy reserve. This great formula is extremely effective at replacing lost body fluids and rebuilding Yin. It has powerful restorative qualities, and is a superb skin and lung tonic. A main ingredient is **Dendrobium**, a variety of Chinese orchid. Dendrobium rapidly generates body fluids and is cooling in nature. It has traditionally been used by practitioners of the healing arts to help replenish vital energies spent in the process of their work, which involves the giving up of Jing, Qi and Shen. Also known as "Honeymooner's Tea", it is useful for those engaged in frequent sexual activity. **Healer's Tea** is naturally rich in trace minerals and electrolytes, making it a great post-workout drink that is far superior to modern commercial electrolyte beverages. It is delicious and refreshing, hot or cold.



**Ingredients** — Dendrobium pod and stem, Goji berry, Schizandra fruit, Chinese Licorice root, Great Salt Lake Trace Minerals (73 trace minerals), Gum Arabic

**Specifications** — 60 g tin

**Usage** — Take 1-3 teaspoons per day or as directed by a healthcare professional.

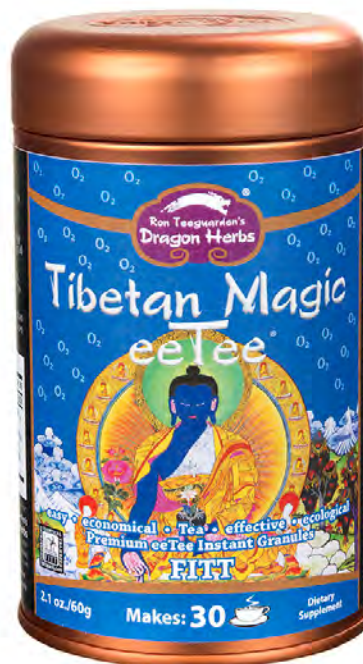
Tin - **\$44.00**

#830



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Tibetan Magic eeTee™



**Tibetan Magic** is a unique, adaptogenic, energy drink designed for creative individuals and to support healthy aging. Tibet, with its ultra-high altitude, has 30-40% less oxygen than at sea level. The main ingredient in **Tibetan Magic**, *Rhodiola sacra*, revered as a sacred herb of Tibet, comes from above the snow line of the Tibetan Plateau. It has been used by the Tibetans for centuries to enhance their oxygen intake ability. This herb increases concentration and memory, increases physical endurance, and is said to improve sexual performance and enjoyment. This drink increases oxygen supplies in the blood, which directly affects both physical and mental energy. It lifts the spirit, calms the nerves, clears the senses and generally lifts life-experience to another level. A wonderful lift for brainy people as well as athletic folks and everybody in between, **Tibetan Magic** is perfect for exercise, meditation, yoga and creative work. It contains nine of the most wonderful tonic herbs known to mankind. Flavored and enhanced with **Sea Buckthorn fruit**, also wild from the Himalayas (and a powerful antioxidant), this delicious drink undoubtedly takes functional drinks to a new height.

**Ingredient** — Sea Buckthorn fruit, Wild *Boschiniakia rossica* root, Cultured *Cordyceps militaris* fruiting body, Tibetan *Rhodiola* root, Tibetan Snow Lotus flower, Heaven Mountain Goji berry, Luo Han Guo, Longan fruit, Tibetan Black Goji, Great Salt Lake Trace Minerals (73 trace minerals), Gum Arabic

**Specifications** — 60 g tin, or 30 (2g) sticks

**Usage** — Take 1-3 teaspoons per day or as directed by a healthcare professional.

Tin - **\$39.00**

#831



# Single Herb Encapsulated Extracts

Most herbs should be combined with other herbs in order to bring out the specific desired functions and to mitigate undesired effects. Most herbs in Chinese herbalism are in fact used only in combinations (formulations).

However, a number of herbs are so precious, so powerful and so well balanced that they may be taken on a long term basis alone or combined with other herbs. In effect, these “tonic” herbs are one-herb formulations. The tonic herbs are considered to be very safe and generally require no balancing or buffering. These are the greatest herbs on earth.

Dragon Herbs has gone to extreme effort to obtain the highest grade of each of these great herbs and to produce their extracts so that they are at maximum potency when you consume them. The powders are extracted with water, and in some cases with water and alcohol to obtain a full range of active constituents. The resulting powdered extracts are produced with the least amount of excipient of any powdered extracts on the market and are produced in small batches to assure freshness of the product at the time of consumption. Generally, consumers take these capsules with water, tea, juice or other beverage, but the capsules may also be opened and made into an herbal tea by adding the powder from two or three capsules to hot water. In fact, our capsules are made from pullulan (tapioca) and quickly dissolve in warm water, so you may just drop the capsules into hot water and consume as a tea moments later. They also readily dissolve in seconds in a blender drink.



Ron and Yanlin in the foothills of Changbai Mountain. Our Ginseng farm at the time is visible in the background behind Ron and Yanlin.

## Agaricus

### Divine Mushroom



*Agaricus blazei* — most commonly known simply as **Agaricus** — is a mushroom that supports the body's natural defenses. This edible mushroom originated in the rain forests of Brazil. Agaricus was traditionally known in Brazil as "God's Mushroom." Agaricus is an extremely popular dietary supplement in Japan, by some reliable accounts, the number one selling herb in Japan. Agaricus is consumed in Asia as a tonic herbal extract-dietary supplement. Dragon Herbs uses premium grade whole Agaricus fruiting bodies (no mycelium) to produce this highly concentrated powdered extract. Agaricus is a gentle tonic herb that has no known side effects.\* It may be consumed daily to sustain its powerful tonic effect on the immune system.\* Agaricus also supports metabolic functions. The active constituents of Agaricus have been identified as the polysaccharide called *beta-glucans*. Agaricus mushroom is among the richest known natural sources of *Beta-1,3-D-glucan* and *Beta-1,6-D-glucan*.\*



**Traditional Function** — Qi Tonic

**Ingredient** — Agaricus Mushroom (*Agaricus blazei* fresh dried fruiting body)

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$40.00**

#501

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## Astragalus

### Pure Yield Astragalus Root Extract

The root of *Astragalus membranaceus*, an herb that grows in northern China, has been used for over 2000 years to strengthen the body as a whole. **Astragalus** is believed by people of the Far East to support metabolic functions and strengthen muscle. One of the most important herbs in the world, Astragalus root has been recognized as a superb and potent tonic by modern researchers. Astragalus is said to have an effect on the "surface" of the body. Astragalus promotes healthy skin. As an energizer, Astragalus is beneficial in particular to everyone, especially those who tend to be physically active and require abundant external energy. An important effect of Astragalus is in its ability to fortify the "Upright Qi," which helps support our posture.



Dragon Herbs obtains premium grade raw Astragalus roots **organically grown** (certified by ECOCERT®) in a remote, non-polluted rural valley in Northern China where it has been grown for at least 1500 years and is regarded as a premium *Di Tao* source of Astragalus root. In 1996, Ron and Yanlin Teegarden went on a mission to China specifically to find the best Astragalus root China has to offer, and with the guidance of Professor Wang Zhengtao (Editor in Chief of the Chinese Pharmacopeia), found it. Dragon Herbs **Astragalus** extract contains a full range of Astragalus saponins (*astragalosides*) and polysaccharides, as well as all the other constituents of Astragalus root.\*

**Traditional Functions** — Astragalus tonifies the "three burning spaces" (metabolic functions), increases Qi, tonifies the Lungs and Spleen, supports Upright Qi, supports Wei Qi, raises Yang, modulates perspiration, facilitates excretion of water.\*

**Ingredient** — Premium Astragalus root extract

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$27.00**

#502

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# Welcome to Superior Herbalism!

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(888) 55 - TONIC (86642)

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## Astragalus Advanced™

### Super potent Astragaloside IV-rich extract

Dragon Herbs **Astragalus Advanced™** extract is made from premium grade Astragalus roots from Northern China and contains a full range of *astragalosides* (Astragalus saponins) and polysaccharides, as well as all the other constituents of Astragalus root.\* It is widely acknowledged that the most important range of active constituents of Astragalus root extract are its *astragalosides*. Astragalosides are phytochemicals that support adaptability and immunological competence. Dragon Herbs **Astragalus Advanced™**



has been specially produced by a cutting edge technological process to contain approximately three times the amount of total *astragalosides* of typical Astragalus root extract produced for the American market. Other brands of Astragalus in the

American market typically contain between 2-5 mg per capsule of total astragalosides. Dragon Herbs **Astragalus Advanced** contains no less than 25mg total astragalosides per capsule (75mg per dose). Of the *astragalosides*, one stands out as the most formidable health-supporting agent: Astragaloside IV. Astragaloside IV has been actively researched for the past 20 years and continues to be the focus of intensive research. Typical Astragalus products in America contain 0.14 -1% Astragaloside IV.

**Astragalus Advanced** contains 5% Astragaloside IV, or 75 mg per dose. Many studies have also demonstrated that the polysaccharides from Astragalus play a role in supporting immunological functions. **Astragalus Advanced** capsules contain over 100mg of Astragalus polysaccharides per capsule. Compare Dragon Herbs **Astragalus Advanced** capsules with other brands of Astragalus for total astragaloside and astragalus polysaccharide content. If you are looking for potent Astragalus root extract at a realistic price, this is it.



**Traditional Functions** — Astragalus tonifies the “three burning spaces” (metabolic functions), increases Qi, tonifies the Lungs and Spleen, supports Upright Qi, supports Wei Qi, raises Yang, modulates perspiration, facilitates excretion of water\*

**Ingredient** — Premium Astragalus root extract standardized to not less than 5% Astragaloside IV

**Concentration** — Pure yield extract (typically 25:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$55.00

#504

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## Cordyceps

### Primal Motive Force

**Cordyceps** mushroom is one of the stars of the Chinese tonic herbal system. Cultured Cordyceps is used to strengthen the body and mind at a fundamental level. Cultured Cordyceps is considered to be a Jing tonic of elite stature. Because it contains both Yin and Yang it can be used by anyone safely and over a long period of time. It is renowned as a life-reinforcing tonic and is said to build sexual and physical power, mental energy and to support the immune system of normal, healthy individuals. Cultured Cordyceps has no steroidal constituents but greatly supports performance and muscle maintaining and building capability of normal, healthy individuals. Cultured Cordyceps can help support the body's healthy immune functions.\* This cultured Cordyceps mycelium was tested for its constituents and has been compared to the component profile of wild Cordyceps, which is much more expensive and rare. The cultured Cordyceps has a component profile that is very favorable, even when compared to wild Cordyceps. Therefore, “cultured” Cordyceps is highly valued and widely used in tonic herbalism. Not all cultured Cordyceps is the same. Many manufacturers produce cultured Cordyceps, but the resulting product can vary widely in terms of constituents and balance, based on a large number of variables, including variety of fungus used and the substrate (food material) used to produce the culture. Dragon Herbs has studied the matter deeply for over twenty years and has identified the highest quality, vegan cultured Cordyceps.\*

**Traditional Functions** — Nourishes Jing (both Yin and Yang), strengthens the Kidneys and Lungs and tonifies Qi\*

**Ingredient** — *Cordyceps mycelium* (Cultured on brown rice)

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$36.00

#506

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## Deer Placenta

### Source of Life

**Deer Placenta** is a quintessential Jing tonifying supplement. Because of its original role of nurturing new life, placenta is considered to be the most profound substance for replenishing Jing. Deer Placenta has specifically been accepted as the premier kind of placenta for human use as a restorative. It is extraordinarily nourishing and is completely safe to consume. Taking **Deer Placenta** as a deep Jing restorative supplement is like recharging your life battery. Deer Placenta is rich in hyaluronic acid, an essential component in many tissues of the body. Hyaluronic acid helps to support healthy skin, eyes and joints. New Zealand is a major producer of deer products. The governments of New Zealand and Australia demand very high standards of animal husbandry. New Zealand's pristine environment contributes greatly to the health and vitality of New Zealand deer. We only use placenta

that has been certified by the Department of Agriculture, Fisheries and Forestry of the Australian government and that has passed the inspection of the U.S. Department of Agriculture Animal and Plant Health Inspection Service.

**Traditional Functions** — Tonifies Yin Jing, Yang Jing, Blood and Qi\*

**Ingredient** — New Zealand Deer Placenta (*Cervus elephus* placenta)

**Concentration** — Pure yield extract (typically 20:1 concentrate)

**Specifications** — 60 Capsules, 500 mg each

**Usage** — 2-3 capsules 2 times a day or as suggested by a health professional

**Precautions** — If you are under a doctor's care for any pre-existing medical condition, consult your physician before using this or any dietary supplement

\$55.00

#516

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“It is not necessary to become an herbal ‘expert’ to take advantage of the tonic herbs. It is possible to achieve superb results by just knowing the basics and setting up a solid basic program that suits you. The more you know, of course, the more you can take advantage of the many extra benefits that the Chinese tonic herbs offer, but just gaining enough knowledge to develop and maintain your own program is sufficient. The system is so simple even children understand it. All you need to do is learn the basic principles and study a few of the herbs and basic formulations and you’re on your way. Then, if you are consistent, the benefits will develop.”

– Ron Teegarden (“The Ancient Wisdom of the Chinese Tonic Herbs”)

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Duanwood™ Reishi

### The Mushroom of Immortality

Reishi mushroom is arguably the greatest tonic herb on earth. It is certainly the most revered herbal substance in Asia, and is considered in Asia to be the elite substance for the attainment of glowing health, longevity and spiritual attainment.\* It is extremely safe and non-toxic. There are over 800 natural bioactive constituents in **Duanwood™ Reishi**, each one subtly tweaking the healthy functions of those who consume it. This product is made from 100% **Duanwood™ Reishi**, which studies have shown is the most powerful Reishi in the world from a nutraceutical perspective. "Duanwood" (*duan mu* in Chinese) means "original wood." **Duanwood™ Reishi** is grown on logs cut wild from the forest. The logs are from the same trees that Reishi grows on in the wild, producing the most potent cultivated Reishi. **Duanwood™ Reishi** is the mushroom fruiting body (the mushroom cap) — the mycelial mass is not used. This is the accepted practice in Asia for high end Reishi products. Dragon Herbs **Duanwood™ Reishi** is grown at high altitude on a remote mountain forest (Wu Yi Mountain) plantation, far from pollution of



any kind. It is grown with mountain spring water and no chemicals are ever used at any stage of production. The Duanwood™ Reishi mushroom fruiting bodies are collected when they are precisely ripe and extracted with the most modern technology in the world. Our **Duanwood™ Reishi** is produced in a state-of-the-art plant that was just completed in 2015 and which was built for the sole purpose of producing Reishi products. Our **Duanwood™ Reishi** producer received the award as the "Number One Reishi Producer in China" in 2014 by the Chinese Academy of Medical Sciences. One of the advantages of **Duanwood™ Reishi** is that it is harvested based on scientific analysis, when it is at its very peak in terms of active constituents. This makes it very powerful. Ron Teeguarden has been selling high quality **Duanwood™ Reishi** products since 1988, among the first to do so in America. Reishi is certainly one of our specialties at Dragon Herbs. If you are looking for the best cultivated Reishi in the world, you have found it. It is extremely rich in all of the components that make Reishi great. **Duanwood Reishi™** is far more powerful than common "hothouse Reishi" which is generally just Reishi *mycelium*, the most common source of raw materials on the American market.

**Traditional Functions** — Tonifies Qi and Shen\*

**Ingredient** — **Duanwood Reishi™** fruiting body extract

**Concentration** — Pure yield extract (typically 10:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

<sup>1</sup> The terms "Duanwood" and "Duanwood Reishi" are trademarks (TM) of Ron Teeguarden's Dragon Herbs: Duanwood™ Reishi™. All rights reserved.

**\$36.00**

#514



Teeguarden's inside Dragon Herbs organic Duanwood Reishi tent





## Eleuthero

### Siberian Ginseng

**Eleuthero** root, also known as Siberian Ginseng, is an adaptogenic herb that improves the ability to handle stress. Eleuthero (*Eleutherococcus senticosus*) root extract has been shown to help *modulate* the activation of the adrenal cortex in response to stress. Eleuthero root extract helps to increase physical and mental endurance. It has also been shown to help improve memory. Eleuthero root extract benefits mental and physical endurance and has anti-fatigue activity. Eleuthero root extract aids in the recovery from hard exercise. Eleuthero root extract has been shown to improve mental alertness and work output, and aids in the recovery from mental exertion. Most people will feel its effects quickly. However, its real benefits are cumulative and long term. Dragon Herbs produces and uses "pure yield" Eleuthero root extract. We use Eleuthero root extract sourced in Manchuria. The root is very woody and has a low yield of active constituents. It takes between 25-45 pounds of raw Eleuthero root to produce just one pound of Eleuthero root extract. This production requires less than 10% excipient to produce. That means that Dragon Herbs **Eleuthero** root extract is at least 90% pure Eleuthero root extract. Most brands cut their extract dramatically to artificially reduce the cost. Ours is between 25:1 and 45:1; other brands are almost universally cut so that they are 5:1 — e.g. they use just 5 pounds of raw material to make 1 pound of finished product – the rest is "cut."

**Traditional Function** — Tonifies Qi

**Ingredient** — Eleuthero (*Eleutherococcus senticosus*) root (Siberian Ginseng)

**Concentration** — Pure yield extract (minimally 25:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$22.00

#500

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Eleuthero root is woody

## Goat Placenta

### Source of Life

Dragon Herbs also offers New Zealand **Goat Placenta**, which has the same functions as Deer Placenta.

**Goat Placenta** is widely used around the world as a nutritional supplement. Though it is very potent and of very high quality, it is somewhat less expensive than Deer Placenta based on its more abundant supply.

**Traditional Functions** — Tonifies Yin Jing, Yang Jing, Blood and Qi\*

**Ingredient** — New Zealand Goat (*Capra Hircus*) Placenta

**Concentration** — Pure yield extract (typically 20:1 concentrate)

**Specifications** — 60 Capsules, 500 mg each

**Usage** — 2-3 capsules 2 times a day or as suggested by a health professional

\$29.00

#517

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Your Jing is like a battery that can be recharged

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Goji LBP-40

### The Ultimate Goji Extract

Goji fruit, from the plant *Lycium barbarum*, is revered in Asia for its health protective, strengthening and mood-supporting properties. It is regarded as one of the elite tonic herbs in the world.

**Goji LBP-40** is a whole-Goji extract, naturally standardized to 40% *Lycium Barbarum Polysaccharides* (LBP). There are five different LBP molecules in Goji, collectively known as *LBP*. LBP is a constituent unique to Goji berries, and LBP is Goji's main constituent. LBP has been demonstrated to support metabolic functions, stamina, immune functions, the skin and normal healthy DNA activities.\* LBP supports our innate antioxidant system by supporting SOD (*superoxide dismutase*) production and activity. SOD protects our cells (including the cells of the brain, heart, kidneys, liver and other organs) from the ravages of internally-generated free radical accumulations from normal living. As we



age, the innate SOD system gradually weakens and requires dietary support to remain effective. **Goji LBP-40** is a full spectrum Goji berry extract, with every nutraceutical component of Goji present. **Goji LBP-40** contains all five known LBPs, flavonoids, carotenoids (zeaxanthin and beta-carotene), a vitamin C precursor that converts to vitamin C once it is absorbed into the blood stream, and zinc. Consuming this herbal extract daily is equivalent to eating the fresh berries every day. The convenience of taking this herbal extract in capsule form makes it an important addition to the tonic herb shelf in your home. In addition, the high concentration of LBP assures unsurpassed, powerful immunological and antioxidant protection.\*

**Traditional Functions** — Tonifies Jing, Qi and Shen, builds blood

**Ingredient** — *Lycium barbarum* fruit (Goji berry) powdered extract standardized to 40% LBP (*Lycium Barbarum Polysaccharides*)

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$22.00

#527



Dragon Herbs Heaven Mountain Goji plantation, Central Asia. Photo by Ron Teegarden





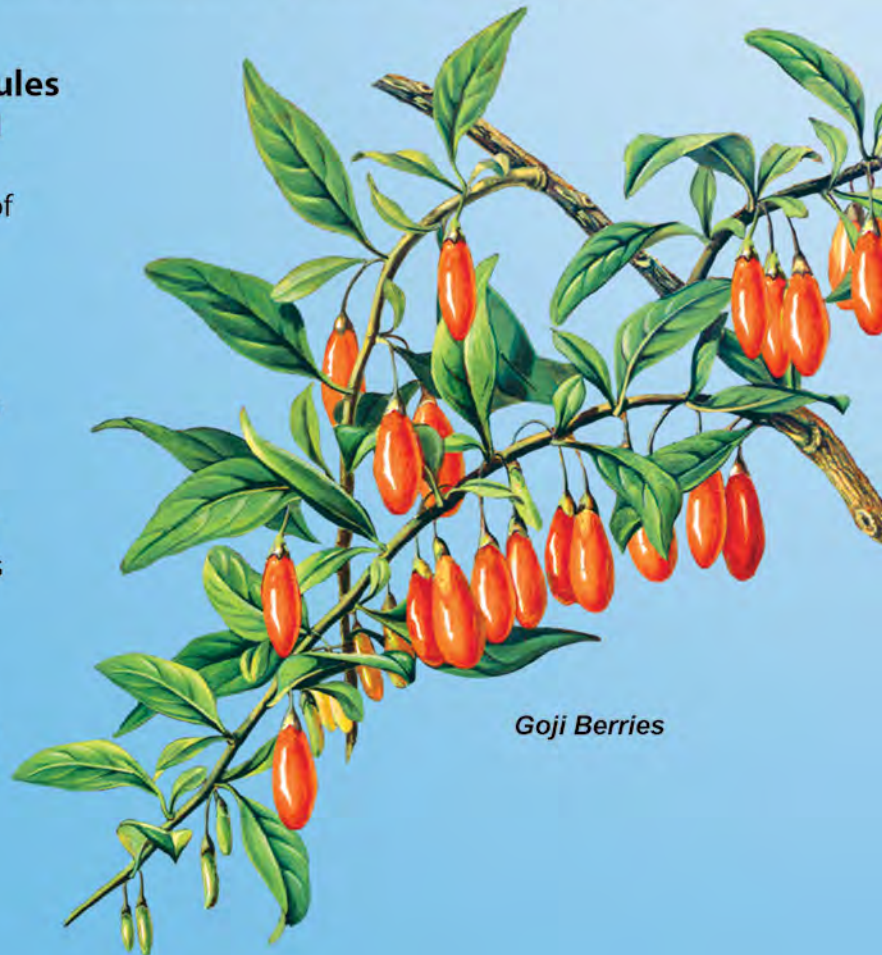
# Goji LBP-40

***Whole goji extract naturally standardized to 40% *Lycium barbarum polysaccharides (LBP)****

Goji fruit, from the plant *Lycium barbarum*, is revered in Asia for its youth preserving, health protective, strengthening, and mood-elevating properties. It is one of the main herbs used in China's amazing herbal system and is regarded as one of the elite tonic herbs in the world. The incredible efficiency of the antioxidants in Goji LBP-40 makes it a perfect tonic herbal supplement. Goji LBP-40 is naturally standardized to contain 40% *Lycium barbarum* Polysaccharides, or LBP. LBP is a constituent unique to Goji berries. LBP has been demonstrated to have profound anti-fatigue, immune potentiating and immune regulating, skin beautifying, DNA protecting, blood sugar regulating and blood lipid regulating effects.\* LBP supports our innate antioxidant system by powerfully stimulating SOD (superoxide dismutase) production and activity. SOD has been dubbed the "youth enzyme." SOD protects our cells (including the cells of the brain, heart, kidneys, liver and other organs) from the ravages of internally-generated toxins, as well as from toxins and other stressors introduced from the outside environment. Goji LBP-40 is a full spectrum extract with every component of the world's greatest superfood, Goji berry, present. Consuming this herbal extract is equivalent to eating the fresh berries every day. The convenience of taking this herb in capsule form makes it an important addition to the tonic herb shelf in your home. In addition, the high concentration of LBP assures unsurpassed, powerful immunological and antioxidant protection.

## **Dragon Herbs Goji LBP-40 Capsules**

Goji LBP-40 is a 100% natural powdered extract of the highest grade *Lycium barbarum* fruit containing a minimum of 40% LBP (*Lycium barbarum* Polysaccharides), the optimum extraction ratio for this herb (a higher extraction ratio has been shown to reduce the efficacy of the product). This pure extract maintains all the constituents and activity of fresh goji berries with the added power of higher LBP concentration. Goji LBP-40 contains all five known LBPs, carotenoids (zeaxanthin and beta-carotene), flavonoids, and a vitamin C precursor that is converted to vitamin C once it is absorbed into the blood stream. And it is rich in zinc.\*



*Goji Berries*



## Gynostemma

*Gynostemma pentaphyllum* leaf is a quintessential adaptogenic herb. Gynostemma leaf is known in Asia as the “Miracle Leaf” and shares a remarkably similar chemical profile with Ginseng. The delicate bright green leaf of this vine-like tropical plant is regarded as one of Asia’s premier healthy-aging herbs. Gynostemma is an *adaptogen* and antioxidant. It supports the adaptive response of a human being, and helps us handle stress more efficiently. It supports the healthy activity of the immune system. It is traditionally used to help support and maintain normal healthy respiratory, cardiovascular, digestive and liver functions. The primary active constituents of Gynostemma leaf are known as *gypenosides*. Cumulative studies on Gynostemma since 1976 show that Gynostemma leaf extract contains over 150 naturally occurring gypenosides. These all contribute to Gynostemma’s profound adaptogenic capacity.

This highly concentrated powdered extract is made from the purest, highest grade Gynostemma leaf, grown near the top of Great Immortal Peak, a remote pristine mountain in Southern China, without the use of any chemicals or modern equipment. It is grown totally on mountain spring water and natural precipitation. Most of the Gynostemma sold in the United States is grown at low altitude as an adjunctive farm product, usually around corn fields. The water in these farms is not nearly as pure as the fresh mountain spring water that feeds the Great Immortal Peak Gynostemma plot. Also, the common low lying fields are fumigated and unnaturally fertilized. Dragon Herbs’ Gynostemma is grown in a completely clean, naturally fertile environment.\* Most manufacturers leave the stems in the Gynostemma before extracting, resulting in a less potent extract. Dragon Herbs uses hand selected leaves only. Gynostemma leaf extract is one of the great dietary supplements in the world.

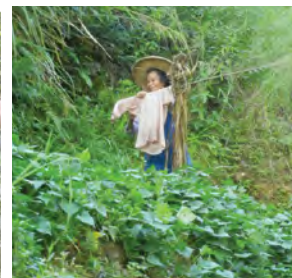
**Traditional Function** — Tonifies Qi

**Ingredient** — *Gynostemma pentaphyllum* leaf extract (Organically Grown, Certified by ECOCERT)

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

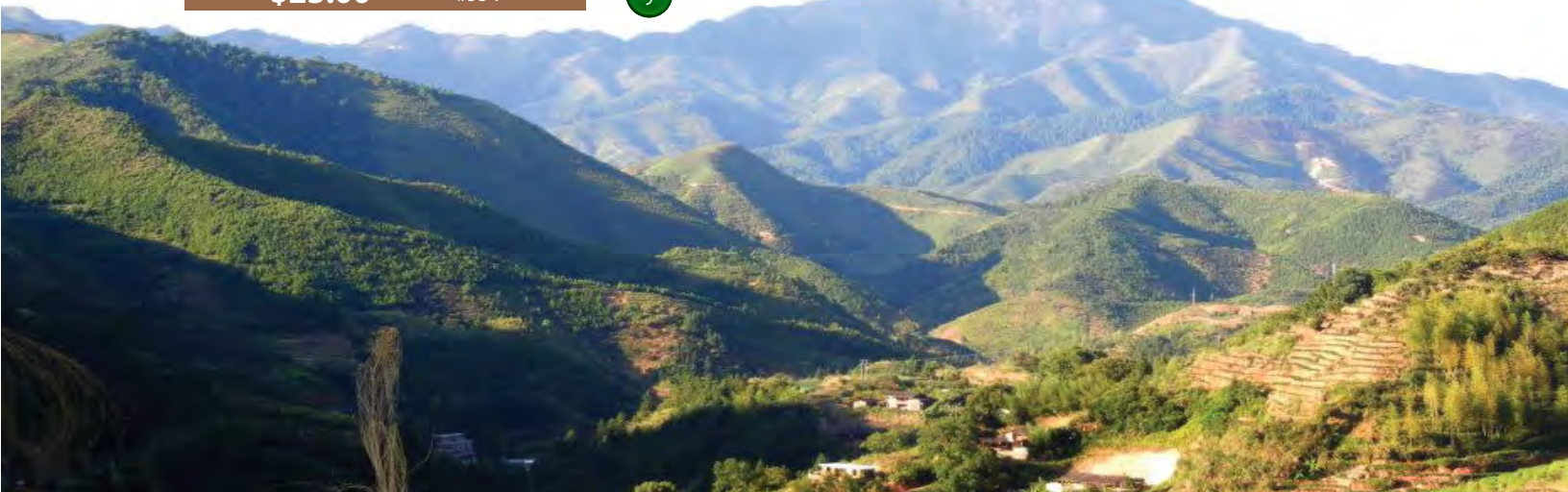


Great Immortal Peak, Southern China

**\$23.00**

#534

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## He Shou Wu

**He Shou Wu** (pronounced *huh show woo*) is said to be the most powerful extractor of Qi from the earth of any plant. The Qi that is collected from the Earth is stored in the root of He Shou Wu. He Shou Wu must be cooked ("prepared") with black beans to release its power and to eliminate its unwanted potential laxative action. This *Prepared* He Shou Wu will *not* be laxative for the vast majority of users. It is prepared by boiling with black beans, and this is done in China before any other processing. Prepared He Shou Wu is one of the most important herbs in the world. It quickly replenishes Jing for those who have abused themselves or have lost their Jing due to chronic and/or acute stress, overwork, combat, excessive sex and so on. It can be miraculous, and it is quick. The primary active constituent of He Shou Wu, known as THSG, is very similar to resveratrol and may be stronger. THSG, like resveratrol, up-regulates the Klotho gene. Dragon Herbs only uses properly "prepared" He Shou Wu from a great mountain source (Di Tao), which is wildcrafted and allowed to grow in the wild for eight years before collecting. No chemicals of any sort are used during the growing or preparation of Dragon Herbs **He Shou Wu**. Most He Shou Wu used in commerce in the United States is 1-2 years old, and most of it is cultivated, often with chemicals. This is truly superior grade He Shou Wu, exclusively from Dragon Herbs.



He Shou Wu plant.



Wild He Shou Wu collector

**Traditional Functions** — Tonifies Blood, Jing and Qi

**Ingredient** — Prepared *Polygonum multiflorum* (He Shou Wu) root extract (Organically Grown, Certified by ECOCERT®)

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions** — He Shou Wu is considered to be a very mild and safe herb. Mild gastrointestinal disturbance, characterized by soft stool, is very occasionally associated with *Polygonum multiflorum*. However, moderate doses of processed He Shou Wu rarely result in such an effect. Should this occur, the herb may be combined with certain other herbs. Consult your herbalist.



\$19.00

#542



Dragon Herbs offers a full range of herbal formulations designed to replenish Jing, Qi and Shen, thus promoting glowing health.



He Shou Wu vines growing up a dead pine tree.

## High Mountain Shilajit

### Conqueror of Mountains, Destroyer of Weakness

Shilajit is a rare tonic substance collected by local inhabitants in the Himalayas and as far north as Russia. It has been used for thousands of years as a *Rasayana* substance in Ayurveda (the traditional health care system of India), and is regarded by many herbalists as the most important natural life supporting substance of Ayurveda. In Sanskrit, Shilajit means "conqueror of mountains and destroyer of weakness." Shilajit is believed to assist any other herbs it is consumed with, making them more potent and more effective. Authentic, correctly processed Shilajit is extremely safe. It is suitable in small doses for almost everyone on a regular basis, and in higher doses for those who seek to increase vitality and strength, and by those who wish to cleanse the tissues of the body. Dragon Herbs **High Mountain Shilajit** has been shown to increase endurance and overall fitness level by increasing ATP levels. Dragon Herbs **High Mountain Shilajit** up-regulates steroidogenic genes in human skeletal muscle (Shilajit itself is not steroidal). Dragon Herbs **High Mountain Shilajit** improves bioavailability of CoQ10. Dragon Herbs **High Mountain Shilajit** up-regulates genes in skeletal muscle coding for synthesis of collagen.



We have searched the world for the best Shilajit, and this is it! Dragon Herbs **High Mountain Shilajit** is collected from a very high altitude source in the Western Himalayas. It has been laboratory tested for authenticity and purity. Dragon Herbs **High Mountain Shilajit** contains over 50% **fulvic acids** and equivalents, the richest available in America to our knowledge. It contains 40 different minerals. It is so pure that it is over 94% soluble in water (you can make a virtually clear tea out of it!). It is a better antioxidant than many super fruits with an ORAC value of 2,300  $\mu$ moles TE/g. Dragon Herbs **High Mountain Shilajit** is Kosher and Halal certified. We have tested dozens of sources for over two decades, and this is far and away the best and cleanest Shilajit we have ever encountered.

**Traditional Functions** — Tonifies Qi, purifies the body

**Ingredient** — Himalayan Shilajit Extract

**Concentration** — Pure yield extract (typically 5:1 concentrate)

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 2 - 12 capsules per day, with other herbs, or as directed by a healthcare professional

**Precaution** — Ayurvedic texts suggest using Shilajit with caution when pregnant.

\$39.00

#526



## Kinetic Ginseng™

### Probiotically-Fermented Korean Red Ginseng

**Kinetic Ginseng™** is one of the profound achievements in herbalism of the 21<sup>st</sup> century. **Kinetic Ginseng™** is technologically advanced *fermented* Korean Red Ginseng. It is a superb tonic herb suitable for most people. The dominant active components of Ginseng are saponins (*ginsenosides*). Orally consumed Ginseng saponins are not decomposed by digestive enzymes, so they pass through the stomach into the intestines intact. Saponins are broken down by intestinal bacteria and then the "metabolites" are absorbed through the intestinal wall into the blood stream. Research has shown that differences of Ginseng efficacy between individuals and between different Ginseng products is due to differences in the digestive (hydrolyzing) ability of our intestinal bacteria. The ginsenoside metabolizing ability of intestinal bacteria varies from person to person. These differences exist, in part, based on a person's physical condition and the varying patterns of intestinal microorganisms that exist in a human body. Antibiotics kill off the precise microorganisms that metabolize Ginseng. Anyone who has taken an antibiotic may be lacking partially or entirely in these or related microorganisms. Therefore, some modern people cannot get the full benefit of Ginseng, if any. And that's where **Kinetic Ginseng™** comes in. **Kinetic Ginseng™**, which is fermented Korean Red Ginseng, has already been pre-hydrolyzed during the manufacturing process by fermenting the Ginseng with specific probiotic bacteria that metabolizes Ginseng. **Kinetic Ginseng™** is equally effective in ALL people, regardless of their ability to metabolize ginsenosides. This VASTLY improves the effectiveness of this Red Ginseng over any other Ginseng product in the market simply because of the improved assimilation of the ginsenoside metabolites that are actually functional in the human body.\* In addition, the pre-digestion of the Ginseng by the probiotic bacteria results in the production of several metabolites that are not present in the non-digested Ginseng (raw or extracted ginseng), including the very potent *ginsenosides Rg3, Rb1, and Compound K*, all of which are being intensely researched for their health supporting properties. This is the first and ONLY Ginseng product in the world that assures complete assimilation by the human body. Though it is a more expensive form of Ginseng extract, it has very high value.



**Traditional Functions** — Adaptogenic, tonifies Qi, supports normal healthy immune functions\*

**Ingredient** — Fermented Korean Red Ginseng

**Concentration** — Fully fermented natural powder

**Specifications** — 30 Capsules, 500 mg each

**Usage** — 1-6 capsules a day as desired

\$99.00

#590



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Organic Changbai Mountain Red Ginseng Extract

## Organically Grown Genuine

Asian Ginseng, officially known as *Panax Ginseng*, is one of the most famous and valued herbs used by mankind. Ginseng is an energy tonic that helps support the human energy system by promoting the production of Qi. It has been shown to be tonifying to both the central nervous system function and to the endocrine system function. It is the primary Qi tonic of Chinese tonic herbalism. Simultaneously, it helps to calm the nerves and lift the human spirit. Organic Ginseng is very rare. This product uses **100% certified Organic Ginseng** roots. Ginseng must grow in the ground for at least six years to reach a level of maturity that is beneficial to human health. At six years, Ginseng has produced a full range of fundamental ginsenosides that provide the adaptogenic benefits of Ginseng. Ginseng is a small plant with a soft, pulpy root similar to a carrot. Its small size, softness and high nutrition make it a delicious target for insects and fungi. Because cultivated Ginseng must survive in high altitude farms for so many years, the vast majority of the Ginseng grown in the world is NOT organically grown. Young Ginseng is prone to fungi and especially to nematodes. Ginseng farmers naturally want to get the most money they can for tying up their precious mountain fields for many years, so fungicides, pesticides, nematocides and so on have been commonly used for growing conventional Ginseng (in all countries that produce Ginseng, including China, Korea, Canada and the United States). As of right now, more than 99% of the Ginseng on the world market is grown non-organically using some chemicals that most of us would consider distasteful. Dragon Herbs **Organic Red Ginseng** has been certified organic by ECOCERT® based on standards set by USDA. ECOCERT® certification is the gold standard of organic certification in the world. Ecocert's main mission is organic certification, and they have branches throughout the world. You can be assured that with an ECOCERT® Organic seal that you are consuming a totally pure product. This was not an easy task with a plant that must grow in semi-wild mountain soil for



more than six years, nearly two miles above sea level in Manchuria. As always with organically grown and wild herbs, the difference from conventionally grown herbs is significant on many levels. The rich aroma and flavor of Dragon Herbs **Organic Changbai Mountain Red Ginseng** tells it all!\*

Over twenty years ago, Ron and Yanlin Teeguarden contracted with Ginseng farmers on Changbai Mountain in Manchuria to grow "low pesticide" Ginseng — no organic Ginseng was available in the world at that time. The level of chemicals used to produce this Ginseng was just a mere fraction of that of *conventional* Ginseng available in Chinese herb shops and in natural foods products in America. Gradually, much of Dragon Herbs Ginseng was grown using world-class organic methods, but the land was not yet certified. Over the last few years, however, the land upon which Dragon Herbs Ginseng has been grown has been certified organic and now all of Dragon Herbs Ginseng has been certified organic except for the wild Ginseng, which cannot be certified organic but is in fact beyond organic — it's wild. That means the farm and soil were certified many years prior to harvesting (approximately ten years ago). The processing facilities were certified about five years ago. Organic Ginseng is grown in pure mountain soil, is exposed to no pollutants or chemicals and is grown by organic methods with natural fertilizers, natural pest control, clean water, and with a great deal of attention and care.

**Traditional Functions** — Tonifies Qi and Shen, adaptogenic\*

**Ingredient** — USDA Organic Changbai Mountain Red Ginseng Extract

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$49.50**

#525

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Dragon Herbs current organic Ginseng plantation, Changbai Mountain

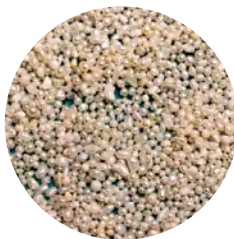




## Pearl Powder

### Beauty from Within

**Pearl powder** is one of the most precious dietary supplements from the Orient. Dragon Herbs utilizes the very latest technology to produce the finest pearl powder available in the world for dietary supplement use. Pearls are usually thought of in the Western world as a jewel to be worn, not consumed. But in the Orient, finely ground pearl powder has been used as a dietary supplement for thousands of years, especially by the wealthy, and most especially by wealthy women. It has many physiological actions beneficial to humans. Pearl is one of the great secrets of the most beautiful women of the Orient. **Pearl Powder** contains dozens of minerals, including: calcium, magnesium and zinc. But to many people's surprise, Pearl is not just made up of minerals. **Pearl Powder** contains many amino acids. Various components in Pearl participate in DNA and RNA metabolic activities and thus can support cell renewal. **Pearl Powder** contains ALL the biologically active constituents of Pearl. It is rich in minerals, amino acids and co-factors. **Pearl Powder** can help prevent the development of melanin, which causes freckles and dark patches on the skin as a normal process during aging. It can help maintain the firmness of one's skin. **Pearl Powder** is also a powerful Shen stabilizer, and thus it supports mood. It is among the elite substances of this type known. It can relieve uneasiness, nervousness, anxiety and tension. **Pearl Powder** supports the nervous system. It is an ideal Shen tonic. Safety studies on pure levigated pearl powder have shown it to be absolutely harmless. It can be taken by anybody for the course of a lifetime without side effects.



Dragon Herbs employs a cutting edge grinding technology known as *levigation* to produce its pure **Pearl Powder**. Our Pearl powder is NOT chemically processed as other brands may be. This super fine **Pearl Powder** is easily assimilated and utilized by the body, providing a range of novel constituents that can support glowing health.

**Traditional Functions** — To support eyesight, to support muscle, to support and nourish the skin, and to promote blood circulation\*

**Ingredient** — 100% pure, levigated premium grade fresh water pearl powder

**Concentration** — Pure ground powder (micron sized particles for easy absorption)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$32.00**

#539

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\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Q&A

### Can I open up the capsules and make the powder into a tea?

Yes, in most cases you can either dissolve the capsules of herbs or open them to make the powder into a tea; however, there are some herbs that don't dissolve well, such as pearl. In the old days (up until a few years ago), one had to open their capsules to make a tea or elixir from these powdered extracts — and that is still the case with most brands of herbal extracts. But with Dragon Herbs' advanced PlantCap™ pullulan capsules you can just toss the capsules into warm water or a blender. Pullulan is made from tapioca and dissolves very readily in water. They may simply be blended into a blender drink or smoothie and often are dropped into hot water to make an elixir. Within seconds there is no trace of the capsule, and fermented tapioca is a safe and beneficial nutrient.

### How should I store my herbs?

Herbal extracts, including powders, capsules, and tinctures are best stored in a dry, cool place such as a cupboard. Many people who use herbs regularly create a "home elixir bar." The home elixir bar is a special place where one can regularly or ritually consume their tonic herbs and superfoods. This would include some shelves on a wall that do not receive direct sunlight. A close-by water source and other home elixir bar accoutrements can be desirable.

Pearl was made especially famous as a beauty tonic by the Dowager Empress Ci Xi, the de-facto last ruler of China's Qing Dynasty for almost 50 years.



# Reishi Spore Oil

## The Natural Essence of Reishi

Every growing season, the Reishi mushroom produces its "fruiting body," that part which we see and think about when we think "mushroom." At the end of the growing season, Reishi produces "spores," which are like tiny microscopic seeds. Each Reishi produces millions of spores and these spores form a coating of lovely chestnut brown powder all over the fruiting body and beyond. These spores are collected. They cannot be used in this raw state because each spore has an impermeable cell wall that humans cannot digest. However, the spores are extremely rich in phytochemicals, so scientists have developed an effective way to "crack" these cell walls, allowing the material inside to be extracted. The spores are rich in Reishi spore oil, and this oil can be extracted using high tech methods. Dragon Herbs **Reishi Spore Oil** is the pure essence of Reishi spores, the most bioactive Reishi material. The essential nutrients of Reishi are contained in its spore. **Reishi Spore Oil** has been shown to powerfully support the immune system functions for healthy individuals, and is a superb tonic for those who wish to promote their health, age slowly and preserve their youthfulness. Dragon Herbs **Reishi Spore Oil** is a golden transparent oil. **Reishi Spore Oil** is extracted directly from cracked-shell Reishi (*Ganoderma lucidum*) spores by advanced proprietary CO<sub>2</sub> super-critical extraction technology. **Reishi Spore Oil** is the concentrated essence of some water-soluble constituents and all the lipid-soluble substances contained in Reishi spores, including all *triterpenes* and *nucleosides*. **Reishi Spore Oil** is easily absorbed by our body.



It is VERY concentrated. 100 kg dried Reishi fruiting bodies (mushrooms) produces approximately just 1 kg of spores. And it takes over 20 kg of "cracked" spores to produce only one kilogram of spore oil. Cracked-shell Reishi spores can be up to 70 times more therapeutic than the whole original Reishi mushroom of the same weight. Ron Teeguarden's **Reishi Spore Oil** soft gel is 70 times more potent than Reishi powdered extract. Reishi must be "cracked"

to extract the oil and all constituents from the spores — if this is not done properly, the result will be poor. Just one **Reishi Spore Oil** soft gel (about 500mg) of Ron Teeguarden's **Reishi Spore Oil** contains over 100mg of triterpenes, the most active constituent of Reishi oil. Most other brands of "Reishi spore oil" on the market are cut significantly with vitamin E oil to cut cost. Dragon Herbs **Reishi Spore Oil** is 100% Duanwood™ Reishi spore oil.

Ron Teeguarden's **Reishi Spore Oil** is produced in an ultra-modern GMP-rated pharmaceutical facility under the auspices of, and certified by, the Chinese Academy of Medical Sciences and the Ministry of Health of the People's Republic of China. Special consideration and proprietary technologies are employed to assure freshness and purity of this product.\*

**Traditional Functions** — Tonifies Jing, Qi and Shen, supports immune system functions, anti-aging\*

**Ingredient** — 100% pure **Duanwood Reishi Spore Oil** (no additives or carriers)

**Concentration** — Super-critical extraction with CO<sub>2</sub> (typically 20:1 concentrate)

**Specifications** — 30 softgel capsules, 500 mg each

**Usage** — 1-2 softgels each time, 2 times daily before meals. Use of 9 capsules per day has been shown to have no side effects.

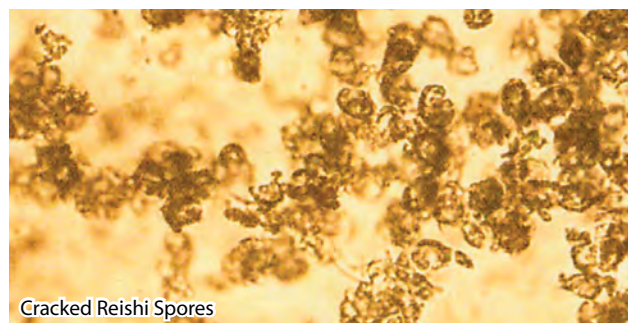
\$145.00

#588

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Uncracked Reishi Spores



Cracked Reishi Spores

## Salvia

### Cardiovascular Support



Red **Salvia** Root (*Salvia miltiorrhizae*, Red Sage, Dan Shen in Chinese) is a very important herb in the Chinese tonic health system because it supports healthy blood circulation. Salvia root is classically said to have a cold energy. It is the primary herb now used in Chinese herbalism to promote heart health. Extensive research has shown it to provide safe and effective cardiovascular support. Salvia root is also an excellent immune system tonic. This extract contains all the active constituents of the finest grade Salvia roots.

**Traditional Functions** — Supports healthy blood flow, benefits Heart due to blood circulation support\*

**Ingredient** — Chinese Salvia root extract

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$22.00**

#546

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\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Q&A

### Can you take too much of an herb or herbal formula?

You can consume too much of anything. It is possible to consume too much water or even too much air. You can get too much exercise or study too much. All of these critical functions are life-supporting when they are balanced. Herbs are very natural and are similar to food, exercise and air. The recommended servings of the herbs and herbal formulas are based on almost countless individual experiences. You should stay close to those recommendations. However, the tonic herbs are generally very safe, and taking a little extra on occasion is common. Remember, moderation is one of the key principles of living a long, healthy and happy life.

### Is it OK to take your herbs with other medicines/vitamins/herbs?

There is no problem using tonic herbs with other herbs, vitamins and minerals. If you are experiencing a medical condition that is being treated by conventional medication (drugs), you should inform your physician of your desire to take tonic herbs, and you should inform him or her specifically of the herbs and herbal formulas you wish to use. Physicians now have resources that can inform them of possible drug interactions. It should be pointed out that Chinese tonic herbs are routinely used in Asia along with conventional medication, often in order to generally bolster the system. Remember that these herbs are DIETARY SUPPLEMENTS, not drugs, so they are used to support your health as a whole person. Just because you are using medication does not mean you should starve yourself. Nevertheless, consult your physician even if you are just on a daily aspirin regimen. Your doctor should know what you are doing, and you should listen to your doctor.

### Do these herbs have side effects?

Chinese tonic herbs are extremely safe and are notoriously free of side effects. Extensive historical experience, as well as modern research and extensive safety studies have demonstrated that when the herbs are used properly and moderately, they are as safe as our daily foods. The incidence of side effects from the use of tonic herbs is extremely rare. Some people may experience some temporary minor changes in their system as the tonics balance out their bodies. If you believe you are reacting poorly to an herbal product, stop its use. Call us immediately to discuss the issue.

“I didn’t want to live forever, I just wanted to drink tea.” – Li Qingyun

## Schizandra

### The Quintessence of Tonic Herbs

**Schizandra** berry, from the plant *Schizandra sinensis*, is “the herb that does it all.” It develops and protects the primary energies of life. Schizandra, known as the “quintessence of Chinese tonic herbs” tonifies all three Treasures, enters all twelve meridians and nurtures all five elements. It supports vitality and is said to promote beautiful skin. The Taoists especially have revered Schizandra which is the favorite herb of Taoist Grandmaster Sung Jin Park. Though Schizandra is believed to benefit all the functions of the body, it has traditionally been considered to have the most influence on the Kidney, Lung, Liver and mental functions. Our *Di Tao* (authentic source) certified organic Schizandra berries are collected from the remote forests of Changbai Mountain in Manchuria.

**Traditional Function** — Tonifies the Three Treasures

**Ingredient** — Organically Grown Changbai Mountain Northern Schizandra fruit

**Concentration** — Pure yield extract (typically 8:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$29.00

#548

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## Super Ant

### The Herb of Kings

Dragon Herbs is pleased to offer Polyrhachis Ant in capsule form, comprised half of ground, raw farmed Changbai Mountain Black Ant, and half Polyrhachis Ant extract (a 10:1 extract). The resulting product is extremely potent. Polyrhachis Ant is one of the adaptogenic superstars of Chinese tonic herbalism. Classically considered one of the “forever young foods” incorporated into daily diets, Polyrhachis Ant is widely consumed in modern Asia as a dietary supplement for its many known benefits. This Mountain Ant is famous for supporting many important life functions and for its replenishing tonic properties of restoring Qi, increasing vitality and nourishing the blood. Polyrhachis Ant is also one of the few truly powerful adaptogenic substances of the earth, helping the body to naturally adapt to change and common stress as efficiently as possible.

Polyrhachis Ant is one of the tonic ‘herbs’ that gives quick Qi to the brain and body, while simultaneously restoring its original source, the Kidney Yin, creating its supertonic reputation for both Qi and Jing. Polyrhachis Ant is known to facilitate synthesis of DNA and RNA within the cell itself. A unique set of aldehyde compounds found in Polyrhachis Ant is believed to contribute to the Ant’s unparalleled physical strength, a species known to be able to lift over 100 times their own weight. This aldehyde provides the great tonic action for the human body.\*

**Traditional Functions** — Qi and Yin tonic, aphrodisiac\*

**Ingredients** — Changbai Mountain Polyrhachis Ant (50% raw micropowder, 50% 10:1 powder extract)

**Concentration** — Pure yield extract (typically 10:1 concentrate) and raw powdered ant

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$34.50

#503



“Jing, Qi and Shen activate the human being. If they are not depleted they will work intrinsically to produce the substances needed to remain youthful. The ancients have stated, ‘Heaven has three treasures — the sun, moon and stars. Mankind has three treasures — Jing, Qi and Shen.’” — Hsien Tao Ching Tso Ching



Changbai Mountain Heaven Lake, the caldera at the top of the volcano. The far half is North Korean territory, the near half is Chinese.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Wild Siberian Chaga™

### Siberian Superherb

Chaga (*Inonotus obliquus*) is a highly prized tonic fungus (mushroom), long used in traditional Siberian, Korean, Chinese, North European and Scandinavian herbalism. It is found growing wild in old forests throughout the colder regions of Northern Asia, Northern Europe and North America. The best Chaga is believed to come from subarctic birch forests in Siberia. Dragon Herbs premium **Wild Siberian Chaga** is collected from remote near-arctic Siberian forests. In Russia, after ten to fifteen years of parasitism on birch trunks, the black shapeless overgrowth of fungus acquires the status of "Chaga." At 20 years Chaga is considered herbally fully mature. The vast majority of "Chaga" used to make formulations sold in the United States use "Chaga" that has not achieved maturity, and is therefore not truly "Chaga." In fact, there are "Chaga" farms in tropical countries such as Myanmar that produce "Chaga" in just 3 or 4 years, but this "Chaga" is not even close to the potency of Siberian Chaga that has reached full maturity after 20 years of wild arctic growth.

**Why Siberian Chaga?** Like ALL major tonic herbs, the source of the raw material (the herb) should be selected based on both tradition and modern chemical analysis to assure the best product. Dragon Herbs is a *Di Tao* company, meaning we use only raw materials from the *authentic source* to make our herbal products. The source of the raw material for Dragon Herbs **Wild Siberian Chaga** is a remote region of Siberia in northern Russia. Chaga grows in many places, but chemical analysis has definitively



demonstrated that genuine wild Siberian Chaga is the most potent form of Chaga. Wild Siberian Chaga has special properties that must be sensitively extracted. Siberian Chaga has hundreds of active constituents that must be protected and delivered to your digestive system intact and undamaged.

Chaga has traditionally been consumed as a hot tea, and the benefits associated with Chaga are based primarily (almost exclusively) on the cooked decoction or extract of Chaga. So mild cooking is traditionally considered appropriate for Chaga. Cooking produces additional metabolites that are believed to provide biological activity. Dragon Herbs **Wild Siberian Chaga** is a concentrated extract, produced by a state-of-the-art moderate-temperature full-spectrum extraction technology. Special highly sensitive technologies were used during the extraction process to assure full extraction of bioactive components. Both water and ethanol (alcohol) are used in the extraction, and as a result, all bioactive components are present. The ethanol and water extracts, both independently and together, revealed "remarkable potential for scavenging" free radicals, while Chaga extracts made with synthetic solvents did not show this activity.

**Ingredient** — Chaga Mushroom (Wild Russian Siberian *Inonotus obliquus*) (water and alcohol extraction) (>30% Chaga Polysaccharides by analysis)

**Concentration** — Pure yield extract (typically 12:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — 1-4 capsules, 1 to 3 times per day as desired, or as directed by a qualified health care practitioner. In general, as a tonic herb for health promotion and health maintenance, a low-moderate dose of just 3 capsules per day is sufficient.

\$25.50

#505





Lan Bermejo has been head of the Dragon Herbs' Art Department since 2001. His designs and graphic presentations are legendary.

“He could not imagine any greater joy than to go away into the woods for months on end, to break off this chaga, crumble it, boil it up on a campfire, drink it and get well like an animal.”

-Alexander Solzhenitsyn, Nobel Laureate

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Ron Teegarden's Signature Series

The **Ron Teegarden Signature Series** consists of highly concentrated herbal powders, encapsulated in cutting edge vegan PlantCaps® for complete assimilation. All "Signature" products are unique proprietary formulations developed by Master Herbalist Ron Teegarden, and are all based on the *Three Treasures Principle* passed on to Ron by Taoist Grand Master Sung Jin Park. These formulations stand out because of the superb quality of the individual herbs used to make the products, many of which are deemed too expensive or too precious to be used in commercial products by other herbal companies, because of the precision technology used to produce the extracts, and because of their consistent superior efficacy. Rare ingredients such as Deer Antler "tips," pure Pearl powder, organically grown Changbai Mountain Ginseng, Wild and Duanwood™ Reishi, Bhutanese Cordyceps, Tibetan Snow Lotus, Himalayan Rhodiola, and similar rare and exotic tonic herbs are routinely included in the **Signature Series**. Tonic power users and connoisseurs will appreciate this **Signature Series** line.



**Ingredients** — Ron Teegarden **Signature Series** products contain no less than 90% herbal materials (extract or raw herbs). In most cases, the percentage is higher. This is the **Signature Series** produced by Ron Teegarden's Dragon Herbs. The herbs used are all premium grade or higher. Dragon Herbs does not use commercial grade herbs in this or any of its premium lines. These herbs are connoisseur grade.



All herbs used in the **Signature Series** are *Di Tao*, meaning they are sourced from the authentic growing region where they have become famous over many centuries. Master Herbalist Ron Teegarden personally approves every herb and every batch of every product every time it is made.



**Other Ingredients** — Vegan capsules (Pullulan PlantCaps™; 100% natural; water-soluble polysaccharide produced through a fermentation process; vegetable origin; non-GMO; no starch; no preservative or chemical modifications; gluten free); rice or bamboo powder.

All herbal extracts must contain some percentage of excipient to allow for production, but many brands contain up to 50% or more of excipients, which cuts costs but also efficacy. The excipients often help speed up production, but are certainly not useful in the body if over-consumed. Most brands use non-natural excipients (albeit probably safe by government standards), fillers and flow agents such as magnesium stearate and silicon dioxide. Dragon Herbs has replaced these less desirable fillers in its premium lines with bamboo, tapioca, brown rice hull powder or certified non-GMO maize starch (contains no corn protein.) All are non-GMO, gluten free, and actually beneficial to the body. Again, the average amount of excipient in this line ranges around 5%, generally less.





## Adaptogen Energizer

**Adaptogen Energizer** increases physical and mental vitality both quickly and cumulatively. It is a quintessential adaptogenic tonic herbal formulation. This formula expands the power of the body to adapt to all the stresses of life and helps to support a healthy immune system. **Adaptogen Energizer** helps maintain abundant energy levels and increases mental and physical endurance. It is good for men and women. It is an extremely potent Qi tonic and is thus a superior athlete's formula. **Adaptogen Energizer** tonifies Qi, Jing and Blood. It may be used by anyone who wishes to increase mental and physical energy naturally without the use of stimulants, and anyone who understands the importance of superb *adaptability*. Adaptability requires energy. The greater the stresses of life and the more dynamic the changes in one's life, the greater the requirement for adaptive energy. The very purpose of using Chinese tonic herbs is to aid the body-mind in its adaptive needs. The greatness of the Chinese tonic herbs lies in their adaptogenic quality – that is, their ability to enhance the body-mind's capacity to adapt optimally, accurately and with endurance, to changes in the environment, and thus to overcome the challenges of life. The point, then, is to never run out of **adaptive energy** — always have **reserve energy** so that when an emergency happens we can deal with it without exhausting ourselves. Some herbs have special reputations for helping people adapt and to handle stress in a way that is not damaging and not exhausting. Here are the **super-adaptogens**, the tonic herbs that everybody should be taking to protect themselves from the effects of stress, all in one magnificent formula. \*

**Traditional Functions** — Tonifies Qi, Blood, Yin Jing and Kidney Yang, Shen\*

**Ingredients** — Polyrhachis Ant, Tibetan Rhodiola root, Gynostemma leaf, Eleuthero root, Schizandra fruit, Astragalus root, Duanwood™ Reishi fruiting body, Chinese Ginseng root, Goji fruit, Chinese Licorice root

**Concentration** — Pure yield (typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$32.00** #185

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## Ant Essence™

**Ant Essence** is a premium, adaptogenic *Jing* tonifying formulation. The main ingredient, Polyrhachis Ant from Changbai Mountain in Manchuria, is a powerful dietary supplement widely used in China. It is called the "Herb of Kings." The farmed Changbai Mountain Ant is blended with a powerful combination of *Yin Jing*-building and adaptogenic herbs, creating a powerful tonic and rejuvenation formula. It also has powerful immune potentiating activity. Ant tonics are widely consumed in Asia to promote strength, sexual vigor and as a powerful age defying agent. **Ant Essence** replenishes Qi, nourishes blood, increases vitality, regulates *Yin* and *Yang*, enhances immunocompetence (bi-directional immune regulation), supports healthy sexual function, strengthens the musculoskeletal system, calms anxiety, promotes sound sleep, improves digestion and assimilation, and protects the Kidneys and Liver.



**Traditional Functions** — Tonifies Qi, Blood, Yin Jing and Kidney Yang\*

**Ingredients** — Mountain Ant (*Polyrhachis vicina*), He Shou Wu (*Polygonum multiflorum*), Dang Gui, Eleuthero (Siberian Ginseng) root, Prepared Rehmannia, Aged-Tangerine rind, Jujube Date, Licorice

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$26.00**

#134

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\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Ant Power

This is a formulation for building the deep power of the body. **Mountain Ant** is a potent energy tonic that has immediate and long term benefits. Combined with strong Jing and Qi tonics, Ant has the effect of strengthening sexual function, promoting mental power and creativity, and tonifying the organs and senses. This is a superb tonic for athletes. **Ant Power** is a Jing tonic designed to nourish the Kidney Yang and to build Qi. The main ingredient in **Ant Power** is the Polyrhachis Ant, also known as Mountain Ant. Ant is one of the greatest nutritional substances on earth and is a supertonic herb in the tonic herbal system. It is high in zinc and enzymes. The formula is made by combining Mountain Ant powder with powerful Yang tonic herbs designed to generate lasting inner power. **Ant Power** can be used as a basic Yang tonic by anyone, young or old, male or female. It is also a superb rejuvenation formula. It is a primal Jing tonic that may be consumed for a lifetime, and is the preferred Yang Jing tonic of many long time tonic herbalists. **Ant Power** is a formula that will help develop and maintain sexual health in both men and women.\*



**Traditional Functions** — Tonifies Qi, Yin Jing and Kidney Yang\*

**Ingredients** — Polyrhachis Ant whole powder, Cordyceps mycelium, Morinda root, Astragalus root, He Shou Wu root, Eucommia bark, Goji fruit, Dipsacus asper root, Dang Gui root, Chinese Yam rhizome, Cornus fruit, Chinese White Peony root, Chinese Licorice root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — 2-3 capsules, 2 times per day or as directed by a healthcare professional

\$32.00 #146

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## Buddha's Yang

**Buddha's Yang** formulation is for those who desire to build powerful Yang Jing energy. It is completely vegan. A number of plants are recognized as being extremely powerful Yang Jing tonics, and **Buddha's Yang** contains all of the most powerful plant-sourced Yang Jing tonifying herbs from China. It is excellent for athletes and martial artists who desire more "inner power." This formulation may be used as one's sole Yang Jing tonic, or it may be enhanced even further



Epimedium leaf and Polygala root, great herbs in Buddha's Yang

by the addition of **Long Stalk Cistanche Drops, Deer Antler Drops, Cordyceps Drops, Ant Drops** or **Super Ant Capsules**, all of which are available from Dragon Herbs in tincture form or capsule form.

**Traditional Functions** — Tonifies Yang, Nourishes Yin\*

**Ingredients** — Cistanche stem, Epimedium leaf, Cynomorium stem, Eucommia bark, Cnidium seed, Cuscuta seed, Cinnamon bark, Cornus fruit, Polygala root, Goji fruit, Schizandra fruit

**Concentration** — Pure yield (typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — 2-3 capsules, 2 times per day or as directed by a healthcare professional

\$27.00 #166

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## Cardio Pro™

**CardioPro™** contains herbal extracts that support healthy cardiovascular function. This formulation contains three of the greatest tonic herbs in the world and may be used safely as a primary tonic for an extended period of time.\* **CardioPro™** is in fact a kind of "Superpill," composed entirely of "king herbs" plus the nutraceutically refined essence of Gynostemma ("total gypenosides"). **CardioPro™** features **Reishi** mushroom fruiting body extract, **Tibetan Rhodiola** root extract, **Gynostemma** leaf extract and its *gypenosides*, the active constituent of Gynostemma. The Reishi is grown organically in the remote and beautiful Wuyi Mountains entirely on mountain spring water and natural precipitation. The wild Tibetan Rhodiola is collected above the snowline of Tibet at a typical altitude of over 18,000 feet. The Gynostemma is grown on Dragon Herbs' own Gynostemma plantation nestled on Great Immortal Peak in the Wuyi Mountains.



**Traditional Functions** — Tonifies Heart function, moves blood\*

**Ingredients** — Duanwood™ Reishi fruiting body, Tibetan Rhodiola root, Gynostemma leaf, Gypenosides (total Gynostemma leaf saponins).

**Concentration** — Pure yield

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$36.00 #196

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## Diamond Mind

We live in an era when mental power is an absolute necessity, no matter what we are doing. A strong body is not enough to succeed in the modern world. The brain requires special support to perform at its highest level. The herbs used in this formulation have been used for centuries by great thinkers, philosophers and meditators to help strengthen their minds. **Diamond Mind** is suited to the mental strains of this new millennium.\* The five herbs used in this formula have all been demonstrated to have powerful effects on the mind and benefits to the brain. It is a very safe formula. Though it can have an immediate effect, it is a sophisticated tonic formulation designed to build long term mental power. And **Diamond Mind** is not just for the mind. It is a superb general tonic since the herbs help improve circulation throughout the body and have broad spectrum *adaptogenic* benefits. This is a formula that promotes general well-being and helps support the immune system.



**Traditional Functions** — Tonifies Qi, promotes circulation and tonifies Kidneys\*

**Ingredients** — Tibetan Rhodiola root, Ginkgo biloba leaf (Standardized to 24% Ginkgo Flavone Glycosides & 6% Terpene Lactones), Schizandra fruit, Polygonatum rhizome, Eleuthero root

**Concentration** — Pure yield (typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$26.00

#160

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\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Dragon Jing

**Dragon Jing** is the most powerful *Yang* formula, virtually identical to a formulation originally used by a Chinese emperor reportedly with over a thousand concubines. **Dragon Jing** is designed to quickly and unfailingly tonify the *Gate of Life Yang* (sexual power functions). This is our most potent *Yang* tonic in capsule form. **Dragon Jing** is made from super-premium *Di Tao* (authentic source) raw materials including Sika Deer Antler tips and Korean Red Ginseng. **Dragon Jing** is designed for men who are sexually active. It should be used in a program that also contains Yin Jing herbs. For example, **Ant Essence**, **Shou Wu Formulation** and **Healer's Tea** partner up very well with **Dragon Jing** to create a powerful men's Jing program. **Dragon Jing** builds virility. It increases sexual desire and improves sexual performance.



**Traditional Functions** — Tonifies Yang, Yin, Blood and Qi\*

**Ingredients** — Deer Antler tips, Korean Red Ginseng, Epimedium leaf, Cistanche stem and root, Cinnamon bark, Cynomorium stem, Eucommia bark, Cnidium seed, Cuscuta seed, Polygala root, Cornus fruit, Goji fruit, Schizandra fruit

**Concentration** — Pure yield (typically around 9:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$55.00

#121

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## Endocrine Health

**Endocrine Health** contains herbs known to support the endocrine system. This formula tonifies and supports the entire endocrine system. **Endocrine Health** is a dietary supplement composed exclusively of tonic herbs and is not for the treatment or prevention of any condition. It is a general tonic formulation with broad spectrum tonic actions. It is both a Yin tonic and a Yang tonic. This formulation tonifies all Three Treasures, Jing, Qi and Shen very effectively. For those wishing to use just one tonic formula, this would be an excellent choice.\* All herbs in **Endocrine Health** are *Di Tao*, meaning they are superior quality and come from a historically authentic source.



**Traditional Functions** — Nurtures Blood, tonifies Qi, nurtures Shen\*, builds Yin and Yang Jing, astringes Yin

**Ingredients** — Chinese Ginseng root, Goji fruit, Schizandra fruit, Prepared Rehmannia root, Eucommia bark, Dang Gui root, Epimedium leaf, Cornus officinalis fruit, Chinese Dioscorea rhizome, Red Jujube fruit, Poria sclerotium, Chinese Licorice root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

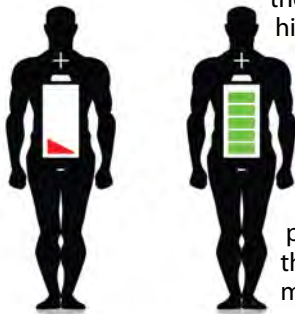
\$26.00 #190



## Eternal Jing

*Deer Placenta healthy aging formula*

Burning the candle on both ends? If you want to extend your candle life, this formula is as close as you can get in terms of replenishing pre-natal Jing. It replenishes Jing lost due to stress or mere living. Experience the re-birth of profound energy. **Eternal Jing** is composed of herbs that have a powerful Jing tonifying effect on the body. This formula supports a variety of rejuvenation processes. **Deer Placenta**, the lead ingredient, has a long history as a deeply restorative tonic in Chinese tonic herbalism. Over the past two thousand years various formulations very similar to **Eternal Jing** have been used for the purpose of restoring spent Jing, the primordial energy of life, and thus rejuvenating the body and mind. Placenta is combined with other tonic herbs. This placenta restorative formula contains herbs that support the restoration of Jing in every tissue and



cell of the body. Deer Placenta (a 20:1 concentrated extract) is combined with five of the world's most powerful Jing restorative tonic herbs: **Goji** (*Lycium barbarum*), **He Shou Wu**, **Cinnamon** bark, **Eucommia** bark and **Dendrobium** stem — all of which have been extracted and concentrated using the most modern nutraceutical technology. Each of these herbs plays a key role in cellular energetics, repair, and function. They protect the cell from oxidative stress and support the natural DNA-repair mechanisms that may diminish due to the natural process of aging.

**Traditional Functions** — Nurtures Yin and Yang Jing, astringes Yin

**Ingredients** — Deer Placenta, Goji fruit, He Shou Wu (*Polygonum multiflorum*) root, Eucommia bark, Dendrobium pod and stem, Cinnamon bark

**Concentration** — Pure yield (typically around 9:1, Deer Placenta 20:1)

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$45.00 #116



## Four Kings

**Four Kings** is a combination of four powerful tonic mushrooms. Each of the mushrooms has been used for centuries to promote powerful resistance and to support glowing health. Many dozens of mushrooms are consumed in Asia for both culinary and medicinal use. A few of these mushrooms stand out as elite *tonic herbs* that have built reputations for promoting glowing health when consumed regularly. **Reishi** mushroom (*Ganoderma lucidum*) is the most revered herbal substance in Asia. **Agaricus** mushroom is a Brazilian rainforest herb that has won overwhelming acceptance in Asia and is now commonly incorporated into Chinese tonic herbal formulations in China and Japan. It supports healthy immune system functions. It has been established to support immune functions in normally healthy individuals. **Cordyceps** is an effective and powerful immune supporting agent. Dragon Herbs uses cultured Cordyceps mycelium in **Four Kings** Combination. **Maitake** mushroom has gained a place in tonic herbalism due to its broad spectrum tonic benefits.\*

**Traditional Functions** — Fortifies the protective functions; tonifies Jing, Qi and Shen\*

**Ingredients** — Agaricus fruiting body, Duanwood™ Reishi fruiting body, Cordyceps mycelium, Maitake fruiting body

**Concentration** — Pure yield (typically around 9:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$36.00 #197



# Eternal Jing

## *Deer placenta anti-aging formula*

Burning the candle on both ends? If you want to extend your life candle, this formula is as close as you can get in terms of replenishing pre-natal Jing. Replenish lost Jing from stress or mere living and experience the re-birth of profound energy.

Dragon Herbs Eternal Jing is made from the finest Jing restorative herbs available in the world. It features Deer Placenta, the quintessential Jing replenishing substance. Deer Placenta has a long history as a deeply restorative tonic in Chinese tonic herbalism. Over the past two thousand years various formulations very similar to Eternal Jing have been used for the purpose of restoring spent Jing, the primordial energy of life, and thus rejuvenating the body and mind. Deer placenta is believed to be the closest placenta to that of human placenta, and scientific analysis has borne that out. Deer placenta is believed to provide pure Jing to the body. Placenta can be combined with other tonic herbs. A placenta restorative formula must contain herbs that support the restoration of Jing in every tissue and cell of the body, and of course should provide their own antiaging power. That is exactly what we have in Eternal Jing. Deer Placenta (a 20:1 concentrated extract) plus five of the world's most powerful antiaging herbs: Goji (*Lycium barbarum*), He Shou Wu, Cinnamon bark, Eucommia bark and Dendrobium leaf – all of which have been extracted and concentrated using the most modern nutraceutical technology. Each of these herbs plays a key role in cellular energetics, repair, and function. They protect the cell from oxidative stress and help repair DNA. By combining Placenta and Eucommia, the Placenta becomes activated and components of the Placenta efficiently enter and exit from the nucleus of the cells and interact with DNA in a regulated manner, increasing production of important proteins and hormones, and supports a healthy aging process.

### Eternal Jing Capsules

Each 500 mg capsule contains 250 mg of Deer Placenta concentrated extract. Our Cinnamon bark, from Vietnam, is considered the best in the world. Vietnamese Cinnamon bark is a profound yang tonic. Eucommia bark is also a yang tonic, though it has a yin nature as well. He Shou Wu and Lycium are yin tonics. Dendrobium has a more cooling nature. This formula has a warming nature (it is building the "fire of life"). Those with false fire should combine Eternal Jing with a cooling tonic formula.



## Frame Builder

**Frame Builder** can help strengthen the structural framework of the body. The formula may be used by those who wish to help strengthen and support bones, tendons and ligaments. It combines a variety of very powerful herbs that martial artists, such as the gongfu (kung fu) and hapkido masters of the Far East have used for millennia. The formidable combination of Eucommia bark and seed, Drynaria and Dipsacus and other herbs is a reliable tonic to the body's structure. It is especially suitable to those who rough it up: ball players, mountain climbers, triathletes, martial artists, sky divers, skateboarders, X Games and other extreme athletes, snow boarders and skiers, professional golfers and tennis players, etc. If you live hard, this formula is probably for you.

**Traditional Functions** — Nourishes blood, fortifies Yang, moves blood and Qi, disperses stagnant fluids, fortifies the skeleton

**Ingredients** — Eucommia bark, Eucommia seed, Drynaria rhizome, *Dipsacus asper* root, *Chaenomeles lagenaria* fruit, Chinese Dioscorea Yam rhizome, *Liquidambar orientalis* fruit, White Atractylodes rhizome, Chinese Clematis root, Fragrant Angelica root, Poria sclerotium, Achyrantes root, Notopterygium root

**Concentration** — Pure yield (typically 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$27.00

#254

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Shaolin monk Li Bo demonstrates his leaping power

## Golden Air

**Golden Air** is an herbal formulation designed to support the respiratory system and its structures and functions. This is an excellent general tonic. **Tibetan Rhodiola** root is the most important lung supporting herb from Tibet, an important resource of major health supporting herb. It supports respiratory power, endurance and oxygen assimilation. **Codonopsis** root is one of the most important tonic herbs in Asian tonic herbalism. It is a powerful and very popular Lung tonic. **Schizandra** berry, among its many virtues, is a premier lung tonic, enhancing breathing in a number of ways. **American Ginseng** root is a potent Qi tonic that specifically moistens and supports the tissues and functions of the Lungs. **Astragalus** root is used to support the functions of the immune system and to support the Lungs. **Asparagus** root and **Ophiopogon** root, very powerful lung supporting herbs, assure that this is an effective formulation. This is a premium tonic formulation that may be consumed for as long as desired as a basic part of a tonic herbal program. This formula also benefits the skin, helping it to become smooth, radiant and clear. This formula contains many powerful tonic herbs that build the general health, especially supporting the immune and Qi production systems.



**Traditional Functions** — Tonifies Qi and Yin, support the functions of the lungs\*

**Ingredients** — Tibetan Rhodiola root, American Ginseng root, Schizandra fruit, Codonopsis root, Ophiopogon tuber, Astragalus root, Chinese Asparagus root, Morus alba root bark, Platycodon root, Chinese Licorice root

**Concentration** — Pure yield (typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$23.00

#151

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## Hair and Nails Formulation

**Hair and Nails** Formulation is composed of Chinese herbs that have been used for a thousand years by Chinese royalty to promote the growth of beautiful, healthy, strong hair and nails. The herbs are nourishing to the blood and thus provide needed nutrients to the hair and nails. The herbs also improve blood circulation, and particularly the microcirculation that supplies the hair and nails. The formula helps remove toxins and reduce stagnation and helps regulate hormonal functions. **Hair and Nails** Formulation has strong antioxidant activity, and is considered an excellent Yin Jing tonic that may be used as a basic formula in a personal wellness program.

**Traditional Functions** — Nourish Yin Jing and blood, and promote blood circulation

**Ingredients** — He Shou Wu (*Polygonum multiflorum*) root, Salvia root, Prepared Rehmannia root, Gynostemma leaf, Dang Gui root, Schizandra fruit, Red Chinese Peony root, Raw Rehmannia root, Chaenomeles fruit and Notoptergium root

**Concentration** — Pure yield (typically 8:1) extract

**Specifications** — 100 capsules, 500 mg each

**Usage** — 3 Capsules 2 times per day, or as directed by a healthcare professional

**Precautions** — Rare cases of gastrointestinal disturbance are the only side effects associated with *Polygonum multiflorum*. Soft stool is the result. However, moderate doses of *Polygonum multiflorum* rarely result in such an effect. The effect can be corrected by combining with herbs that remove dampness through the urinary pathway. Consult with your herbalist.

\$18.00

#224



## Imperial Garden



**Imperial Garden** is a powerful tonic formulation based on the time-proven tonic herbal formula known as **Return to Youth**, developed in the eleventh century and used continuously since that time.

**Imperial Garden** is one of the greatest of all tonic formulations, and is in particular a superb Yin and Yang Jing tonic. **Imperial Garden** is considered to be an "imperial version" of **Return to Youth** Formula because it contains a very powerful lead herb that was not generally available to common people at the time. That herb is **Cordyceps**, an herb of significant primal tonic power. Cordyceps is a deep Jing tonic that tonifies both Yin and Yang, and a superb Qi tonic that supports the tissues and functions of the Lungs. This formula influences primarily the Kidney function (both Yin and Yang). It is also considered to be a Heart, Liver and Spleen tonic. It supports heart function by improving blood circulation and by supporting Blood. It is respected as a brain tonic. It is also highly regarded as a sexual tonic for both men and women. It has traditionally been regarded as a major "rejuvenation formula". It may be used continuously and indefinitely as a primary Jing, Blood and Qi strengthening tonic. This superb Jing tonic is suited to men and women of all ages.

**Traditional Functions** — Tonifies Yin and Yang Jing, Qi, Blood and Shen\*

**Ingredients** — Cordyceps mycelium, Chinese Ginseng root, Epimedium leaf, Cinnamon twig, Rubus fruit, Schizandra fruit, Eucommia bark, Achyrantes root, *Cornus officinalis* fruit, Broussonetia fruit, Polygala root, Chinese Yam rhizome, Goji fruit, Prepared Rehmannia root, Poria sclerotium, Red Jujube fruit, Fennel fruit, Cistanche stem

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$27.00

#142



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Jing Formulation

**Jing Formulation** is a powerful primal Jing formulation. It is excellent for men and women who wish to replenish their Jing. It is suitable for those who require *maximum* restoration of Jing after an acute or extreme life challenge, prolonged stress, hard living or due to advancing age. **Jing Formulation** tonifies Kidney Jing (both Yin and Yang), builds Blood, and tonifies Qi. **Jing Formulation** contains no animal-sourced constituents. The energy known as “Jing” is synonymous with life itself. **Jing Formulation** is especially suited as a Jing tonic formulation for those who exhibit moderate general false fire. Jing is the bodily energy that supports and protects our youthfulness. Superior grade *Di Tao* herbs are used to make **Jing Formulation**.

**Traditional Functions** — Tonifies Yin Jing, Qi and Yang\*

**Ingredients** — Dendrobium pod and stem, Chinese Asparagus root, Eucommia bark, Prepared Rehmannia root, Astragalus root, Cornus fruit, Codonopsis root, Ophiopogon tuber, Raw Rehmannia root, Phellodendron bark

**Concentration** — Pure yield (typically around 7:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#117

8

## Liver Tonic

**Liver Tonic** contains six of the greatest tonic herbs used in Chinese tonic herbalism. All of the herbs are considered to be completely safe and non-toxic. These herbs support the body's natural ability to regulate the Liver functions while supporting the tissues of the Liver. These herbs have general adaptogenic effects on the body, and simultaneously they have specific supporting benefits directly on the Liver. This formula may be used as both a Liver tonic and a general tonic. It may be used throughout one's lifetime.\* This formulation does not result in rapid detoxification. Over time, the Liver becomes more efficient at self-cleaning. Look at the formula — this is indeed a supertonic formula of the highest order.

**Traditional Functions** — Nurtures the Liver, supports the Three Treasures

**Ingredients** — Schizandra fruit, Duanwood Reishi fruiting body, Polyrhachis Ant, Gynostemma leaf, Goji fruit, Chinese Dioscorea rhizome

**Concentration** — Pure yield (typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$36.00

#195

14



## Love Goddess

This premium formula can support female sexual health and pleasure. All of the herbs in this formulation have traditionally been used by women who have desired to enhance feminine sexuality. **Love Goddess** can support the production of female sexual fluids. It has a gentle warm energy. These herbs were widely used by the women of the Imperial Palace and by women who practiced Taoist sexual arts. All of the herbs are safe to use over an extended period of time. Other formulations may be required to further balance the intricacies of the female system. The formula contains **Deer Antler**, a Yang herb that is often associated with sexual functionality. Deer Antler is very supportive for women when combined properly with herbs that balance the female system (as does this formulation). It supports healthy libido in women. Only the most active part of the Deer Antler is used in this product, the “tips” of Sika Deer, the most prized Deer Antler in the world. **Polygala** is one of the truly extraordinary tonic herbs in the entire Asian tonic herbal system. This root is traditionally used as a Shen tonic to relax the mind and calm the spirit. Polygala has the ability to connect the Kidney (sexual) energy with the Heart (love) energy. It does this by opening the energy flow between the Heart and Kidney known as the Penetrating Vessel. The Penetrating Vessel is one of the energy channels that



regulate the functions of the body-mind. It is called a "psychic channel" by the Taoists. Often, this vessel is blocked, resulting in a de-linking of our sexual energy and our emotional feelings. It is essential for our true health and well-being that feelings of love and the functions of sex are united. Consuming Polygala for a period of time will support this result. Polygala thus has a unique power to deepen our experience and our feelings, and to bring new levels of happiness into our lives. **Longan** is a wonderful tonic fruit that is a fantastic sex tonic for women. **Schizandra** develops the primary energies of life, and generates vitality and radiant beauty when used regularly for some time. Schizandra is said to purify the blood, sharpen the mind, and rejuvenate the Kidney energy (especially the sexual functions in women).

**Ingredients** — Deer Antler tips, Polygala root, Schizandra fruit, Longan fruit, Goji fruit, Morinda root, Chinese Yam rhizome, Dang Gui root, Chinese White Peony root

**Concentration** — Pure yield (typically around 9:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional.

**\$45.00** #174

18

## Magu's Secret

**Magu's Secret** is Dragon Herbs' foundational women's tonic formulation. **Magu's Secret** is a superior quality formulation that includes such highly prized herbs as **Schizandra, Goji, Dang Gui, Longan** fruit, and other deeply supporting herbs for women. **Magu's Secret** is a deep Jing tonic with strong Blood tonic qualities. In China, the goddess Magu is revered because of her deep beauty, warmth and seductive charm — this goddess remained eternally young. Magu is the Asian goddess associated with staying young, beautiful, alluring and sexy.



**Traditional Functions** — Nurturing to the skin, eyes and hair. Blood tonic, blood cleansing and blood harmonizing; nurtures the *Three Treasures*, Jing, Qi and Shen. Benefits the female mind and sexual functions.

**Ingredients** — Schizandra fruit, Goji fruit, Dang Gui root, Chinese White Peony root, Codonopsis root, Cynomorium stem, Longan fruit

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$22.00** #115

9

## Magu's Treasure

**Magu's Treasure** is Ron Teeguarden's ultimate women's tonic formulation. This supreme quality formulation includes the ultimate and most highly prized herbal substances, such as **Pearl, Deer Antler Tips, Placenta, Royal Jelly, Schizandra, Dang Gui**, and other deeply nourishing herbs. **Magu's Treasure** is a fundamentally deep Jing tonic and strong blood tonic. The Chinese goddess Magu is the Goddess of Beauty and Eternal Youth. She is revered because of her stunning beauty, warmth and seductive charm — and also because she remained eternally young. **Magu's Treasure** contains all of the most precious tonic herbs for women.

**Traditional Functions** — Increases Yin and Yang Jing, builds and purifies blood, fortifies Qi and nurtures Shen\*

**Ingredients** — Pure Pearl Powder, Deer Antler tips, Deer Placenta, Royal Jelly, Schizandra fruit, Longan fruit, Goji fruit, Dang Gui root, Chinese White Peony root, Codonopsis root, Cynomorium stem

**Concentration** — Mixed, Pure yield (averaging typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$55.00** #112

22



Magu serves herbs



Susan Haffey, Senior Herbalist, examines a wild Ginseng root

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



At the entrance to the Shaolin Temple, herbal section, is a bronze statue of a seated monk showing off the Microcosmic Orbit

## Microcosmic Orbit

**Microcosmic Orbit** is an important and very useful formula used in the Taoist and Chan (Zen) Buddhist traditions to open, regulate and promote the flow of energy in the primal energy channels. **Microcosmic Orbit** is extremely centering and empowering. It also has an “astringent” quality, which means that it prevents the leaking of Jing.\* **Microcosmic Orbit** is composed of herbs that consolidate energy in the primal channels of the body and prevent it from “leaking.” In so doing, it helps to build Jing energy in the body by preventing the loss of Jing. This is a great formula for people on a mission to build up their Jing. **Microcosmic Orbit** opens and energizes the vastly important energy channel that circulates along the central line of the body, up the back and down the front creating a complete “orbit.” It is believed as a basic principle of Taoism, Traditional Chinese Medicine and qi gong that if this channel is healthy and flowing smoothly, then the whole body will be healthy. This is a “must formula” for those practicing meditation and Taoist life cultivation on a serious level.

**Traditional Functions** — Astringent, Yin Jing

**Ingredients** — Astragalus seed, Ligustrum fruit, *Cuscuta chinensis* seed, Goji fruit, Schizandra fruit, Asian Plantain seed, Rubus fruit, Polygala root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#124



## Pearl Shen

**Pearl Shen** is Dragon Herbs’ ultimate Shen tonic formulation. It is calming, soothing and uplifting to the spirit. The formula utilizes the finest and most important Shen herbs known to the people of Asia, including **Pearl** powder, **Albizia** flower and **Reishi** mushroom (the “Herb of Good Fortune”). **Pearl Shen** can help a person develop a peaceful, universal attitude. It supports mental energy. **Pearl Shen** is a superb Shen tonic for those who are suffering heartbreak, or mild anxiety, worry, fear, grief, etc. **Pearl Shen** is made with the finest herbs available in the world and made with precision technology that preserves all the components of the herbs and emphasizes the actions of **Pearl Shen**. It is superb for anyone struggling on the emotional plane, and by those who seek spiritual wellbeing.



**Traditional Functions** — Nurtures Shen, nourishes Yin and Blood\*

**Ingredients** — Duanwood™ Reishi fruiting body, Amber, Pure Pearl Powder, Polygonatum rhizome, *Albizia julibrissin* flower, Spirit Poria sclerotium, Zizyphus seed, Polygala root, He Shou Wu root, Eclipta herb, Chinese Salvia root, Chinese Asparagus root, Bupleurum root, Chinese Licorice root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional. May be taken at bed time.

\$28.00

#107



## Perilla Clear™

*Breathe Freely*

Tonic herbs, especially adaptogenic herbs, can be very effective in helping maintain the healthy dynamic balance of the lungs and immune system.

**Perilla Clear™** supports immune response and supports healthy lung functions. Deep, open breathing must be a central aspect of any program supporting glowing health. Qi, the life energy that animates our bodies and minds, is generated to a very large extent by the lungs. The ability to efficiently extract energy from the air we breathe is fundamental to achieving glowing health, and this ability to extract Qi from the air is dependent upon a well-balanced immune system.

Adaptogenic herbs have been shown to have the ability to support healthy immune system and respiratory functioning. For this reason, **Perilla Clear™**, Dragon Herbs premium tonic formulation designed to fortify the balanced healthy functions of the immune system, is fundamentally a powerful adaptogenic formula. It contains five of the most powerful adaptogenic herbs in the world. All the herbs in this formula have been shown to have powerful effects on healthy immune system function. They all benefit respiration as well in a variety of ways. **Perilla Clear™** is an adaptogenic tonic formulation. **Perilla Clear™** is a tonic formulation designed for people who live in polluted, dusty, smoky or pollen dense environments. This is an adaptogenic formulation with a powerful immune regulator, **Perilla** seed oil, as its lead ingredient. Perilla seed oil has more than 55% α-linolenic acid, an important omega-3 fatty acid. Perilla seed oil powder, derived by a high tech process from the oil, has been shown to have 5-lipoxygenase (5-LO) activity. Perilla seed oil extract supports normal healthy respiratory functions.\*

**Traditional Functions** — Adaptogenic, tonifies Qi, supports lung functions, supports normal healthy immune functions\*

**Ingredients** — Perilla seed oil powder, Ashwagandha root, Cordyceps mycelium, Chinese Ginseng root, Duanwood Reishi fruiting body

**Concentration** — Mixed, extract is pure yield

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$26.00

#205

10



(888) 55 - TONIC (86642)

## Primal Yin Replenisher

Taking this formula is like recharging a drained battery. **Primal Yin Replenisher** may be consumed continuously until Yin Jing energy is fully restored. Older people can continue to take this restorative formulation on an on-going basis. **Dendrobium Stem**, **Prepared Rehmannia**, and **Raw Rehmannia Root** are powerful Kidney tonics that nourish and restore Yin Jing, and nourish bodily fluids. Dendrobium, the lead herb in this formulation is one of the premier herbs of Chinese herbalism. Dendrobium is an herb favored in the Taoist tradition. Dendrobium is famed in Taoist herbal tradition for its quick action at restoring Yin Jing and fluids. Dendrobium is an endangered species in the wild, so Dragon Herbs does not use wild Dendrobium. It comes in many grades and varieties. There are at least one hundred varieties of Dendrobium available in the Chinese herbal trade, a few much more effective than the others, and some with entirely different effects. Dragon Herbs uses certified sustainably-grown super-premium grade cultivated Dendrobium for use in this product.\*

**Traditional Functions** — Nourishes Yin, Nourishes blood and strengthens the bones\*

**Ingredients** — Dendrobium pod and stem, Raw Rehmannia root, Prepared Rehmannia root, Chinese Red Peony root, Anemarrhena rhizome, Phellodendron bark

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$27.00

#169

11



Jimmy Telles, the central totem of Dragon Herbs, through which all good things happen – also VP

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Profound Essence

**Profound Essence** is a very powerful primal Jing formulation. It is suitable for those who require maximum restoration of Jing, especially if Jing decline is the result of aging or profound stress.

**Profound Essence** tonifies Kidney essence (Yin and Yang), helps to build blood, and tonifies Qi. This product differs from **Primal Yin Replenisher** because it contains a powerful array of **Yang** herbs and **Qi** tonics. It restores BOTH Yin and Yang, and it restores Qi, whereas **Primal Yin Replenisher** restores Yin Jing. Yin Jing is depleted as a normal result of aging. As the Yin Jing becomes depleted, Yang is left uncontrolled. Yin Jing is synonymous with life itself. It protects our youthfulness. A vicious cycle exists between aging and Yin Jing. As a person ages, they lose Yin Jing. When a person runs low on Yin Jing, they age more quickly. No one wants to run out of Jing. This combination will replenish Jing. Furthermore, to protect the Jing, "astringent" herbs are important to prevent "leaking" of Jing during the process of restoration. It is suitable as a full spectrum "restorative" Jing tonic for those who have been temporarily exhausted by overwork, or the stress of normal living. It is also suitable for those who have reached mid-life or old age and who wish to replenish Jing, and who wish to support Jing associated with healthy aging.



**Traditional Functions** — Tonifies Yin Jing, Yang Jing, Qi, Blood, has Shen stabilizing and Jing controlling actions\*

**Ingredients** — Cordyceps mycelium, Dendrobium pod and stem, Raw Rehmannia root, Bai-zhu Atractylodes rhizome, Astragalus root, Dang Gui root, Cuscuta seed, Dipsacus root, Eucommia bark, Achyranthes root, Chinese White Peony root, Aged Tangerine rind, Phellodendron bark, Anemarrhena rhizome, Honey Fried Chinese Licorice root, Dragon bone

**Concentration** — Pure yield (typically around 10:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$23.00

#157



Roy Rocha, Senior Project Manager through which most U.S. projects must flow including everything from chocolate to emporiums

## Protector 2000

**Protector 2000** is composed of the three strongest immune supporting herbs known to Chinese herbalism. **Cracked-Shell Reishi Spores:** Reishi mushroom (*Ganoderma lucidum*) is one of the greatest tonic herbs known to mankind. It possesses over 800 active biomolecules. Cracked-Shell Reishi Spore is an even more bioactive Reishi material.



Cracked-Shell Reishi Spore is estimated to be 70 times more potent than the whole original Reishi of the same weight. Because the Reishi spores are enzymatically "cracked," the material inside the spore is easily absorbed by our body. **Goji LBP-40** is the whole Goji extract, naturally standardized to 40% **Lycium Barbarum Polysaccharides (LBP)**. Goji fruit, from the plant *Lycium barbarum*, is revered in Asia for its youth preserving, health protective, strengthening, and mood-supporting properties. LBP is a constituent unique to Goji berries. LBP has been demonstrated to support stamina, immune functions, the skin and normal healthy DNA activities.\* LBP supports our innate antioxidant system by supporting SOD (superoxide dismutase) production and activity. **Agaricus Mushroom Extract** (*Agaricus blazei murill*) contains polysaccharide-protein complexes called *Beta-1,6-D-glucan* and an almost identical chemical, *Beta-1,3-D-glucan*. These glucans provide potent support to the immune system.

**Ingredients** — Duanwood Reishi spores, Agaricus fruiting body, Goji fruit (*Lycium barbarum*) polysaccharides.

**Concentration** — Mixed, pure yield (overall about 9:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$65.00

#193



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Shou Wu Formulation

**Shou Wu Formulation** is a Jing tonic designed to nourish the Kidney Yin, build and maintain Qi, and to enrich and maintain the blood. **Shou Wu Formulation** can be used as a basic Jing tonic by men and women. It is a superb rejuvenation formula. The formula is headed by **He Shou Wu** (*Polygonum multiflorum*), one of the most powerful tonic herbs known to mankind. **Prepared Rehmannia Root** is traditionally said to be the "Kidney's own food." It is a fundamental Kidney tonic in Chinese tonic herbalism, and is considered to be a primary longevity herb. In addition it contains other major tonic herbs. This product supports adaptability, enhances sexual and mental energy, supports the back and knees, supports hair growth, fortifies the senses, builds blood and supports the reproductive tissues and organs in healthy men and women. It is a primal Jing tonic that may be consumed for a lifetime.\* Recent research corroborates this ability to build healthy red blood cells in healthy individuals.



**Traditional Functions** — Tonifies Yin Jing, Blood and Qi

**Ingredients** — He Shou Wu (*Polygonum multiflorum*) root, Prepared Rehmannia root, Dang Gui root, Eleuthero root, Aged Tangerine rind, Red Jujube fruit, Chinese Licorice root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00

#133



## Strength Builder

Real strength comes from the Three Treasures. These are the fundamental energies of life. All strength is rooted in Jing, the primal energy of life. When Jing is abundant, the body has the root power it needs to work and play vigorously and to live a long, successful life. **Strength Builder** is designed to build and preserve Jing. **Strength Builder** can be used to strengthen the skeletal and muscular systems and is particularly useful as a tonic for those who use both their brains and their physical strength to succeed.\* **Morinda root** is an excellent Yang Jing tonic. Morinda root is an empowering herb, whose name in ancient times was "Strength Builder." Morinda root is widely believed in China to increase mental power as well as physical strength. The Qi tonics in **Strength Builder** strengthen our assimilation and our respiration so that we can produce Qi and use it in our body. Qi tonics are valuable because they build immediate and lasting strength. This formula may be used by men and women wishing to increase athletic and/or sexual power, and by those interested in becoming generally more vital.

**Traditional Functions** — Tonifies Yang Jing, Yin Jing, Blood and Qi\*

**Ingredients** — Morinda root, Astragalus root, He Shou Wu (*Polygonum multiflorum*) root, Eucommia bark, Goji fruit, Achyranthes root, Dipsacus root, Dang Gui root, Chinese Dioscorea rhizome, Cornus fruit, Chinese White Peony root, Chinese Licorice root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional.

\$23.00

#145



Yanlin strikes an imposing bow-pose as she performs the Eight Silken Movements in a class led by Monk Li Bo.



## Strong Bones

Our skeleton is of primordial importance to our health. First, it provides a framework for our entire body. Secondly, it is a living tissue that plays key roles in our immune system, blood production and aging process. It is involved in our cardiovascular and metabolic functions because it is a mineral reservoir. It houses the bone marrow that maintains a lifetime supply of progenitor cells. It also houses our brain, spinal cord and central endocrine glands. It holds our teeth in place. The skeleton is both firm and flexible, as the bones form a strong structure and as the joints move flexibly within limits that allow us to live and perform freely and with joy upon this earth. The Chinese, from the very beginning of their development as a civilization, recognized the deep importance of the skeleton. Early on they discovered herbs that provided support for the various tissues of the skeleton. Dragon Herbs **Strong Bones** is a combination of the herbs used for centuries in Asia to provide support to the bones and related tissues and functions. **Strong Bones** is a premium formula for athletes, dancers and others who seek to maintain strong bone and connective tissue health. It can be used by those who are involved in strenuous activities and may wish to do all that they can to fortify the structure of the body. It is supportive for older people. The skeleton is more than just a supportive framework, it is highly functional and plays a key role in aging and health.

**Traditional Functions** — Tonifies Yang, fortifies the Kidneys\*

**Ingredients** — Eucommia seed, Drynaria rhizome, Dipsacus root, Morinda root, Bupleurum root, Dragon bone, Oyster shell, Chinese White Peony root, Chinese Licorice root

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$27.00 #137



## Super Adaptogen

**Super Adaptogen** contains most of the most potent tonic herbs in the world. If someone were to take just one formula, this could be the one. This is a full spectrum **adaptogenic** formula that nurtures all three Treasures, Jing, Qi and Shen. An *adaptogen* is a substance that helps bring the body into a state of harmony with its environment by inducing chemical, cellular, and systemic balance as a response to the changes in the environment. This harmonizing function reduces the effects of unfavorable conditions and stimulates the body's own immune and healing functions. Adaptogenic substances help the body to adapt to various stressful challenges presented by the environment and reduce the damage inflicted on

the body through the normal process of adaptation. Adaptability is the measure of life for all plants and animals, and it is ultimately the measure of a human's life as well. Adaptogens tend to support the body's ability to cope successfully with stress, thus promoting wellbeing. **Super Adaptogen** is definitely a **complete** tonic formulation suitable to most adults.\*

**Traditional Functions** — Nurtures all three Treasures. A complete tonic formulation. Tonifies the adaptive Qi.\*

**Ingredients** — Tibetan Rhodiola root, Chinese Ginseng root, Eucommia bark, Duanwood Reishi fruiting body, Eleuthero root, Astragalus root, Goji fruit, Gynostemma leaf, He Shou Wu (*Polygonum multiflorum*) root, Prepared Rehmannia root, Schizandra fruit, Chinese Licorice root, Polygonatum rhizome, White Atractylodes rhizome, Red Jujube fruit

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$23.00 #186



## Super Jing

**Super Jing** is a powerful primal essence formulation suitable for those who require maximum restoration of Jing. **Super Jing** tonifies Kidney essence (Yin and Yang), builds blood and tonifies Qi. This formula contains most of the major Jing tonic herbs. It also contains powerful yet gentle Qi tonics that enhance vitality. **Super Jing** Formulation is thus a blend of Yin and Yang tonics designed to build the entire system up from the roots. It is suitable for those who seek maximum restoration of Jing.\*

**Traditional Functions** — Tonifies Kidney essence (Yin and Yang), builds blood, tonifies Qi.\*

**Ingredients** — Deer Placenta, Cordyceps mycelium, Dendrobium pod and stem, Chinese Asparagus root, Raw Rehmannia root, Astragalus root, Eucommia bark, Prepared Rehmannia root, Cornus fruit, Codonopsis root, Ophiopogon tuber, Phellodendron bark

**Concentration** — Pure yield (Typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$41.00 #118





Ron, Yanlin, the Great Shifu Shi Yan Zhuang (in charge of the Kung Fu section of the Shaolin Temple), Jason Garner and Monk friend Li Bo at the Shaolin Temple

## Supreme Creation

**Supreme Creation** is a formula used by a mighty 11<sup>th</sup> century Chinese emperor. This is a top-of-the-line herbal tonic formulation that features many of the most potent herbs known to mankind, including **Deer Antler tips**, superior grade **Korean Red Ginseng**, **Deer Placenta**, **Eucommia**, etc.



This "imperial formula" contains **Yanlin in an Astragalus field** herbs that tonify Kidney Yang, Kidney Yin, Qi, Blood and Shen at a profound level. **Supreme Creation** supports the power of the mind. Many people feel that it supports their "creativity." **Supreme Creation** supports sexual vigor and performance and is an excellent formulation for the athletically inclined. This is a power formula. It would be best to use this with a complimentary Yin tonic formulation.

**Traditional Functions** — Tonifies Yang, builds Qi, nurtures Yin Jing\*

**Ingredients** — Korean Red Ginseng root, Deer Antler tips, Deer Placenta, Goji fruit, Cistanche stem, Schizandra fruit, Eucommia bark, Morinda root, Cornus fruit, Polygala root, Chinese Yam rhizome, Prepared Rehmannia root, Poria sclerotium, Achyranthes root, Red Jujube fruit, Fennel fruit

**Concentration** — Pure yield (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$55.00**

#109

22

## Supreme Protector

**Supreme Protector** is an elegant tonic formulation designed to provide profound protection. It has been one of Ron Teeguarden's bestselling formulations for over thirty years. It is composed of the four "kings of defense" in Oriental herbalism: Reishi, Astragalus, Schizandra and Cordyceps. All support the protective functions of the body and the mind in various ways. Each herb supports the immune functions and all support our innate capacity to handle stress. They all have antioxidant action and each herb has been recognized as a potent adaptogen. In addition, this formula powerfully tonifies all three Treasures (Jing, Qi and Shen). The herbs support the liver and the lungs and support the innate abilities of these organs to remove impurities from the body on a moment-to-moment basis, as nature intended. They support the kidneys and the adrenals. **Supreme Protector** is also an excellent Shen tonic. This is indeed the supreme protector.



**Ingredients** — Duanwood Reishi™ fruiting body, Astragalus root, Schizandra fruit, Cordyceps mycelium

**Concentration** — Pure yield, mixed ratios; Cordyceps mycelium is not an extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$36.00**

#100

14

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Painting of San Shin, the Mountain Spirit of Korea. It is said that San Shin gave tonic herbs to the people of Korea so they could flourish and be happy.



Sung Jin Park doing standing meditation



## Tao in a Bottle™

**Tao in a Bottle™** is a revolutionary anti-stress formulation exclusively from Ron Teeguarden's Dragon Herbs. It is in fact a kind of "super pill," in that it is both modern and ancient, using the finest ingredients in the world made by cutting edge technology. **Tao in a Bottle™** promotes peaceful alertness and supports mental focus – a perfect Yin and Yang balance. **Tao in a Bottle™** does not cause drowsiness so it may be used by active individuals performing their normal daily or nightly tasks. **Tao in a Bottle™** is one of Dragon Herbs' top selling encapsulated products. Its main active ingredient is the amino acid **L-Theanine**, derived naturally from green tea. L-Theanine is a unique ingredient that has powerful anti-stress actions when consumed in the correct dose. It promotes relaxation *without causing drowsiness*. L-Theanine is an important component of green tea (*Camellia sinensis*). This is the component of green tea that makes it calming in spite of the fact that tea contains caffeine. Zen masters drink green tea before meditation to simultaneously improve focus and alertness and at the same time (paradoxically) to maintain transcendent calm. L-Theanine is a safe and fast-acting stress and anxiety-relieving phytonutrient. It works within minutes. Studies have shown that when L-Theanine is assimilated in the small intestine, it stimulates the brain's production of *alpha waves*, which are associated with a sense of profound **relaxation, mental focus, and mental clarity**. L-Theanine also helps you *stay* relaxed by supporting your body's production of other calming amino acids, including dopamine, GABA, and L-tryptophan. In addition, **Tao in a Bottle™** is a powerful *adaptogenic*

formula that is made from the concentrated extracts of eight of the greatest adaptogens (tonic herbs) in the world: **Duanwood Reishi, Ginseng, Eleuthero (Siberian Ginseng), Gynostemma, Schizandra, Tibetan Rhodiola, Astragalus and Ginkgo leaf.**

The L-Theanine in **Tao in a Bottle™** is derived from green tea. Most L-Theanine in the American market is not from green tea, but is produced by yeast. We think the tea-derivation of L-Theanine, along with the adaptogenic herbs, makes **Tao in a Bottle™** the best L-Theanine product available in America. **Tao in a Bottle™** contains no caffeine. **Tao in a Bottle™** has cumulative benefits because of its inclusion of major tonic herbs that help develop one's adaptability, and thus the ability to handle stress better, over time.

**Traditional Functions** — Adaptogenic, tonifying Qi, supports immune functions, supports focus and concentration\*

**Ingredients** — L-theanine, Gynostemma leaf, Duanwood Reishi fruiting body, Eleuthero root, Astragalus root, Schizandra fruit, Tibetan Rhodiola root, Ginseng root, *Ginkgo Biloba* leaf

**Concentration** — Pure yield herbal extract (typically around 8:1) and >99% pure L-theanine from green tea

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions** — If you are struggling with your moods, stress and emotions on a chronic basis, consult a physician or other qualified health expert.

\$29.00

#161

12



## TomKat™

Men and women in Asia have long regarded it as an art and a science to improve their sexual function, or to bring it back to life, and maintain it at youthful levels, especially when there has been an age-related decline. **TomKat™** is a remarkable tonic formulation designed primarily for men. It is safe to consume and may be consumed for long periods of time (with occasional short breaks). It is composed of three substances, each of which has profound benefits on male sexual functions.\* All three ingredients have been used for over a thousand years and are well known to be safe and effective. This formula includes 80% Sumatran **Tongkat Ali** extract. **TomKat™** is made with **Tongkat Ali** the extracted root of *Eurycoma longifolia*, a tree found in the jungles of Sumatra. Sumatran Tongkat Ali is famous in Asia as the best source of this precious herb. It takes 200 pounds of highest quality raw Tongkat Ali root to make just 1 pound of the concentrated powdered extract that we use to make Dragon Herbs **TomKat™**. That is called a 200:1 powdered extract. This is a VERY potent extraction. Tongkat Ali is an herb that is very widely used in Southeast Asia as a male sexual tonic – every man knows Tongkat Ali. Tongkat Ali has a measurable and obvious pro-sexual effect. Men who use this herb feel that their sex is “more direct.” Ejaculatory force diminishes for most men as they reach an age of around 50 and beyond; Tongkat Ali provides marked libido and ejaculatory support. Interestingly, Tongkat Ali is also an excellent immune tonic.



Men planting new Tongkat Ali plant in jungle area of Sumatra

**TomKat™** contains two major supporting herbs. **Chinese Mountain Ant** (*Polyrhachis vicina*) is an extraordinary ingredient from Changbai Mountain in Manchuria. This ant is not a stimulant or irritant. It is a powerful adaptogenic tonic superfood that has been used in tonic herbalism for over two thousand years. Mountain Ant is rich in organic zinc, the element called the “man’s mineral” because of its powerful effects on male sexual functioning. In China, Mountain Ant was traditionally called the “Herb of Kings” because it was an ingredient in the formulations consumed by emperors so that they could engage sexually with their many concubines. **He Shou Wu** is one of the most famous sexual tonics in Asian herbalism. It is a Jing tonic that provides deep energy reserves. It, too, is rich in zinc. In addition, He Shou Wu is believed in support sperm production and generally enhance libido.

**TomKat™** is a tonic formulation, and all three herbs are considered safe to take indefinitely by adult men. In fact, in Asia, all three herbs are believed to support a long and healthy life. **TomKat™** has a great general tonic action as well as being a superior male sexual tonic, promoting adaptability, peak immune functioning, vitality, and calm clarity. Calm, self-assured energy (power) is the generalized result of taking **TomKat™**.\*

**Traditional Functions** — Tonifies sexual functions, strengthens immune functions, tonifies Shen\*

**Ingredients** — Tongkat Ali, He Shou Wu root, Mountain Ant

**Concentration** — Mixed (Tongkat Ali extract powder 200:1, Ant powder ground, He Shou Wu 10:1 powdered extract)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — 2 – 6 capsules per day as needed, divided into 2 doses. Take 5 days off out of every 30 days

**Precautions** — Use only as directed. Do not use continuously – take 5 days off out of every 30 days. If you feel hot or agitated stop for one day and reduce dose.

\$42.25

#560



Patience is very important. If you change your diet, a few things may change right away, but most of the real benefits take a little time, and some perhaps a long time. The same is true with exercise, meditation, the tonic herbs and all of the natural means to glowing health – they all require patience because real positive change generally takes time. Yet by applying all the various means to glowing health, you are hastening the health process – and securing longevity and happiness.

-From Tip 21 - Develop Patience – Ron Teeguarden's 31 Tips

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Will Strengthener™

It is said in the Far East that “will power” (*Zhi*) is the “fourth Treasure” – the first three Treasures being, *Essence (Jing)*, *Vitality (Qi)*, and *Spirit (Shen)*. This status as the fourth “Treasure” is of profound importance to those of us who desire to grow and *evolve*. With will power, we can achieve even superhuman power. With will power, we can resist the temptations that drag us down and slow down or block our progress to success, glowing health and enlightenment. The understanding of the primal importance of will power as a superior human trait goes back to the dawn of mankind. The development of will power has been made part of the Taoist practices for over three thousand years. Long, long ago, Taoists incorporated herbs into their Taoist Path programs. Herbs, primarily tonic herbs, play a key role in the promotion of glowing health and clear state of mind required for Taoist training. Certain herbs became known to promote different mental capabilities. Several herbs specifically became known to promote a sense of purpose and to be able to foster will power. Thus formulations composed of these herbs were created and passed on from teacher to student over hundreds and thousands of years. Dragon Herbs **Will Strengthener™** is one of these ancient Taoist formulas. **Will Strengthener™** is based on a wonderful tonic herb called **Polygala**. This herb was traditionally known as the “Will Strengthener.” Polygala is combined with herbs that strengthen Qi and Shen, helping us to remain “centered” during stress and thus allowing us to persevere through difficulties. **Will Strengthener™** can be used by anyone wishing to build will power in order to achieve new heights and to break old habits, no matter how deeply engrained.\*



**Taoist FYI — Will Strengthener™** opens the *Penetrating Vessel*, also known as the *Central Channel (Zhong Mei)*. The Penetrating Vessel is an energy channel that runs inside the body from the perineum (a point between the legs) to the crown of the head, in front of the spine and through the brain. All of the major energy centers of the body are located along its route. These are known in Chinese as the *Dantian* (and in India as the *Chakras*). All in all, there are ten Dantian. Three of the Dantian are considered so major that they are the primary “fields of energy” focused upon by adepts to attain glowing health, enlightenment and “immortality.”

**Will Strengthener™** can be one of the most useful “tools” in all of herbalism and Taoist practice. All spiritual practice centers around the ability to “let go,” release blocks and to form healthy, natural, harmonious patterns. This formula dramatically supports this process.

**Ingredients** — Polygala root, Dragon bone, Eleuthero root, Ophiopogon tuber, Chinese Asparagus root, Schizandra fruit, Spirit Poria sclerotium, Astragalus root, Codonopsis root, Chinese White Peony root, Chinese Licorice root, Aged Tangerine rind

**Concentration** — Pure yield herbal extract (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$20.00

#180



## Women's Jing

This sophisticated all-herbal formulation supports female energy in a number of ways.

It is a true tonic supplement that supports both Yin Jing and Yang Jing, builds blood and supports healthy circulation. **Women's Jing** is a special formula that safely and effectively supports healthy female reproductive and sexual functions including female sexual drive. Jing is the basis of inner power. This formula is made from a sophisticated balance of ultra-premium tonic herbs and herbs that support pelvic circulation, and is suitable for healthy active women.



**Traditional Functions** — Tonifies Kidney and Liver, benefits Qi and blood, supports circulation\*

**Ingredients** — Epimedium leaf, Goji fruit, Schizandra fruit, Achyranthes root, Prepared Rehmannia root, Dang Gui root, Cuscuta chinensis seed, Asian Plantain seed, Chinese White Peony root, Ligusticum chuanxiong rhizome, Glochidion fruit, Curculigo rhizome

**Concentration** — Pure yield herbal extract (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#177



## Young at Heart

**Young at Heart** supports the functions and tissues of the heart, major blood vessels and microcirculatory system. Similar formulas have been widely used in China to maintain healthy heart and circulatory function, and especially to maintain healthy, adequate coronary blood flow in healthy individuals.\* **Young at Heart** is composed of safe herbs that have been demonstrated to be effective, yet mild and free of side effects.\* The herbs in **Young at Heart** improve blood circulation. **Young at Heart** is a tonic formulation for healthy individuals who wish to maintain their healthy heart. It is NOT for those with any disorder of the heart.

**Traditional Functions** — Benefits circulation, nourishes the blood, benefits the heart, removes blood stagnation\*

**Ingredients** — Tibetan Rhodiola root, Gynenosides (Gynostemma leaf saponins), Chinese Salvia root, Ligusticum Chuanxiong rhizome, Tian Qi Ginseng root, Gynostemma leaf, *Ilex pubescens* rhizome, Sandalwood heartwood, Cyperus rhizome

**Concentration** — Pure yield herbal extract (typically around 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions\*** — Those who are under medical care and treatment for heart or circulatory conditions must consult their physician before taking this or any other herbal product or dietary supplement. These herbs may interact with drugs prescribed to treat various cardiovascular conditions. In particular, they may increase the activity of coumadin-related drugs and other blood thinning drugs. If you are on any medication, consult your physician.

\$23.00

#148

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Shishi (Schizandra) Teeguarden plays in a Wuyi Mountain stream. Tiger Teeguarden in Wuyi.

## Young Lungs™

The Lungs control Qi. By increasing and decreasing the rate and depth of respiration, one can control one's energy. If the lungs are weak, breathing will be shallow, constricted or otherwise weak and deficient. If the lungs are strong and vital, the breathing is long, quiet and deep and the body fills with energy. The development of respiratory power and control is fundamental to glowing health. Regardless of the amount or quality of the food we consume, it will not energize the body if breathing is insufficient, just as a candle will not burn if there is no air available. Oriental masters insist that all sickness is connected in one way or another to insufficient breathing. **Young Lungs™** supports the vitality of the lungs and lung-related functions. Healthy lungs are moist and clean. A number of important tonic herbs are traditionally used to enhance the health of the lungs, and these herbs naturally moisten the lungs. These herbs are especially useful in dry environments but may be used by anyone except when one is experiencing a medical condition related to the lungs (at that time, consult a physician or licensed herbal expert). **Young Lungs™** contains a full range of Yin tonic herbs that specifically strengthen, nourish and cleanse the Lungs.



**Traditional Functions** — Tonifies Lung Qi, nourishes Lung Yin.

**Ingredients** — Tremella mushroom fruiting body, Glehnia root, Ophiopogon tuber, Schizandra fruit, Pseudostellaria root tuber, Polygonatum rhizome, Trichosanthes root, White Mulberry leaf, Dolichoris seed, Chinese Licorice root, American Ginseng root

**Concentration** — Pure yield herbal extract (typically around 7.5:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$20.00

#172

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\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Ron Teegarden Nutraceuticals

Ron Teegarden defines a “nutraceutical” as a naturally-derived phyto-chemical ingredient or combination of phyto-chemical ingredients that is highly standardized or refined to maximize potency and optimize its effect. High standardization or refining is usually achieved by the use of special advanced technology. This special technology-based standardization separates the nutraceuticals from “pure yield” herbal extracts. Ron Teegarden and Dragon Herbs generally lean toward pure yield extraction of herbal ingredients. But nutraceuticals have their merits. Nutraceuticals are by no means unnatural. Sometimes they simply require special handling. In some instances, they are simply standardized by integrating several extraction techniques.

There is little doubt that a good number of “nutraceuticals” are beneficial to human life functions and can contribute to glowing health, vitality and wellbeing, and perhaps to longevity. Many Americans know these nutraceutical products and consume them. Dragon Herbs produces a select range of these important nutraceutical products for its connoisseur clients. We have attempted to find the best sources from around the world. Ron Teegarden has approved these products to be used in a Three Treasures Program for Glowing Health.

Yanlin on her Tea Garden in Wuyi Mountain, China



## Super Pill™ No.1

Ron Teegarden's **Super Pill™ No.1** is a special kind of formulation. It is composed entirely of super tonics, the elite tonic herbs in the world, plus advanced nutraceutical components extracted from herbs. All of the herbs in this remarkable formulation are "King Herbs"—herbs that typically are the lead herb in major formulations. They all have huge reputations for promoting glowing health, longevity and wisdom. It is possible to purchase each of these herbs individually, but by purchasing and consuming this one product, you are assuring yourself of consuming four of the most special health promoting herbs ever known to mankind. **Gynostemma leaf** is popularly believed in Asia to support healthy aging. Gynostemma is generally reinforcing to overall health. Gynostemma is a major adaptogenic herb. The concentrated Gynostemma extract used in **Super Pill™ No.1** contains 80% *gypenosides*. This is much more potent than normal commercial Gynostemma extracts, which typically contain approximately 10% gypenosides. **Goji berry** is an excellent Jing and blood tonic. Goji, the dried fruit of *Lycium barbarum*, contains unique polysaccharides that have been found to be highly beneficial to humans and animals that consume them. They are known as **LBP**, *Lycium Barbarum Polysaccharides*. These LBP have many known positive activities. Research has shown that a 40% LBP extract is the most potent form of Goji known, more potent than pure LBP and much more potent than Goji

extracts with a lower LBP content. This standardized nutraceutical version of Goji extract is known as **Goji LBP-40. Reishi mushroom** is known to have many functions. This product is made from 100% Duanwood Reishi™. It is extremely rich in all of the components that make Reishi great. **Tibetan Rhodiola sacra** has been used by the Tibetan people as a powerful adaptogenic vitalizer since the beginning of Tibetan civilization. It has double-direction adjusting effects on the nervous and endocrine systems of normally healthy individuals. It is good for helping to resist temporary fatigue, and it can help improve a person's memory, power of concentration and work-efficiency. Consumption of a small amount of Tibetan *Rhodiola sacra* extract can improve a person's capacity to absorb and utilize oxygen.

**Traditional Functions** — Tonifies all three treasures (Jing, Qi and Shen). Protects all the systems and promotes longevity\*

**Ingredients** — Tibetan Rhodiola root, Duanwood Reishi fruiting body, Gynostemma leaf, Gynostemma leaf saponins, Goji fruit, *Lycium barbarum* fruit polysaccharides

**Concentration** — Mixed pure yield

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$52.00

#104

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FITT R&D lab where eeTee formulations are developed and test-produced.



## Super Pill™ No.2

Ron Teeguarden's **Super Pill™ No.2** is made from rare and technologically superior materials. It is made using the most advanced nutraceutical technology in the world to assure purity, potency and efficacy. It has been produced with naturally derived ingredients, extracted from the most powerful tonic herbs known to mankind. **Super Pill No.2** is based simultaneously on both modern and traditional principles. It is based on cutting edge scientific research in the fields of longevity, cellular biology and aging. Simultaneously it is based on the sanctified traditions of Chinese tonic herbalism, the most sophisticated herbal system in the world. It has been produced with ingredients obtained from *Di Tao* sources acknowledged to be the best sources of each of the herbs, and manufactured using advanced pharmaceutical technologies and by **Fingerprint Identity Transfer Technology™ (FITT™)**, the most advanced herbal extraction technology in the world. With FITT™, the HPLC (High Profile Liquid Chromatography, a form of herbal fingerprint analysis) fingerprint of the finished extract is virtually identical to the fingerprint of the freshly harvested herb but much more assimilable.

**Super Pill No.2** is composed of three cutting edge nutraceutical compounds and five whole herb super-tonic extracts produced by Fingerprint Identical Transfer Technology™, woven together into a perfectly balanced formulation. Together, they make perfect sense in terms of the traditional Three Treasures System of Oriental herbalism, tonifying all three Treasures (*Jing, Qi* and *Shen*), and they are powerfully *adaptogenic*. At the same time, their properties take full account of the major theories of aging currently recognized by researchers in the fields of aging, metabolic health and gerontology.

**Astragaloside IV** is being investigated for its function as a substance that can support the maintenance of telomere integrity. Telomeres are the end caps on chromosomes. They tend to shorten during one's lifespan as a person naturally ages. Maintaining and supporting telomere integrity is a primary function of healthy cells. Astragaloside IV is also being investigated in the United States for its ability to

support normal neurological functions and structural integrity. It has been shown in Chinese studies, where it was discovered and developed, that Astragaloside IV works significantly better when combined with other *Astragalus* components, including a full spectrum of *Astragalosides* (Total *Astragalosides*). For that reason, the Astragaloside IV has been extracted to 50%, so that the other 50% of the extract represents a full spectrum of other *Astragalus* root components. It is further blended with FITT™ *Astragalus* extract to assure that all components of high quality fresh *Astragalus* are present.

**Gyenosides** are the main active constituents of *Gynostemma pentaphyllum*, one of the premier tonic herbs. The 80% pure Gyenosides is the richest possible source of Gyenoside XLIX (49), believed to be the most potent component of *Gynostemma*. Gyenoside XLIX has been demonstrated to modulate the actions of NFκB (Nuclear Factor Kappa B), a transcription factor found in all cells of the human body.

**Trans-Resveratrol** exerts anti-aging effects in animals. Nothing has been proven in humans as far as longevity is concerned, but numerous studies have shown that resveratrol has potent antioxidant effects in humans, supports vascular function and normal lipid metabolism. It appears that resveratrol has numerous mechanisms by which it exerts its effects on the human body.

**Super Pill No.2** also contains full doses of four FITT™ powdered extracts: *Astragalus* root, *Gynostemma* leaf, He Shou Wu root, and Himalayan *Rhodiola sacra* root.

**Ingredients** — Astragaloside IV, Resveratrol, Gyenosides, Organic Ginseng Powder, A Proprietary Blend of the Following FITT Powdered Extracts: *Astragalus* Root, *Gynostemma* Leaf, He Shou Wu Root, Himalayan *Rhodiola Sacra*

**Concentration** — Mixed pure yield

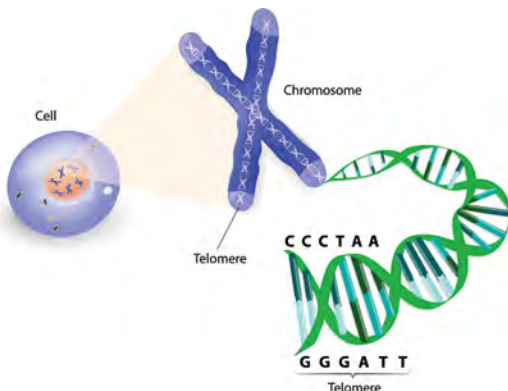
**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 1 - 3 capsules, 2 times per day or as directed by a healthcare professional

\$99.00

#105

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Left: A telomere. Right Yanlin and Dr. Yan produce a batch of Astragaloside IV at CPU in 1994.

## Super Pill™ No.3

### Red herbs and nutraceuticals

**Super Pill No. 3** from Master Herbalist Ron Teeguarden is designed to support circulatory functions, and in particular those of the microcirculatory system. It is estimated by researchers at Harvard University that the human body has between 60,000 and 100,000 miles of microtubules. Modern Chinese herbalism often focuses on microcirculatory health. Certain herbs have been used for hundreds or even thousands of years in the Far East to support healthy, smooth and open microcirculation and healthy blood flow through the smallest blood vessels of the body. Research has revealed additional nutraceuticals that may benefit this fundamental system.

Though the microcirculatory system is very important to our overall health, it is frequently forgotten in the west. There is such an emphasis on macro-circulatory health, and rightly so, that the entire related microcirculatory system is commonly overlooked. The main functions of the microcirculation are the delivery of oxygen and nutrients and the removal of carbon dioxide (CO<sub>2</sub>) and waste from all the body's cells and tissues. It also serves to regulate blood flow and tissue perfusion (fluid balance). The ingredients also support the immune system and support healthy aging.

**Super Pill No. 3** features extraordinary herbs of the highest quality and cutting edge nutraceuticals. Like all of Ron Teeguarden's Super Pill formulations, the formula contains a full range of active herbal constituents produced with the highest technology, and with an emphasis on certain key nutraceuticals. Rg3 is the primary active constituent of Red Ginseng root and Tanshinone IIA is the primary constituent of Red Salvia root, but **Super Pill No. 3** has ALL the constituents of the highest grade Red Ginseng and of Red Salvia (red is the color that is traditionally used for the circulatory system in traditional Chinese health care). Carthamus ("Red Flower") is used throughout the world to support circulation, as is Saffron. This product contains the best Saffron in the world (far above commercial grade). Ligusticum is a brick brownish- red rhizome used for centuries to support open circulation.\*

**Ingredients** — Kinetic (fermented) Ginseng extract, Ginsenoside Rg3, Chinese Red Salvia root extract, Tanshinone IIA, Carthamus extract, Ligusticum extract, and genuine Saffron flower.

**Concentration** — Mixed pure yield

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 1 capsule, 2 times per day or as directed by a healthcare professional

\*If you are under medical care related to your cardiovascular health, consult your physician prior to using this product.

\$73.00

#106

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The original team of researchers from China Pharmaceutical University (CPU) that developed Astragaloside IV in the early 1990s, with Ron, who helped fund the project and Dr. Yan, who participated in the industrialization of the material.

## Q&A

### Is your Gynostemma extract standardized?

Our **Gynostemma** capsules contain a whole herb extract. However, both **Cardio Pro** and **Super Pill No. 1** contain both the gynostemma leaf and gynostemma leaf saponins, resulting in a 60% gypenosides content. This is much more potent than normal extracts which typically contain 10% gypenosides. **Super Pill No. 2** contains a FITT™ extract of gynostemma leaf, and an extract of Total Gypenosides (the complete total saponins from the gynostemma leaf). The 80% pure gypenosides are the richest possible source of Gypenoside XLIX, believed to be the most potent component of gynostemma.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## PureTrans™ Resveratrol

### Super Nutraceutical in a Base of Muscadine Grape Skin

Dragon Herbs **PureTrans™ Resveratrol** is a rich and reliable source of the super-nutrient trans-resveratrol, commonly referred to simply as resveratrol. Resveratrol is a phytochemical produced in grapes and other plants in response to environmental challenges. Resveratrol supports primary immune functions and cellular integrity. According to researchers, Resveratrol supports the liver, cardiovascular system and kidneys, as well as neurons in the brain, in their response to oxidative challenge. It is noteworthy to mention that Muscadine grapes, which serve as a base for this product, are resistant to many insects and diseases to which other grapes are susceptible, and this "immunity" is generally attributed to its extremely high antioxidant content, and in particular to its rich resveratrol, catechin and quercetin content. Evidence is rapidly building that various antioxidants act *synergistically* to support the cells of the body and to support and maintain the healthy functioning of bodily tissues. Dragon Herbs **PureTrans™ Resveratrol** provides a synergistic blend of over a dozen potent naturally occurring antioxidant phytochemicals – the way nature meant them to be, and in a balanced and very concentrated form.\*

**PureTrans™ Resveratrol** contains 100 mg of PureTrans™ Resveratrol per capsule. Virtually no detectable *Polygonum cuspidatum* residue — only pure *trans-resveratrol* and antioxidant-rich *Muscadine grape skin*, a superior source of natural trans-resveratrol and more than a dozen other major grape antioxidants, including quercetins, ellagic acid, genistein, daidzein, pterostilbene, gallic acid, kaempferol and myricetin, plus other flavanols. All of these antioxidant molecules have been shown to support important functions of the human body.

**Ingredients** — Resveratrol (100 mg per capsule), Muscadine Grape skin (*Vitis rotundifolia*) powder

**Concentration** — Resveratrol (>98% pure, 100 mg per capsule), Muscadine Grape skin (ground, not extracted)

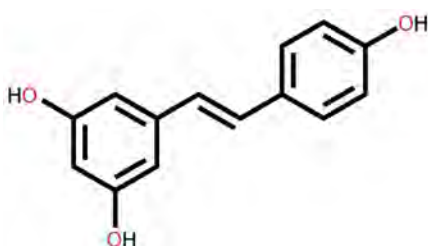
**Specifications** — 60 Capsules, 500 mg each

**Usage** — 2 - 12 capsules per day. Dragon Herbs **PureTrans™ Resveratrol** may be safely consumed daily.

\$48.00

#531

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## Baicalin

### In a Base of Full Spectrum Scutellaria Baicalensis Extract

*Baicalin* is the primary ingredient in *Scutellaria baicalensis*, also known simply as Scute. **Baicalin** has become one of the most popular nutraceuticals of our era. The root of *Scutellaria* is one of Asia's most revered herbs, used for over 2,000 years. The root is rich in baicalin, a highly protective natural ingredient. This product contains 125 mg of Baicalin per capsule in a base of whole *Scutellaria baicalensis* extract. The *Scutellaria* extract contains *Scutellaria* total flavonoids which may support neuronal functions, plus many other constituents found in raw *Scutellaria*. Baicalin is currently being used to support neurological and cognitive functions, among other uses. Baicalin appears to involve intestinal microflora for its metabolism into *baicalein*, the most active metabolite of baicalin. Baicalin is calming. Baicalin in the blood can cross the blood brain barrier, although it does not appear to be at the same concentration in the brain and the blood. Baicalin activates AMPK, an enzyme that plays a role in cellular energy homeostasis. Since this product is made with both purified baicalin and with *Scutellaria baicalensis* extract, it contains all the constituents of *Scutellaria baicalensis*. *Scutellaria* extract has shown memory supporting properties.

**Ingredients** — *Scutellaria baicalensis*, >99% pure baicalin from *Scutellaria baicalensis*

**Concentration** — Pure-yield (typically 12:1)

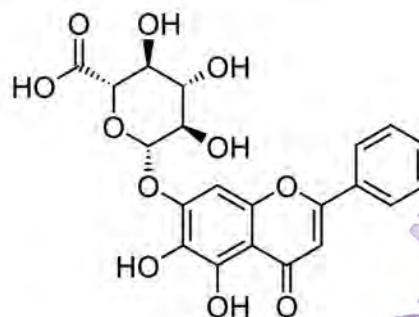
**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00

#549

7





## PureWay-C®

### Superior Vitamin C

Dragon Herbs is happy to offer **PureWay-C®**, a cutting edge complex of ascorbic acid with lipid metabolites that enhance the cellular uptake, function in the body, and retention of vitamin C. This form of Vitamin C is the latest generation of Vitamin C. Though most people have grown numb to the importance of vitamin C in our diet, it remains a critically important nutrient that has many more health benefits than were once recognized. Though we can easily obtain a good amount of vitamin C from the food and beverages we consume, much of it is ultimately *not* absorbed into the body and made available to our cells. And of course, it is not guaranteed that every day anyone will ingest their full requirement of vitamin C. It used to be thought that the main reason to take vitamin C was to ward off colds and prevent scurvy. Now researchers know that vitamin C plays a pivotal role in the aging process and in health maintenance on a much deeper and broader scale. If you eat perfectly, you may or may not need to supplement. But if you're not sure then **PureWay-C®** is a supplement you should consider. **PureWay-C®** is more rapidly absorbed and leads to higher plasma and cellular levels of vitamin C than ascorbic acid, calcium ascorbate or Ester-C. The appropriate amount of calcium is also added to buffer the formula and make the product non-acidic. Citrus Bioflavonoid Complex enhances vitamin C's benefits.

**Ingredients** — Vitamin C, Calcium (from calcium carbonate), Citrus Bioflavonoid Complex

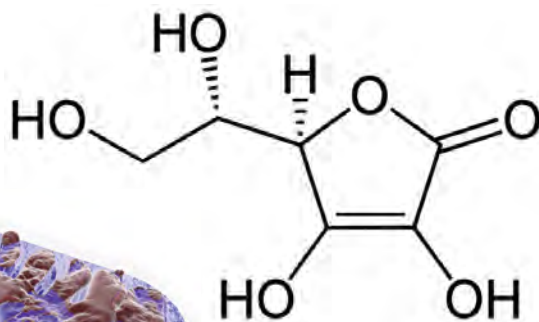
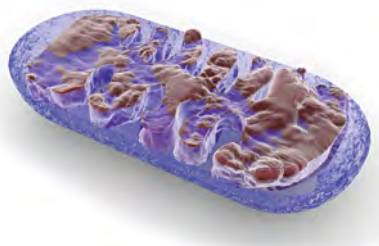
**Other Ingredients** — Vegetarian capsules, Magnesium stearate, Silica.

**Specifications** — 120 Vegetarian Capsules, 500 mg each

**Usage** — Adults take one (1) vegetarian capsule, one (1) to two (2) times daily with meals, or as directed by a health care professional.

\$18.95 #2097

4



## Bromelain

### Digestive Enzyme

**Bromelain** is obtained from the lower stems of the pineapple plant. **Bromelain** is a proteolytic enzyme extracted from pineapple that efficiently hydrolyzes most soluble proteins. It can be a useful digestive aid when consuming a protein rich meal. Our bromelain is a high potency bromelain providing 960 GDU (a measure of the enzyme's activity) per capsule.

**Ingredient** — Bromelain (from *Ananas comosus*)

**Other Ingredients** — Gelatin capsule, Cellulose, Magnesium stearate, Silica

**Specifications** — 60 Capsules, 400 mg each

**Usage** — Adults take one (1) capsule after each meal or, as directed by a health care professional

\$18.00

#2005

4



## Children's Chewable Multi with Probiotics

### Cherry flavor with acidophilus

Depending upon a child's diet, they may or may not require a multivitamin and/or a probiotic supplement. For those children that don't always eat well, we offer a delicious cherry-flavored, vegetarian multivitamin and mineral supplement for children, sweetened with xylitol for added immune system benefit and benefits to teeth. It provides chelated minerals, three strains of probiotics, active Vitamin D3, and greater amounts of vitamin C and zinc than leading brands, and thus can contribute to added support for the immune system, growth and development, optimal gastrointestinal and immune health, and antioxidant protection.

**Ingredients** — Multi-Vitamins and Minerals

**Other Ingredients** — Fructose, Sorbitol, Xylitol, Cellulose, Vegetable stearin, Silica, Natural Cherry flavor, Citric acid, Magnesium stearate, Luo Han Guo fruit extract, Mixed Natural Fruit blend, Natural Vanilla flavor and Natural color

**Specifications** — 120 Chewable Cherry Flavor Tablets

**Usage** — As a dietary supplement, children two years and older chew one (1) or two (2) tablets daily with meals or as directed by a health care professional

**Precaution** — Contains soy and milk

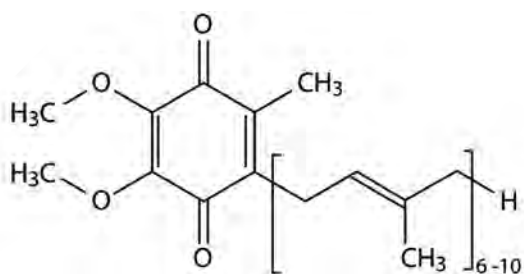
\$20.50

#2098

4



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## CoEnzyme Q10

### Supports the body's energy

CoEnzyme Q10 is a biologically active molecule found in every cell of the body. CoEnzyme Q10 provides essential (required) antioxidant support at the most fundamental level. CoEnzyme Q10 helps provide support for healthy neurological function and the growth of normal healthy cells. Critically, CoEnzyme Q10 is a primary factor in human energy production. It is a cofactor in the electron transport chain, the biological pathway in cellular respiration from which ATP and most of the body's energy are derived. ATP (*Adenosine Triphosphate*) is an energy-rich compound used for all energy-requiring processes within human cells. ATP is the chemical energy used inside cells. It is estimated that the human body turns over its own weight in ATP every day. This is why a CoEnzyme Q10 supplement is very helpful.

Our **CoEnzyme Q10** is an **all-natural** trans-form of CoEnzyme Q10, and is **the most active form**. And it is the only form of CoEnzyme Q10 supported by scientific studies. Our manufacturer is the world leader in pharmaceutical grade CoEnzyme Q10, Japan's Asahi Corp. It is processed through natural, non-synthetic, fermentation and is identical in structure to the CoEnzyme Q10 produced in the body. Scientific studies show that CoEnzyme Q10 is three times more bioavailable when delivered in an oil-based softgel capsule. Our **CoEnzyme Q10** is dissolved in Vitamin E oil prior to encapsulation to increase the product's intestinal absorption. Yes, you can obtain cheaper CoEnzyme Q10, but not better.

**Ingredient** — Coenzyme Q10 (as ubiquinone)

**Other Ingredients** — Gelatin capsule (glycerin, water, zinc oxide and annatto), Rice Bran oil, Beeswax, Vitamin E, Lecithin

**Specifications** — 60 Softgels, 50 mg each

**Usage** — Adults take one (1) softgel capsule, one (1) to three (3) times daily with meals, or as directed by a health care professional

**Precaution** — Contains soy. Manufactured on equipment that processes peanuts. May contain traces of peanuts.

\$21.50

#2090



## Life Essentials

### Multi-vitamin & mineral with food concentrates

It is quite possible to obtain all your nutrition from your diet. If you eat a broad spectrum of foods, including superfoods and superfood combinations like **Tonic Alchemy™** you probably will not need a multi-vitamin and mineral formulation. If you are unsure of your dietary status, **Life Essentials** may be very useful to you. Our multivitamin mineral formula provides the added support of whole-food nutrients including phytochemicals not found in a typical multivitamin. **Life Essentials** contains a well-balanced B-vitamin profile, potent dosages of antioxidants like vitamins A, C and E, Selenium and a highly absorbable form of zinc, L-OptiZinc. Healthy blood sugar levels, normal energy production and the promotion of healthy body weight are supported with patented ChromeMate®, niacin bound chromium and digestive enzymes which help support the healthy digestion of carbohydrates, fats and proteins. Superfood concentrates that can optimize the synergy and absorbability of this complex include Spirulina, Barley Grass, Chlorella, Wheat Grass and Wheat Sprout juice for chlorophyll and a variety of carotenoids, plus Bee Pollen, Eleuthero (Siberian Ginseng), Garlic, Oat Bran and Apple Pectin.

**Ingredients** — Multi-Vitamins and Minerals, Food concentrates (Spirulina, Klamath Lake Algae, Wheat Sprout concentrate, Wheat Grass juice, Sprouted Barley juice, Chlorella (broken cell wall), Choline bitartrate, Inositol, PABA, Citrus-Bioflavonoids, Quercetin, Rutin, Hesperidin, Boron, Silicon, L-Glutathione (reduced), Bee Pollen, Eleutherococcus root, Garlic, Bromelain, Betaine HCL, Papain, Amylase, Lipase, Cellulase, *L. acidophilus*, Oat Bran, Apple Pectin, Dandelion root, Barberry, Gentian root, Ginger root, Cayenne, Whole foods components (RNA & DNA, Chlorophyll, Carotenoids))

**Other Ingredients** — Cellulose, Modified Cellulose gum, Stearic acid, Silica, Magnesium stearate, Dicalcium phosphate

**Specifications** — 60 Tablets

**Usage** — Take three (3) tablets daily preferably with meals

**Precaution** — Contains soy

\$35.00

#2072





\$38.00

#2038



## Papaya Enzyme Chewable

### Digestive Enzyme

Naturally sweet, vegetarian **Papaya Enzyme** tablets from the papaya melon are rich in proteolytic enzymes that can greatly aid the digestive process, especially meals that contain concentrated forms of protein. Papain cleaves the peptide bonds of complex proteins, breaking them down to their individual amino acids. Amino acids, of course, are necessary for the growth and repair of the body.

**Ingredients** — Papain enzyme from *Carica papaya* melon, Alpha amylase enzyme, Protease enzyme

**Other Ingredients** — Fructose, Calcium flavor, Vegetable stearin, Corn starch, Magnesium stearate

**Specifications** — 100 Tablets

**Usage** — Adults chew one (1) tablet with meals, or as directed by a healthcare professional

\$7.00

#2034



## Saw Palmetto/Pygeum Plus

### Prostate health support

Saw Palmetto/Pygeum Plus Prostate Support helps maturing men maintain normal prostate health with clinically-proven ingredients, like the highest quality European standardized extracts of Saw Palmetto, Pygeum, Lycopene and Nettles. The product also features another important synergistic nutrient for optimal prostate health, OptiZinc, the most bioavailable form of zinc. All these excellent ingredients are combined in a base of pumpkin seed oil.

**Ingredients** — Saw Palmetto berry extract (*Serenoa repens*), Pygeum africanum Bark Extract, Pumpkin (*Cucurbita pepo*) Seed Oil, Nettle (*Urtica dioica*) root extract, Lycopene (from tomatoes), Zinc (as monomethionine)

**Other Ingredients** — Capsules (gelatin, glycerin, water), soybean oil, beeswax, lecithin, caramel color and water. Contains soy.

**Specifications** — 120 Softgels

**Usage** — 3 - 4 softgels daily with meals



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Superzymes<sup>®</sup>

### Digestive Enzymes

Superzymes<sup>®</sup> is a blend of the natural enzymes, including papain, pancreatin, bromelain and more. It can effectively assist in the digestion of fats, proteins and carbohydrates. This multi-enzyme formulation can be taken with meals or may be added to a blender drink to enhance assimilation.

**Ingredients** — Betaine hydrochloride, Pepsin 1:10,000, Bromelain (Pineapple enzyme), Papain NF (Papaya enzyme), Ox bile extract, Pancreatin (Amylase, Protease, Lipase)

**Other Ingredients** — Dicalcium phosphate, Cellulose, Vegetable stearin, Cellulose gum, Fennel seed, Peppermint leaf flavor, Silica, Magnesium stearate, Food glaze with Peppermint Oil

**Specifications** — 180 Tablets

**Usage** — Adults take two (2) tablets after each meal, or as directed by a health care professional

**Precaution** — Do not take if you suffer from gastric ulcers, gastritis or persistent abdominal pain. Not recommended for children under 12.

\$34.00

#2046



## Suprema-Dophilus

### Standardized Probiotic

**Suprema-Dophilus<sup>®</sup>** offers a range of the most stable strains of probiotics. These acid resistant strains easily survive the stomach acids. Each Bio-Enhanced, Acid Resistant Strain (BEARS) has been specifically designed to survive stomach acid secretions during digestion, eliminating the need for enteric coating. Wonderfully, these protected probiotics have been shown to survive antibiotics.

This highly concentrated multiple probiotic formula provides 5 billion viable cells per capsule, in a *prebiotic blend* of *FOS* and *arabinogalactans* for enhanced promotion of "friendly" bacteria and for support for the digestive and immune systems. This product does *not* need to be refrigerated in order to remain fresh and viable.

**Suprema-Dophilus** may be used in conjunction with Dragon Herbs **KimQi ProBio<sup>™</sup>** for a complete microbiome reboot. **KimQi ProBio<sup>™</sup>** provides hundreds of different natural probiotic micro-organisms while **Suprema-Dophilus** provides a high count of the major ones.

**Ingredients** — Proprietary probiotic blend (La-14, BI-04, Ls-33, Lp-115, Bb-02, BI-05, Lr-32, Lb-64), Prebiotic blend (FOS, Fiberaid<sup>®</sup> Arabinogalactan)

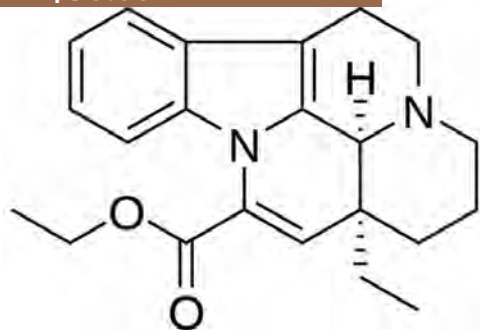
**Other Ingredients** — Vegetarian capsule, Cellulose, Silica, Magnesium stearate, Calcium silicate

**Specifications** — 120 Capsules

**Usage** — Adults take one (1) vegetarian capsule daily during meals or, as directed by a health care professional

\$30.00 #2047

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## Vinpocetine Plus

### Cognitive support

**Vinpocetine** is a cerebral metabolic activator, a neuronal protector and a powerful antioxidant. **Vinpocetine** helps increase cerebral blood flow. In particular, it enhances cerebral vasodilation and produces an immediate increase in cerebral oxygenation, which can result in the activation of the cerebral metabolism, an increase of cerebral glucose and the improvement of certain neurotransmitters' functions. **Vinpocetine** has neuronal protection effects and supports red blood cell oxygenation in the capillaries. Almost any adult can benefit from taking **Vinpocetine Plus**, which is standardized to



Lucy Li is a key player in the development and production of all 300 Dragon Herbs products, maintaining logistical control and flow. She supervises the China office in Guangzhou from her office in Los Angeles and she assists Ron in new product development and ingredient procurement. She does it all with this smile.

Opposite page: Our extraction tanks hold up to two tons of raw material (some tanks hold more). They are a highly efficient closed system of digitally controlled equipment with oil traps to capture all aromatic oils. Our workshops are extremely clean.

10 mg of Vinpocetine per capsule. The elderly, baby boomers and students around the world are finding this naturally sourced nutraceutical to be highly effective for supporting cognition and memory.

**Vinpocetine** is derived from the *Vinca minor* seed, native to much of Europe. **Vinpocetine** has many different effects of varying importance on cognitive functions such as increase of attention, concentration, and memory, thus it is thought to be nootropic. Our **Vinpocetine** is produced by a European nutraceutical company, under strict European quality control standards.



**Ingredients** — Niacin, Vinpocetine (from *Vinca minor* seed), Ginkgo leaf powder

**Other Ingredients** — Vegetarian capsule, Cellulose, Magnesium stearate, Silica

**Specifications** — 60 Vegetarian Capsules

**Usage** — Adults take one (1) vegetarian capsule daily with meals, or as directed by a health care professional

\$15.95 #2052

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## Q&A

### Are your capsules vegetarian? What are they made of?

The vast majority (over 200 products) of our capsules are vegan, made from pullulan, which is naturally fermented from tapioca (non-GMO). These easily assimilable pullulan capsules are the most advanced vegetarian (vegan) capsules in the world and may be consumed daily without clogging the digestive tract assuring very high absorption of the ingredients. Only a couple of our products are made with gelatin capsules, which are clearly specified in the labeling. Our **Reishi Spore Oil Caps**, for example, are made from gelatin.

### The capsules I received in my latest order are a different color/smell, why is that?

Our herbs and formulas are produced from living plants that are harvested during their optimal harvest season. As with all natural foods, different seasons and growth conditions can affect the color of the plant and its components. We maintain consistent testing and processing procedures, and the variation in color is simply a reflection of the plant constituents and shade at the time of picking. Of course, we do not manipulate the color or smell in order to maintain a false sense of consistency. However our products are all very consistent in terms of their constituent profiles, which is what is ultimately most important to the consumer.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.





# World of Herbs Series

Dragon Herbs recognizes the importance of a number of herbal products that it does not directly manufacture. We have chosen to “private label” a limited range of these products because we feel that they can fit into a Three Treasures program. We believe that these products are very high quality.

## Caralluma

### **Appetite Regulation**

Dragon Herbs **Caralluma** is a proprietary extract of *Caralluma fimbriata*, an edible cactus used for centuries in India as a “famine food” that has a reputed appetite moderating action.\* Dragon Herbs **Caralluma** is made by a special process that extracts the essential constituents of the whole herb without chemical alteration to any of the key constituents, ensuring that the full benefits of the Caralluma cactus are delivered in a concentrated form. Along with a healthy diet and exercise, Dragon Herbs **Caralluma** is a useful herbal supplement for those desiring to promote and maintain healthy metabolism and appetite balance. It may be used by those who are over their ideal or desired weight but who are not clinically obese. If you are overweight, you should consult with a physician. Obesity is a severe medical condition. If you are diagnosed as clinically obese this product is not for you unless advised as such by your physician.

**Ingredient** — *Caralluma fimbriata* extract

**Concentration** — Pure yield extract (typically 12:1 concentrate)

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$42.00** #529



## Echinacea (Organic)

### **Immune support**

Many people use Echinacea during the winter months. But most are not aware that there are different kinds of Echinacea, different grades and different methods of preparation that can significantly alter the effects of the herb. Our alcohol free **Echinacea** liquid herbal extract is made from organically grown Echinacea plants of the highest quality. Ethically and ecologically wild-harvested plants are custom picked at the height of the season to assure premium quality, and individually extracted through cold percolation. The organic Echinacea roots are first extracted in alcohol. The alcohol is then carefully removed in a manner that will not damage the heat sensitive polysaccharides. Tests show this product to be 99.998% alcohol free. The resulting liquid extract is a superb immune supporting supplement. Echinacea is not a tonic herb, so should be used intermittently as needed (typically two weeks at a time) or as directed by a knowledgeable herbalist or health practitioner.

**Ingredient** — Fresh *Echinacea angustifolia* root (Certified Organically Grown)

**Specifications** — 2 fl. oz. liquid

**Other Ingredients** — De-ionized water, Pure grain alcohol

**Usage** — Take 45-50 drops (1/2 dropperful) in liquid three (3) times daily, or as needed

**\$18.95** #2012



Tonic herbs can be categorized as Jing (Yin and/or Yang), Qi (Qi and/or blood) and Shen (opening and/or stabilizing) by virtue of which treasure(s) they tend to nourish and develop.

## Horsechestnut Extract

### Vein and capillary support

**Horsechestnut Extract** supports capillary structural health and helps balance blood flow to the extremities, especially below the waist and hips. Horsechestnut extract provides blood circulation support for those whose work or lifestyle is necessarily sedentary, or when movement may be impeded for long periods of time or temporarily confined to a restricted space, as when flying. Our **Horsechestnut Extract** is meticulously extracted to provide the optimal level of 20% (60 mg. /cap) naturally occurring Aescin, the active ingredient. It is manufactured without the use of harsh solvents under strict European nutraceutical manufacturing quality control standards.

**Ingredient** — Horsechestnut (*Aesculus hippocastanum*) seed extract

**Other Ingredients** — Gelatin capsule, Rice powder, Cellulose, Magnesium stearate, Silica

**Specifications** — 90 Capsules, 300 mg each

**Usage** — Adults take one (1) capsule, three (3) times daily with meals or, as directed by a health care professional

\$15.50

#2027

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## Kung Fu Ginseng

### Kinetic Ginseng paste for power users

This superb Ginseng product is made from premium quality Korean red Ginseng roots that are fermented with a patented microbial organism, which is a standardized version of a probiotic microbe that exists naturally in the human gut. This microbe breaks down Ginseng into its component molecules and creates new functional metabolites (active constituents such as *ginsenoside Rg3* and *Rb1*). This type of advanced technology "extraction" is done through fermentation rather than with water or alcohol. This kind of fermented Ginseng is called "kinetic" ginseng because of its vastly increased bioavailability and physiological activity. Many people, especially those who have used antibiotics, cannot fully digest and assimilate Ginseng, but with **Kung Fu Ginseng** (as with Dragon Herbs **Kinetic Ginseng** — the encapsulated version of the same fermented Ginseng extract), the Ginseng has been "predigested" and is 100% assimilable. It is a dark brown paste that is bittersweet and very robust. The taste is "pure red Ginseng." You only need a little bit to give you energy, clarity, inner power. This is a great Yang Ginseng, and it is especially good for athletes and those who work hard physically and/or creatively. It is also perfect for those who want to get the broadest spectrum of ginsenosides available from fully metabolized Ginseng.

**Ingredient** — Korean Red Ginseng

\$TBD

#2200

## Milk Thistle Liquid (Organic)

### Liver support

Milk Thistle helps protect and support the liver through its active component silymarin. It supports the liver's function as an organ of detoxification, making toxins more water-soluble and therefore easier to excrete. Milk thistle supports the liver's antioxidant defenses. This formulation supports normal flow from the liver to the gall bladder, encouraging the removal of toxins stored in the liver. Ron Teeguarden recommends that this product be used for a limited time when deemed necessary or advised to do so by a qualified health practitioner. For long term liver protection and support, we recommend a Schizandra-based product and or a Bupleurum-based product as suggested by a qualified herbalist or health practitioner. Our **Organic Milk Thistle Liquid** is an herbal extract made from ethically wildcrafted plants (from organic seeds) that are handpicked at the height of the season to assure premium quality. This Milk Thistle is extracted through cold percolation using the purest de-ionized water. It contains no alcohol.

**Ingredient** — Dried Milk Thistle seed

**Other Ingredients** — Vegetable glycerin, De-ionized water, Clover honey

**Specifications** — 2 fl. oz. liquid

**Usage** — Take 40-45 drops in liquid three (3) times daily, or as needed

\$19.95

#2032

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**Ricah Rejano**

Ron's Executive Assistant/ Project Assistant

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Olive Leaf

### Immune support

Olive trees are very famously resistant to disease. Olive leaves contain high amounts of *oleuropein*, a polyphenol with unique attributes that contributes to the tree's fortitude. The health-improving compounds found in Olive Leaf are some of the most powerful plant antioxidants known, believed to play a major role in preserving cells from free radical damage. These extracts have been used for centuries to improve healthy longevity and provide a broad range of compounds protective for the heart, the neurological systems, and providing profound immune system support. Our standardized **Olive Leaf Extract** is produced by a European nutraceutical company and is manufactured under strict European quality control standards without the use of harsh solvents. It is meticulously extracted to provide the optimal level of 12-16% naturally occurring oleuropein.

**Ingredient** — Olive Leaf extract

**Other Ingredients** — Gelatin capsule, Rice powder, Cellulose, Silica, Magnesium stearate

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Adults take one (1) capsule, one (1) to three (3) times daily with meals, or as directed by a health care professional

\$17.50

#2033



## Pau d'Arco Inner Bark

### Immune support

Our 100% pure Pau d'Arco inner bark from the deep forests of Brazil is a potentially important herb to keep at your home elixir bar. The inner bark of Pau d'Arco is a treasure so highly revered by the people of the rainforest that they call it the "divine tree". Used for centuries by indigenous peoples as a profound immune-fortifier, Pau d'Arco's antioxidant properties contribute to its powerful immune system supporting actions.

**Ingredient** — Pau d'arco (*Tabebuia impetiginosa*) inner bark

**Other Ingredients** — Gelatin capsule, Rice powder, Vegetable stearin, Magnesium stearate, Silica

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Adults take one (1) capsule, daily with a meal, or as directed by a health care professional

\$10.50

#2035



## Pycnogenol®

### French Maritime Pine Bark Extract

#### Cardiovascular support

Pine tree ingredients have long played a key role in human health and nutrition. In Asia, the needles (leaves), pine nuts (seeds), young cones, pollen, bark and root growths (Fuling, *Poria cocos*) were prime ingredients in Taoist diets, tonic formulations and royal cuisine. Overall, they were all believed to promote glowing health and lead to potential great longevity. Recently, all these tree parts have been successfully turned into popular dietary supplements. In particular, the bark of the French Maritime Pine tree has become a worldwide nutraceutical phenomenon. **Pycnogenol®** is a standardized extract of French Maritime Pine Bark. It contains the active ingredients known as proanthocyanidins. **Pycnogenol®** is a powerful antioxidant (free radical scavenger), even more powerful than well-established antioxidants such as vitamins C and E.

Our **Pycnogenol®** French Maritime Pine Bark Extract is produced by a European phyto-pharmaceutical company and is manufactured under strict European quality control standards and meticulously extracted to provide the optimal level of 65-75% natural occurring **Procyanidins**. The extract helps maintain immune system balance, selectively binds to collagen and elastin, and it aids in the production of endothelial nitric oxide which helps to relax (dilate) blood vessels. **Pycnogenol®** also supports collagen maintenance and protects it against attack by free radicals and collagen-degrading enzymes, the elastases and collagenases, by binding to collagen fibers and realigning them in a less damaged form. This protective action is believed to help enhance skin smoothness by reducing premature facial wrinkles caused by skin inelasticity, keeping the skin smooth and elastic. **Pycnogenol®** improves peripheral circulation, strengthens blood vessels, and helps





maintain capillary activity. It improves peripheral circulation by supporting venous sufficiency and supporting fluid circulation in the lower legs. By increasing vitamin C activity in capillary walls and strengthening collagen (intracellular “cement”), **Pycnogenol®** supports capillary activity. It protects the collagen-rich connective tissue in artery walls and joints and supports normal healthy joint maintenance.

**Ingredient** — Pine Bark extract powder\*\* (*Pinus maritimus*)

**Other Ingredients** — Vegetarian capsule, Rice powder, Magnesium stearate, Silica

**Specifications** — 30 Vegetarian Capsules, 50 mg Pycnogenol each

**Usage** — Adults take one (1) vegetarian capsule, one (1) to three (3) times daily with meals, or as directed by a health care professional

**\$28.95**

#2036

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## Salacia

### Metabolic support

**Salacia** has a long history of use in India. *Salacia oblonga* is used to support normal carbohydrate metabolism. This is great for those who desire to support normal carbohydrate metabolism.

**Ingredient** — *Salacia oblonga* root extract\*

**Concentration** — Pure Yield (Typically 5:1)

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$18.50**

#562

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Susan Haffey, Ph.D., has been assisting Ron for decades, sits in an office next to Ron's and takes care of high level intellectual herbology for Dragon Herbs. She also steps in as a Senior Herbalist a couple of times a day when call center overflows. She is a skilled teacher and writer.

## Tribulus

### European Power Herb

Dragon Herbs **Tribulus** is a Bulgarian tonic herb of high regard around the world. When *Tribulus terrestris* is organically-grown under certain strict conditions and harvested at a specific time in its growth cycle, the herb has the ability to profoundly support healthy hormone balance. The above-ground portion of Bulgarian Tribulus has been determined to be a world class adaptogen. Dragon Herbs only uses Bulgarian-grown and processed *Tribulus terrestris*. Bulgarian *Tribulus terrestris* differs significantly from the *Tribulus terrestris* extracts and powders from India and China. Tribulus of the kind used as a tonic herb only comes from Bulgaria. Bulgaria is *Di Tao* for Tribulus as a tonic, meaning it is the authentic source. Dragon Herbs **Tribulus** is cultivated and harvested in the environmentally clean area of Topolovgrad, Bulgaria, according to the specific methods developed for a superior quality preparation. Using a special proprietary method of harvesting and pharmaceutical preparation, Bulgarian *Tribulus terrestris* has a very high concentration of saponins. Indian and Chinese *Tribulus terrestris* do not. Chinese and Indian *Tribulus terrestris* are made from a different part of the plant (the seeds) and are harvested at a different time of the year. Though the herb is the same species, Tribulus has been traditionally used for different purposes in India and China, and has not been used as a tonic. Obviously, Dragon Herbs has no issues with high level Chinese herbal production – just not for Tribulus. There are no contraindications, and no negative effects are presently known to exist when Bulgarian *Tribulus terrestris* is used as a dietary supplement.

**Traditional Functions** — Tonifies Kidney and reproductive functions, adaptogenic

**Ingredient** — Bulgarian *Tribulus terrestris* (aerial parts)

**Concentration** — Pure yield extract (typically 10:1 concentrate)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions** — Use with caution if pregnant or lactating

**\$36.00**

#557

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\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Classic Tonic Formulations

**Dragon Herbs Classic Tonic Formulations** is a line of *classic* formulations that Asian people have been using for centuries. Dragon Herbs **Classic Tonic Formulations** use high quality components and are made by the same modern scientific process as the Signature Series encapsulated herbs, thus assuring the highest potency, purity and freshness. The **Classic Tonic Formulations** are by definition “tonic.” They support the overall energy, promote general wellbeing, enhance one’s ability to protect oneself and encourage optimum adaptability. These are all full spectrum powdered extracts encapsulated in our highly assimilable PlantCaps® pullulan (tapioca) vegan capsules.

What distinguishes Dragon Herbs **Classic Tonic Formulations** from other brands of classic formulations on the American market is the **quality** of the herbs and the **production technology** used to produce them. ALL HERBS from around the world come in different grades based upon their variety, seed stock, growing source, growing conditions, care by the cultivators and collectors, and processing at various stages of the supply chain and during production. The use of production *chemicals* can ruin the quality of an herb due to the toxicity of the chemicals. We all want to avoid pesticides, herbicides, chemical fertilizers, water pollutants, etc., but lower quality herbal products are often riddled with these chemicals (these tainted herbs cost less, but the consumer pays with their health).

The classic formulations are widely consumed in Asia, and many domestic herb factories produce them. Much of this production uses low grade herbs to make them affordable to very poor people, including herbs grown and processed with pesticides, and herbs that have been irradiated, etc.

Dragon Herbs does not use low grade, less effective, raw materials for its classic tonic formulations or any of its products. Dragon Herbs sources the BEST raw material. We use premium material to produce these important formulas. Every herb is tested for pesticides and other chemical residues prior to and after production to assure that the original herb and finished product are free of chemical and microbial contaminants. The herbs are also tested for active constituents to assure their potency.

Production technology also matters. Most factories just throw the herbs into a tank and cook the whole thing for a couple of hours; then they make a powdered extract of the tea using a lot of excipient (usually not natural). Dragon Herbs uses low temperature extraction using very pure water and no chemicals. We add the herbs carefully at incremental stages. Some of the herbs in the classic tonic formulations can only be cooked for a few minutes. These “short cook” herbs are cooked separately and carefully added at the end of Dragon Herbs production.

One very important process that most factories skip involves the collection of **aromatic oils** from the tea. The real classic tonic formulations have a distinctive aroma. This is from the aromatic oils in the herbs. If the herbs are overcooked and/or the oils are allowed to evaporate away, the true power of the classic tonic formulations cannot be achieved — even if good quality herbs are used. Dragon Herbs always processes its herbs using an “oil trap.” An oil trap is a technologically sophisticated device connected to the extraction system. It captures evaporating aromatic oils and collects them in crystallized form, which are added back into the extract at the end of the process.

When you smell Dragon Herbs **Classic Tonic Formulations**, and other Dragon Herbs powdered extracts, you can always smell the aromatic oils. These oils are not present in many other brands of powdered extract. It is something we pay extra for, but it makes ALL THE DIFFERENCE! \*

**Other Ingredients** — All these formulations are encapsulated. We use PlantCap™ capsules\*\*, which are much better than normal “veggie caps.” PlantCap™ capsules are made from Tapioca, which is never GMO. The enzymatically produced material is called pullulan, and it’s the capsule of choice in Japan, where herb users expect the world’s best. To keep the powder stable, we use a few percent of rice powder or bamboo powder as natural, safe excipients. Many brands use 50% excipient; we typically use around 5% in these classic formulations.

Li Shizhen, the greatest herbal archivist in world history

## Codonopsis & Astragalus Combination

**Codonopsis and Astragalus Combination** has classically been called the “King of Combinations.” It is a giant among classical tonic formulations. It is traditionally said to promote the production and circulation of Qi, support the digestive system and support nutrient assimilation, support the normal healthy functions of the immune system, and strengthen muscles that help to support posture and the normal healthy position of the organs. It is also an excellent blood tonic. **Codonopsis and Astragalus Combination** is used as a tonic by anyone wishing to tonify or maintain a high level of Qi. What distinguishes Dragon Herbs **Codonopsis and Astragalus Combination** from other brands is the superior quality of the herbs used to produce it and the advanced production technology. In many classical herbal books, this formulation is called “Ginseng and Astragalus Combination,” but the formula traditionally contains no Ginseng, it contains the major tonic Qi herb Codonopsis. To comply with modern labeling requirements, we have chosen to rename the classical formula to reflect this fact and to accurately convey to our clients that this product uses Codonopsis, not Ginseng.

**Traditional Functions** — Tonifies Qi, ascends Yang, nurtures the Spleen, nourishes the blood.

**Ingredients** — Codonopsis root, Astragalus root, Chinese Licorice root, White Atractylodes root, Aged Tangerine peel, Dang Gui root, Bupleurum root, Cimicifuga rhizome, Fresh Ginger rhizome, Red Jujube fruit.

**Concentration** — Pure yield powdered extract (typically around 7:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**\$21.00** #310



Roland Steele, Senior Herbalist works the call center and emporiums

## Ten Complete Supertonic Combination

This is the original classical “dabuwan,” or “super pill.” **Ten Complete Supertonic Combination**, known in Chinese as *Shi quan da bu wan*, combines the “four major herbs” (**Codonopsis, Atractylodes, Poria** and **Licorice**) and “four things” (**Dang Gui, Prepared Rehmannia, White Peony** and **Ligusticum**), and adds two other supertonic (**Astragalus** and **Cinnamon**) to make the “complete tonifying formula.” This ancient formula tonifies Qi, Blood, Yin Jing, Yang Jing, supports healthy blood circulation, purifies the blood and calms Shen.



**Traditional Functions** — Tonifies Qi, nourishes blood, promotes blood circulation, supports healthy digestion, and promotes digestive absorption\*

**Ingredients** — Codonopsis root, Astragalus root, White Atractylodes rhizome, Poria sclerotium, Dang gui root, Prepared Rehmannia root, Chinese White Peony root, Ligusticum rhizome, Cinnamon bark, Chinese Licorice root.

**Concentration** — Pure yield powdered extract (typically around 8:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional.

**\$21.00** #312



Premium Codonopsis root



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Ginseng Supportive

### Combination™

**Ginseng Supportive Combination™** is arguably the greatest classical general Three Treasures tonic formulation in Chinese herbalism. Strongly supporting all three Treasures, it has a tonifying and balancing effect by nourishing Yin and Yang Jing, building Blood, strengthening the Qi, and stabilizing the Shen. **Ginseng Supportive Combination™** is composed of great tonic herbs, masterfully combined to make the formula more than a mere sum of its component parts. This formulation does contain **Panax Ginseng**. Its name has been somewhat inaccurately translated as *Ginseng "Nutritive" Combination* and *Ginseng N Combination* by other brands. **Ginseng Supportive Combination™** is a superb general tonic, tonifying all three Treasures — Jing, Qi and Shen; and all five primary organ systems — Kidneys (Water), Liver (Wood), Heart (Fire), Spleen (Earth) and Lungs (Metal). Dragon Herbs identifies sources of the BEST raw materials, the kind preferred in Shanghai, Tokyo or Hong Kong by those who know herbs and want the best. We use this premium material to produce this important formula.

**Traditional Functions** — Tonifies Qi and Blood, builds Yin Jing and supports Yang, stabilizes Shen\*

**Ingredients** — Chinese Ginseng root, Astragalus root, White Atractylodes rhizome, Poria sclerotium, Dang Gui root, Prepared Rehmannia root, Chinese White Peony root, Polygala root, Schizandra fruit, Red Jujube fruit, Cinnamon twig, Fresh Ginger rhizome, Chinese Licorice root, Aged Tangerine rind

**Concentration** — Pure yield powdered extract (typically around 8:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$23.00 #316



## Codonopsis & Longan

### Combination

Codonopsis and Longan Combination is the premier classical Spleen-Heart tonic of Chinese tonic herbalism. This formula tonifies Qi and Blood, and calms the Shen, allowing it to grow. It supports the heart function by supporting good blood circulation. When the vital energy (Qi) and the Blood are enriched, the Heart and the Shen are calm and the circulation of the vital energy (Qi) is appropriate and healthy. This great tonic formula has been used for centuries to increase vital energy and calm worries. In many classical herbal books, this formulation is called "Ginseng and Longan Combination," but the formula traditionally contains no Ginseng – it contains the

major tonic Qi herb Codonopsis. To comply with modern labeling requirements, we have chosen to rename the classical formula to reflect this fact and to accurately convey to our clients that this product uses Codonopsis, not Ginseng.

**Traditional Functions** — Tonifies Qi, Blood and Shen\*

**Ingredients** — Codonopsis root, Longan fruit, Astragalus root, White Atractylodes rhizome, Poria sclerotium, Dang Gui root, Polygala root, Red Jujube fruit, Saussurea costus root, Fresh Ginger rhizome, Chinese Licorice root, Zizyphus seed.

**Concentration** — Pure yield powdered extract (typically around 7:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00 #314



## Codonopsis & Zizyphus

### Combination

Codonopsis and Zizyphus Combination has been used for many centuries to nourish Yin (Jing), pacify the spirit (Shen), support the Heart, and build Blood. Thus it tonifies all three Treasures. This formula is a Yin tonic that supports Shen, and supports the stability of Shen. In many classical herbal books, this formulation is called "Ginseng and Zizyphus Combination," but the formula traditionally contains no Ginseng, it contains the major tonic Qi herb Codonopsis. To comply with modern FDA labeling requirements, we have chosen to rename the classical formula to reflect this fact and to accurately convey to our clients that this product uses Codonopsis, not Ginseng.



**Traditional Functions** — Nourishes Qi, tonifies Yin Jing, stabilizes Shen, strengthens the Heart, and builds blood\*

**Ingredients** — Codonopsis root, Zizyphus seed, Raw Rehmannia root, Polygala root, Acorus gramineus rhizome, Scrophularia root, Oriental Biota seed, Platycodon root, Chinese Asparagus root, Chinese Salvia root, Prepared Rehmannia root, Ophiopogon tuber, Coptis root, Spirit Poria sclerotium, Dang Gui root, Schizandra fruit, Poria sclerotium, Eucommia bark, Chinese Licorice root, Stemona root.

**Concentration** — Pure yield powdered extract (typically around 8:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00 #318





## Four Things Combination

**Four Things Combination**, also called Dang Gui Four Combination, is the supreme classical blood tonic formulation of Chinese tonic herbalism. It is also an important Yin Jing tonic. It has been used for centuries as a moistening Blood tonic, which yields incredible results in restoring deficient Blood and Yin. In addition, it is an important blood vitalizing formulation. **Four Things Combination** is a famous woman's blood tonic. It is moisturizing and may be used for long periods of time to restore the Yin and Blood, and improve wrinkles and other signs of aging on the skin. **Four Things Combination** has traditionally been used to support normal blood flow, to promote relaxation and energy, and to relieve mild cramps associated with menstruation. **Four Things Combination** is suited to weak or strong individuals, old or young. Although women take this formula far more frequently than men, it is also an excellent Blood tonic for men, and will be found as a component in many formulations consumed by men. It is a superb tonic for all teenagers, male or female.\*



**Traditional Functions** — Tonifies blood, promotes blood circulation and helps regulate menstruation\*

**Ingredients** — Dang Gui root, Prepared Rehmannia root, Chinese White Peony root, Ligusticum rhizome

**Concentration** — Pure yield powdered extract (typically around 8:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00 #308



## Poria Five Combination

**Poria Five Combination** is a classic formulation that supports fluid metabolism as described in classical Chinese health theory. All the herbs in this formula improve fluid circulation throughout the body, in normal healthy people. This formula is warming and promotes the flow of Qi throughout the body and in particular through those areas controlled by the Spleen Meridian. **Poria Five Combination** can be very useful for a large number of people.

**Traditional Functions** — Supports fluid production, cycling and distribution throughout the body

**Ingredients** — Alisma plantago rhizome, Polyporus, Poria sclerotium, White Atractylodes rhizome, Cinnamon twig

**Concentration** — Pure yield powdered extract (typically around 8:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00 #344



## Rehmannia Six Combination

**Rehmannia Six Combination** is one of the most important and commonly used Yin Essence (Jing) tonics. It builds Yin Jing. It is a superb tonic for maintenance and support of Yin Essence in older men and women. **Rehmannia Six** has a broad range of applications and is suitable in any situation where one wishes to restore or maintain Yin Jing. This is the classical **Rehmannia Six Combination** used for centuries in Asia. What distinguishes Dragon Herbs **Rehmannia Six Combination** from other brands is the quality of the herbs used to produce it and the production technology. This tonic formula is recommended for those who wish to tonify their Yin Jing and fortify the Kidney, especially useful for generally healthy men and women over 50 years of age to support healthy aging.

**Traditional Functions** — Tonifies Yin Jing, nourishes the Kidneys, can provide prostate support in men\*

**Ingredients** — Prepared Rehmannia root, Cornus fruit, Dioscorea rhizome, Poria sclerotium, Alisma rhizome, Tree Peony root bark (Mudan).

**Concentration** — Pure yield powdered extract (typically around 7:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00 #326



A magnificent wild Fu Ling (Poria) mushroom



Taoist genies study a Yin-Yang scroll over Reishi mushrooms

## Return to Youth Formula

This is the classic formulation dating to the eleventh century. **Return to Youth Formula** is traditionally used to help strengthen the sense organs, improve memory and the ability to concentrate, to support healthy vitality, to enhance male and female reproductive function and libido, and to support healthy aging. This superb Jing tonic is suited to men and women of all ages. It is a powerful vegan tonic formula.

Note: **Return to Youth Formula** forms the foundation of two other major Dragon Herbs Jing formulations: **Imperial Garden** and **Supreme Creation**, known as "imperial versions". **Supreme Creation** adds Deer Antler, Deer Placenta and premium Changbai Mountain Red Ginseng to the mix. This superb tonic is suited to men and women of all ages. **Imperial Garden** adds Cordyceps and Epimedium.\*

**Traditional Functions** — Tonifies Yin and Yang Jing, Qi, Blood and Shen\*

**Ingredients** — Goji fruit, Eucommia bark, Morinda root, Cistanche stem, Prepared Rehmannia root, Schizandra fruit, Red Jujube fruit, Achyranthes root, Cornus fruit, Broussonetia fruit, Polygala root, Dioscorea rhizome, Fennel fruit, Poria sclerotium

**Concentration** — Pure yield powdered extract (typically around 8:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#320

8

## Dang Gui and Gelatin

**Dang Gui and Gelatin Combination** is a classic formula. It is a blood tonic designed primarily for women, although it may be useful for men as well. The formula contains gelatin derived from donkey hide, an animal product historically used to nurture blood production.\* Dragon Herbs uses the traditional Di Tao ingredient in this classic formulation. Its main ingredient is **Dang Gui** (*Angelica sinensis*), the great blood tonifying herb. We use premium grade Dang Gui from its Di Tao source in northcentral China.

**Traditional Functions** — Tonifies blood and supports normal blood production and blood flow\*

**Ingredients** — Dang Gui root, Prepared Rehmannia root, Ligusticum rhizome, Chinese White Peony root, Gelatin (*Equus asinus*), Artemisia Leaf, Chinese Licorice root.

**Concentration** — Pure yield powdered extract (typically around 7:1)

**Specifications** — 100 Capsules 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$23.00

#372

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## Q&A

Your Codonopsis based formulas used to be called "Ginseng and Longan," "Ginseng and Zizyphus," and "Ginseng and Astragalus." Why have the names changed? Have the products changed?

Traditionally, these products were named "Ginseng and ..." But in fact, traditionally, they did not contain Ginseng. They contained Codonopsis root instead. Codonopsis is substituted for Ginseng root because it is quite similar in energetic function but milder in comparison, and also less expensive. In old times, Codonopsis was much more widely available than Ginseng. This substitution of Codonopsis for Ginseng has been traditionally made for over a thousand years. We feel it is mis-labeling to call a product "Ginseng and ..." when in fact it does not contain Ginseng, so we have modified the names of these classical formulations to reflect the truth — they are made with superior quality Codonopsis root, not Ginseng root. They are no different than they have been for decades and our products faithfully reproduce these classic formulas.



Borna, LAC, DAOM



Dang Gui roots

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Classic Special Formulations

There are great Asian classical formulations that have been very widely used for as long as 1800 years. All Dragon Herbs **Classic Special Formulations** have proven through time to be widely efficacious and to be very safe at restoring and maintaining balance. The geniuses who created these timeless formulations have positively impacted millions of lives.

What distinguishes these Dragon Herbs **Classic Special Formulations** from those produced by other brands is the **quality of the herbs** and the **production technology** used to produce them.

All herbs in China (and from most places) come in different grades based upon their variety, seed stock, growing source, growing conditions, age specifications, care of the cultivators or collectors, and processing at various stages of the supply chain and during production. And the production technology used plays a pivotal role in the effectiveness of an herbal product. That's a lot to consider. But Dragon Herbs takes ALL these factors into account in selecting our raw materials and in producing our herbal products.

The Chinese **Classic special formulations** form the framework of Chinese health arts for hundreds of millions of people in China and other Asian countries. They are so widely consumed in China that many domestic herb factories produce them or variants of them. Most of this production, which is intended for distribution in the domestic, rural Chinese market, uses low grade herbs and cheap technology, for obvious economic reasons.

Dragon Herbs NEVER uses low grade, less effective, raw materials for the production of the **Classic Special Formulations** or any of its products. Dragon Herbs identifies specific sources of the BEST raw material, the kind preferred in wealthy centers like Shanghai, Hong Kong and Tokyo by those who know herbs and won't settle for less than the best. We use this premium material to produce these important **Classic Special Formulations**. All herbs used are *Di Tao*, meaning they are grown or collected from authentic regions

and locations as certified by the Chinese Academy of Sciences and published in the official Chinese Pharmacopeia. This is very important. *Di Tao* herbs are always more potent and better balanced than non-*Di Tao* herbs. This quality sourcing is surprisingly absent by most American marketers who use low priced herbs, even though they are much less efficacious.

Production *technology* also matters. Most factories just throw the herbs into a tank and cook the whole thing for a couple of hours. They then make a powdered extract of the brew using a lot of excipient ("cut" — usually not natural). Dragon Herbs, on the other hand, uses low temperature extraction with very pure water and no synthetic chemicals of any kind. We add the herbs to the tank carefully at appropriate incremental stages. Some of the herbs in the **Classic Special Formulations** can only be cooked for a few minutes. These "short cook" herbs are cooked separately and carefully added at the end. This preserves the constituents of the herbs.

One very important process that most factories skip involves the collection of **aromatic oils** from the brew as it is cooking. Real herbs often have a strong flavor. This is usually due to the aromatic oils in the herbs. If the herbal oils are allowed to evaporate, the true power of the formulation cannot be achieved — even if good quality herbs are used. Dragon Herbs always processes

its herbs and formulations using an "oil trap." An oil trap is a technologically sophisticated device added to the extraction system. It captures evaporating aromatic oils and collects them in crystallized form. The collected aromatic oil crystals are therefore not wasted. They are mixed back into the extract at the end of the process. And this makes ALL THE DIFFERENCE!

When you smell Dragon Herbs powdered extracts, including the **Classic Special Formulations**, you can smell the aromatic oils. We know that for an herbal extract to work, it must be made correctly, carefully, thoughtfully and with the best technology available in the world.\*







## The Great Regulator™

**The Great Regulator** is one of the most widely used classical herbal formulations in Asia. It is one of the top three formulations used in the modern Japanese Kampo system of herbalism. It is an excellent immune system tonic and is excellent at establishing and maintaining immune system balance. This formula is especially famous for strengthening resistance. Our formulation is standardized to a strong amount of *baicalin*, the main bio-active component in the herb *Scutellaria*, which makes the formula more active — and therefore the formula is “activated.” It is stronger than most versions of this formula sold in the U.S., but is identical to most versions produced and consumed in Japan.

**Classical Name — Minor Bupleurum**

**Combination**, modified to modern Japanese standards with natural *baicalin* as 25% of the formula, derived from *Scutellaria baicalensis*, an ingredient in this formulation

**Traditional Functions** — Liver tonic, cleanses the Gallbladder

**Ingredients** — Bupleurum root, *Scutellaria* root, Pinellia rhizome, Fresh Ginger rhizome, Ginseng, Jujube Date, Chinese Licorice root

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#454



## Easy Qi

**Easy Qi** is a relaxing yet energizing blend of ten superior herbs designed to relax, and thus enhance the free flow of energy, especially through the muscles of the back, shoulders and neck. The formula is famous for its anti-tension actions. This is a fantastic formula for people who are temporarily stiff or who have minor or short-term pain along the muscles of the back and/or neck. By combining this formula with a physical relaxation technique such as acupressure, qi gong, taiji (or similar Chinese exercise), yoga, chiropractic, acupuncture and/or other form of bodywork, it is possible to perfect the alignment of the back and to improve posture and breathing. This in turn leads to a much more comfortable body and better functioning of all the organs.\* **Easy Qi** is a Bupleurum-based formula, and as such is designed to relieve tension in the nerves and muscles. **Easy Qi** is also an excellent digestive tonic and a general anti-stress formulation.\*

**Classical Name — Bupleurum and Cinnamon Combination**

**Traditional Functions** — Blood and Qi circulation, Nurtures Shen\*

**Ingredients** — Bupleurum root, Cinnamon twig, Chinese Pueraria root, *Angelica pubescens* root, Codonopsis root, *Uncaria gambir* stems and hooks, Prepared Pinellia rhizome, Red Jujube fruit, Chinese Licorice root, *Scutellaria baicalensis* root, Chinese White Peony root, Dried Ginger rhizome

**Concentration** — Pure yield (typically around 9:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#130



## OptDigest™

**OptDigest™** can help strengthen primary digestive functions. **OptDigest™** invigorates the stomach and energizes the spleen and pancreas. The numerous tonic herbs in this formula, when combined, improve gastrointestinal functioning and benefit appetite. It also contains aromatic herbs that improve Qi flow in the digestive tract and motivate optimal digestion.

**Classical Name** — “Si Jun Zi Formula” Modified

**Traditional Functions** — Tonifies the Stomach and Spleen, improves digestion, and relieves temporary distention

**Ingredients** — Codonopsis root, White Atractylodes root, Poria sclerotium, Prepared Pinellia rhizome, Amomum fruit, Saussurea costus root, Agastache plant, Red Jujube fruit, Ginger rhizome, Aged Tangerine rind, Cyperus rhizome, Chinese Licorice root

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$17.00

#306



Dr. Yan and Yanlin making Astragaloside IV in a lab in 1995.

## Unlock

**Unlock** is a classical formulation with many special abilities. It helps to regulate the flow of Qi, Blood and fluids throughout the body, and especially in the abdomen and pelvic basin.

**Classical Name** — Cinnamon and Poria Combination

**Traditional Functions** — Moves Qi, Blood and fluids

**Ingredients** — Cinnamon twig, Tree Peony root bark, Chinese White Peony root, Persica seed, Poria sclerotium

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$20.00

#416

8

## Cyperus Formulation

**Cyperus Formulation** is a time tested and reliable classic formulation that promotes the smooth flow of Qi, especially in the middle and lower “burners” (digestive and eliminative organs, and lower abdomen). Thus **Cyperus Formulation** has been traditionally used to support healthy, comfortable digestion and blood circulation, and liver functions as they relate to digestion. It is classically used to support mood and a sense of motivation. **Cyperus Formulation** may be used to help relieve occasional digestive bloating.\*

**Classical Name** — Bupleurum & Cyperus Formulation

**Traditional Functions** — Regulates Qi, activates Qi, activates blood circulation, supports digestion, and supports liver functions\*

**Ingredients** — Bupleurum root, Chinese White Peony root, Ligusticum rhizome, Cyperus rhizome, Aged Tangerine rind, Immature Tangerine rind, Chinese Licorice root

**Concentration** — Pure Yield (Typically 8:1)

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$19.00

#436

8

## Cellular Detox Support

**Cellular Detox Support™** is a very useful classical Chinese formulation used to support the normal detoxification processes required by the body to establish and maintain health. It is famous in the Orient for maintaining the cleanliness of the lymphatic system, which naturally removes toxins from deep within the body on an on-going basis. This classic formula has excellent skin cleansing effects. This formula has been used for over a thousand years, by many millions of people, and is still widely used today in Japan and China. **Cellular Detox Support™** supports healthy liver and immune functions. It supports healthy normal bowel function.\* It is made with superior quality herbs.

**Classical Name** — Bupleurum & Rehmannia Combination

**Traditional Functions** — Disperses wind-heat, improves physical condition, detoxifies the liver, cools blood

**Ingredients** — Bupleurum root, Platycodon root, Chinese Licorice root, Chinese Mint leaf, *Arctium lappa* fruit, Forsythia fruit, Trichosanthes root, Scutellaria baicalensis root, Coptis rhizome, Phellodendron bark, Gardenia fruit, Dang Gui root, Chinese White Peony root, Prepared Rehmannia root, Ligusticum rhizome, Siler root

**Concentration** — Pure yield (Typically 7:1)

**Specifications** — 100 capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00

#404

7



Borna is the company wit, and a gentle leader in every way

## Q&A

When Dragon Herbs produces a formula, are the herbs cooked together as in a traditional Chinese formula, or are they cooked singularly, and then added together in their final granule form?

Dragon Herbs follows traditional cooking methods for all of our classical formulas and most of our other formulations. In most cases the herbs are cooked together, paying careful attention to their individual preparation requirements and methods. In some special formulations, finished extracted or ground herbs are mixed. For example, in **Super Pill No.2** we add individually-extracted ingredients together to make a “super-pill.” On the other hand the classical formulations like **Cellular Detox** are cooked all together as one brew and then powdered. Many of our Signature products like **Super Adaptogen** would be cooked all together. You may ask one of our herbalists about each product if you wish — herbalism at this level is sophisticated so we do what is best for the end product, never what is just easiest for us. The same thinking goes into our Drops, superfoods and nutraceuticals.

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## The Great Stabilizer™

The **Great Stabilizer** formulation is one of the primary anti-stress formulations used in Chinese herbalism. It is a superb *Shen* stabilizer. It supports mood and is an excellent Liver tonic. It is said to improve will power, strengthen the mind, and to reduce mild temporary anxiety, frustration and anger. It has been used for over a thousand years and is still one of the most widely used herbal formulations in the world. It is ideal for those who are feeling the effects of excessive stress, nervousness and tension. It is known as the “lawyer’s formula” in Japan.

**Classical Name** — A cross between classical **Bupleurum & Dragon Bone Combination** and classical **Bupleurum Combination**. The classical Bupleurum & Dragon Bone formula contains Rhubarb root, which is a potent laxative. In this version, Rhubarb root has been replaced by a *Shen* stabilizing herb, Uncaria hook, eliminating the laxative effect and strengthening the calming effect.

**Traditional Functions** — Regulates the Liver, calms the nerves, stabilizes wind, stabilizes *Shen*, and supports healthy energy

**Ingredients** — Bupleurum root, Scutellaria root, Dragon Bone, Oyster Shell, Uncaria hook, Prepared Pinellia rhizome, Fresh Ginger rhizome, Codonopsis root, Poria sclerotium, Jujube Date, Cinnamon Twig

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00

#448



## Women’s Balance

**Women’s Balance** is a famous Blood, Qi and Shen tonic. It is a harmonization formula that has been used widely by women throughout Asia for centuries.

**Women’s Balance** nurtures, vitalizes, smoothes and regulates the flow of Qi and Blood. It normalizes digestive functions, and it is renowned for its ability to help maintain normal female balance and healthy reproductive/menstrual function.

The tonic herbs in this formulation calm the central nervous system. **Women’s Balance** provides menopausal support. It has been used by tens of millions of women in Asia and around the world. It helps mitigate stress response, solidify sound sleep, regulate appetite, and promote healthy reproductive tissues and functions. It supports mood.

**Classical Name** — **Bupleurum and Dang Gui Combination**, and sometimes in modern times as **Bupleurum Sedative Formula**

**Traditional Functions** — Tonify Qi and Blood, maintain healthy circulation, stabilize Shen

**Ingredients** — Bupleurum root, Dang Gui root, White Peony root, White Atractylodes rhizome, Poria sclerotium, Fresh Ginger rhizome, Mint leaf, Chinese Licorice root

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#452



## Natural Woman™

This traditional formulation is used primarily by women to regulate hormones and help establish physiological and psychological balance. It is used to help regulate and support the menstrual cycle. It has the additional function of supporting emotional balance and thus helps support mood when hormone irregularities are associated with an imbalance. It is excellent for relieving wide mood swings that result from monthly hormonal fluctuation. In Asia, it is said to be excellent for “that part of the month when nothing’s right.” This formulation has been used for centuries with great success.

**Classical Name** — **Bupleurum & Peony Combination**

**Traditional Functions** — Nourishes blood, regulates menstruation, stabilizes *Shen*, dispels heat

**Ingredients** — Bupleurum root, Dang Gui root, White Peony root, Mudan stem, Gardenia fruit flower, Mentha leaf, White Atractylodes rhizome, Poria sclerotium, Dried Ginger rhizome and Chinese Licorice root

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$21.00

#450



## VirugoMax™

**VirugoMax™** may be used to fortify the body’s defenses. **VirugoMax™**, under a different name, is used in China by millions of people every year. It has been in consistent use since 1971 and the total number of doses consumed to date has reached beyond 1 trillion units. It is extremely helpful, and is extremely popular in China. By special license, Dragon Herbs is the exclusive vendor of this wonderful product in the United States. It is made by FITT™ and is a raw vegan product.

**Traditional Functions** — Removes heat, cools the blood, purges fire, saves the *Yin*, and detoxifies

**Ingredients** — Isatis root, Anemarrhena rhizome, Gypsum, Raw Rehmannia, Forsythia fruit, Pogostemon Herb, Acorus rhizome, Phragmites rhizome, Turmeric tuber

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional. The capsules may be opened, the contents dissolved in warm water and consumed as a soothing tea.

\$26.00

#401



## Yin Qiao

This is one of the most widely consumed classical formulations in China, especially during the dark seasons of the year.

### Classical Name — Yin Qiao

**Ingredients** — Honeysuckle flower, Forsythia fruit, Mentha leaf, Prepared Soja seed, Platycodon root, *Arctium lappa* fruit, Chinese Licorice root, Schizonepeta herb, Phragmites rhizome, Lophatherum leaf

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$12.60

#408

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## Free the Lungs

**Free the Lungs** is a classical formulation that has been used in Asia for hundreds of years. It supports free breathing and healthy lung function. It contains no ephedrine or other stimulating herbs.

### Classical Name — Platycodon and Fritillary Combination

**Traditional Function** — Regulates Lung energy

**Ingredients** — Platycodon root, *Scutellaria baicalensis* root, *Morus alba* root bark, Dang Gui root, Fritillary bulb, *Prunus armeniaca*, Chinese Asparagus root, Jujube date, *Bambusa oldhami* shavings, *Poria sclerotium*, *Ophiopogon* root, Gardenia fruit, Aged Tangerine rind, *Schizandra* fruit, Fresh Ginger rhizome, Chinese Licorice root, Apricot seed

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$16.00

#406

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The primary goal of Ron Teegarden's Dragon Herbs is to provide a broad and complete program of superior herbs which will empower you to become the most that you can become and to enjoy life to its fullest degree. These herbal products are designed to help promote glowing health, that is, health on every level of your being.



Scutellaria root, commonly simply called "Scute"

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Modern Special Formulations

**Dragon Herbs Modern Special Formulations** are designed to address common issues experienced by many individuals. They have been designed by Ron Teegarden and are made from the highest quality ingredients. Formulations are based upon both classic and modern research. We use rice powder to produce the extract powders, all of which are “pure yield extracts.” Pure yield extraction uses the very least possible excipient (typically under 5%) to produce a high quality powder (other brands typically use around 50% excipient to make their powders). The rice powder is natural and chemical free. Dragon Herbs uses pullulan vegan capsules. Pullulan caps are made from a 100% natural, water-soluble polysaccharide produced through a fermentation process; are of 100% vegetable origin (tapioca); are non-GMO; contain no starch, preservatives or chemical modifications; and are gluten free. Pullulan breaks down very easily in the digestive tract, making the herbal extract very easy to assimilate. These PlantCaps® are the finest capsules in the industry and are perfectly suited to vegan herbal connoisseurs.

## Cardiovascular Protector

**Salvia, Ligusticum, Crataegus leaf extract, Pseudoginseng (Tian Qi), Dang Gui and Astragalus** all support blood circulation. **Dang Gui, Pseudoginseng and Astragalus** are major Blood tonic herbs that build blood and support optimal blood constituent profile. When combined, they help support normal, healthy blood circulation.\*

**Traditional Functions** — Tonifies Blood and Qi, improves circulation, vitalizes blood, helps modulate normal, healthy blood lipid profile\*

**Ingredients** — Chinese Salvia root, Ligusticum rhizome, Chinese Hawthorne leaf, Tian Qi Ginseng root, Dang Gui root, Astragalus root

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions** — If you are under medical care for any cardiovascular condition, consult your physician before using this or any other dietary supplement. This formula may interact with medication, especially medications used to treat various cardiovascular conditions, so it should not be used with these medications without the supervision of a primary health care provider.

\$22.00

#260



## Daily Regulator

**Daily Regulator** is a colon tonic. It may be used as part of a program to support and regulate intestinal and digestive balance, which should include the consumption of at least 5, and as many as 13 servings of fruits and vegetables every day. It may also be used as a mild laxative for occasional constipation. **Daily**

**Regulator** is not intended to be used for chronic constipation, which may be the sign of a serious health condition that requires the oversight of a physician. Many people become intestinally sluggish because they become temporarily Yin deficient, meaning that they do not have enough fluid in their colon. Therefore water consumption is very important. This formula is a Yin tonic to the colon. Several of the herbs in this formula contain oils that nourish the colon. Rhubarb and Magnolia Bark are very potent antioxidants that can support the normal tissues and functions of the colon; however, they are also laxatives and should be used judiciously and only for a limited time for temporary constipation.

**Traditional Functions** — Tonifies Large Intestinal functions, laxative, relieves occasional constipation\*

**Ingredients** — Black Sesame seed, Apricot seed, Magnolia bark, Chinese Rhubarb rhizome, Bitter Orange fruit, Chinese White Peony root

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions** — Do not use if you are nursing or pregnant. This formula is not for permanent consumption.\* If you experience cramping, pain, diarrhea, bleeding or any other discomfort, discontinue and symptoms should subside shortly. If symptoms do not subside, consult your licensed herbalist and/or physician immediately. Reducing the dosage may provide a healthy balance. If the effect is not sufficient, you should consult your licensed herbalist who may increase the amount consumed slightly. Since this formulation is generally considered mild, your herbalist may suggest using it for a period of time to achieve Yin tonification of the colon.

\$17.00

#264



## Eagle Vision

**Goji, Chrysanthemum, Dendrobium, Peony** and **Cassia tora** nurture Liver Yin. **Goji berry** is famed for its benefit to the eyes as well as to the system as a whole. Goji is a Liver and Blood tonic. Goji berries contain carotenoids that promote vitamin A production and provide important eye nutrients, including zeaxanthin, a carotenoid that supports and protects the health of the retina, and the pigment that coats the retina (the back wall of the eye). **Cornus** is another tonic fruit that has powerful effects on the "Kidneys" and "Liver." It is traditionally believed to be a valuable eye tonic. **Vitex** supports clear vision. **Ligusticum** and **Acorus** stimulate the smooth flow of Qi and blood. **Tribulus** tonifies the Kidney and Liver. **Cassia tora** cools the eyes.

**Traditional Functions** — Tonifies Liver, nourishes blood and benefits the eyes and vision\*

**Ingredients** — Goji fruit, Dendrobium pod and stem, Chrysanthemum flower, Astragalus seed, Cassia tora (*Senna obtusifolia*) seed, Ligusticum rhizome, Tribulus seed, Chinese Yam rhizome, Cornus fruit, Vitex fruit, Chinese White Peony root

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$20.00

#291

8



右相輪  
身直氣靜

側首灣肱  
抱項及頸  
自頭

## Golden Voice

This formula was originally used by vocalists in the Peking Opera. **Golden Voice** has now been used by world famous rock singers, pop singers, opera singers, lecturers, actors and actresses. The vocal cords can become a fine tuned instrument. It helps to clear the voice, and protects the vocal cords.

**Traditional Functions** — Tonifies Yin, moistens the Lungs and throat

**Ingredients** — Chinese Mint leaf, Chinese Licorice root, Forsythia fruit, Platycodon root, *Uncaria gambir* stem and hook, Cardamom seed, Terminalia fruit, Ligusticum rhizome, Chinese Rhubarb rhizome

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00

#252

7

## Isatis Supreme

**Isatis** and the other detoxifying herbs in this potent formula have been used in Asia for over 2,000 years. It has a cooling nature. Dragon Herbs **Isatis Supreme** is made with superior quality herbs and produced by a cutting edge technology to assure potency. An oil trap captures very important aromatic oils that are necessary for full potency of this formula.

**Ingredients** — Isatis root, Isatis leaf, *Hypericum perforatum* herb, Honeysuckle flower, Thlaspi herb, Dandelion root, *Prunella vulgaris* fruit spike, Chinese Licorice root

**Concentration** — Pure yield extract

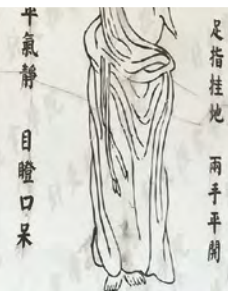
**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$17.00

#200

7



平氣靜  
目瞳口呆

足指挂地  
兩手平開

## Lighten Up

### Metabolic Support Formula™

**Lighten Up™** is an encapsulated herbal formula that contains a potent range of effective digestive and metabolically-optimizing herbs that can help promote moderate, healthy weight loss in non-obese overweight individuals when used in a program that includes exercise and reduced calorie intake. **Lighten Up** contains a full standardized dose of **Gynostemma leaf gypenosides**. A featured herbal ingredient in **Lighten Up** is *Citrus aurantium*, standardized to *synephrine*, which is a safe and effective metabolic enhancer. Studies have confirmed the fact that *synephrine*-standardized *Citrus aurantium* has virtually no impact on blood pressure or heart rate. **Lighten Up™** contains *L-Theanine*, an amino acid that promotes relaxation without causing drowsiness. Gynostemma leaf, **Red and White Atractylodes**, **Sacred Lotus Leaf**, **Green tea** leaf and other herbs in this formula support normal metabolic functions.\*

**Ingredients** — Gynostemma leaf extract (80% gypenosides), *Citrus aurantium* fruit, Green Tea leaf, L-Theanine, Lotus Leaf, *Carthamus tinctorius* flower, Senna leaf, Goji fruit, Red Atractylodes rhizome, Chinese White Peony root, He Shou Wu root, Gymnemma leaf, Eleuthero root, White Atractylodes rhizome, Chinese Licorice root, Chinese Rhubarb rhizome

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 2 capsules, 3 times per day or as directed by a qualified healthcare professional

**Precautions** — Not advised for people with cardiovascular, liver or kidney problems without a physician's supervision. Not for children under 18 years of age, or for pregnant women or lactating mothers. **If you intend to attempt to lose weight, consult your physician before embarking on this or any weight management program.**

\$27.00

#251

11

## Lights Out™

This product is intended for occasional sleeplessness.\* **Lights Out™** is a relaxing sleep aid. This formula helps a person to relax and to fall asleep easily and without side effects. Sleep is deep and peaceful. This formula does not cause drowsiness after a good night's sleep. It is not intended to replace medical treatment for any condition. This formulation contains L-theanine, an herb that promotes relaxation derived from green tea.

**Traditional Function** — Stabilizes Shen\*

**Ingredients** — Zizyphus seed, L-Theanine, He Shou Wu (*Polygonum multiflorum*) stem, Spirit Poria sclerotium, Oriental Biota seed, Polygala root, Honey-roasted Chinese Licorice root

**Concentration** — Pure yield extract

**Specifications** — 60 Capsules, 500 mg each

**Usage** — Take 2 to 4 capsules before bedtime or as directed by a healthcare professional

\$29.00

#221

12

## Magnolia Sinus™

**Magnolia Sinus™** supports healthy nasal functioning.\* It effectively supports sinus functions and supports full breathing.

**Ingredients** — Magnolia flower, Fragrant Angelica root, Chinese Cimicifuga rhizome, Chinese Wild Ginger plant, Notopterygium root, Siler root, Akebia stem, Ligusticum rhizome, Chinese Licorice root, Green Tea leaf

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$17.00

#201

7

This is the only path to and from the Dragon Herbs Gynostemma fields, purposely isolating the fields from any kind of village activity





## Remove Stagnation Formula

The herbs in this formula promote circulation, and benefit all tissues and functions dependent upon blood flow in healthy individuals. The quality and effectiveness of **Remove Stagnation Formula** is totally dependent upon the aromatic oils in the herbs. Dragon Herbs takes extreme care to maintain all the aromatic oils in this important formula.

**Ingredients** — Carthamus tinctorius flower, Ligusticum rhizome, *Curcuma zedoaria* root, Sappanwood, Chinese White Peony root, Dang Gui root, Achyranthes root

**Concentration** — Pure yield extract

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

\$18.00

#236



Above: Carthamus has been used for thousands of years to maintain healthy blood flow. It is the national herb (tea) of Bhutan.

Middle left: White Peony root relaxes muscle.

Right center: The many-armed-Buddha (Avalokitasvara) can be thought of as the ultimate embodiment of compassion, or simply as the multitasking Buddha

Bottom left: Jeremy Park is a key project assistant to Jimmy Telles

## Small Volcano



**Small Volcano™** supports normal bowel functioning. It may be used for the relief of occasional constipation by stimulating the bowels.\* **Small Volcano** is a relatively mild formulation suitable for most adults with an average constitution. It is not to be used for an extended period of time. This formulation should be used under the supervision of a professional herbalist.\*

**Ingredients** — Chinese Rhubarb rhizome, Senna Leaf, Magnolia bark, Immature Tangerine rind, Chinese Red Peony root, Black Sesame seed, Apricot seed, Chinese Licorice root

**Specifications** — 100 Capsules, 500 mg each

**Usage** — Take 3 capsules, 2 times per day or as directed by a healthcare professional

**Precautions** — Do not use if you are nursing or pregnant. This formula is not for permanent consumption.\* Senna may be habit forming. Rhubarb and Magnolia Bark are potent antioxidants that can support the normal functions and tissues of the colon; however, they are also laxatives and should be used judiciously and only for a limited time for temporary relief of intestinal sluggishness. If you experience cramping, pain, diarrhea, bleeding or any other discomfort, discontinue and symptoms should subside shortly. If symptoms do not subside, consult your licensed herbalist and/or physician immediately. Reducing the dosage may provide a healthy balance. If the effect is not sufficient, you should consult your licensed herbalist who may increase or decrease the amount consumed slightly.

\$17.00

#261

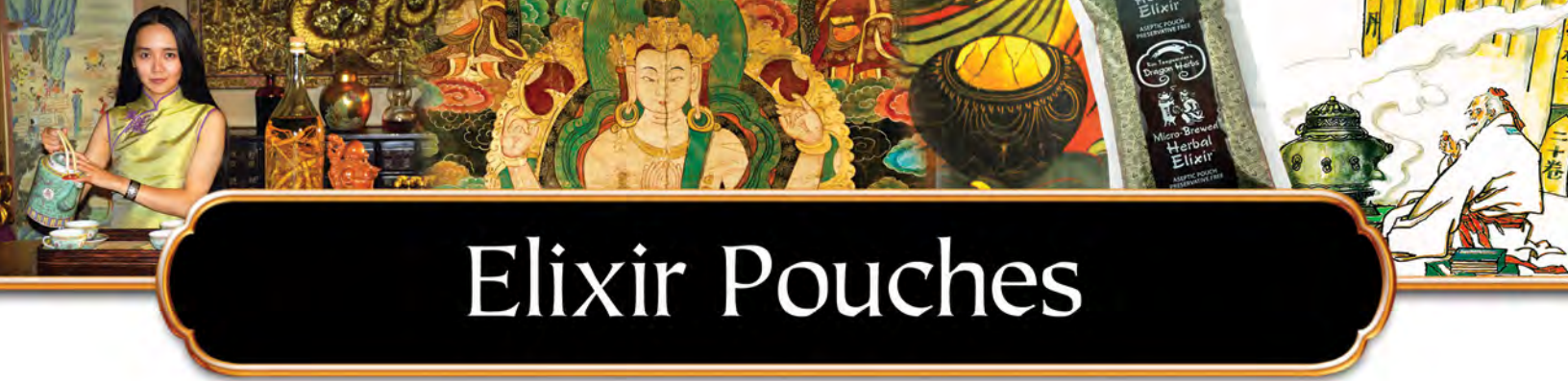


## Q&A

### Are there any side effects from taking tonic herbs?

Dragon Herbs' tonic herbs are meant to be taken as an aid to health, wellbeing and longevity, and when taken properly should not have any side effects. Occasionally one may feel hot or cool from an herbal product or may experience an uptick in energy level. Herbs are chemically complex and some individuals will have small adaptive responses. If you do experience any issues after taking the herbs, stop taking them immediately and contact one of our herbalists.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Elixir Pouches

## Dragon Herbs Micro Brewed Elixirs In Retort Pouches

For the past eighteen years Dragon Herbs has been making micro-brewed elixirs using our specialized, powerful, trusty Korean extraction-and-bagging apparatus. Dragon Herbs **Micro Brewed Elixirs** are a pleasant and effective way to take your herbal tonics. Each formula is made by a natural water extraction method. The concentrated herbal teas are bagged in state-of-the-art retort pouches. The tea will remain pure and potent until the pouch is opened. These liquid extracts are preservative free. Many connoisseurs consider these elixirs to be the ultimate form of tonic herbalism. They are perhaps one of the best kept “secrets” of Dragon Herbs.

Our production “runs” are quite small – several hundred units at a time. These **Micro Brewed Elixirs** are extraordinary formulations that are generally difficult to manufacture on a mass scale. We use superior quality herbs to prepare them. The freshly brewed elixir is bagged in pharmaceutical-grade retort pouches and can be consumed any time straight or diluted with water. We sell them in boxes of seven pouches. These pouches are packaged while still hot from brewing and sealed in 100% sterile pouches. As a result of this high tech pouching process, the pouches will last for a year without refrigeration (actually many years — but for regulatory reasons we have set shelf life and usage life at six months).

### Storage

Unopened retort packages require no refrigeration and will store up to six months. Opened retort packages must be stored in a refrigerator and will last up to three days. If you have not used the tea in several months, place the unopened pouches in a pot of water and boil for five minutes. Note: It is always better to store Dragon Herbs **Micro Brewed Elixirs** in the refrigerator.



### Serving Size

All retort packages are single serving. You can drink your elixir straight or you can mix it with hot or cold water, hot or cold tea, or another of your favorite beverages. To enhance your elixir’s potency, we suggest you add the elixir to **Spring Dragon Longevity Tea**.

### Preparation

Gently hold the pouch upright. With a pair of scissors, cut into one small corner of the pouch just enough for the tea to settle downward. After the tea has settled, complete the cut until the entire corner of the pouch is removed. Pour tea into a cup or glass. At this point, you can add hot or cold water, tea or your favorite juice. You can add as much water or tea as you like. All **Dragon Herbs Elixirs** can be boiled to increase their temperature. Some people add **Sweetfruit Drops** or other **Dragon Drops** to the tea to create something ultra-special.

### Other Ingredients

We use purified alkaline water to produce these elixirs. Traditionally, elixirs were made in the mountains by Taoist hermits. They used spring water. Alkaline water helps balance the body chemistry, and since many people are too acidic, these elixirs can contribute to health as would a tonic herb.



## Healer's Tea

Energy Replenishment Elixir

Rapid Jing Restorative



**Healer's Tea** is an ancient Taoist formula used to quickly replenish spent Jing. Jing is one's primal source of vitality — our deep energy reserve. This great formula is extremely effective at replacing lost body fluids and rebuilding Yin. It has powerful restorative qualities, and is a superb skin and lung tonic. A main ingredient is **Dendrobium**, a variety of Chinese orchid. Dendrobium rapidly generates body fluids and is cooling in nature. It has traditionally been used by practitioners of the healing arts to help replenish vital energies spent in the process of their work, which involves the giving up of Jing, Qi and Shen. Also known as "Honeymooners Tea", it is useful for those engaged in frequent sexual activity. **Healer's Tea** is naturally rich in trace minerals and electrolytes, making it a great post-workout drink that is far superior to modern commercial electrolyte beverages. It is delicious and refreshing, hot or cold.

**Ingredients** — Purified Alkaline Water, Dendrobium pod and stem, Goji fruit, Schizandra fruit, Licorice root, Great Salt Lake Trace Minerals (73 trace Minerals),

**Specifications** — 7 pouches, 4 fl. oz. each

**Usage** — 1 pouch per serving with 8-12 oz. of liquid of choice

\$14.00

#704

6

## Magu's Beauty

The Chinese goddess Magu is the Oriental personification of beauty, elegance and youthfulness

**Magu's Beauty Tea** is a blend of the finest herbs traditionally consumed by the most beautiful women in Asia. These are the herbs that were formerly used by the empresses and royal women of the imperial court of China. It is the legendary gift of Magu to women who sought her grace. This formulation is rich in antioxidants and phytonutrients that nurture the skin and hair and brighten the eyes. This formula is also excellent for men. It includes the extremely rare Himalayan herb known as **Snow Lotus**, the beauty herb of empresses. The formula contains major tonics such as **Pearl, Tibetan Rhodiola** and **Gynostemma**, which nurture all three Treasures, build blood, and harmonize organ and systemic functions. **Magu's Beauty Tea** is the ultimate source of beauty from within.



**Ingredients** — Snow Lotus, Hydrolyzed Pearl, Tibetan Rhodiola, Dendrobium pod and stem, Schizandra, Albizia flower, Asparagus root, Gynostemma, Peony root, Walnut kernel, Codonopsis, Crataegus fruit, Cynomorium, Licorice root, Carthamus flower, *Cassia tora* seed, wild cherry juice, Great Salt Lake Minerals (73 trace minerals)

**Specifications** — 7 pouches, 4 fl. oz. each

**Usage** — 1 pouch per serving with 8-12 oz. of liquid of choice

\$35.00

#702

14

## Q&A

### Do I need to put my elixir in the refrigerator?

Refrigeration is not necessary if you use the tea within a month or two. However, if you are going to store the tea for an extended period of time, it is best to refrigerate it. If you have not used the tea after several months, the pouches should be placed in a pot of water and boiled for ten minutes.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Pearl Shen

### Beautiful Happy Drink

**Pearl Shen** is the ultimate Shen tonic formulation. It is relaxing, soothing, and uplifting to the spirit. It contains micro-powdered **Pearl**, the most highly absorbable form of pearl. Pearl is an excellent source of calcium and can help strengthen the bones. Pearl is an acclaimed beauty tonic, and was used regularly by the richest and most beautiful women in ancient China. It beautifies and restores youthful elasticity and radiance to the skin. Another benefit of consuming Pearl is its effect on calming an unquiet mind and helping to settle the spirit. **Pearl Shen** combines Pearl with other synergistic herbs that help to relax and renew the mind, body, and spirit. Pearl and the other herbs in **Pearl Shen Elixir** are famous for their stress fighting qualities, and this elixir has a strong ability to help transform fear and anxiety into peace and tranquility. It is a good formula for heartbreak, anxiety, and worry. It is also very good at cooling one down and allaying frustration and anger.



**Ingredients** — Purified Alkaline Water, Duanwood Reishi™, Micro-powdered (levigated) Pearl, Asparagus root, Polygonatum, Albizia flower, Spirit Poria, Salvia, Bupleurum, He Shou Wu root, Great Salt Lake Minerals (73 trace minerals)

**Specifications** — 7 pouches, 4 fl. oz. each

**Usage** — 1 pouch per serving with 8-12 oz. of liquid of choice

**\$14.95**

#737



## Tibetan Treasure

### Energy Boosting Elixir

**Tibetan Treasure** is a unique, adaptogenic, energy drink designed for creative individuals and to support healthy aging. Tibet, with its ultra-high altitude, has 30-40% less oxygen than at sea level. The main ingredient in **Tibetan Treasure**, *Rhodiola sacra*, revered as a sacred herb of Tibet, comes from above the snow line of the Tibetan Plateau. It has been used by the Tibetans for centuries to enhance their oxygen intake ability. This herb increases concentration and memory, increases physical endurance, and is said to improve sexual performance and enjoyment. This drink increases oxygen supplies in the blood, which directly affects both physical and mental energy. It lifts the spirit, calms the nerves, clears the senses and generally lifts life-experience to another level. A wonderful lift for brainy people as well as athletic folks and everybody in between, **Tibetan Treasure Elixir** is perfect for exercise, meditation, yoga and creative work. It contains nine of the most wonderful tonic herbs known to mankind. Flavored and enhanced with **Sea Buckthorn fruit**, also wild from the Himalayas (and a powerful antioxidant), this delicious drink undoubtedly takes functional drinks to a new height.

**Ingredients** — Purified Alkaline Water, Tibetan Rhodiola root, Goji fruit, Cistanche stem, Eleuthero root, Cornus fruit, Crataegus fruit, Gynostemma leaf, Prepared He Shou Wu root, Schizandra fruit, Astragalus root, Luo Han Guo fruit, Wild Cherry juice, Great Salt Lake Minerals (73 trace minerals)

**Specifications** — 7 pouches, 4 fl. oz. each

**Usage** — 1 pouch per serving with 8-12 oz. of liquid of choice

**\$42.00**

#701



The Supreme Tonic has three ingredients: Jing, Qi and Shen. These three ingredients are elusive and obscure....

These three treasures are united by one principle, so subtle it cannot be heard. Their meeting results in existence, their parting results in non-existence....

When the supreme harmony is complete, the Elixir of Immortality is produced.

– The Jade Emperor’s Mind Seal Classic, Taoist Canon

## Zen Shen

### Peaceful Spirit Elixir



**Zen Shen™** is a powerful relaxation formula with the amino acid **L-theanine** (extracted from green tea), **Duanwood Reishi™** mushroom and other potent Shen tonic herbs. Shen tonics reduce the level of fear, worry and anxiety that one feels, and are used for spiritual growth. L-theanine is an amino acid found naturally in green tea that promotes relaxation without making one drowsy. Each pouch of **Zen Shen™** contains 100 mg of Dragon Herbs green-tea sourced L-theanine (note that most products on the American market that contain L-theanine use L-theanine that is produced by yeast, not green tea.) 100 mg is considered to be a full serving according to extensive studies performed in Japan over the past 45 years. L-theanine is extremely safe and highly reliable. **Zen Shen** is much more than a simple serving of high grade L-theanine — it contains seven premium Shen tonic herbs plus trace minerals to nurture the neurological system. This formulation is designed to promote profound relaxation and may promote sound sleep when consumed at bedtime. Perfect for those who wish to deeply relax.

**Ingredients** — Duanwood Reishi™, Asparagus, Albizia flower, Red Jujube, Licorice, Cinnamon Bark, L-theanine (from green tea), Great Salt Lake Minerals (73 trace minerals)

**Specifications** — 7 pouches, 4 fl. oz. each

**Usage** — 1 pouch per serving with 8-12 oz. of liquid of choice

**\$24.50**

#711



## Fritillary Lung

### Respiratory Support

This is an ancient lung-soothing elixir composed of premium quality **Fritillaria bulb** and the nurturing and moistening **Asian pear**. This eloquent combination has been used as a home-elixir to support the lungs, mind and complexion for over two thousand years in Asia. It is highly beneficial for soothing temporarily dry or parched throat and lungs and helps maintain skin moisture. **Fritillary Lung** is ideal during warm dry seasons and helpful in arid environments for safeguarding the lungs and skin. The Fritillaria bulb comes in a staggering range of qualities from different locations throughout the Far East. Dragon Herbs uses only premium quality Fritillaria bulbs to make this elixir. The formula contains rock sugar and trace element-rich minerals, which have been mandated in this formula for over a thousand years. We now use minerals from the Great Salt Lake because of their superb mineral content (at least 82 trace minerals) and low sodium content. This elixir also contains **Luo Han Guo**, a wonderful lung tonic that also adds a delicious flavor to the elixir.

**Ingredients** — Semi-dried Asian Pear, Fritillaria, Rock sugar, Great Salt Lake Trace Minerals (73 trace minerals), Luo Han Guo

**Specifications** — 7 pouches, 4 fl. oz. each

**Usage** — 1 pouch per serving with 8-12 oz. of liquid of choice

**\$20.00**

#713



## Q&A

### How do I open the retort pouches?

Hold the retort pouch gently with one hand, and with the other, using a pair of scissors, cut the upper corner of the pouch just enough to let the tea settle downward. Then simply complete the cut, pour the tea into a cup, and add hot water or heat up.



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

The Dragon Herbs line of tonic herbs and superfoods is based upon the Superior Class of herbs. Today, as a result of groundbreaking networking done in Asia and throughout the world by Ron Teegarden and his wife Yanlin, it is possible to obtain truly first class Superior herbs in formats that blend the highest level of traditional herbal practice with cutting-edge modern technology.



Santa Monica store

## Q&A

### Why are the elixirs and custom teas packaged in retort pouches?

Retort pouches are a high technology "unit dose" packaging. By packaging our liquid formulations in retort pouches, you are freed from the need to cook your own herbs, a process that is highly sophisticated, complex and often daunting. We know all the tricks to making a masterful elixir, and in doing so we leave no stone unturned. We use special water, add minerals at the correct time and follow time-honored procedures. We are also freed from the need to use any preservatives since these pouches are packaged in a virtually sterile manner and air is removed to prevent oxidation. This form of packaging is very versatile and effective. By using this technology, we can make the perfect herbal brew, and you get to use it in its pristine form, just as it came from the brewing pot.





# Superfoods

Some foods stand out as having more nutritional benefit than most others. Some provide an extremely wide range of nutrients and some provide rare but spectacular constituents that foster longevity and glowing health beyond that of normal dietary ingredients. Of the tens of thousands of foods consumed by humans, the hundred or so foods with the highest nutritional impact on our lives are known as “superfoods.”

Over the last few years, “superfruits” have risen to the level of mass awareness. Fruits like Açai, Mangosteen peel and Goji berries have become well known and are widely consumed, primarily because of their very high antioxidant activity other benefits. However, there are other foods that equal, or even surpass, these superfruits in their potential ability to contribute to healthy living and healthy aging. Superfruits are of course included in the “superfoods” category, but the category also includes vegetables, seeds, certain grains, sea vegetables, mountain herbs, desert plants, volunteer plants (plants that “never say die,”) and even some animal products, though these are not required by humans for glowing health. A distinction between a superfood and a tonic herb is that superfoods are quite readily assimilable whereas tonic herbs often require some extracting. But in reality, tonic herbs are superfoods too.

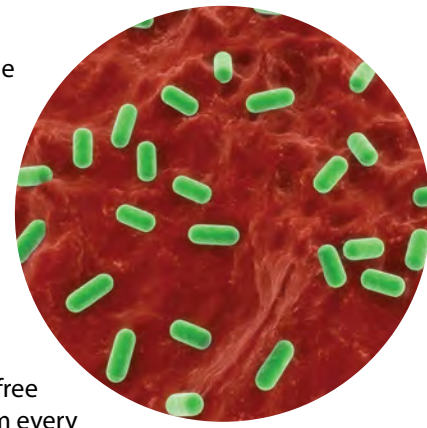
Superfoods are really important. But they are generally more rare. Most of the superfoods still are not widely commercially cultivated. Instead, they are harvested from lakes, mountain sides, ocean tide pools, and other remote places. They are either very nutrient dense or they have some kind of chemistry that makes them a powerhouse of life. The classic garden vegetables and heirloom grains are wonderful, healthy and delicious, but none of them are quite as life supporting as spirulina, hydrilla or maca. These and a few dozen other superfoods make your cells glow with health — which of course reflects to the surface. They turn on mechanisms that are normally sluggish. They turn off aberrant activities. They rid the body of stubborn toxins, and they turn on special processes in the brain. Wise people throughout the history of humanity have sought out these superfoods and have written about them in their epic poems. Indeed, there are common vegetables and then there are super vegetables. There are common mushrooms and then there are super-mushrooms. The same is true for every category of food.



Blueberries, Seaweed, Sprouts, Walnuts, Moringa, Cacao, Goji



Everybody should be consuming superfoods every day. They are available, but most people don't know about them; and even if they do, they don't really have a plan for consuming them regularly. It's hard enough to be sure to eat six or more servings of fruits and vegetables every day. It's even harder to make sure you are consuming some tonic mushrooms rich in the thousands of unique chemicals they contain that boost our immune functions, protect our hearts and livers, enhance our mental capacities, and so on. How often do we get a serving of sea vegetables, incredible sources of nutrients including trace minerals and especially those that are rich in alginates that protect us in so many ways, such as helping to keep our bodies free from pollutants such as heavy metals and helping to protect us from radiation? It's easy to *not* be getting any red or blue green algae or other green superfoods that restore vitality to our cells and keep us youthful and free from disease. We all have heard about the benefits of probiotics, but do you really get them every day as your body requires? And all probiotics are not the same to us — some just help us get by, some promote glowing health and longevity.



Ron Teeguarden has been leading the way in the movement to educate wise consumers about the benefits of superfoods since the 1960s. Dragon Herbs offers some of the finest, rarest and most sophisticated superfoods and superfood blends in the world. Check out the options and consume at least a few superfoods or a superfood blend every day.



Probiotic, Maitake, Hydrilla, Ashitaba, Pine Nuts, Brussels Sprouts, Wheat Grass, Acerola, Alfalfa Sprouts, Chlorella

Tao is the beginning and end of all creation.  
All pervading, yet Tao may not be sought.  
Subtle and impalpable, yet it cannot be overlooked.

- Hai Nan Zi



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Tonic Alchemy™

## Your Daily Assurance for Radiant Health

Based on ancient health cultivation principles from Asia, Master Herbalist Ron Teegarden has created a powdered superfood blend that offers the best and widest range of nutrition of any superfood product in the world.

From the highest mountains to the deep oceans, from deserts to jungles, only the finest available ingredients from around the world are included in **Tonic Alchemy™**. **Tonic Alchemy™** is designed to be added to any fluid to make a superfood smoothie or blender drink. Its lush green color reflects its natural concentration of chlorophyll-rich green foods. Its taste is pleasant and satisfying. You may add other ingredients of your choice to further tweak your superfood blender drink.

With 91 amazing ingredients, **Tonic Alchemy™** is the ultimate natural alchemical life-enhancing nutritional superfood/herbal complex and energy source deliverable in a glass. It is the source of thousands of phyto-chemicals, including a full range of naturally occurring antioxidants, vitamins, minerals, enzymes, saponins, immune-enhancing polysaccharides, polypeptides, co-factors, probiotics (friendly microorganisms) and alkalizing elements. **Tonic Alchemy™** also includes the 20 greatest super-tonic herbs from around the world. Tonic herbs are consumed throughout the world on a daily basis to promote glowing health.

**Tonic Alchemy™** nourishes the whole body by increasing balanced energy and vitality, supporting detoxification, boosting immune responses, building the blood and increasing the activity and quantity of antioxidants, and much more. **Tonic Alchemy™** can be your dietary foundation for glowing health – traditionally defined in Asia as “health beyond danger.”

Feel free to compare it to other superfood powders on the market. You will quickly see why natural foods enthusiasts around the world consider **Tonic Alchemy™** to be the ultimate superfood powder anywhere. Because Dragon Herbs sources most of the ingredients directly from farmers and collectors, we can afford to provide **Tonic Alchemy™** at a very reasonable price, generally far below that of inferior products in the same category.



## Tonic Alchemy™ is

- 100% natural
- 100% vegan
- Made with organic ingredients
- Delicious
- Easy to use

## Tonic Alchemy™ contains

- 71 organically grown herbs, vegetables, superfoods, superfruits and super-sprouts
- 6 wild crafted sea vegetables
- 7 probiotic microorganisms
- 20 major tonic herbs, including premium Reishi, Chaga, Goji, Schizandra, Rhodiola and He Shou Wu
- 11 probiotically predigested (fermented) tonic herbs and superfoods
- No chemicals, preservatives, colors, flavors or additives
- 100% non-GMO and gluten free

**Ingredients** — See ingredient panel below

**Specifications** — 270 g, 30 day supply

**Usage** — 1 - 2 spoonfuls (provided) once or twice a day as desired

**\$59.95**

#686



### Supplemental Facts

Serving Size: 9 g (1 scoop, provided) Servings Per Container: 30

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
<b>Calories: 30</b>		<b>Proprietary Blend (continued)</b>		<b>Proprietary Blend (continued)</b>	
Calories from Fat: 0		<b>Green Superfoods 1495 mg</b> †		<b>Vegetable Juices 315 mg</b> †	
	% Daily Value*	Spirulina ●, Hydrilla verticillata ■, Ashitaba ●, Chlorella ●, Dunaliella Salina, Moringa Leaf		<b>(Powdered)</b>	
<b>Total Fat 0 g</b>	<b>0%</b>	<b>Whole Grasses 1475 mg</b> †		Carrot ●, Parsley ●, Green Bell Pepper ●, Tomato ●, Red Bell Pepper ●, Cabbage ●, Plantain ●, Lemon Grass ●, Burdock Root ●, Kale ●, Spinach ●, Broccoli ●, Celery (Seed) ●	
Saturated Fat 0 g	0%	Alfalfa Whole Leaf ●, Barley Grass Whole Leaf ●, Oat Grass Whole Leaf ●, Wheatgrass Whole Leaf ●		<b>Standardized Highly Concentrated Tonic Herb Extracts 292 mg</b> †	
Trans Fat 0 g		<b>Supertonic Herbs 1111 mg</b> †		Arabinogalactan (Larch Bark Extract), Luo Han Guo Fruit	
<b>Cholesterol 0 mg</b>	<b>0%</b>	<b>(Pure Yield Extracts)</b>		<b>Sprouts 221 mg</b> †	
<b>Sodium 20 mg</b>	<b>1%</b>	Ashwagandha Root ▲, Gynostemma Leaf ▲, Green Tea Leaf ●, Heaven Mountain™ Goji Berry ▲, Astragalus Root ▲, Schizandra Fruit ▲, Duanwood Reishi Mushroom ▲, He Shou Wu (Polygonum multiflorum) Prepared Root ▲, Agaricus Mushroom ▲, Maitake Mushroom ▲, Cordyceps Mushroom Powdered Mycelium ▲, Himalayan Rhodiola sacra Root ▲, Siberian Chaga Mushroom ▲, Eleuthero (Siberian Ginseng) Root ▲, Russian Rhodiola rosea Root ▲, Bitter Melon (Momordica charantia) ●, Chinese Red Ginseng Root ▲		Amaranth Sprout ●, Millet Sprout ●, Garbanzo Bean Sprout ●, Kidney Bean Sprout ●, Lentil Sprout ●, Chia Seed Sprout ●, Sunflower Seed Sprout ●, Flax Seed Sprout ●, Pumpkin Seed Sprout ●, Quinoa Sprout ●, Azuki (Red) Bean Sprout ●, Sesame Seed Sprout ●, Alfalfa Sprout ●, Brussels Sprout ●, Broccoli Sprout ●	
<b>Potassium 125 mg</b>	<b>4%</b>	<b>Antioxidant Superfruits 732 mg</b> †		<b>Sea Vegetables 180 mg</b> †	
<b>Total Carbohydrate 5 g</b>	<b>2%</b>	Peach Extract ●, Acerola Cherry, Cherry ●, Pineapple ●, Blueberry ●, Camu-Camu ●, Maqui Berry ●		<b>(45% Fucoidan total)</b>	
Dietary Fiber 2 g	10%	<b>Fibrous Superfoods 504 mg</b> †		Laminaria setchellii (Kombu) ■, Alaria marginata (Wakame) ■, Fucus vesiculosus (Bladderwrack) ■, Gigartina papillata (Grapestone) ■, Cystoseira osmundacea (Sea Fern) ■, Porphyra umbilicalis (Nori) ■	
Sugars 1 g		Rice Bran Soluble Fiber, Apple Pectin		<b>Probiotic Microorganisms 100 mg</b> †	
<b>Protein 2 g</b>		<b>Probiotically Predigested (Fermented) Tonic Herbs and Superfoods 435 mg</b> †		(Living probiotic microorganisms viable at the time of packaging) Not Less Than 5 Billion CFU/gram at manufacture Lactobacillus gasseri, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus delbreuckii, Saccharomyces boulardii, Saccharomyces cerevisiae	
Vitamin A 60%	• Vitamin C 80%	Barley Grass ●, Spirulina ●, Oat Grass ●, Alfalfa Grass ●, Wheat Grass ●, Dunaliella salina Red/Green Algae ●, Yam ●, Agave, Chlorella, Kelp ■, Korean Red Ginseng Root (Fermented Kinetic Ginseng™) ▲			
Calcium 4%	• Iron 10%				
Vitamin E 8%	• Vitamin K 90%				
Niacin 4%	• Folate 4%				
Vitamin B12 70%	• Phosphorus 2%				
Iodine 70%	• Magnesium 2%				
*Percent Daily Values are based on a 2,000 calorie diet.					
<b>Proprietary Blend 9 g</b>					
<b>Grass Juices 2140 mg</b> †					
Oat Grass Juice ●, Barley Grass Juice ●, Alfalfa Leaf Juice ●, Wheat Grass Juice ●, Kamut Grass Juice ●					
					† Daily Value not established

● = Organic Certified ▲ = Organically Grown ■ = Wild Crafted

## Tonic Alchemy 30 Packets

30 individually sealed, pre-measured one ounce packets of **Tonic Alchemy** provide added convenience and ease to your regular nutrition routine, ensuring the daily consumption of these essential nutrients for immediate and healthful dietary support and on-going glowing health and longevity.

**Ingredients** — SEE TONIC ALCHEMY

**Specifications** — 30 - 1 oz. (25g each)

**Usage** — Use 1 packet per day

**\$69.95**

#20686

28

## Tonic Alchemy Packet

A pre-measured, one-ounce freshness-sealed packet of **Tonic Alchemy** for convenience at home, on the go, and in all circumstances, to easily provide the essential and vital nutrients needed on a daily basis to ensure optimal dietary support and the longevity of glowing health.

**Ingredients** — SEE TONIC ALCHEMY

**Specifications** — 1 oz. (25g each)

**Usage** — Use 1 packet per day

**\$2.50**

#10686

1



**91 in 1**<sup>TM</sup>

- Tonic Herbs
- Probiotics
- Greens
- Seaweeds
- Fruits
- Vegetables





## Heaven Mountain™ Goji Berries

### Snack Grade Delicious; Herb Grade Serious

The **Goji Berry** (*Lycium barbarum*) is unquestionably one of the supreme superfoods in the world. You only need to consume an ounce or two a day to get all the amazing benefits that people have been experiencing from Goji for thousands of years. Heaven Mountain, a huge mountain in Central Asia, is the source of the best Goji in the world. These Goji are grown without the use of any chemicals, or even man-made irrigation. The Goji flourish on the glacial melt from the great mountain peaks. They are totally natural. They are not preserved or colored and never irradiated. Best of all, **Heaven Mountain™ Goji Berries** are far and away the best Goji to eat on the market today. They are naturally sweet and delicious, have fewer seeds compared to common Goji (other brands), and they are packed fresh in Asia, so they are much juicier than the Goji generally found in the American market. They may be enjoyed any time by the whole family.

**Traditional Functions** — Builds blood, tonifies *Jing* and *Qi*, enhances *Shen*, benefits the eyes, benefits mood

**Ingredient** — Heaven Mountain™ Goji fruit

**Specifications** — 8 oz.

**\$12.49** #699



## Goji-To-Go

A one-ounce single serving of **Heaven Mountain™ Goji Berries**, in a convenient, travel-size packet, meets your daily needs for this super tonic herb.

**Ingredient** — Heaven Mountain™ Goji fruit

**Specifications** — 1 oz. (28g)

**Usage** — Use 1 packet per day

**\$1.80** #695



## Goji-To-Go 20 Pack

Ideal for snacking, travel, lunch boxes and at the office, these one-ounce packets of our famous **Heaven Mountain™ Goji Berries** offers convenience when on the go. Twenty pre-packaged one-ounce packets support our hectic lifestyles with ease while providing the amazing benefits of Goji for blood, liver and kidney health.

**Ingredient** — Heaven Mountain™ Goji fruit

**Specifications** — 20 - 1 oz. (28g each)

**Usage** — Use 1 packet per day

**\$34.00** #10695



# Longan Fruit™

**Snack Grade Delicious; Herb Grade Serious**

Golden **Wuyi Mountain Longan** (*Dimocarpus longan*) is a wonderful and delicious tonic fruit used by the Chinese as a blood tonic, to build energy (Qi), to calm the mind, to strengthen the Spleen, to tonify the Qi of the heart, and to add luster and beauty to the skin. Its Chinese name is *Long Yan Rou*, which means “Dragon Eye Meat.” Of course, being a fruit, it is not really “meat.” Longan (“dragon eye”) is so named because when the fruit is fresh, the flesh of the peeled fruit is a translucent white color. The dark brown seed shows through the translucent flesh and looks like the pupil of an eye. As a result, the fruit looks like the bulging eyes of the dragons often depicted in Chinese art. The dried fruit is one of China’s greatest delicacies. The best Longan grows in southern China in the foothills of the Wuyi Mountains. The seed has been removed. **Wuyi Longan Fruit™** becomes a lovely golden color and has a unique flavor unlike any other dried fruit.



This is an herb that must be selected very carefully. The “aril,” which is the sweet fleshy fruit meat, is extremely delicious. The dried fruit obtainable at herb shops is priced based on its flavor and sweetness. Therefore, some producers soak their Longan in sugar water to enhance its sweetness. Dragon Herbs uses only the highest quality Longan, and this Longan is unsweetened — it is sweet enough without the sugar and is much better for you than sugar-soaked Longan. There is no problem consuming Dragon Herbs **Wuyi Longan Fruit™** every day of your life.

**Traditional Functions** — Tonifies blood, heart and Qi  
**Ingredient** — Wuyi Mountain Longan fruit™  
**Specifications** — 6 oz.

**\$12.49**

#698



Jing Qi Shen Xuan Guan - The Taoists translate this phrase as “The Three Treasures are the Entrance to the State of Conscious Immortality.”



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Hermit's Mix™

### Taoist Journey Food



**Hermit's Mix™** is one of Dragon Herbs' featured products. It has been one of our best selling products for almost two decades. It is unique, delicious and healthy "herbal food." It is both a powerful anti-aging tonic and a wonderful snack. It is a highly satisfying herbal food and trail mix. **Hermit's Mix™** provides all three treasures, *Jing*, *Qi* and *Shen*. It is composed of premium grade **Goji, Longan fruit, Walnuts** and **Pine Nuts**. The Goji and Longan fruits mix perfectly and delectably with the walnuts and pine nuts. Goji is widely believed in the Orient to be a major tonic herb. Longan is an excellent blood tonic. Walnuts are an excellent and important *Yang* tonic in Chinese herbalism. We use naturally grown, peeled walnuts (the thin outer skin is believed to be slightly toxic and counter-productive). The pine nuts are an excellent source of energy. Pine nuts also suppress appetite. This mix gives you incredible energy. And, **Hermit's Mix™** is an excellent beauty tonic. Pine nuts are known for their easy digestibility. For many centuries pine nuts were consumed by mountain-dwelling Taoist hermits instead of grain because they were much easier on the body and provided superb and efficient nutrition and *Qi*. When combining pine nuts with edible herbs, the Taoists created a superfood diet — an example of which we call **Hermit's Mix™**. Ron Teeguarden's Taoist teacher, Master Sung Jin Park, ate pine nuts, walnuts and herbs as his diet when he lived as a hermit in the remote mountains of Korea with his teacher, the Venerable Grand Master Moo San Do Sha. The blend of pine nuts, walnuts, Goji berries and Longan fruit is a true supertonic superfood. You'll love it, and you'll love to turn your friends on to it. Everyone in the family will enjoy **Hermit's Mix™**, and it can be used in dozens of recipes.

**Traditional Functions** — Tonifies *Qi*, Blood, *Yin Jing*, *Yang Jing* and *Shen*. Beautifies the skin and brightens the eyes, supports sexual function. Excellent energy food.

**Ingredients** — Goji fruit, Longan fruit, Walnuts and Pine nuts

**Specifications** — 6 oz.

\$8.99

#605



## KimQi ProBio™

**KimQi ProBio™** is a superior probiotic supplement. It is made from natural Korean kimchi by a special patented process that involves the freeze drying of live aged kimchi. High quality kimchi is known to contain over 250 probiotic microorganisms that are beneficial to human health. These kimchi microbes populate the human gut when consumed. The microorganisms that reside in our gut play a profound role in maintaining our immune and metabolic health. They literally are of life and death importance to us. **KimQi ProBio™** can help establish and maintain a healthy intestinal environment. The special cutting edge production technology permits a very high survival rate for these microbes as they safely and securely pass along the digestive tract and establish themselves in your gut. **KimQi ProBio™** is delivered as a powder that you can consume straight from a spoon or add to food. Most of you will find it to be amazingly tasty, delicious and satisfying. This is one of the most amazing and beneficial of Dragon Herbs' offerings. **KimQi ProBio™** is suitable for the entire family, young and old.



**Traditional Functions** — Promotes healthy metabolic and immune functions

**Ingredients** — Freeze dried Kimchi (with living probiotic organisms)

**Specifications** — 60 g

\$74.00

#682





## Never-Say-Die

### Enzymatic Syrup™

#### Ancient Fermented Volunteer Plant Elixir

This remarkable enzymatic superfood syrup is made mainly with wild herbs. The herbs used are all categorized as “volunteer plants,” meaning that they grow wild and are almost impossible to kill. Every herb in this elixir syrup has outrageous life force. An old Japanese text on health says that “the wild herbs as folk medicine have a flourishing vitality compared with other plants.” In Japan, a beverage made by fermenting fruits, herbs and vegetables and making it into a syrup is called an “enzyme syrup” because it is a potent source of natural enzymes. Most enzyme products are made from fruits and grains, but this one is made from wild herbs. **Never-Say-Die Enzymatic Syrup™** has been used and loved since ancient times. It was a village secret for hundreds of years as the delicious enzymatic syrup was sold throughout China and Japan. This ancient elixir is favored because it is felt that the human body loves the wild plants, which are rich in phytonutrients, minerals and the three Treasures, *Jing, Qi* and *Shen*. As a result, **Never-Say-Die Enzymatic Syrup™** is a quintessential Three Treasures tonic. The syrup is painstakingly produced by the ancient method of slow-fermentation. It is still made in ceramic pots made from the special purple clay that has been used in China for over a thousand years. The same clay pots are used to make **Healthy Vinegar**. The special microbial fermentation “starter” has been handed down for more than a thousand years as well. The result is a tangy-sweet, very delicious syrup that is absolutely easy for the body to digest and assimilate. It may be consumed before, during or after meals to aid digestion and metabolism. It may be consumed between meals as a longevity elixir.

**Traditional Functions** — Tonifies all three Treasures, tonifies all organs, benefits immunity, metabolism, cardiovascular functions, liver and nerves

**Ingredients** — Aloe (*Aloe arborescens*) leaf, Amla (*Phyllanthus emblica*) fruit, *Andrographis paniculata* root, Apple fruit, Apricot fruit, Ballonflower (*Platycodon grandifloras*) root, Bamboo (*Bambusa vulgaris*), Striped Bamboo leaf, Bean sprouts, Burdock (*Arctium lappa*) root, Cabbage leaf, Capsicum fruit, Carrot root, Cassia (*Cassia occidentalis*) seed, Cat’s Claw (*Uncaria tomentosa*), Chamomile (*Matricaria chamomilla*), Coix (*Coix lacryma*) seed, Dandelion root, Dayflower (*Commelina communis*), Eleuthero (*Eleutherococcus senticosus*) root, Eucommia (*Eucommia ulmoides*) leaf, Field horsetail (*Equisetum arvense*), Garlic bulb, Wild Ginger root, *Ginkgo biloba* leaf, Chinese Red Ginseng root, Korean White Ginseng root, Goji berry, Goji leaf, Gotu kola (*Centella asiatica*), Grape fruit and seed, Grapefruit fruit, Ground Ivy (*Glechoma hederacea*) leaf and stem, Guduchi (*Tinospora cordifolia*), Gynostemma (*Gynostemma pentaphyllum*) leaf, Heavenly Bamboo (*Nandina domestica*) leaf, Himalayan Tian Qi (*Panax*



*notoginseng*) root, Holy Basil (*Ocimum tenuiflorum*), Honeysuckle (*Lonicera japonica*) flower, Houttuynia Fish Mint (*Houttuynia cordata*), Isodon (*Plectranthus japonicas*), Japanese Mugwort (*Artemisia indica*), Japanese Mume Apricot (*Prunus mum*), Japanese Scallion (*Allium chinense*), Japanese Yew (*Taxus cuspidate*) fruit, Jelly Moss (*Gloiopeltis furcata*), Jujube Date, Wild Kaki Persimmon leaf, Kumquat fruit, Licorice root, Loquat leaf, Lotus (*Nelumbo nucifera*) leaf, Luo Han Guo, Lychee fruit, Mandarin Orange fruit and peel, Melon fruit, Mountain Fig leaf and fruit, Wild Mountain Yam root and leaf, Mucun (*Mucuna pruriens*) bean, Muira Puama (*Ptychopetalum olacoides*) root, Mulberry (*Morus rubra*) leaf, New Zealand Spinach (*Tetragonia tetragonioides*), Nikko Maple (*Acer maximowiczianum*) leaf, Wild Chinese Onion, Wild Orange Day Lily (*Hemerocallis coreana*), Parsley, Peach leaf, Wild Peppers, Wild Perilla (*Perilla frutescens*) leaf, Asian Red Pine (*Pinus densiflora*) leaf, Pineapple, Wild Plantains, Quince (*Cydonia sinensis*) fruit, Red Elder (*Sambucus williamsii*), Rooibos (*Aspalathus linearis*), Safflower (*Carthamus tinctorius*), Salacia (*Salacia oblonga*) root, Wild Schizandra fruit, Sea Kelp, Senna (*Senna obtusifolia*) seed, Shiitake mushroom, Solomon’s Seal (*Polygonatum sibiricum*), Spurge (*Mallotus japonicas*) bark, St John’s Wort (*Hypericum perforatum*), Turmeric (*Curcuma longa*)



**Other Ingredients** — Oligosaccharides, Sugar, Beet Sugar, Muscovado sugar, Honey

**Specifications** — 120 g

\$88.00

#8015

35

## Never-Say-Die

### Enzymatic Powder™

#### Ancient Fermented Volunteer Plant Elixir

**Never-Say-Die Enzymatic Powder™** is the same superfood as **Never-Say-Die Enzymatic Syrup™** described just above, but it has been converted to a powder for your easy use and consumption by blending with organically grown brown rice and drying. It may be consumed anytime day or night as a longevity elixir. You can add it to any blender drink, to soups and sauces. It is loaded with life force.

**Traditional Functions** — Tonifies all three Treasures, tonifies all organs, benefits immunity, metabolism, cardiovascular functions, liver and nerves.

**Ingredients** — SEE Never-Say-Die Enzymatic Syrup  
**Other Ingredients** — Organic brown rice, Oligosaccharides, Sugar, Beet Sugar, Muscovado sugar, Honey

**Specifications** — 100 g

\$39.50

#8018

16



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Ashitaba Powder



Ashitaba (*Angelica keiskei*) is known in Japan as the “King of Vegetables from Longevity Island.” Ashitaba is a world-famous superfood from Okinawa Island, home of one of the longest living populations on earth, where many people live to extreme healthy longevity. The name *Ashitaba* literally means “Leaves of Tomorrow” in the Japanese language. It got this name because of its remarkably strong life force – when you pick its leaves today, new tender leaves will sprout tomorrow. Ashitaba contains a rare phytochemical called “chalcone.” According to Japanese researchers, chalcone purifies blood, strengthens the immune system and promotes metabolism. Ashitaba is a very potent antioxidant that generates SOD (the human body’s own natural antioxidant). Ashitaba is one of the few plants in the world that contains phytochemicals that stimulate nerve growth factor (NGF), a substance that stimulates the re-growth of nerve tissue in higher animals, including brain tissue. NGF is a biological substance produced in the human body that is essential in the development and survival of certain neurons in both the central and peripheral nervous systems. NGF is the most potent growth factor for cholinergic neurons. It is the most important regulator of proliferation, differentiation, survival and death of neuronal cells. Signals emanating from NGF receptors help control practically all aspects of immune defense. And NGF has been connected to the ability to feel love. Dragon Herbs Ashitaba is organically grown and is freeze dried immediately upon harvesting to protect its constituents. Add a teaspoon or more of Dragon Herbs **Ashitaba Powder** to your blender drink each day.

**Traditional Functions** — Tonifies all three Treasures, tonifies all organs, benefits immunity, metabolism, cardiovascular functions, liver and nerves.

**Ingredient** — Ashitaba

**Specifications** — 2 oz. or 4 oz.

2 oz - **\$29.00** #8009



4 oz - **\$52.50** #18009



## Organic Cacao Powder

Dragon Herbs **Organic Cacao Powder** is indeed a superfood and a treasure. It is made from the best dark chocolate in the world — 100% Arriba Nacional cacao, an heirloom strain of organically grown Criollo, sustainably and ethically grown by independent Ecuadorian farmers. The problem with many cocoa powders is the addition of sugar and extraneous fats. Of course, these are not added to Dragon Herbs **Organic Cacao Powder**, which is pure cocoa powder. Use it for everything you like, this is cocoa at its best. It is delicious and nourishing and can be consumed by everyone in the family.

Epidemiological studies have demonstrated an association between high-polyphenol intake and healthier cardiovascular status. The widely acknowledged healthy effects of cacao-polyphenols are at least partially due to their antioxidant and related actions. Nuclear factor kappa B (NFκB) is a key molecule in the regulation of adhesion molecules and cytokine expression. Cacao-polyphenols help reduce NF-κB activation, which ultimately benefits almost every function of the body. Dragon Herbs **Organic Cacao Powder** should be part of your daily diet.

**Traditional Functions** — As an antioxidant and source of magnesium. Supports cardiovascular, liver and nerve functions.

**Ingredient** — Organic Arriba Criollo Cacao powder

**Specifications** — 8 oz. (224 g)

**Usage** — 2 Tablespoons daily

**Precaution** — Manufactured in a facility that processes tree nuts and peanuts.

**\$9.99**

#685



Borna Ilić, Ph.D., Senior Senior Herbalist; Borna holds both Master’s and Doctoral degrees in TCM and has been at Ron’s side for over 15 years.





## Hydrilla Powder

*Hydrilla verticillata* is an aquatic plant that now grows around the world. It grows wild and in abundance in pristine waterways of various regions throughout Asia and Europe, and now in the American wilderness.

**Hydrilla** is arguably the most nutrient-dense food on earth. Of particular interest to those who eat reduced quantities of animal foods or no animal foods at all, Hydrilla is a superb source of three nutrients often lacking in the diets of vegetarians — calcium, vitamin B-12 and iron. These three nutrients help neuronal function and support cognition and attention span. They are also necessary for the delivery of oxygen to cells. Hydrilla is one of nature's premier sources of calcium, and is thus especially valuable for the maintenance of strong bones and healthy, resilient connective tissue. The high content of B-vitamins in Hydrilla helps protect neurological tissue and support general metabolism. Hydrilla also contains beta-carotene, providing antioxidant, anti-aging and anti-pollution protection. Dragon Herbs **Hydrilla** is freeze dried immediately upon harvesting to protect its constituents. Add a teaspoon or more to your blender drink each day.



**Ingredient** — *Hydrilla verticillata*

**Specifications** — 2 oz. or 4 oz.

2 oz - **\$18.00** #8014



4 oz - **\$32.50** #18014



## Activated Curcumin Powder

Dragon Herbs **Activated Curcumin Powder**, derived from turmeric (*Curcuma longa*), is a potentially potent dietary supplement. Turmeric is one of the world's supreme tonic herbs, and may be the most consumed herb in the world, largely as a spice and increasingly as a dietary supplement. Turmeric is the spice that gives curry its yellow color. It is the source of *curcumin*, a potent nutraceutical. The main active compounds in turmeric are called *curcuminoids*, the most important of which is curcumin. Curcumin is one of the yellowest substances in nature. Turmeric (*Curcuma longa*) is a rhizomatous perennial plant of the ginger family. Many high quality studies show that curcumin has major benefits for your body, especially the cardiovascular system and brain. Curcumin is a very strong antioxidant. If you want to experience the full effects of curcumin, then you need to take an extract that contains significant amounts of *curcumin*. Curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains *piperine*, a natural substance that enhances the absorption of curcumin. Piperine increases the absorption of curcumin by as much as 20 times. Dragon Herbs **Activated Curcumin Powder** contains piperine. Recent data indicate that, in healthy human subjects, the daily intake of 200 mg to 1 gram of curcumin per day can benefit cardiovascular and neurological function and wellbeing. Add it to blender drinks, soups, stews or other food.\*

**Ingredients** — Curcumin (*Curcuma longa*) extract, Black Pepper (*Piper nigrum*) extract (95% piperine)

**Specifications** — 4 oz. (100g)

**Usage** — Use ½ teaspoon per day

**\$79.00** #8016



Dragon Herbs Elixir Bar, Los Angeles/Beverly Hills Herbal Emporium

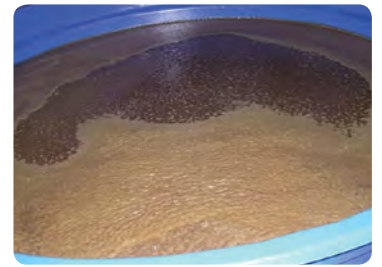


## Brazilian Magic™

**Brazilian Magic™** is a wonderful superfood powder made from 55 superfoods, exotic superfruits, garden vegetables and herbs. All of the ingredients are grown on the ultimate organic farm in the heartland of Brazil, a world away from any civilization. The land has never been anything but organic. It is totally non-polluted. The water used to grow the superfood ingredients, and to process them to create this astounding superfood powder, comes from a 30-thousand year old aquifer that provides the purest, softest water in the world. The water is so soft that it can even dissolve essential fatty acids (not possible with normal water). The vegetables, fruits and herbs are fermented together, slowly and naturally, in a beautiful state-of-the-art fermentation workshop (designed and controlled to meet the strictest Japanese standards). The resulting fermented paste is dried using brown rice. No chemicals have ever touched this product. Ron Teeguarden has taken it to another level. Dragon



Herbs is very proud to have become the sole purveyor of this ultimate-level superfood mix using brown rice. It is delicious and easy to use. A little goes a long way. Add it to smoothies, elixirs and juice.



### Traditional Functions —

Fermented fruits, vegetables and herbs are common health products in the Orient and around the world. These fermented products tonify the metabolic and immune systems and provide abundant, easily assimilable nutrition.

**Ingredients —** Orange, Pineapple, Banana, Apple, Papaya, Guava, Spanish Melon, Brown Rice, Oat, Non-GMO Corn, Barley, Pea, Jalo Bean, Roxinho Bean, Black Sesame, Millet, Plum, Adzuki Bean, Soy Bean, Carrot, Rye, Black Bean, Lentil, Avocado, Acerola, Lemon, Pear, Tomato, Red Grape, Mango, Watermelon, Pumpkin, Sweet Potato, Chick Pea, Carambola, Cashew Nut, Brazil Nut, Kiwi, Cassava, Green Bell Pepper, Sugar Beet, Collard Couve-Manteiga (leaves), Cabbage, Passion Fruit, Chicory (leaves), West Indian Lemon Grass (leaves), Lotus root, Turnip, Nori Seaweed, Mate (leaves), Cinnamon, Anise, Cloves (leaves), Ginger (root), Zedoary (root)

**Specifications —** 136 g

\$45.50

#680

16



## ProGreens™

**ProGreens™** is a fermented blend of organic grasses and superfoods. The cereal grasses include organic Barley Grass, organic Wheat Grass, organic Alfalfa Grass and organic Oat Grass. The superfoods include organic Spirulina, organic Yam, *Dunaliella salina*, Agave, Chlorella and Kelp. **ProGreens** is prepared by spreading out the raw grasses and superfoods on drying trays and covering them with a probiotic “mother culture” for three to six weeks. Over this time, the superfoods and grasses are fully fermented, metabolized by the microorganisms. This completely natural process, conducted under rigidly controlled conditions, results in a food that is completely predigested, yielding an abundance of enzymes, B-vitamins and proteins. The fermentation process also creates many novel phytochemicals that the body craves, including superoxide dismutase (SOD), the body’s master antioxidant, and many other antioxidants, as well as various immune-supporting polysaccharides — all created from the “alchemy” involved in fermentation. The *predigestion-enzymatic process™* (PEP™) creates and liberates valuable compounds within the grasses and superfoods including enzymes, antioxidants, beta glucans, phytosterols, bio-active metabolites and many others. PEP™ enhances the nutritional value of the food while making it much easier to digest. This assures the **ProGreens™** user complete absorption and delivery of nutrients at the cellular level.

**ProGreens™** features **fermented Korean red Ginseng**, also prepared using PEP™. This fermented ingredient alone makes **ProGreens™** worth consuming on a daily basis. Pre-digested Ginseng is a major breakthrough in the use of Ginseng and was the result of nearly two decades of research in Japan and Korea at major universities. This fermented Ginseng is fully metabolized and can be utilized by anyone. Complete assimilation in the digestive tract is guaranteed.

**Traditional Functions** — Fermented fruits, vegetables and herbs are common health products in the Orient and around the world. These fermented products tonify the metabolic and immune systems and provide abundant, easily assimilable nutrition.

**Ingredients** — Probiotically Predigested Greenfoods Blend made from organic barley grass, spirulina, wheat grass, alfalfa grass, oat grass, Korean Ginseng, *Dunaliella salina*, yam, agave, chlorella and kelp, fermented with *Lactobacillus acidophilus* (*Lactobacillus plantarum*, *brevis*, *bulgaricus*, *causasicus*, *fermenti*, *helveticus*, *leichmanni*, *lactis*), *Bifidobacterium bifidum*, *Saccharomyces boulardii*, *Saccharomyces cerevisiae*, and organic short grained rice

\$47.00

#8017

19

## Q&A

### Will these herbs keep me awake at night?

Due to the balancing nature of tonic herbs, most people will sleep well. If, however, you feel you are kept awake because of an increase in energy output that is not being regulated properly, you can adjust the amount of the herbs you take and the time you take them. Consult with one of our herbalists. Sleep disturbance is not generally considered to be a problem associated with the use of tonic herbs.

### Can I take all these tonic herbs at the same time?

Yes. There is no conflict among the tonic herbs used in these tonic programs. In fact, the herbs work synergistically together for even greater benefit. They should be taken at the same time. If you want to split them up, however, feel free.



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Organic Bhutanese Red Rice

**Organic Bhutanese Red Rice** is natural whole grained russet-red-colored rice. It is a specialty of Bhutan, a Himalayan country that lies between India and Tibet. It is grown in fertile valleys at eight thousand feet elevation on the southern side of the Bhutanese Himalayas, the side that faces the summer monsoons. It is irrigated primarily with thousand-year old glacier water that has flowed down the mountain. This glacial melt travels through gorgeous rivers and ravines and by the time it reaches the rice farms of Paro Valley, it is rich in dissolved minerals. Whole red rice has been used for centuries for its health-supporting properties. This heirloom Red Rice has traditionally been consumed by Himalayan people as a component of their daily diet. It is believed to support healthy blood, liver and cardiovascular functions, among other functions. Bhutanese Red Rice is very rich in potassium and rich in magnesium. It has a soft texture, and is very tasty. It can make a delicious base for a semi-macrobiotic diet or meals based on whole grain rice, garden vegetables, beans, seaweeds and miso. In Bhutan, it is frequently cooked with wild mushrooms, but any mushrooms will do. **Organic Bhutanese Red Rice does not contain gluten**, so may be used in a gluten-free diet or by anyone as a source of nutrition and energy.



**Traditional Functions** — Supports well-being and Qi

**Ingredient** — Organic Bhutanese short grained red rice

**Specifications** — 2 lb.

**\$9.95** #692



## Black Dragon Rice™

**Black Dragon Rice** is a special variety of rice. It is elegant, delicious and very healthy. It is a true superfood. Its black color is the result of a dense concentration of dark purple *anthocyanins*. When **Black Dragon Rice** is prepared (steamed, pressure cooked, etc.), it becomes a beautiful dark purple. It can be prepared, served and consumed just like brown rice. It can also be used to make breads and cakes. When a seasoned semi-clear-broth vegetable soup is poured over the cooked **Black Dragon Rice** (Ron Teeguarden's favorite method of preparing and consuming **Black Dragon Rice**), the flavor explodes in the brilliant purple soup broth. Anthocyanins are critical natural nutrients that have profound benefits for the human body. They are among nature's most potent antioxidants. More antioxidants are available from **Black Dragon Rice** than from an equal weight of blueberries, and with less sugar. **Black Dragon Rice** contains 18 amino acids, iron, zinc, copper, various carotenes and a variety of vitamins. It is a natural source of vitamin E. It is a superb source of soluble and insoluble fiber. According to Chinese dietary understanding, **Black Dragon Rice**, like most "black" herbs and foods, tonifies *Jing*. It can be used as a daily whole grain by those who are on a program to increase *Jing*. It specifically nurtures the kidneys, as well as the liver and stomach. This whole rice **does not contain gluten**. It is estimated that one person out of every 133 people in the United States are unable to tolerate gluten due to "celiac disease," a debilitating disorder of the celiac valve and 6%-7% of people may have "gluten sensitivity," characterized by brain fog, headaches, digestive problems and rashes after consuming gluten. If you are one of the 0.5%-7% of the population that is allergic or sensitive to gluten to one degree or another, this is a grain that you may consume without fear of gluten. If you are one of the 132 out of 133 people who is not allergic or sensitive to gluten, **Black Dragon Rice** can give you energy and provide powerful nutrition.



**Traditional Functions** — Benefits the kidneys, liver, stomach, skin and connective tissue

**Ingredient** — Organic short grained black rice

**Specifications** — 2 lb.

**\$10.95** #689



## Organic Changbai Mountain Schizandra

### Raw Herb Certified Organic

Raw, dried **Schizandra** is an herbal treat of the highest dimension. It has been brewed by Taoist masters, emperors and queens, and health seekers of every sort for thousands of years. It may be brewed by itself or with other herbs to make a profound tonic tea. Schizandra indeed has its own unique flavor. Its Asian name translates literally as “five flavor fruit.” It has all the flavors associated with the Five Elements: salty (Water), sour (Wood), bitter (Fire), sweet (Earth) and spicy-pungent (Metal). Properly prepared, it is an awesome tea, especially when prepared with other herbs like Goji, Licorice root, Ginseng and/or Luo Han Guo (Guilin Sweetfruit). Drink it every day to support a long life. Schizandra berries are called the “quintessence of tonic herbs” by the Taoists. Schizandra must be brewed for about fifteen minutes to get the right flavor and herbal potency. Don’t over-cook as the bitter components become more prominent.



**Traditional Functions** — Enters all twelve meridians, tonifies the Three Treasures (*Jing, Qi* and *Shen*), nurtures all Five Elements, generates beautiful skin, brightens the mind, promotes focused concentration, supports memory, aphrodisiac love potion, promotes sound sleep when taken at bedtime, opens the lungs to promote powerful breathing during yoga and qigong, brightens the eyes, sharpens hearing acuity.

**Ingredient** — Dried Changbai Mountain *Schizandra chinensis* berries (soaked briefly in alcohol to remove some tannins)

**Specifications** — 6 oz.

**\$9.95**

#8001

4

## Pearl Powder™

**Pearl powder** is produced by grinding clean freshwater Pearls until the powder particles are just microns in diameter, which allows them to be easily absorbed by the digestive tract or through the skin. We offer **Pearl Powder** in capsule form, but many of our clients wish for it in bulk so they can use it readily and economically in smoothies and blender blasts.

**Traditional Functions** — Shen tonic, detoxification of the blood and skin, nurturing to the skin

**Ingredient** — Ground (*levigated*) freshwater Pearl powder

**Specifications** — 2oz. (50 g) and 4oz. (100 g)

2 oz - **\$29.00**

#8008

12

4 oz - **\$52.50**

#18008

21

## Changbai Mountain Pine Nuts™

**Pine nuts** are not really “nuts,” but are seeds, since they are the seedlings of pine cones. Once upon a time, many people were afraid to eat pine nuts because they thought they were fattening — this was before the public understood the difference between “good fats” and “bad fats.” Pine nuts are now known to contain almost entirely “good fat.” Pine nuts contain approximately 60% fats, most of which are polyunsaturated fats, and in particular linoleic and linolenic acids, essential fatty acids required by the body but not produced in the body. The best thing about pine nuts is their high concentration of *monounsaturated* fat, which paves the way for a healthier cardiovascular system, healthier skin and improved immunity.

Pine nuts are very nutrient dense. These tasty seeds are rich in vitamins A, C and D. Pine nuts are especially rich in vitamins B1 (thiamine) and B6, which benefits mental functions. The vitamin E (tocopherol) content in pine nuts exceeds that in walnuts, almonds and peanuts. Pine nuts also contain about 20% protein and features L-arginine (20%). Pine nuts contain numerous microelements (minerals and trace minerals), including magnesium, manganese, iron, copper, phosphorous and iodine. These seeds are especially rich in magnesium and phosphorus. In fact, pine nuts surpass all other nuts and oil-bearing seeds in their phosphorus content. Pine nut is an excellent source of iodine.

For all this goodness nutritionally, **Changbai Mountain Pine Nuts** are also delicious. And pine nuts are known for their easy digestibility. They do not cause any stomach acidity, and in fact counteract it. They were consumed by Taoist hermits instead of grain because they were much easier on the body and provided superb nutrition and energy. Taoists resisted eating rice and other grains, and instead ate pine nuts as a primary source of energy and nutrients. When combining pine nuts with edible herbs, the Taoists created a superfood diet – an example of which we call **Hermit’s Mix**. Taoist Master Sung Jin Park ate pine nuts and herbs as his diet when he lived as a hermit in the remote mountains of Korea with his hermetic teacher, the Venerable Grand Master Mu San Do Sha.

**Traditional Functions** — Tonifies Qi and blood, nurtures the heart, supports the stomach

**Ingredient** — Changbai Mountain pine nuts

**Specifications** — 8 oz.

**\$14.00**

#8002

6

335



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Cultured Cordyceps™



**Cordyceps** is a tonic mushroom. The wild variety used in herbalism grows in very high mountains, primarily in Asia. The most famous, *Di Tao* source of wild Cordyceps is the Himalayas. This wild Cordyceps is very rare and extremely expensive. Mycologists have developed a cultured variety using the *Cordyceps militaris* species of Cordyceps. It is grown in a super-clean environment on a base of organic brown rice. **Cultured Cordyceps** is an amazing treasure of health. It is a superb value. It is many multiples less expensive than the wild variety from the snowline of Tibet or Bhutan, yet it is very close in nutrition and herbal potency. In fact, it has a higher content of the established key component of Cordyceps, *cordycepin*, than the wild variety. It may be eaten raw, several pieces a day, or cooked into soups and teas. It has a delicious and interesting mushroom flavor that makes it easy to consume regularly. This amazing superfood should be in every home elixir bar and kitchen.

**Traditional Functions** — Jing and Qi tonic

**Ingredient** — *Cordyceps militaris* fruiting body (mushroom) (grown on brown rice)

**Specifications** — 2 oz.

\$29.00 #1011



## Healthy Vinegar™

For centuries, a small town in central China has been famous as the origin of the most delicious vinegar in China. One of its famous vinegars contains heart-healthy ingredients, including important Chinese herbs. This particular vinegar, simply called "Healthy Vinegar" in China, helps support cardiovascular health. Dragon Herbs is very pleased to offer this incredible and truly delicious vinegar in American. Use as a tonic. Consume one-half ounce, two times per day, straight or diluted with water. Or use on salads with walnut or olive oil.



**Traditional Functions** — Improves blood circulation throughout the body

**Ingredients** — Spring water, Sorghum, Barley, Peas, Crataegus (Hawthorn) fruit, Red Dates, Peanut, Licorice, Honey, Cane Sugar

**Specifications** — 8 oz.

\$15.00 #696



## Red Jujube Dates

The **Red Jujube Date**, also known simply as Jujube (pronounced *ju-ju-bee*), is the dried ripe fruit of the Chinese Jujube tree (*Zizyphus jujuba*). Jujube dates can be used in teas, soups, smoothies, cooked dishes, or may be consumed raw straight from the package as a snack and tonic supplement. It is an excellent superfruit that fosters glowing health when consumed consistently. The Jujube Date is a powerful Qi tonic and provides excellent energy. This major tonic fruit is widely used in Chinese herbalism in combination with other herbs, such as Ginseng and/ or Astragalus, to enhance their Qi-building capacity. Red Jujube date nourishes the blood, soothes the mind, and builds and strengthens muscle. Jujube is considered a mild Shen tonic because it calms the mind — without causing drowsiness — while increasing physical energy. Red Jujube dates are consumed daily by Chinese Shaolin monks. Dragon Herbs has carefully selected these premium red Jujube dates, sourced from the pristine Song Mountains near the Shaolin Temple in the Chinese heartland.



**Traditional Functions** — Replenishes Qi of the primary digestive organs, strengthens muscle, and aids in digestion and assimilation

**Ingredient** — Red Jujube Date (*Zizyphus jujuba*)

**Specifications** — 8 oz.

\$6.99 #8005



## Skinless Walnuts™

Dragon Herbs **Skinless Walnuts** are a special grade of walnut and have an especially fine, clean flavor. They are special in that they are peeled. According to Chinese herbal tradition, the walnut skin is believed to be slightly toxic and counteracts some of the benefits of the rest of the nut. Our walnuts are refrigerated from the farm until packaging to prevent spoilage. We bag them in small quantities to protect the freshness of the nuts. Walnuts are well-known here in the West as a delicacy. However, to the Chinese, the walnut is an important tonic herb that has significant strengthening qualities. Traditionally, walnuts are said to be tonic to the Kidney Yang, and improves the Kidney's capacity to "grasp the Qi." Walnuts are thus beneficial to the primal energy of a human being, replenishing Yang Jing. In particular, it is used to strengthen the Kidney functions, and therefore it is used to strengthen the lumbar region of the back, the legs, the brain and the sexual organs. They are one of



the only nuts considered to be a "superior herb." That is a designation beyond being just another healthy food. No other true nut is included in this elite category of tonic herbs that also includes Deer Antler, Cordyceps, Eucommia and Cistanche. As a Yang tonic, walnuts are used in tonic food preparation to benefit the creative abilities of the mind and to strengthen sexual functions in men and women, to increase physical strength and to promote longevity. Walnuts are also used in Asia to strengthen the lungs and kidneys. They are also considered highly beneficial to the colon.

**Traditional Functions** — Tonifies Kidney and Brain

**Ingredient** — Peeled ("skinless") Walnuts

**Specifications** — 1 lb.

**Usage** — 1/3 to 1 ounce daily

**\$19.95** #604



## Q&A

### Can I add other herbs, including nutraceuticals, and tonic herbs to my Tonic Alchemy?

Absolutely, many herbalists and clients alike add their herbs to their daily serving of Tonic Alchemy.

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Xylitol

### All-Natural Sugar Substitute

The average person eats one and a half cups of sugar a day, far more than most people can handle metabolically. Excessive sugar consumption is *not* part of a healthy lifestyle and can contribute to weight gain and other metabolic anomalies. Dragon Herbs **Xylitol** is an all-natural phytonutrient derived from non-GMO corn cobs. It is teaspoon-for-teaspoon as sweet as sucrose, typical table sugar, so it is very satisfying. But unlike sucrose, Xylitol does not require insulin to be metabolized. Xylitol has the same sweetness and bulk as sucrose with only 2.4 calories per gram. Unlike most Stevia, Xylitol has no unpleasant aftertaste. Xylitol has the added quality of binding to saliva, leaving a sweet taste lingering in the mouth. It produces a mild cooling sensation in the mouth. Importantly, Xylitol **occurs naturally** in many fruits and vegetables and is even **produced by the human body** during normal metabolism. Some companies sell Xylitol made from birch trees. Dragon Herbs once did so as well. But because the production of Xylitol from birch tree bark requires the **cutting down of the birch trees**, Dragon Herbs has elected to sell Xylitol extracted from non-GMO corn cobs, a very renewable and sustainable resource. Dragon Herbs **Xylitol** is a 100% pure, white crystalline granule with a bright, refreshing, sweet flavor that is suitable for all cooking, beverages and food preparation. It dissolves quickly and completely. It may be used as part of your diet to help maintain a healthy blood sugar level. Xylitol is perfectly safe for humans. Please note that Xylitol cannot be digested by dogs and should not be fed to dogs or other pets.

**Ingredient** — Pure Xylitol

**Specifications** — 2 lb.

**\$17.50** #687



## Goji Powder Powdered Extract

Full spectrum Heaven Mountain Goji fruit extract powder, one of the supreme superfoods of the world, is now provided in two sizes of a protective and easily accessible pouch. This **Goji Berry Powdered Extract** is a profoundly beneficial ingredient for the whole family when added to any type of meal or beverage. It is ideal for blender use.\*



**Ingredient** — Goji fruit Powdered Extract

**Specifications** — 2 oz. (50g); 4 oz. (100g)

**Usage** — Use 1 teaspoon per day

2 oz - **\$15.00** #8007



4 oz - **\$27.00** #18007



## Tonic Alchemy Chocolate Bar

### Gourmet Handcrafted Chocolate

Dragon Herbs' famous **Tonic Alchemy 91-in-1 Ultimate Supertonic Superfood** is blended with Organic **Arriba Criollo Cacao Powder** in this unique and delicious chocolate treat to provide amazing nutritional benefits in a portable and convenient bar that you can share or keep for yourself as a completely nourishing, healthful and enjoyable snack.



**Ingredients**— Cacao paste<sup>†</sup>, Coconut sugar<sup>†</sup>, Cacao butter<sup>†</sup>, Tonic Alchemy, Sunflower lecithin

**Specifications** — 1.5 oz. (43 g)

**Usage** — Serving Size = 3 blocks (10g); Approximately 4 servings per bar

**Precautions** — May contain traces of milk, nuts and peanuts. Soy free.

<sup>†</sup> Certified Organic ingredient

**\$5.99** #683



## Brown Job's Tears Powder

**Brown Job's Tears Powder** is highly valued for its nutritional and tonic properties. It is rich in protein, fatty acids and dietary fiber. *Coixenolide* in Brown Job's Tears is part of a beauty program to keep skin young and supple. **Brown Job's Tears Powder** can be easily absorbed by the body and is an ideal health food for young and old.



**Ingredients** — Maltodextrin, Brown Job's Tears, Glucose, Job's Tears, Soybean (Non-GMO), Chinese Yam, Wheat Fiber and Vitamin E (Antioxidants)

**Specifications** — 1 lb. 1.6 oz. (500 g)

**Usage** — 1-3 servings per day. **Brown Job's Tears Powder** is good for everyone in your family as a breakfast, a snack, or a supper. Mix 125-150 mL of warm-hot (about 70-90° C or 158-194° F) water with 25 grams of **Brown Job's Tears Powder** until smooth. It can also be added in milk, yogurt, soybean milk, oat milk or energy soup. Mix until smooth. Mixing ratio can be changed according to your own preference.

**Precautions** — Contains soybean and wheat. Please keep in a cool dry place. Do not expose directly to sunlight, finish it shortly and keep in a refrigerator after opening.

**\$14.99** #8013



## Nutritious Black Sesame Blends

This wholesome and nutritious blend of five black ingredients is specifically beneficial for Jing, the kidney adrenal organ system, with additional nutritional ingredients. This ideal food supplement may be consumed daily for abundant nutrition, including vegetable protein, for enhanced energy levels and over-all wellness.

**Ingredients** — Black Sesame, Brown Crystal Sugar, Maltodextrin, Red Bean, Black Glutinous Rice, White Sesame, Black Bean, Black Fungus, Guar Gum (Natural Fiber), Natural Rock Salt, Vanilla and Auriculate Swallowwort Root

**Specifications** — 15.8 oz. (450 g)

**Usage** — 1-3 servings per day for everyone in your family as a breakfast, a snack or a supper. Add 160 mL of warm-hot (about 70-90° C or 158-194° F) water to 30 grams (1 oz.) of **Nutritious Black Sesame Blends**. Mix until smooth, mixing ratio can be changed according to your own preference.

**Precautions** — Contains Soybeans (Black Bean). Vegetarian product. Please keep in a cool dry place. Do not expose directly to sunlight and finish it shortly after opening.

**\$14.99** #8011



## Royal Pure Brown Sugar

This pure brown sugar, commonly called "Black Sugar" and also known as "oriental Chocolate", is traditionally handmade from the whole sugar cane. The brown sugar is rich in beneficial blood nutrients and minerals, has a unique charcoal-grilled fragrance with an unforgettable distinctive sweet taste.

**Ingredient** — 100% Pure Brown Sugar

**Specifications** — 10.6 oz. (300 g)

**Usage** — Use as sugar substitute. The cubes may be combined with water and melted into a caramel-like syrup that is a delicious topping for pancakes and baked goods which also is extremely nourishing.\*

**Precautions** — Please keep in a cool dry place. Do not expose directly to sunlight and finish it shortly after opening.

**\$9.99** #8012



## Q&A

### Are pesticides used in the cultivation of your berry products?

No pesticides or chemicals of any kind are used in the growing, harvesting or processing of our berries or any of Dragon Herbs' products. Some of our herbs are certified organic, and many of them meet or exceed organic standards even if they are not certified as such. We are against the use of production chemicals in herbal products.





## Wild Peruvian Black Maca

Made from 100% Black Maca roots collected wild from the Peruvian Andes, Black Maca is considered to be the best Maca for stamina, mental focus, mood support and male sexual health. It provides sustained and balanced physical and mental energy. This is the best Maca for athletes and students.

**Ingredients** — Wild Peruvian Black Maca

**Specifications** — Powdered or Whole

**Usage** — 3 tsp. per day in smoothies or blender blasts

**\$37.00**

#8125



Ron shares a jar of Tonic Alchemy with Professor Wang Zhengtao, one of the world's leading herbologists, at Dr. Wang's Shanghai laboratories

“He (or she) who knows what it is that Heaven does, and knows what it is that man does, has reached the peak of wisdom. Knowing what it is that Heaven does, he lives with Heaven. Knowing what it is that man does, he uses the knowledge of what he knows to help out the knowledge of what he doesn't know, and lives out the years that Heaven gave him without being cut off midway - this is the perfection of knowledge.”

— Zhuang Zi (400 BC)

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# Blender Ingredients

## Make your blender drink or blast awesome

If you consume a smoothie or other blender drink on a regular basis, you would likely enjoy using your blender drink as a carrier for some of your tonic herbs and superfoods.

Dragon Herbs offers many “Drops,” “eeTee” powders, and “superfood” powders that obviously can be used in blender drinks. These types of products are practically *made for blending*. Use them freely to fortify your blender drink. You will find these potent tonic herbs and superfoods listed on this page and described fully throughout this catalog. Add a scoop of **Brazilian Magic** or **Tonic Alchemy** to every nutritional blast you make, or mix them up. A squirt or two of **22 Reishis Drops**, **Ginseng Sublime** or **Eight Immortals** into your blender beverage can change your life. **eeTee™ Powders** are raw herb and superfood juice extracts that have been vacuum dried — they also dissolve directly into the liquid. Why not quadruple the benefits of your blender drink by taking the extra 10 seconds needed to add these extraordinary tonic herbs and superfoods.

In addition, virtually all Dragon Herbs capsules can be added to blender drinks — you don’t even have to empty them out of the capsules. First, Dragon Herbs capsules are filled with powdered *extracts*. These are NOT just dried herbs, ground into a powder. The constituents have been fully *extracted* and are totally soluble in a liquid beverage. And Dragon Herbs uses very special capsules called “PlantCaps®.” PlantCaps are certified 100% vegan — they are made from fermented non-GMO tapioca. They dissolve *instantly* when put into a blender, so that the encapsulated extract powder can be dissolved into the smoothie or blender blast — and the tapioca is actually nutritionally beneficial as a prebiotic. Within 2 seconds there is no trace of the capsule, and within 3 or 4 seconds the extract is blended with the rest of the smoothie.

So, just select your capsule from one of our premium lines and toss in the number of capsules you like. Say you wish to consume **Shilajit**, the great and famous Ayurvedic tonic “herb.” Dragon Herbs offers Shilajit as an extracted powder in capsules. The recommended dose is 2 capsules. You can simply put 2 capsules of **Shilajit** into the blender (with your nut milk, veggies, fruits, seeds, ice, or whatever) and blend. In a matter of seconds, your blast drink has become a true elixir!



## Dragon Herbs lines especially suited to blender beverages

- **eeTee™** — powders made by a special technology (pressure-vacuum oscillation) that juices the herbs and superfoods without heating. These herb juices are virtually identical to the raw herb, fruit or vegetable.
- **Dragon Drops™** — Superior grade herbal tinctures made from the most powerful tonic herbs in the world. Just squirt into your blender drink as desired.
- **Single Herb** — encapsulated series
- **Signature** series — blends of the world's most powerful tonic herbs
- **Classic Tonic** series — traditional formulations
- **Superfoods** series — all of which are truly made for the blender, such as **Tonic Alchemy™**, **Brazilian Magic™**, **Never Say Die™** (made from plants people cannot kill) powder or syrup, **ProGreens™** Fermented Green Foods, **Activated Curcumin** powder, **Beet** powder and so on — you get the point.
- **Nutraceutical** series — those capsules produced in PlantCaps® such as **Super Pill No. 1**, **Super Pill No. 2**, **Baicalin**, and so on
- **Nutraceutical Herbal** series — those capsules produced in PlantCaps®

In other words, include herbs and superfoods in your blender beverage that you cannot otherwise include in a smoothie. Make your blender drink much more potent!



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# Magu's Treasure

## Skin Care Line

Dragon Herbs new skin care line, **Magu's Treasure**, continues the company's mission of promoting glowing health and beauty as a way of good living and healthy life style. The products range from handcrafted botanical soaps with major tonic herbs, to Manuka honey infused lotions, to Reishi spore oil enriched sera and cream. When combined with our Tonic Herbs, our goal is to help tone glowing health and beauty from inside and out.

### Handcrafted Botanical Soaps

Dragon Herbs Handcrafted Botanical Soaps add traditional Chinese herbs and plants on top of a nourishing all natural base, consisted of Organic olive oil, Organic flaxseed oil, Organic coconut oil, Organic raw shea butter and Manuka honey. This nourishing base provides ultimate cleansing and moisturization to the skin. Then we enrich these soaps further by infusing them with a tonic botanical herb of Magu's choice to make one of a kind in the world.

#### Handcrafted Schizandra Soap



Schizandra, a.k.a. *Wu Wei Zi*, is revered as an elite beauty tonic in Asia, due largely to its ability to lock moisture into the skin and give the skin a fuller and radiant look. With its five flavors, Schizandra tonifies the corresponding five elements within the body and mind. We added a mixture of essential lemon, orange, and coriander oil making the bar nourishing, penetrating inward and refreshing emanating outward.

#### Ingredients

**Herbal** — Schizandra fruit extract powder.

**Base** — Saponified Organic olive oil, Organic flaxseed oil, Organic coconut oil, Organic raw shea butter, Manuka honey, Sodium hydroxide, Water.

**Essential Oil** — Lemon, orange, and coriander essential oils.

**Decoration** — Rose petals.

**Specifications** — 4 oz bar.



Schizandra Teeguarden, Ron and Yanlin's daughter, enjoys the evening air. Currently studying at NYU Stern, she spends her summers developing her skills at Dragon Herbs. Her friends call her "Tee." She recently developed Dragon Herbs Herbal Soaps, guided by her dad Ron, her mom Yanlin and her mentor Lucy Li. The soaps are made with organic super tonic herbs like Schizandra fruit, Ginseng, Reishi mushroom and Gynostemma leaf, and they feature New Zealand Manuka Honey and beautiful essential oils.

#### Suggested Use

Apply generously on hands, body and face as a cleanser.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Schizandra Body Lotion, Shen Serum, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Schizandra supplements: *Magu's Treasure, Goji and Schizandra Drops, Schizandra capsules* to complete a holistic beauty regimen.

\$12.00

#9710

5

## Handcrafted Gynostemma Soap

Gynostemma, a.k.a. *Jiao Gu Lan*, is known as "miracle grass" in Asia, and its longevity function was scientifically proven by Japanese scientists back in the 70s. It is one of Dragon Herbs staple herbs in creating a tonic life style for our customers. This wonderful green herb helps skin age healthily and beautifully. We scented the bar with the essential oil from *Litsea cubeba*, a mountain pepper from Asia, also an evergreen plant to accompany the ever young Gynostemma.



### Ingredients

**Herbal** — Gynostemma leaf extract powder.

**Base** — Saponified Organic olive oil, Organic flaxseed oil, Organic coconut oil, Organic raw shea butter, Manuka honey, Sodium hydroxide, Water.

**Essential Oil** — *Listea cubeba* essential oil.

**Decoration** — *Lemon verbena* leaf.

**Specifications** — 4 oz bar.

### Suggested Use

Apply generously on hands, body and face as a cleanser.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Gynostemma Body Lotion, Jing Serum, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Gynostemma supplements, *Spring Dragon Longevity Tea, Spring Dragon Longevity Drops, Gynostemma* capsules to complete a holistic beauty regimen.

\$12.00

#9711

5



## Handcrafted Ginseng Soap

Chinese Ginseng is the most prestigious among all botanical tonics. It is a great Qi tonic and a super adaptogen to shield against daily stress and damage to your skin from the environment. Numerous scientific studies have shown Ginseng's amazing anti-stress, reparative and nourishing functions on human skin and ginseng is used topically by millions of people in Asia to make the skin soft and resilient. The mix of Frankincense, Vetiver and Ho Wood essential oils into this bar, and poppy seeds scrubbing topping, makes it a neutral skin care item for men too.



### Ingredients

**Herbal** — Organic ginseng extract powder.

**Base** — Saponified Organic olive oil, Organic flaxseed oil, Organic coconut oil, Organic raw shea butter, Manuka honey, Sodium hydroxide, Water.

**Essential Oil** — Frankincense, Vetiver, and Ho Wood essential oils.

**Decoration** — Poppy seeds.

**Specifications** — 4 oz bar.

### Suggested Use

Apply generously on hands, body and face as a cleanser.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Gynostemma or Schizandra Body Lotion, Qi Serum for Men, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Ginseng supplements, such as *Ginseng Drops, Qi Drops, Kinetic Ginseng* capsules, to complete a holistic beauty regimen.

\$12.00

#9712

5



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Three Treasure Dermal Serum

Dragon Herbs believes the Three Treasures of tonic herbalism, Jing, Qi, Shen, should be equilibrated throughout our body, mind, and environment. Therefore, besides creating comprehensive tonic supplements, we are expanding this philosophy into our dermal sera to nourish the largest organ in our body, the skin. We also enriched the formula with 100% pure **Reishi Spore Oil** to make this dermal sera a supreme skin nutritive protector. All sera are packaged in Miron Violet Glass Apothecary Bottles to enhance the bio-energy and prevent deterioration of function of the products.

## Jing Dermal Serum

This dermal elixir was blended using the most traditional Jing herbs, to give skin the essence it needs for healthy growth and metabolism. The star tonic element is New Zealand Deer Placenta. With a rich natural hyaluronic acid content of over 300mg/kg, the New Zealand Deer Placenta is a nourishing replenishment to any skin type. Check the ingredients – **Jing Dermal Serum** is nothing short of remarkable! Goji polysaccharides, resveratrol, silk amino acids and Dead Sea salt make this serum sublime.

### Ingredients

**Herbal** — Pure Reishi Spore Oil, Deer Placenta extract powder, Goji Polysaccharides extract powder, He Shou Wu extract powder, 99% resveratrol extract powder.

**Base** — Deionized water, Aloe Vera (*Aloe barbadensis*) leaf juice, Glycerin, Sodium PCA, Cetrimonium chloride, Panthenol (Pro-Vitamin B5), Silk amino acids, *Calendula officinalis* flower extract, *Chamomilla recutita* flower extract, *Symphytum officinale* root extract, Cucumber (*Cucumis sativus*) fruit extract, Ascorbic acid (Vitamin C), Dead Sea salt, Polysorbate 20, Carbomer, Triethanolamine, Tetrasodium EDTA, Dimethicone copolyol, Phenoxyethanol, Ethylhexylglycerin, Caprylyl glycol, Hexylene glycol, Biopeptide collagen, Biopeptide elastin.

**Essential Oil** — Yuzu fragrance oil.

**Specifications** — 1 fl. oz.

### Suggested Use

Apply generously on face and neck after cleansing, before moisturizing.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Gynostemma Handcrafted Soap, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Jing supplements: *Eternal Jing, Super Jing, Deer Placenta capsules, Goat Placenta capsules*, to complete a holistic beauty regimen.

\$82.00

#9701



## Qi Dermal Serum

This dermal elixir was blended using Schizandra, 80% Gypenosides from Gynostemma, and Fucoxanthin from Laminaria to create a rejuvenating formula for the skin. Schizandra locks moisture to the skin, Gynostemma and Fucoxanthin fend off harmful oxidative stress. Thus provides a natural shield for a healthy radiant skin.

### Ingredients

**Herbal** — Pure Reishi Spore Oil, Schizandra extract powder, 80% Gypenosides extract powder, Fucoxanthin extract powder.

**Base** — Deionized water, Aloe Vera (*Aloe barbadensis*) leaf juice, Glycerin, Sodium PCA, Cetrimonium chloride, Panthenol (Pro-Vitamin B5), Silk amino acids, *Calendula officinalis* flower extract, *Chamomilla recutita* flower extract, *Symphytum officinale* root extract, Cucumber (*Cucumis sativus*) fruit extract, Ascorbic acid (Vitamin C), Dead Sea salt, Polysorbate 20, Carbomer, Triethanolamine, Tetrasodium EDTA, Dimethicone copolyol, Phenoxyethanol, Ethylhexylglycerin, Caprylyl glycol, Hexylene glycol, Biopeptide collagen, Biopeptide elastin.

**Essential Oil** — Yuzu fragrance oil.

**Specifications** — 1 fl. oz.

### Suggested Use

Apply generously on face and neck after cleansing, before moisturizing.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Gynostemma/Schizandra Handcrafted Soap, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Qi supplements: *Goji and Schizandra Drops, Qi Drops, Schizandra capsules* to complete a holistic beauty regimen.

\$82.00

#9702



## Qi for Men Dermal Serum

**Qi for Men** is a most comprehensive natural Yang tonic for the skin. The elixir starts with Kings of the herbs, Chinese ginseng and Deer Antler tips, adding Tongkat Ali tonic, creating a traditional health boosting basis for the skin. Then we add modern extracts of Astragaloside IV and 99% resveratrol compounds to create a scientific reparative scheme for the skin against the harsh environment. This formula provides ultimate protection for every man's skin.

### Ingredients

**Herbal** — Pure Reishi Spore Oil, Wild Chinese ginseng extract powder, Deer Antler tips extract powder, Tongkat Ali herb extract powder, Astragaloside IV extract powder, 99% Resveratrol extract powder,

**Base** — Deionized water, Aloe Vera (*Aloe barbadensis*) leaf juice, Glycerin, Sodium PCA, Cetrimonium chloride, Panthenol (Pro-Vitamin B5), Silk amino acids, *Calendula officinalis* flower extract, *Chamomilla recutita* flower extract, *Symphytum officinale* root extract, Cucumber (*Cucumis sativus*) fruit extract, Ascorbic acid (Vitamin C), Dead Sea salt, Pylsorbate 20, Carbomer, Triethanolamine, Tetrasodium EDTA, Dimethicone copolyol, Phenoxyethanol, Ethylhexylglycerin, Caprylyl glycol, Hexylene glycol, Biopeptide collagen, Biopeptide elastin.

**Essential Oil** — Yuzu fragrance oil.

**Specifications** — 1 fl. oz.

### Suggested Use

Apply generously on face and neck after cleansing, before moisturizing.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Ginseng Handcrafted Soap**, **Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Yang supplements: all *Ginseng Drops*, *Deer Antler Drops*, *TomKat* capsules, to complete a holistic beauty regimen.

**\$82.00**

#9703

33



## Shen Dermal Serum

This **Shen Dermal Serum** is a dermal elixir suitable for women of all age groups (men can use it too). It is a beauty tonic used for thousands of years in imperial courts throughout Asia, combining Himalayan Snow Lotus and Freshwater Pearl powder. Pearl's legend of being the ultimate beauty tonic has been proved with modern science. Snow Lotus grows at an altitude above 18,000 feet and is a natural adaptogen for the skin. This elixir blend will give your skin the best natural radiance.

### Ingredients

**Herbal** — Pure Reishi Spore Oil, Pearl powder, Snow Lotus extract powder.

**Base** — Deionized water, Aloe Vera (*Aloe barbadensis*) leaf juice, Glycerin, Sodium PCA, Cetrimonium chloride, Panthenol (Pro-Vitamin B5), Silk amino acids, *Calendula officinalis* flower extract, *Chamomilla recutita* flower extract, *Symphytum officinale* root extract, Cucumber (*Cucumis sativus*) fruit extract, Ascorbic acid (Vitamin C), Dead Sea salt, Pylsorbate 20, Carbomer, Triethanolamine, Tetrasodium EDTA, Dimethicone copolyol, Phenoxyethanol, Ethylhexylglycerin, Caprylyl glycol, Hexylene glycol, Biopeptide collagen, Biopeptide elastin.

**Essential Oil** — Yuzu fragrance oil.

**Specifications** — 1 fl. oz.

### Suggested Use

Apply generously on face and neck after cleansing, before moisturizing.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Schizandra Handcrafted Soap**, **Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Shen supplements: *Supreme Shen Drops*, *8 Immortals Drops*, *Pearl Shen*, *Magu's Treasure*, *Snow Lotus eeTee*, *Pearl Powder* capsules to complete a holistic beauty regimen.

**\$82.00**

#9704

33



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Reishi Spore Oil

### Moisturizing Face Cream

Reishi Spore Oil is the ultimate essence of Reishi. It is extracted by cracking Reishi spores to make it easily absorbed by the body, including skin. Reishi is the symbol for longevity in Asian history; and its active constituents and function in immune boosting and health promoting has been proven using modern research. By adding Reishi spore oil into a rich natural oil base, we created a one of a kind face cream for everyday use for every skin type.



#### Ingredients

**Herbal** — Pure Reishi Spore Oil.

**Base** — Deionized water, Apple (*Pyrus malus*) extract, Glycerin, Caprylic/Capric Triglycerides, C12-15 Alkyl Benzoate, Glyceryl stearate, PEG-100 stearate, Shea Butter (*Butyrospermum parkii*), Octyldodecyl ricinoleate, Cyclohexasiloxane, Sodium polyacrylate, Dimethicone, Cyclopentasiloxane, Trideceth-6, PEG/PPG 18/18 Dimethicone, Cetyl alcohol, Linoleic acid, Linolenic acid, Tocopherols, Aloe Vera (*Aloe barbadensis*) leaf juice, Algae (*Undaria pinnatifida*) extract, Pomegranate (*Punica granatum*) fruit extract, Grape (*Vitis vinifera*) seed extract, Carrot (*Daucus carota*) seed extract, Hydroxyethyl cellulose, Polyglyceryl-3 diisostearate, Tetrasodium EDTA, Benzophenone-4, Phenoxyethanol, Hexylene glycol, Caprylyl glycol, Ethylhexylglycerin.

**Essential Oil** — Yuzu fragrance oil

**Specifications** — 1 fl. oz.

#### Suggested Use

Apply generously on face and neck after cleansing and serum.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Schizandra/Gynostemma/Ginseng Handcrafted Soap, Jing/Qi/Shen/Qi for Men Serum** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Reishi supplements: all *Reishi Drops*, *Reishi Spore Oil* capsules, *Duanwood Reishi* capsules, to complete a holistic beauty regimen.

\$72.00

#9705

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## Magu's Oil

### Super-Oil Dietary Supplement for Women



This oil may be used by women as a female tonic. It is composed of the great herbal oils that can benefit every woman.

**Ingredients** — Schizandra Oil, Reishi Spore Oil, Dang Gui Oil, Ligusticum Oil, Ginger Oil, Cinnamon Oil, , Goji Oil, Sea Buckthorn Oil

**Specifications** — 1 oz. dropper bottle

**Usage** — 1 to 2 squirts per day in a smoothie or blender drink. Use on the body or hair. Primarily for women.

\$36.00

#4510

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Coming Soon

### Beauty from Within

Many tonics promote beauty from within. Here are a few that are of specific interest

#### Capsules

- Magu's Secret™
- Pearl Powder
- Magu's Treasure™
- Love Goddess Elixir™

#### Dragon Drops

- Goji and Schizandra™ Drops

#### Instant Granules for tea or blender

- Snow Lotus Beauty eeTee™
- Longan eeTee™



# Magu's Treasure Body Lotions

Like our handcrafted soaps, our body lotions are infused with tonic herbs adding skin tonifying effect on top of pure moisturization. **Magu's Treasure Body Lotions** use natural botanical oil base from safflower seeds, shea butter, aloe vera, calendula, chamomile, and others, making it a nourishing tonic for all types of skin.

## Gynostemma Body Lotion

Dragon Herbs incorporates gynostemma leaf extract in our teas, tinctures, tonics and super foods. Now, we incorporate this extract into this natural botanical oil base to make a body lotion that would tonify the outside skin layer of our bodies just like it tonifies our organs inside. Gynostemma leaf contains a broad range of gypenosides, which cleans, defends, and nourishes the skin by activating miraculous signaling pathways throughout our body cells, including our skin cells.

### Ingredients

**Herbal** — Gynostemma leaf extract powder.

**Base** — Deionized water, Safflower (*Carthamus tinctorius*) seed oil, Isopropyl myristate, Glycerin, Stearic acid, Cetyl alcohol, Glyceryl stearate, Shea Butter (*Butyrospermum parkii*), Dimethicone, Tocopheryl (Vitamin E) acetate, Reitnyl (Vitamin A) palmitate, Tetrahexyldecyl ascorbate (Vitamin C), Aloe Vera (*Aloe barbadensis*) leaf juice, *Calendula officinalis* flower extract, *Chamomilla recutita* flower extract, *Symphytum officinale* root extract, Cucumber (*Cucumis sativus*) fruit extract, Carbomer, Xanthan gum, Triethanolamine, Phenoxyethanol, Hexylene glycol, Caprylyl glycol, Ethylhexylglycerin.

**Essential Oil** — Yuzu fragrance oil.

**Specifications** — 8 fl. oz.

### Suggested Use

Apply generously on skin throughout the body.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Gynostemma Handcrafted Soap, Jing/Qi/Shen/Qi for Men Serum, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Gynostemma supplements, *Spring Dragon Longevity Tea*, *Spring Dragon Longevity Drops*, *Magu's Secret* or *Magu's Treasure* capsules, *Gynostemma capsules* to complete a holistic beauty regimen.

\$28.00

#9707



## Schizandra Body Lotion

Like Gynostemma, we love Schizandra in our products, because its rich tonic compounds regulate multiple signaling pathways throughout our body cells; making it one of the best tonic herbs in the world. We add Schizandra fruit extract into this rich creamy body lotion, so it would provide a five-elements-balanced, moisture holding, and health promoting blend for your body.

### Ingredients

**Herbal** — Schizandra fruit extract powder.

**Base** — Deionized water, Safflower (*Carthamus tinctorius*) seed oil, Isopropyl myristate, Glycerin, Stearic acid, Cetyl alcohol, Glyceryl stearate, Shea Butter (*Butyrospermum parkii*), Dimethicone, Tocopheryl (Vitamin E) acetate, Reitnyl (Vitamin A) palmitate, Tetrahexyldecyl ascorbate (Vitamin C), Aloe Vera (*Aloe barbadensis*) leaf juice, *Calendula officinalis* flower extract, *Chamomilla recutita* flower extract, *Symphytum officinale* root extract, Cucumber (*Cucumis sativus*) fruit extract, Carbomer, Xanthan gum, Triethanolamine, Phenoxyethanol, Hexylene glycol, Caprylyl glycol, Ethylhexylglycerin.

**Essential Oil** — Yuzu fragrance oil.

**Specifications** — 8 fl. oz.

### Suggested Use

Apply generously on skin throughout the body.

Combine with Dragon Herbs recommended Magu's Treasure Skin Care products: **Schizandra Handcrafted Soap, Jing/Qi/Shen/Qi for Men Serum, Reishi Spore Oil Face Cream** to complete a daily skin care routine.

Combine with Dragon Herbs recommended Schizandra supplements: *Magu's Secret* or *Magu's Treasure* capsules, *Goji and Schizandra Drops*, *Schizandra* capsules to complete a holistic beauty regimen.

\$28.00

#9706



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Ahh Natural Spa Products

## Ahh Natural Hot Tub Kit

The **Ahh Natural Hot Tub Kit** turns your hot tub or spa water into a naturally therapeutic mineral bath. This product allows you to soak, chemically and toxin free, while restoring your hot tub spa water to its natural balance. The Ahh Natural system, based on the Ahh Natural Mineral Mesh Tea Bag, is a people-safe, environmentally friendly alternative to traditional toxic chemical sanitizers. This easy-to-use natural hot tub maintenance product is based upon over ten years of research and development and the same advanced technology commonly used in the water purification industry.



Naturally occurring minerals work continuously in a 16" x 16" mesh tea bag to absorb organic materials and purify hot tub or spa water for up to one year or more, depending on use. This kit economically and safely aids in the prevention of water troubles and supports clean and skin-healthy water recovery. Ron and Yanlin Teegarden have used this system in their own home spa for over five years with delight.

Included in the Ahh Natural Spa Kit are:

- 16" x 16" Ahh Natural Mineral Mesh Tea Bag
- 6 lbs. of ancient sea salt for seasonal changes of water;
- Natural pH management products to support health balance beneficial to skin: Ahh Up (baking soda) and Ahh Down (vitamin C)
- Instruction pamphlet

**\$299.00**

#1330

60

## Spa Perfect Enzymes

A naturally preventative product added to hot tub spa water to prevent the build-up of products that may prevent perfect water clarity.

**\$32.00**

#1332

7

## Ahh-Some®

**Hot Tub Jet & Plumbing Cleaner Purge**



A non-toxic, all natural cleansing solution for the maintenance of hot tub and spa jets.

Specifications — 2 oz.

**\$29.99**

#1333

6

## Filter Soak

A natural, non-toxic solution for the necessary periodic deep cleaning of hot tub filters.

**\$35.99**

#1334

7





# Water The Way Nature Intended

The Non-Toxic Hot Tub Solution



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(888) 55 - TONIC (86642)

A decorative banner at the top of the page features a central image of a glass teapot filled with tea, flanked by two piles of dried tea blends. The blends on the left include orange and dark leaves, while the one on the right includes roots and other botanicals.

# Tonic Bliss Teas

Each of the **Tonic Bliss Teas** is headed by one or more super-exotic major tonic herbs. The tonic herbs have been blended with blissfully delicious teas, flowers and herbs sourced by Dragon Herbs from around the world. These teas make tonic herbalism wonderfully enjoyable. They are all-natural. Use them in your **Desktop Botanical Garden** tea pot all day long! Since these are delicious teas made for your enjoyment, each description includes a short description of the flavor profile.



Ron and Ms. Lin examine Goji on the Goji plantation in Heaven Mountain



## Agaricus Tonic Bliss Tea

**Agaricus** is traditionally known as “God’s Mushroom” because of its wide range of health benefits, Agaricus supports immune system functions. It is a gentle tonic herb that has no side effects.

**Aroma and Flavor** — Smooth Spices from the Indian subcontinent shine through. Aromatic and earthy notes make for a complex depth of flavor.

**Ingredients** — *Agaricus blazei*, black tea, rooibos tea, fenugreek seed, clove, allspice, anise seed, cocoa nibs, *Momordica grosvenori*, cardamom pods, roasted maté, coconut, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Cistanche Drops, Sweetfruit Drops**

1 oz - **\$6.99** #18058

4 oz - **\$19.00** #8058



## Astragalus Tonic Bliss Tea

**Astragalus** has been used for over 2000 years to strengthen the body as a whole. It is believed by the Oriental people to strengthen muscle and support metabolic functions.

**Aroma and Flavor** — Subtly sweet with notes of green tea, forest trees and coconut.

**Ingredients** — Astragalus, green tea, coconut, cornflower, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Chrysanthemum FITT, Albizia Shen Drops**

1 oz - **\$6.99** #18059

4 oz - **\$19.00** #8059



## Cordyceps Tonic Bliss Tea

**Cordyceps** is used to strengthen the body and mind at a fundamental level. It is said to be able to increase the “primary motive force for life activities”, and contains both Yin and Yang attributes.

**Aroma and Flavor** — Energizing, full earthy bodied black tea with a light, fruity sweetness.

**Ingredients** — Cordyceps (vegan, brown rice-grown), black tea, papaya, jasmine flower, marigold petals, *Momordica grosvenori*, natural flavor

**Specifications** — 3 oz.

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Bhutanese Wild Cordyceps Drops, Qi Drops**

1 oz - **\$6.99** #18060

3 oz - **\$19.00** #8060



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Dendrobium Tonic Bliss Tea

This tea is headed by **Dendrobium** orchid pods that help restore spent Jing. By the time you are done drinking a pot of **Dendrobium Tonic Bliss Tea**, the *Jing* you spent last night or earlier in the day will have been replenished!

**Aroma and Flavor** — Dreamy lavender aroma, strong yet pleasant lavender taste nuanced with subtle bitters, peaches and cream. Very “shen-y” and restorative.

**Ingredients** — Dendrobium orchid pods, lavender, rose petals, marigold, cornflower, organic apple, *Momordica grosvenori*, papaya, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Heaven Mountain Goji Berries, Longan FITT**

1 oz - **\$12.99** #18061

3.5 oz - **\$35.00** #8061



## Deer Antler Tonic Bliss Tea

This is a delicious way to drink **Deer Antler** as a tea.

**Aroma and Flavor** — Tangy citrus flavor, slightly gamey with earthy notes and a chocolate finish.

**Ingredients** — Deer Antler Tips (top 1 inch), rooibos tea, cocoa nibs, orange peel, safflower, *Momordica grosvenori*, rosehips, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Dew Drops, He Shou Wu FITT**

1 oz - **\$14.99** #18062

3 oz - **\$39.00** #8062



## Ginseng Tonic Bliss Tea

**Ginseng** is the “king of herbs,” but is suited to women and men, young and old. Boosts *Qi*. Blended with beautiful tasting spices, flowers and fruits, it is delicious and powerful.

**Aroma and Flavor** — Bold fruity flavor, lightly sweet with hints of bitters and a tart finish. Great aroma!

**Ingredients** — Panax Ginseng Beard, hibiscus, apple, peach apricot, marigold, papaya, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Ginseng Sublime Drops, Goji & Schizandra Drops**

1 oz - **\$9.99** #18063

3 oz - **\$26.00** #8063



## Goji Leaf Tonic Bliss Tea

Goji berries are famous, and the leaves of the Goji bush are almost equally powerful as a super-tea. **Goji Leaf** nurtures Jing, Qi, Shen and blood, improves blood circulation, lifts one's spirit and supports good mood.

**Aroma and Flavor** — Bright vegetative and tropical fruit flavors. Sublime aroma!

**Ingredients** — Goji Leaf, yerba mate, rose petals, cornflower, cranberries, sage, safflower, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Chrysanthemum FITT** or **flowers**, **Heaven Mountain Goji Berry**

1 oz - **\$7.99**

#18064

4 oz - **\$21.00**

#8064

6



## Lion's Mane Tonic Bliss Tea

**Lion's Mane** is a mushroom used by the wise ones of the Orient to enhance mental power. It is considered to be brain tea.

**Aroma and Flavor** — Sweet, slightly savory, and a little spicy. Great choice for those who like gingerbread and apple cider!

**Ingredients** — Lion's Mane mushroom, white tea, cinnamon, raisins, coconut, apple, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Longan FITT**, **Albizia Shen Drops**

1 oz - **\$7.99**

#18065

3 oz - **\$22.00**

#8065

6





## Coffee Cherry Tonic Bliss Tea

**Cascara** is the red fruit of coffee, or “coffee cherry.” Coffee cherry is widely consumed in some coffee growing countries as an herbal tea. It contains about 25% of the caffeine of roasted coffee and is a powerful antioxidant.

**Note** — “Cascara” from coffee is different from *Cascara sagrada* tea, a powerful plant-based laxative that is not included in this tea.

**Aroma and Flavor** — Bright, tart, and floral flavor. Sweet with a little bite.

**Ingredients** — Cascara, Longan Fruit, *Momordica grosvenori*

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Schizandra FITT, Goji & Schizandra Drops**

1 oz - **\$6.99** #18066

4.5 oz - **\$19.00** #8066



## Red Shuan Reishi Tonic Bliss Tea

The extremely rare tiny variety of red Reishi that grows in Himalayan pine forests known as **Red Shuan Reishi** has been used as a tonic, in teas and as a superfood since the dawn of Himalayan culture. Blended with black tea and spices for a spiritual boost.

**Aroma and Flavor** — Creamy and sweet with an earthy body. Just great!

**Ingredients** — Red Shuan Reishi, black tea, coconut, orange peel, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Supreme Shen Drops, Duanwood Reishi Drops**

1 oz - **\$6.99** #18067

3 oz - **\$19.00** #8067



Shaolin Temple – old temple ruins dating back centuries







## Schizandra Tonic Bliss Tea

**Schizandra berry** is the quintessence of tonic herbs. It is very interesting tasting, with five distinct flavors, and tonifies all the functions of the body and mind. This might be called a Schizandra chai spice tea. Beauty, love, energy, calm.

**Aroma and Flavor** — Tart, crisp, and sweet with an earthy spice.

**Ingredients** — Schizandra berries, organic rooibos tea, apple, cinnamon, pink pepper, clove, *Momordica grosvenori*, allspice, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Goji & Schizandra Drops, Never Say Die Syrup**

1 oz - **\$6.99**

#18068

3 oz - **\$19.00**

#8068



## Snow Lotus Tonic Bliss Tea

**Snow Lotus** is one of the "three treasures" of the Himalayas. The flower blooms above the snowline, 3 miles above sea level, just once every 5 years. It is adaptogenic, tonic, purifying, beautifying. This is a beauty tea.

**Aroma and Flavor** — Comfortable, creamy, and sweet. Reminiscent of bread pudding.

**Ingredients** — Snow Lotus, white tea, cinnamon, rose petals, safflower, cranberries, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **American Ginseng Drops**

1 oz - **\$7.99**

#18069

3 oz - **\$21.00**

#8069



## Shilajit Tonic Bliss Tea

**Shilajit** is one of the great dietary substances of the earth. It detoxifies and is a strong tonic. It boosts energy and clears the mind.

**Aroma and Flavor** — Smoky and chocolatey. A little sweet and wonderfully aromatic. This is far and away the best Shilajit tea on earth!

**Ingredients** — Shilajit, black tea, cocoa bits, cardamom, *Momordica grosvenori*

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — **Cistanche Drops, He Shou Wu FITT**

1 oz - **\$6.99**

#18070

4 oz - **\$19.00**

#8070



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Qi Tonic Bliss Tea

Builds Qi (vitality and defense), and improves metabolism and digestion.

**Aroma and Flavor** — Mildly sweet with an earthy body and a creamy berry flavor.

**Ingredients** — Codonopsis, Atractylodes, Poria, Licorice, green tea, rosehips, juniper berries, raisins, cornflower, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — Qi Drops, Astragalus FITT

1 oz - \$7.99 #18071

5 oz - \$21.00 #8071



## Magu's Tonic Bliss Tea

An effective blood tonic that improves blood circulation. Builds Jing, especially for women.

**Aroma and Flavor** — Deep, rich and satisfying. Notes of chocolate and fruit with hints of spice.

**Ingredients** — Prepared Rehmannia, White Peony, Dang Gui root, Ligusticum, black tea, cranberry, cherry, cacao nibs, safflower, *Momordica grosvenori*, natural flavor

**Usage** — 2-3 teaspoons in 12 oz. of hot water

**Pairs well with** — Zizyphus Dreamzzz Drops, Longan FITT

1 oz - \$6.99 #18072

6 oz - \$19.00 #8072



The human body is only Jing, Qi and Shen. These are the Three Treasures. These Three Treasures are complete as a human being. In order to attain true health and happiness, you must value the Three Treasures. Without the three treasures you cannot live long, and deep attainment cannot be reached in a lifetime. The Three Treasures must not be wasted. They must be nourished and protected as one's life.

— Ancestor Lu (Lu Dongbin, one of the Taoist "Eight Immortals")



Gabriel Donovan, Dragon Herbs "Master of Taste" assists Ron on the development of most of the teas and elixirs made for our emporiums and elixir bars. He has a Master's Degree in Acupuncture and Oriental Medicine.

# Q&A

## Are your herbs safe?

Dragon Herbs offers hundreds of products that utilize hundreds of herbs, superfoods and nutraceuticals. We review every herb very carefully, and we are scrupulous in our research on these herbs in terms of safety. They are all considered safe when used appropriately as directed. We avoid all forms of synthetic or potentially cumulative or toxic additives. Not all herbs are suitable to all individuals, as all foods are not. Most people handle all these herbs with no problem, but occasionally someone may have a small issue with a product. In that case discontinue the product and consult your herbal advisor.

We use very pure ingredients — to our knowledge the best available. Most of our ingredients surpass the standards of organic certification and most meet kosher standards, although they may not be officially certified as such. They are grown in pristine and remote areas where there is little chance to encounter pollutants. Our factory is GMP certified, and meets or exceeds FDA standards.

## When should I take my herbs?

You may take the herbs 20-30 minutes before meals or at least one hour after eating. However, it suits some people's digestion to take their herbs with meals. Compliance is a critical principle of herbalism — if you don't take the herbs, they will not work. Taking the herbs consistently increases the efficacy of an herbal program considerably. Whether or not you mix them with food is less important. Some people feel that they "feel" the herbs best if consumed on an empty stomach. Others feel that the herbs are easier to digest on a full stomach. It is a good idea to establish some schedule for yourself and stick to it most of the time. Many people start their day with herbs and end their day with herbs. Remember the first rule of herbalism — compliance. If you take your herbs (any time during the day or night), they will work for you.

## How long before I will be able to tell a difference from the tonic herbs?

Everyone is different. Most clients report some positive changes in 1 to 6 weeks. Some people notice the changes sooner than this, others may take longer. There are some who feel them in a day or in a few days. Tonic herbs are NOT drugs and are not generally meant to be "felt" immediately. They are meant to have profound, long term benefits by altering bodily chemistry and energetics — this can take a while to take full effect. We suggest giving the tonic herbs 100 days to really experience them for yourself. The best effects are cumulative effects. You may look for a change in your tone of voice, improved skin tone and vibrancy, more life behind your eyes and an increased ability to face life and get on with it. You should experience more vitality, better sleep patterns, and better functioning in many areas of your life, depending somewhat on what tonic herbs you are consuming. All these effects are the changes associated with a great tonic program.

## I have been taking the same program of herbs for a while, and it works great. Should I try something else?

As your herbal program brings health, energy and balance to your body, mind and spirit, and your body regenerates and rejuvenates, your needs may change. You may also want to add or incorporate different herbs to meet the various demands and challenges of life or health as you grow and age. We encourage you to play, have fun, and explore the world of tonic herbs and superfoods. Our senior herbalists are always available to guide you through your process. Of course, if you are satisfied and doing well, you may wish to continue with your program indefinitely. We definitely have clients who have been on the same herbs or programs for decades and believe they are experiencing the benefits.

## Can you tell me if Chinese licorice is the same as Western licorice?

Chinese licorice is *Glycyrrhiza uralensis*, while the Western variety is *Glycyrrhiza glabra*. They are very similar, and are sometimes used interchangeably, but not by Dragon Herbs. Chinese licorice is widely considered to be milder and to have less of the constituents that may cause effects by those using it. The more significant difference is how the licorice is used. In western herbal traditions, licorice is used in larger dosages as a single herb. Chinese herbalists include small dosages of licorice in many formulations as a harmonizing agent. Research strongly suggests that this small amount of licorice root is safe and well below any safety threshold. All products with licorice root will have the licorice root listed in the ingredients in our packaging.



# Desktop Botanical Garden

## Herbs, Teas and Herbal Teas

The **Desktop Botanical Garden** (“DBG”) system is useless without great herbs and teas to brew. Dragon Herbs has spent decades building a repertoire of wonderful teas and fast brewing herbs to use in your DBG every day.

### Spring Dragon Longevity Tea

#### Among the Healthiest Teas on Earth

**Spring Dragon Longevity Tea** is Dragon Herbs’ flagship tonic tea. It is available in tea bags for easy preparation and ready consumption. It is adaptogenic, immune regulating, tonifying to the Lungs, Heart, Pancreas, Liver, Brain and Kidney. It was Dragon Herbs first offering and remains our flagship product. It is consumed around the world by thousands of people every day for its wonderful flavor and health benefits.

**Spring Dragon Longevity Tea** is a very special tea, unlike any other tea on the market. It is actually a classical form of an elixir that in China was literally called a “longevity tea.” **Spring Dragon Longevity Tea** has one main “bulk” or “raw” herb, **Gynostemma leaf**, plus 5 tonic herb extracts. Gynostemma is a remarkable herb known in Asia as “magical grass.” It has been reported to have a wide range of health-promoting benefits

In Asia, Gynostemma is considered to be:

- Invigorating (does not cause hyperactivity – not a stimulant)
- Calming (promotes a sense of peace – not a sedative)
- Antioxidant
- Immune-supporting in various ways – it may be consumed daily
- A respiratory tonic
- A digestive aid
- Gynostemma supports normal healthy functioning of the liver and cardiovascular organs and tissues.



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

Adaptogenic herbs help improve the efficiency of the metabolic, neurological, immunologic, respiratory and endocrine systems in normal healthy people. Prolonged consumption of Gynostemma supports the adaptive capacity of people at every level of their life.

#### Gynostemma has “double-direction” activity

Gynostemma supports physiological balance to the body under a wide range of stressful circumstances.

- 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 have a beneficial effect on the heart by supporting circulation.
- Gynostemma helps balance the body’s metabolism.
- 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 slim people to gain weight.

The main active ingredients in Gynostemma are known as saponins

- The saponins in Gynostemma are called gypenosides. There are over 140 gypenosides in Dragon Herbs’ Gynostemma.
- These gypenosides are the constituents responsible for the 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 people in South China. It was revered in the regions where it grew 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's 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.



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 on a long flight from San Francisco to Beijing. By coincidence (and ridiculous luck), he was seated on the flight next to Professor Xiao Peigen. Also, by "coincidence," Ron had a photocopied article written by Professor Xiao in his travel bag. The article was entitled "Anti-Aging Chinese Herbs." Xiao Peigen, 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 a few weeks later, Ron asked Professor

Xiao if he knew of any special tonic herbs with significant anti-aging health-promoting qualities — perhaps an herb that wasn't well known yet in the world market. Professor Xiao responded instantly that Gynostemma was exactly what Ron was looking for.

Gynostemma is traditionally consumed as a tea, just like green tea. It can be delicious as well. At the same time, Ron had come across a special, traditional Chinese method of brewing "longevity teas" by saturating extracted herbs into tea leaves. Ron decided to use this ancient technology to saturate Gynostemma leaves with a number of other tonic herbs that had traditional reputations as longevity herbs.

Yanlin and 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**, featuring a supersaturation technique that maximized the potency of the tea.

Soon thereafter, Ron and Yanlin met with a professor who was working as a manager in the Fujian province forestry service. His name, translated

into English, is Professor Field. Professor Field suggested to Ron and Yanlin that they grow Gynostemma in a fresh plot of land in the mountains. Ron and Yanlin loved the idea. They supported this new project and Professor Field found virgin land near the top of a remote mountainous peak known as Great Immortal Peak. Great Immortal Peak is part of Wuyi Mountain. Gynostemma grows wild on the fertile slopes of Great Immortal Peak (along with leopards, monkeys, wild boar, numerous types of snakes (some quite venomous) and many other kinds of wild animals). Ron asked Professor Field to find a place where the Gynostemma fields could be fed by a natural stream, and amazingly Professor Field, who knew the territory backwards and forwards, found the perfect location. The land was cleared the next year and Gynostemma has now been grown there for twenty one years. No chemical has ever been used on the land. There is no road leading to the land, just narrow, winding walking paths. The result is the sweetest, strongest Gynostemma imaginable.

## In Addition to Gynostemma

Five giants of the tonic herbal world are extracted into a syrup. This syrup is then evenly sprayed onto and into the freshly semi-dried Gynostemma leaf, which is then allowed to dry. When dry, the leaves are shredded into "tea cut" and bagged in a safe natural teabag material. Schizandra berries, Goji Berries, Astragalus root, Siberian Ginseng root, and Luo Han Guo goes into the concentrated syrup.

**Traditional Functions** — Adaptogenic, immune regulating, tonifying to the Lungs, Heart, Spleen/Pancreas, Liver and Kidney\*

**Ingredients** — Gynostemma (premium grade leaves only) infused with extracts of Luo Han Guo, Schizandra fruit, Goji fruit, Astragalus root, and Eleuthero (Siberian Ginseng) root

**Concentration** — Whole cut Gynostemma tea; concentrated herbal extract (typically 8:1)

**Specifications** — 20 teabags per box

**Usage** — Drink 1 – 3 tea bags a day, making from 1 to 10 cups of tea

\$9.00

#601



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(888) 55 - TONIC (86642)

145

# Herbal Blends

## for the Desktop Botanical Garden ("DBG")

### Blood Tonic Tea

Nourishing your blood is one of the keys to remaining healthy, beautiful and youthful. Women especially need to nourish their blood since blood loss is a fact of life. Older people also tend to require targeted blood nourishment. Strong blood is manifested in beautiful skin and hair, strong sensory organs and a cheerful mood. Certain tonic herbs can build blood.



**Blood Tonic Tea** is made from Longan fruit, Dang Gui and Goji berries, all great blood tonic herbs renowned for promoting healthy blood and beauty from within. For the perfect blood tonic tea, brew **Blood Tonic Tea** in a tea pot, then add **Longan eeTee™** before serving. Keep warm on a tea candle warmer. Drink daily.\*

**Ingredients** — Longan fruit and Dang Gui roots

**Usage** — Add 16 oz. (500 ml) water to the herb pack. Bring to a boil. Turn down the heat, add **Heaven Mountain Goji Berries™** 1 oz. (code #699, sold separately), simmer for 3-4 minutes. Add 1 tsp of **Longan eeTee™** (code #823) before serving hot. You may add **Xylitol** (code #687) or a sweetener of your choice. Repeat the process, add more Goji Berries, increase the brewing time if necessary until all flavors and active ingredients have been extracted. This herb pack can brew around 30-33 oz. of elixir.

**Longan eeTee™** sold separately

**\$3.00** #8050



**Precautions:** Only brew herbs in heat resistant glass or stainless steel. Do not use cast iron or aluminum.

### Energy Qi Tea

This is a REAL ENERGY tonic, not a mere stimulant.

American Ginseng, Astragalus root and Jujube date are three of the most powerful energy tonics in the world. Fortunately, these three herbs make a truly satisfying, delicious tea that can be consumed on a regular basis with nothing but benefits. It is made from premium grade herbs. It works from deep within to generate real, healthy energy, but will not disturb sleep. And this profound adaptogenic tea has many benefits beyond energy production.\*



**Ingredients** — Astragalus root, American Ginseng beard, Red Jujube Dates

**Usage** — Add 20-26 oz. (600-800 ml) water to the herb pack. Bring to a boil. Turn down the heat and simmer for 3-4 minutes. Add 1 teaspoon of **Astragalus eeTee** (code #819) and 2-4 dropperfuls of **House Ginseng** (code #022) (or **Ginseng Sublime** code #019) before serving. You may add **Xylitol** (code #687) or a sweetener of your choice. Repeat the process, increase the brewing time if necessary until all flavors and active ingredients have been extracted. This herb pack can brew around 40 oz. of elixir.

**Astragalus eeTee™** (sold separately), **House Ginseng Drops** (sold separately), **Ginseng Sublime Drops** (sold separately)

**\$4.00** #8051



### Bon Appetee™

Assist your digestion and assimilation by consuming this tea of time proven herbs. These gentle but powerful herbs have been used by billions of people throughout the ages to aid digestion before, after or between meals. We use premium herbs to make **Bon Appetee™**. And, it is delicious and satisfying.\*

**Ingredients** — Crataegus and Citrus peel

**Usage** — Add 20-26 oz. (600-800 ml) water to the herb pack. Bring to a boil. Turn down the heat and simmer for 3-4 minutes. Serve hot. You may add **Xylitol** (code #687) or a sweetener of your choice. Repeat the process, increase the brewing time if necessary until all flavors and active ingredients have been extracted. This herb pack can brew around 40 oz. of elixir.

**\$4.00** #8052



## Rejuvenation Tea

An ancient Taoist formula used to quickly replenish spent Jing. This formula is extremely effective at replacing lost body fluids. It has powerful anti-aging and regenerative qualities and is a superb skin and lung tonic. The main ingredient is Dendrobium, also known as Chinese Orchid. Dendrobium generates body fluids and is cooling in nature. It has traditionally been used by practitioners of the healing arts to help replenish vital energies spent in the process of their work. Also known as "Honeymooners Tea", it is useful for those engaging in frequent sexual activity. **Healers Tea** is naturally rich in trace minerals electrolytes, making **Rejuvenation Tea** a great post-workout drink that is far superior to Gatorade. It is quite delicious and refreshing and tastes great ice cold.\*

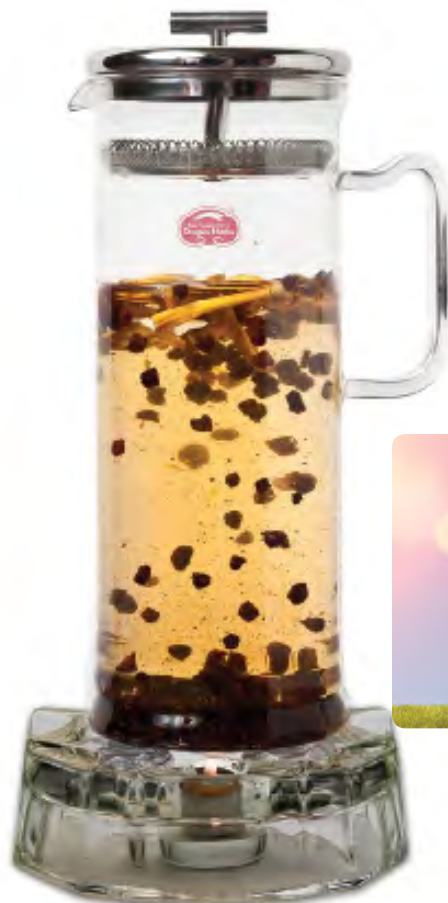
**Ingredients** — Schizandra and Dendrobium pod and stem

**Usage** — Heat the herb pack and 20-26 oz. (600-800 ml) of water in a pot. Once boiling, turn down the heat and simmer for 3-4 minutes. Add 1 elixir pouch (4 oz.) of **Healer's Tea** (code #704) and bring to a boil again. Serve hot or warm. You may add **Xylitol** (code #687) or a sweetener of your choice. Repeat the process, increase the brewing time if necessary until all flavors and active ingredients have been extracted. This herb pack can brew around 35 oz. of elixir.

**Healer's Tea** (sold separately)

\$3.00

#8053



## Beauteeee™

Herbs can have a profound influence on how we look. Chinese women have learned through the centuries which herbs promote beautiful skin, radiant eyes and gorgeous hair. **Beauteeee™** is made from renowned and proven herbs known to promote true beauty from within. These herbs purify the blood, build red blood cells, improve circulation at the surface of the body, tonify and clear the skin, nourish the hair and clear the eyes. Drink this tea regularly to restore and maintain your beauty.\*



**Ingredients** — Coix, Rose flowers, White peony, Dang Gui and Red Jujube Dates

**Usage** — Add 20-26 oz. (600-800 ml) water to the herb pack. Bring to a boil. Turn down the heat, add **Heaven Mountain Goji Berries™** 1-2 oz. (code #699), simmer for 3-4 minutes. Serve hot or warm. You may add **Xylitol** (code #687) or a sweetener of your choice. Repeat the process, add more Goji Berries, increase the brewing time if necessary until all flavors and active ingredients have been extracted. This herb pack can brew around 40 oz. of elixir.

**Goji** (sold separately)

\$4.00

#8054



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Herbs for the Desktop Botanical Garden (“DBG”) Raw Bulk Herbs

## Heaven Mountain™ Goji Berries

No herb is more fundamental to one’s daily DBG tea than Goji berries. An ounce or two in the DBG will continue producing delicious tea all day long. This is an herb that has traditionally been consumed as tea and may be consumed every day for a hundred great benefits.

**Heaven Mountain™ Goji Berries** are the best Goji berries in the world, grown in the pristine, previously virgin foothills of the second tallest mountain in the world. Irrigation is 100% natural via snow pack and glacial melt. No chemicals are used and the berries are packaged fresh to maintain moisture and nutrition. They’re super delicious.



**Ingredient** — Heaven Mountain™ Goji Fruit

**Specifications** — 8 oz.

**Usage** — Add a handful to the DBG pot and allow to steep for several minutes. Drink throughout the day. You may combine Goji berries with almost any other herb or tea.

**\$12.49** #699



Jimmy Telles and our controller and China-procurement manager Wendy Chen give thanks outside of the cave where Bodhidharma invented both Zen meditation and Kung Fu about 1500 years ago. The cave is on the grounds of the Shaolin Temple.

## Organic Changbai Mountain Schizandra Fruit

Schizandra berries grow on a volcano in Manchuria known as Changbai Mountain. The remote mountain is protected, pristine and pure. The mineral water that nurtures the forests where Schizandra grows flows ceaselessly from the caldera of the active volcano. Schizandra is known as the “quintessence of tonic herbs” because it nurtures all three Treasures (Jing, Qi and Shen) and nurtures all five elements (Wood, Fire, Earth, Metal and Water). Schizandra is adaptogenic and helps support stress response, mental energy and beauty. It makes a fantastic tea with all five tastes (sweet, sour, salty, spicy and a touch of bitter). That’s how it got its name: *Wu Wei Zi*, or “Five Flavor Fruit.”

**Ingredient** — Dried Changbai Mountain *Schizandra chinensis* berries (soaked briefly in alcohol to remove some tannins)

**Specifications** — 6 oz.

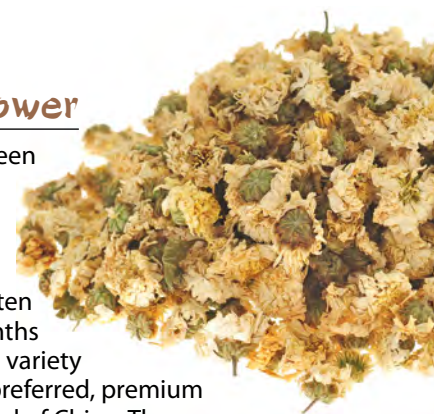
**Usage** — Add a handful of Organic Changbai Mountain Schizandra Fruit to the **DBG pot** and allow to steep for several minutes. Drink throughout the day. You may combine Schizandra berries with almost any other herb or tea.

**\$9.95** #8001



## Chrysanthemum Flower

Chrysanthemum flowers have been used as an herbal tea since the dawn of civilization. It is delicious and has the effect of cooling down the body. So Chrysanthemum flower tea is often an herb of choice in the hot months of summer. The special-flowered variety offered by Dragon Herbs is the preferred, premium flower that grows in the heartland of China. There are many grades of Chrysanthemum flowers, and Dragon Herbs offers the highest grade.



**Ingredient** — Chrysanthemum flower

**Specifications** — 3 oz. (85 g)

**Usage** — Chrysanthemum flower is very widely used in Asia to make tea. It can be combined with tea leaves, goji berries or many other herbs. Here’s an example: Add 5-10 flowers to a brew (12-20 oz.) made with **Chrysanthemum eeTee** (code 815). The dry Chrysanthemum flowers expand to beautiful blossoms. They are wonderful as a garnish. They also enhance the aroma, flavor and functional characteristics of **Chrysanthemum eeTee**. The flowers will continue to extract in a heated brew. You may add a handful of **Heaven Mountain Goji Berries** to further fortify Chrysanthemum’s liver and vision benefits.

**\$6.00** #8003



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Wild Tibetan Black Goji

### The Sacred Fruit on the Snowland

**Black Goji** (*Lycium ruthenicum*) Berry is wild fruit that grows in Tibet and Himalayan China. It is related to the red Goji (*Lycium barbarum*) Berry that all tonic herbalists know, but is not the same plant. Nevertheless, it shares many of the same benefits, though arguably more powerfully. The wild fruit yields an extraordinary tea unlike anything we know of. If a small handful (perhaps 30 berries, but who really counts) is put into hot water of a neutral pH, the tea produced becomes a vivid purple in just a couple of minutes revealing a potent range of anthocyanins, powerful antioxidant phytochemicals. If the 30 berries are put into *alkaline* water as one would naturally find in mountains (or obtain from an alkaline water filter), the tea becomes an extraordinarily intense blue. If poured into a cup at this stage (separated from the berries), the tea will remain blue. If it is allowed to steep or brew it will go through several color stages until it finally reaches the purple stage. Allowed to brew for an hour, the tea becomes almost black.

This is one of the most entertaining teas to consume from anywhere in the world. If it were just for the colors, this tea would be worth every penny. But this herb is much, much more. Black Goji is collected in the Himalayan wild (it is also being cultivated – see next item) and is still extremely rare. It has built a reputation over the centuries as an elixir of immortals. **Black Goji** is known as “Pang Ma” in Tibetan. It is sweet in taste, neutral in nature, and dissipates heart heat. It is revered in Tibetan medicine and is used for a vast array of circulatory and immunological imbalances. Black Goji is commonly used to strengthen the body, brighten the eyes and provide protection. We cannot go into the long list of uses of Black Goji, but its main use is as a profound tonic to all three Treasures, Jing, Qi and Shen.

The fruit contains a high content of the anthocyanin, which possesses a broad range of health functions. It's a powerful antioxidant (the ORAC value is up to 66,737  $\mu$  mol TE/L, which is very high); its free radical scavenging activity is 50 times that of vitamin

E, and 20 times that of vitamin C. The **Black Goji** anthocyanin has great water solubility (and thus the remarkable colors in a tea or elixir). It can be effectively absorbed by the human body and exerts long-lasting function. Unlike other antioxidants, these anthocyanins are able to pass through the blood-brain barrier, enhance the functions of the central nervous system, support vascular health and improve the body microcirculation. **Black Goji** anthocyanins protect the blood circulation system and improve the elasticity of blood vessels. Therefore, various organs and tissues receive a sufficient blood supply to maintain their normal functions. **Black Goji** promotes skin smoothness, supports immune function and benefits joint flexibility. Numerous animal model experiments and integrative researches have confirmed that these anthocyanins are non-toxic, non-mutagenic, non-carcinogenic, non-teratogenic and non-allergenic. Therefore, anthocyanin is safe to consume.

Ron Teeguarden has identified a reliable, trustworthy source of Tibetan **Wild Tibetan Black Goji** and Dragon Herbs will be making this amazing herb available this summer.

**Ingredient** — Wild Tibetan Black Goji (*Lycium ruthenicum*)

**Specifications** — 100 g

**Usage** — **Wild Tibetan Black Goji** may be used solo to make a stunning pot of tea. The tea may start off as one of any number of colors, depending upon the pH of the water used. We prefer to use alkaline water at Dragon Herbs, so the tea made from Black Goji starts off a brilliant blue and then gradually morphs to purple, turquoise or green. **Wild Tibetan Black Goji** may be combined with any of a wide range of herbs and teas to provide its benefits. It may be combined with red Goji berries, Schizandra, Rhodiola, Pu-Erh Tea (or any tea), Luo Han Guo, etc. to make a brilliant pot of DBG (Desktop Botanical Garden).

**\$139.00**

#700



Black Goji can make a blue tea or a purple tea, or both in the same batch – depends on the pH of the water used. Alkaline water gives a most remarkable show.

## Cultivated Black Goji

### The King of Anthocyanins

**Cultivated Black Goji** (*Lycium ruthenicum*) Berry is cultivated in the remote mountains of Qinghai (the Chinese Himalayas that border Tibet). Ron Teeguarden has identified an excellent and trustworthy source of **cultivated Black Goji**. Its modest price and potency make it a great choice for daily DBG tonic use. It has a very high ORAC and anthocyanin content.

**Ingredient** — Cultivated Tibetan Black Goji (*Lycium ruthenicum*)

**Specifications** — 100 g

**Usage** — **Cultivated Black Goji** may be used solo to make a wonderful pot of tea. **Cultivated Black Goji** starts off a brilliant purple and then gradually morphs to turquoise or green, or it may remain purple, depending upon the pH of your water. **Cultivated Black Goji** may be combined with any of a wide range of herbs and teas to provide its benefits. It may be combined with red Goji berries, Schizandra, Rhodiola, Pu-Erh Tea (or any tea), Luo Han Guo, etc. to make a brilliant pot of DBG (Desktop Botanical Garden).

\$64.00

#750



## Cultured Cordyceps

Cultured Cordyceps is an excellent modern innovation that allows everyone to enjoy the benefits of one of the world's greatest tonic herbs at a very reasonable price. Wild Cordyceps, from the Himalayas, is very expensive. This cultured Cordyceps mushroom is grown on brown rice and is completely vegan and chemical free. It is delicious and has potent functionality. It is perfect for day to day use in your DBG.

**Ingredient** — Cultured *Cordyceps militaris* fruiting body (mushroom) (grown on brown rice)

**Specifications** — 2 oz.

**Usage** — **Cultured Cordyceps** may be combined with a wide range of herbs and teas to provide its benefits. It may be combined with red Jujube Dates, Goji berries, Schizandra, Rhodiola, Pu-Erh Tea (or any tea), Luo Han Guo, etc. to make a brilliant pot of DBG (Desktop Botanical Garden).

\$29.00

#1011



When the Shoe fits, the foot is forgotten.

When the belt fits, the belly is forgotten.

When the heart is right, for and against are forgotten.

- Zhuang Zi

## Wild Himalayan Rhodiola



**Himalayan Rhodiola**, from above the snowline of Bhutan and Tibet, is one of the most precious tonic herbs in the world. It cannot be cultivated, and is only collected from the **wild**, so it is only available in very limited quantities. Don't get this sacred herb confused with *Rhodiola rosea*, a common commercially grown herb from Russia. Himalayan Rhodiola is either *Rhodiola sacra* ("Sacred Rhodiola") or *Rhodiola crenulata*. These two nearly identical species are heritably indistinguishable. But there is no comparison between this Rhodiola from the Himalayas and Russian Rhodiola, Himalayan Rhodiola being far superior. Use a tiny amount in your DBG daily for enhanced oxygenation and adaptability.

**Ingredient** — Wild Himalayan Rhodiola

**Specifications** — 100 g

**Usage** — Himalayan Rhodiola may be combined with red Goji berries, Schizandra, Wild or Cultured Cordyceps, Jujube Dates, Pu-Erh Tea (or any tea), Ginseng, Luo Han Guo, etc. to make a brilliant pot of DBG (Desktop Botanical Garden).

\$24.00

#8122



## Wild Tibetan Cordyceps

**Wild Tibetan Cordyceps** is arguably the most precious herb in the world – it is without doubt the most expensive. We do offer **Wild Tibetan Cordyceps**, by the gram. Larger quantities are available by special request — contact an agent in our call center. Price may change at any time depending upon market price.

**Ingredient** — Wild Tibetan Cordyceps Mushrooms

**Specification** — 1 g

**Usage** — Wild Tibetan Cordyceps may be combined with red Goji berries, Schizandra, Cultured Cordyceps, Jujube Dates, Pu-Erh Tea (or any tea), Ginseng, Astragalus, He Shou Wu, Luo Han Guo, etc. to make a brilliant pot of DBG (Desktop Botanical Garden). Use from 1 to 6 whole Cordyceps mushrooms per pot, based on your budget.

\$147.00

#8123



## Wild Snow Chrysanthemum



**Snow Chrysanthemum** grows wild in the extremely remote mountains of Central Asia, known as Kunlun Mountain, a towering and remote range that links the Himalayas with Heaven Mountain. **Wild Snow Chrysanthemum** flower buds are extremely beneficial for your blood balance. It is cleansing, protective and cooling. Ron Teeguarden uses it every day in his DBG.

**Ingredients** — Wild Snow Chrysanthemum Buds

**Specifications** — 100 g

**Usage** — **Wild Snow Chrysanthemum** may be combined with red Pu-Erh Tea (or any tea), Goji berries, Schizandra, Wild Himalayan Rhodiola, Wild or Cultured Cordyceps, Jujube Dates, Ginseng, Astragalus, He Shou Wu, and/or Luo Han Guo, etc. to make a brilliant pot of DBG. Use 10 -20 buds per pot.

**\$32.00**

#8124



## Wuyi Red Mushroom

**Wuyi Red Mushroom** is a very rare wild mushroom that only grows on Wuyi Mountain in Southern China, a subtropical paradise. It is a famous and precious blood tonic. Despite extensive efforts to cultivate, and thus commercialize, this extraordinary tonic mushroom, mycologists have so far failed to succeed in growing it. Wild **Wuyi Red Mushroom** turns a DBG tea a bright and glorious red color. It is extremely good for women for the first few days after their menstrual flow ends. Men may consume it as well of course.



**Ingredients** — Wild Wuyi Red Mushrooms

**Specifications** — 2 oz. (57 g)

**Usage** — **Wuyi Red Mushrooms** may best be combined with Goji berries, Dang Gui, Schizandra, Wild Himalayan Rhodiola, Wild or Cultured Cordyceps, Jujube Dates, Ginseng, Astragalus, He Shou Wu, and/or Luo Han Guo, etc. to make a wonderful pot of DBG (Desktop Botanical Garden). Use 1 – 4 mushrooms per pot. You may eat these mushrooms. They make incredible soup or veggie. Soak them before wokking.

**\$29.00**

#1012



Wuyi Mountain



## Lily Flower

Traditionally known as “the herb for forgetting care and sorrow,” Lily Flowers are commonly used to lift one’s Shen and calm the emotions.

**Ingredients** — Lily Flowers

**Specifications** — 100 g

**Usage** — Lily Flowers combine well with **Ginseng, Dang Gui, Goji Berries, Black Goji** and Luo Han Guo. You may add a few drops of a tincture such as **Shen Drops, Zizyphus Dreamzzz** or **Albizia Drops** to enhance the calming effect.

\$21.00

#8126



## Rose Flower

Rose flower is an important and wonderful Shen tonic herb frequently consumed in Oriental cultures. It opens the heart and lifts one’s mood. In other words, consistent drinking “beautifies the spirit”. The rose, undoubtedly the most popular flower in the world, speaks of love and has been the traditional choice of sweethearts during every century. Precisely how it came to be the universal symbol of love and beauty is unclear. However, the rose was a sacred flower of the Roman God Bacchus (God of Wine and Joy) and Venus (Goddess of Love and Beauty) who both considered the beauty and fragrance of flowers to be tied with romance and love. And the color red is associated with strong emotions since the time of Solomon, the primary flower linked to romance was always the rose. Cleopatra of Egypt covered the floor with roses before receiving Mark Anthony. A Roman myth is that **Cupid** was carrying a vase of sweet nectar to the gods on Mt. Olympus and spilled it on the ground. From that spot of spilled nectar, roses grew! Rose petals have been used for centuries in the Far East to brew ethereal teas. It is a perfect flower to brew in the DBG. Special roses are grown for the purpose – they are small, dense with aroma and flavor and stunningly beautiful in the DBG or as the garnish in the tea cup. Dragon Herbs has selected from among dozens of varieties to offer this special grade Rose flower.

**Ingredient** — French Rose Flower buds

**Specifications** — 2.5 oz.

**Usage** — Make a super **Rose Bud Shen Tonic Tea** by brewing 5 grams of these super high quality French rose buds in 10-15 oz. of water for a short time then adding 3 squirts of Supreme Shen Drops. You will discover the meaning of Shen! The rose buds will continue to extract in a heated brew.

\$18.00

#8004



What others have taught, I also teach: the violent and the extreme will not die a natural death. This I regard as the basis of my teaching.

-Lao Zi, Tao De Jing

## Q&A

No. 1 most frequently asked question...

### Is Ron’s last name really Teeguarden?

Yes, *Teeguarden* really is Ron’s family name. The name means “deer guardian” in old Dutch. This may explain Ron’s natural affinity towards Deer Antler. But we now consider it to also mean literally “tea garden,” since Yanlin was raised as a child on the Oolong Tea Plantation in China where her father was a chief scientist.



# Loose Leaf Teas

## Genuine Tea Leaf

(*Camellia sinensis*, aka *Thea sinensis*)

“Tea” is the most widely consumed herb in the world. It is healthful, providing numerous antioxidants, and is endlessly tasty, delicious and pleasing. Tea has a unique quality that has contributed enormously to its popularity: it is paradoxically and simultaneously both mildly stimulating and mildly sedating (calming). The stimulating action is due to a moderate amount of caffeine, while the relaxing action is due to a rare amino acid known as L-theanine. High quality tea tastes great and clears the mind without causing nervousness in most people. It is an elegant beverage that may be served to most guests and may be consumed daily. Tea is extremely versatile — it is the primary herb used in Zen temples in Asia, at tea parties in Europe and health beverages in America.

Tea, being a very ancient beverage, is a uniquely developed industry. There are thousands of sources and even more means of production and preparation. All tea is made from one species, *Camellia sinensis* (sometimes referred to as *Thea sinensis*), whether it comes from China, Tibet, India, or anyplace else. It is however, collected and prepared in many different ways, which makes a huge difference in taste and effect.

Tea is said to have been discovered by Shen Nong, the very same prehistoric founder of Chinese civilization who developed the concept of tonic herbs and wrote the first pharmacopeia of mankind. It is said that Shen Nong consumed new herbs every day to determine which ones could be used to support the health of the people. He was often poisoned by the herbs he tested, but luckily he had an antidote — tea. The legend goes that he was sitting next to a spring when a few tea leaves fell from a tea tree into the water and turned it a lovely green color. He drank it and within a few moments felt refreshed and clear-minded. He then discovered that after tasting any nasty herb, drinking tea revived him.

Ron Teegarden was born with the name “Teegarden,” pronounced “tea garden.” He experienced many jokes about his name growing up, and was even nicknamed “Tea Bags” by his fifth grade school mates, and even by his teacher! Yanlin Teegarden, Ron’s wife and the intrepid leader of Dragon Herbs, was raised on the factory grounds of the Oolong Tea Company in Fujian China, where her father was chief scientist. She literally grew up among tea plants and “tea people.” The two, as a couple, take tea very seriously. They still spend time every year in the heartland of tea, along the Oolong River in China that provides much of the world’s tea supply. They have tried every kind of tea there is.

Dragon Herbs offers a variety of world class teas from China, grown under the most pure conditions and produced according to time-honored and equally scientifically sound practices. All Dragon Herbs teas are Di Tao, meaning that the plants grow in valleys and on hills where they have been growing for centuries. Most of Dragon Herbs teas are now certified organically grown. A few are not, mainly because the trees and bushes were planted prior to certification was available. However, all Dragon Herbs teas are grown by organic techniques without the use of any chemicals. Other herbs, fruits and flowers are sometimes added to teas to give them additional flavor and qualities. These flowers are also naturally or organically grown without the use of chemicals. All preparation is natural and done by ancient methods. We guarantee you will find our teas to be outstanding and a joy to drink.





## Jasmine Dragon Pearl Green Tea

**Jasmine Dragon Pearl** green tea comes from the misty mountains of Fujian Province, China. The most tender tea leaves and buds are handpicked in the early spring and gently processed. The leaves are hand rolled into small balls the size of pearls. Then, following an 800 year old tradition, the tea pearls go through a lengthy triple-imprinting process that utilizes equal weight of freshly opened flowers to infuse the unforgettable aroma of jasmine blossoms into the leaves. Green tea is minimally processed. The enzymes that cause oxidation and fermentation are naturally de-activated, thus preserving the polyphenols and retaining the strong antioxidant activity.

**Ingredients** — Green Tea leaves

**Specifications** — 2 oz. loose tea per pack (57 g)

**Usage** — Steep 1 teaspoon in 8 ounces of high quality near-boiling water for 3~5 minutes and enjoy several cups a day.



**\$12.99**

#8021





## Organic Oolong Tea

Dragon Herbs **Organic Oolong Tea** is semi-fermented, between un-fermented white and green teas and the fully fermented black teas. The leaves are hand-picked and carefully sorted and then skillfully oxidized to craft Oolong's beautiful amber hue. Oolong's advantage lies in its easy-on-the-stomach digestibility and pleasantly robust, full-bodied flavor. The semi-fermentation of tea leaves removes tannins, substances that can cause slight discomfort in people with a sensitive stomach. Mountain grown, freshly packed, and premium grade, this organic Oolong tea is antioxidant-rich, phytochemically potent, and completely satisfying.

**Ingredient** — Certified Organic Oolong Tea

**Specifications** — 3.5 oz. (100 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$12.00**

#8022



## King Tie Guan Yin Oolong Tea Organic

This legendary tea was supposedly given to the people of China by Guan Yin, the Buddhist goddess of compassion. Tie, meaning iron, refers to its reddish brown color that resembles the color of iron. This uniquely fragrant Oolong tea is semi-fermented, between un-fermented white and green teas and the fully fermented black teas. Oolong's advantage lies in its easy-on-the-stomach digestibility and pleasantly robust, full bodied flavor. The semi-fermentation of tea leaves removes tannins, substances that can cause slight discomfort in people with a sensitive stomach. Mountain grown, freshly packed, and premium grade, this **King Tie Guan Yin Oolong** tea is antioxidant-rich, phytochemically potent, and completely satisfying.

**Ingredient** — Certified Organic King Tie Guan Yin Tea

**Specifications** — 3 oz. (85 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$19.95**

#8023



The DBG (Desktop Botanical Garden) tea pot and candle burner are the best way to make tea and to keep it warm on your desk all day

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Lychee Black Tea

Black teas are fully fermented teas. During the fermentation process, the oxygen causes the leaves to turn from green to near black. Black tea is the ideal choice for people with sensitive stomach as the fermentation process of tea leaves removes tannins, substances that can cause slight discomfort in a sensitive stomach. Though some antioxidants are lost during fermentation, black teas still maintain significant antioxidant profiles and have been enjoyed for centuries for their rich, robust flavor. Much research has demonstrated that black tea contains unique phytochemicals that may be highly protective. This **Lychee Black Tea** has been imprinted with the sweet flavor and aroma of Lychee, the famous fruit of Southern China.\*

**Ingredient** — Lychee Black Tea

**Specifications** — 2.5 oz. (71 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$7.00**

#8029



## Organic Green Tea

Certified organic, Dragon Herbs premium **Organic Green Tea** comes from the misty and mystical Wuyi Mountains of Fujian Province, China. Following the Five Elements theory, only early spring harvest is used to ensure a stronger WOOD elemental energy that is said to benefit the Liver functions and creativity. The most tender tea leaves and buds are hand-picked to minimize bruising. Green tea is minimally processed. The enzymes that cause oxidation and fermentation are naturally de-activated, thus preserving the polyphenols and retaining the strong antioxidant activity. Cooling (Yin) and detoxifying, our **Organic Green Tea** contains a very high content of antioxidants (catechins) second only to White tea among all teas.

**Ingredient** — Certified Organic Green Tea

**Specifications** — 4 oz. (114 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$14.00**

#8030



Wang Li and Li Bo, Shaolin monks, serve tea to Ron in traditional Zen tea ceremony at the Shaolin Temple.







## Premium Jasmine Green Tea

**Premium Jasmine Green Tea** comes from the misty Wuyi Mountains of Fujian Province, China. The most tender tea leaves and buds are hand-picked in the early spring and gently processed. Following an 800 year old tradition, the tea goes through a lengthy triple-imprinting process that utilizes equal weight of freshly opened jasmine flowers to infuse the unforgettable aroma of jasmine blossoms into the leaves. **Premium Jasmine Green Tea** is minimally processed. The enzymes that cause oxidation and fermentation are naturally de-activated, thus preserving the polyphenols and retaining the strong antioxidant activity.

**Ingredient** — Premium loose leaf Jasmine Green Tea

**Specifications** — 4 oz. (114 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

\$7.00

#8031



## Organic White Tea

Using the first sprouts of early spring, our **Organic White Tea** is produced from 100% buds versus leaves. When picked, the buds have not opened and are still covered with silky silvery-white “down”. These downy buds hold the highest of honors as one of the top teas in all of China. The delicate nature of the buds mandates gentle, hands-only handling, and is only done for two days out of the year. No machinery is ever used to pick Dragon Herbs white tea buds. The buds are never stacked or turned during the drying process to prevent breakage or falling of the silvery down coating which results in a sweet, smooth, and silky tea. Certified Organic.

**Ingredient** — Certified Organic White Tea

**Specifications** — 1.5 oz. (43 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

\$9.50

#8041



## Q&A

### Have your products been tested to verify the content claims you make?

In addition to having complete control of the production process, we test every single production batch of all our products for heavy metals, pesticides and contaminants such as mold, bacteria and yeast. The raw herbs are tested prior to processing, and again prior to bottling. Our factories in China and America are GMP certified, and have passed all FDA inspections with perfect marks. In addition, we are currently the only American manufacturer to receive certification from the Shanghai Research and Development Center for the Standardization of Chinese Medicine in conjunction with Dr. Wang Zheng Tao, head of the center who is also editor-in-chief of the Chinese Pharmacopeia. You can be assured that every herb claimed on the label is actually in the product and that nothing is in the product that is not in our labeling.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Organic Dragon Well Green Tea

Certified Organic. Dragon Well (Long Jing) is the most famous green tea from China, named after the famous Dragon Well landmark in the West Lake area of the Zhejiang, where the tea was first made. Dragon Well tea leaves are flat, bright green and shiny. It produces a decoction that is clear with a bright green color. The taste is light and fragrant.

**Ingredient** — Organic Dragon Well Green Tea

**Specifications** — 3 oz. (85 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$17.00**

#8042



## Organic Black Tea

Black teas are fully fermented teas. During the fermentation process, the oxygen causes the leaves to turn from green to near black. Black tea is the ideal choice for people with a sensitive stomach as the fermentation process of tea leaves removes tannins, substances that can cause slight discomfort in a sensitive stomach. Though some antioxidants are lost during fermentation, black teas still maintain significant antioxidant profiles and have been enjoyed for centuries for their rich, robust flavor. Certified Organic.

**Ingredient** — Organic Black Tea

**Specifications** — 3.5 oz. (100 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$12.00**

#8055



## Rose Black Tea

This black tea has added rose petals. Rose is an important and wonderful Shen tonic herb frequently consumed in Oriental cultures. It opens the heart and lifts one's mood. In other words, consistent drinking "beautifies the spirit." Made with organic black tea leaves and rose petals.

**Ingredient** — Rose Black Tea

**Specifications** — 3.5 oz. (100 g)

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$9.50**

#8056



# Big Red Robe Premium Tea

## Da Hong Pao

Big Red Robe is one of the top Wuyi Cliff Teas. There are many legends for the origin of its name; the most recognizable one traces back to the Ming Dynasty. A Ming Dynasty empress was not a healthy woman. She had consulted with many healers, but could not escape her malaise. An imperial scholar suggested and provided a tea to the empress. The empress' health quickly and noticeably improved, so she asked him for the origin of this herb. The scholar told her that it was given to him by a monk in a Zen temple near Wuyi Mountain for his own malaise — but it did not have a name. The Emperor then gifted the scholar a beautiful red robe. He went to the tea tree from which the leaves were collected, took off the robe and put it onto the tree as a gesture of gratefulness. Every year from then on, this type of tea was covered by a big red robe when it was presented to the imperial court.

Being a Wuyi Cliff Tea, Big Red Robe contains the flavor, aroma, and fragrance from Wuyi Mountain rocks and the flora that grows on these rocks. There are only six Big Red Robe "Mother Trees" growing on the Heaven Heart Rock near Nine Dragon Cave on Wuyi Mountain that produce the most original Big Red Robe tea leaves. These six trees have been highly protected and are now even insured. Virtually all Big Red Robe in the market is from cultivation and grafting. This is done to preserve the original "Mother Trees." The technique is mature enough to also preserve all the functionality of the tea. Big Red Robe contains a high content of tea polyphenols, polysaccharides and L-theanine. Immediate effects upon drinking include an uplifted spirit, fatigue relief, quenching of thirst and help with digestion. Long term benefits are overall longevity, glowing hair and skin, and health promotion, which include normal cell growth, enhanced immunity, healthy blood circulation and lipid level, and improved memory.

Dragon Herbs offers premium grade Big Red Robe that has the fragrance of a long lasting rocky orchid. It also has a smooth taste that can be brewed for as many as seven to ten times. We also package them in an easy and light way so the freshness is guaranteed.



**Ingredient** — Big Red Robe loose leaf tea

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$TBD**

**#8032**



### A word about caffeine content of tea

All tea contains caffeine. If you do not want any caffeine, don't drink tea from *Camellia sinensis*, drink an herbal tea. The caffeine content of tea varies widely from one tea to the next. It is not possible to make a 100% accurate general statement about Green, Black, White, Oolong or Pu-Erh tea regarding tea caffeine. The part of the plant used and the processing of the individual tea generally influence the caffeine content, often dramatically. Teas containing leaf buds tend to contain more caffeine, whereas teas made of mature leaves and stems tend to contain less caffeine. Green and white teas are made from buds and young leaves so they tend to contain more caffeine. Roasting tends to reduce caffeine content. It is widely believed by Americans that black tea contains the most caffeine of any tea. Black teas made of larger, more mature leaves, in reality are typically quite low in caffeine. Caffeine content also depends on brewing. Using more tea of course results in a higher caffeine content. And longer steeping time also yields more caffeine to the beverage. In other words, tea brewing that results in a stronger tasting cup usually results in greater caffeine extraction.

All tea also contains L-theanine, a counter-balance to caffeine. Many people understand this balance. Unlike teas and brews made from herbs that contain a preponderance of caffeine, tea contains a reliable supply of L-theanine, which is relaxing and simultaneously mentally clarifying. That is why tea, even strong tea like Matcha, has found its way into spiritual practices around the world. Alert, focused, calm, relaxed, clear — this describes the mood that can arise from the consumption of a few small cups of high quality tea.

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Matcha

## Story of Matcha

Matcha Green Tea, a treasured drink of Japanese culture and Zen Buddhists since the 12<sup>th</sup> century, has a thousand year history of production. Japanese nobility and, more famously, Zen masters and monks have traditionally consumed Matcha Tea to aid in meditation and contemplation. By simultaneously supporting relaxation and alertness, Zen meditators reach higher states of consciousness.

Matcha is a finely-ground green tea powder of the *whole* tea leaf rather than the *extracted* liquid of the leaf. It is one of the richest of all teas in valuable nutrients, providing the *whole* tea leaf benefits of antioxidants, amino acids, vitamins, minerals, co-factors and fiber. Part of the cultivation “trick” that makes Matcha so great lies in the way it is cultivated. Grown in the sun like most plants, the last month before harvesting it is covered and grown in deep shade to enhance the development of chlorophyll and the consequent production of the unique tea amino acid *L-theanine*, which promotes clarity of thought, relaxation and a Zen state of mind when consumed by a human. The procedure also increases Matcha’s antioxidant level per gram — an extremely high 15 times that of wild blueberries. Matcha is indeed very good for one’s overall health. It is a world class Shen tonic and antioxidant.

### The History of Matcha

At the end of the 12<sup>th</sup> century, trending Chinese methods of preparing powdered tea were brought to Japan by the great Zen master Eisai Dogen in the form of crushed tiny pieces or rough powder boiled in water. Soon, making tea from the powder of tea leaves and whipping with hot water in a bowl became the trademark Japanese Zen Buddhist style of tea preparation. Tea drinking itself became central to Zen practice. Experimenting with ways to maximize the therapeutic and spiritual benefits of the tea, the monks learned that by cultivating the ‘Sencha’ Green Tea plant under shade conditions before harvest they got a superior tea. ‘Sencha’ has evolved over time into the carefully cultivated shade-grown tea plant ‘Tencha,’ the special tea leaves that are the basis of Matcha.

The ability to finely grind tea into true powder form was introduced during the 14<sup>th</sup> century through the use of stone mills, at which time the tea began to be whisked as it is today. And thus Matcha was born.

### The Di Tao of Matcha

Tencha Green Tea requires very specific conditions to grow perfectly. All of Dragon Herbs Matcha is grown in the gentle mountainous Nishio region of Japan, at or above 2,000 feet elevation, famous for its very specific conditions for perfect tea cultivation since the thirteenth century. The cold temperature naturally keeps bugs away, so pesticides are not required. Groomed tea gardens cover the softly undulating hills. Fresh pristine river water, fertile soil, stable climate, misty mountain air and remoteness from urban development make this an optimal *Di Tao* location for the production of Tencha green tea leaves. Hundreds of farms in Nishio produce Tencha, but only a handful grows the smooth, sweet, high *L-theanine* premium Tencha leaves used to make the ceremonial and superfood grades offered by Dragon Herbs.



Zen Master Eisai Dogen is credited with the quote “Tea is the elixir of life and the magic key to longevity.” He was the first to encourage mass tea cultivation in Japan.





### Traditional Processing

Our purveyor has been a leader in Japanese Matcha production since 1888, maintaining centuries-old techniques in modern production facilities. They are renowned for 130 years of consistent superior quality. Our supplier is the *first* company in the Matcha industry to obtain and receive organic certifications for all international markets. This Matcha is certified Kosher, Halal, Gluten-Free and Non-GMO. Tea leaves that later become Matcha are shaded for one month before cultivation, effectively blocking 90% of the sunlight, causing the over-production of chlorophyll, resulting in its bright green color and preserving its delicate amino acids, especially *L-theanine*, one of the most remarkable nutraceutical compounds in all of herbalism. The fresh green tea leaves are plucked by hand in early May, after which they are immediately steamed and dried into a 'rough tea.' The leaves are refined by removing the stems, veins and unwanted particles, leaving only the purest flesh of the leaves, which is now called 'Tencha.' The Tencha is then ground into a powder in stone grinders. Continuing a 120 year tradition, in-house skilled artisans maintain granite stone grinders that protect the color, flavor and nutritional components of Matcha. Each stone mill grinds only 30-40g of Matcha per hour.

### Knowing Your Matcha

Matcha is produced by blending several varieties of Tencha to maximize the quality of each blend. Prior to grinding, each tea is evaluated according to taste, aroma and color. Quality Matcha flavor is smooth and sweet — from the *L-theanine* amino acids in the tea — with a slight astringency. Superfood quality Matcha has a stronger tea taste and is more pungent, which works very well in mixed teas, blender drinks and food preparation. The color of higher quality Matcha is a bright jade green and its feel is very fine (5-10 microns; finer than baby powder) and feels as smooth as eye shadow. Lower grades of Matcha will have slightly larger particle sizes, with a slightly coarser feel — though still very fine.



### Tree Planting and Farmer Support Programs

Our Matcha supplier also leads an ecological restoration project throughout southeastern Asia to bolster Mangrove and Mahogany tree populations. Mangrove trees, as coastal growing trees, uniquely occupy both land and sea and provide soil stability and homes for fish and other species in their roots.

Not all of the tea grown by any grower can reach the grade required to be called "Ceremonial Matcha," or "Superfood Matcha." Nevertheless, our supplier buys the entire crop from each of the Matcha growers so that the farmers can be assured a fair profit and sustainability. This program is over 100 years old.



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Superfood Grade Matcha

This *certified organic* **Superfood Grade Matcha** is specifically blended for use in mixed beverages such as smoothies, lattes, or any blended drink, and as a healthy addition to any culinary recipe. This high-quality superfood grade Matcha has a strong tea flavor. Our supplier is the *first* company in the Matcha industry to obtain and receive organic certifications for all international markets: USDA, QAI, OMIC, and JAS certify all organic products for the North America, European, and Japanese markets. This Matcha is certified Kosher, Halal, Gluten-Free and Non-GMO. It is an excellent antioxidant and a great Shen tonic.

**Specifications** — 100 g (3.52 oz) bag

**\$25.00** #8019



## Ceremonial Matcha

Ideal for daily consumption, this very high quality Matcha blend features a smooth, balanced and delicately sweet flavor and pleasant green aftertaste. It may be used stand-alone as a full strength Matcha brew, or it may be used in mixed drinks, blender beverages and in culinary recipes. When used as an ingredient, the matcha flavor will be more subtle than the superfood grade. It is a great Shen tonic and antioxidant. Our *certified organic* **Ceremonial Matcha** meets USDA-NOP, EU, and Japan Organic standards. Our supplier is the *first* company in the Matcha industry to obtain and receive organic certifications for all international markets: USDA, QAI, OMIC, and JAS certify all organic products for the North America, European, and Japanese markets respectively. Our Matcha is certified Kosher, Halal, Gluten-Free and Non-GMO.

Each 30g (1.1 oz) tin is good for approximately 15 servings.

**Specifications** — 30 gram (1.05 oz) tin

**\$29.00** #8081



## Supreme Ceremonial Matcha

**Supreme Ceremonial Grade Matcha** is of the ultimate grade of Matcha, for the truly discerning Matcha connoisseur or those that seek only the finest, top of the line herbal products. It may be reserved for special occasions, or like all of our Matcha, it may be used in mixed teas, blender beverages and in food. This ultra fine powder will result in a very subtle flavor when used as an ingredient or a very rich, smooth flavor when served as a tea. This 'best of the best' Matcha has traditionally been used in high-class Japanese tea ceremonies. This beautiful, nearly luminous green powder is rich with natural umami flavor and sweetness due to having the highest *L-theanine* content. It is a world class Shen tonic and antioxidant.

**Specifications** — 30 gram (1.05 oz) tin

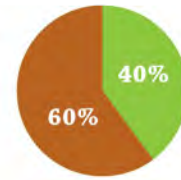
**\$48.00** #8082



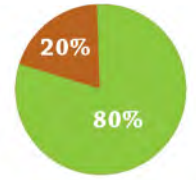
Self-respect is one of the great secrets to health and longevity. If you respect yourself, you won't pollute your body-mind with drugs, junk food, and smoke, and you won't harm and abuse it with a poor lifestyle. If you respect yourself, you will treat your body like a superior being and you would treat your mind like a sage. Treat yourself with respect - you may be a potential Buddha, or the person with the potential to save or positively change the world. This single practice of truly respecting yourself should be enough to propel you on the path of glowing health.

-Tip 1 - Respect Yourself - Ron Teeguarden's 31 Tips

# Desktop Botanical Garden™



Steeping



Decoction with Glass Tea Elixir Maker

Active Ingredients Left Behind

Active Ingredients Extracted

## Create a custom tea based on your needs or mood

Leaves, flowers, fruits, barks, and roots, the entire botanical kingdom is now at your disposal.

## Save money and save the Earth

Decocting can get twice as much out of your teas than steeping.



Clear decoction every time



Non-reactive and non-porous glass is compatible with all botanicals



5 hours of warm tea per tea light candle



From stovetop to desktop and tabletop with our fireproof glassware



One-hand pouring

# Exquisite Gourmet Pu Erh Teas



Long celebrated by royalty, literati and monks, **Pu Erh** is a special kind of tea made the old fashioned way – a very old fashioned way. Currently in China and throughout Asia, Pu Erh tea has become a go-to gourmet tea for health conscious people, positively affecting one's quality of life on a number of levels, and believed to be very beneficial to metabolic, cardiovascular and cognitive functions. As a tonic for energy and beauty, it stands in the highest regard; as a refreshing, digestive and even as a meditative brew, it stands chief among the teas of China and in fact the world.

Pu Erh comes from the boreal forests of northwest Yunnan, the motherland of tea, situated in a mountainous area with high elevations. Only trees that grow in Yunnan are Pu Erh; Yunnan is thus the only *Di Tao* source of Pu Erh tea in the world. Growing in this forest are semi-wild and wild old big-leaf tea trees, a specific cultivar of tea *tree* that when mature has large, thick leaves. The best Pu Erh tea comes from old trees. Some very extraordinary Pu Erh teas come from trees that are a thousand years old, and many come from trees that are hundreds of years old. No true Pu Erh tea ever comes from trees that are not decades of years old.

Yunnan is known for black and dark teas, also known as “post-fermented” teas, and Pu Erh is the most popular and valuable among them. Pu Erh teas are aged and they improve with age much like wine, using processing techniques developed in the Ming Dynasty and which reached the height of fashion during the Qing dynasty, when it was collected extensively by emperors. Some examples in the Palace Museum are still perfectly drinkable now, more than a hundred years after the end of the dynastic period.

## Post-fermented Tea/Dark Tea

Post-fermented tea is a type of tea which has been allowed to ferment. After the tea is picked, it is withered in the sun, and then pan-fried. Once completed, the tea is either left in loose form or compressed into forms such as a disc and brick. The microorganisms which naturally exist on the leaves carry on this process of fermentation for the life of the tea – sometimes decades. Generally, the longer the Pu Erh tea is fermented, the more valuable it becomes. As the tea ferments, the tea darkens, becomes smoother, and the health properties of the tea increase as well. The aging time for Pu Erh tea, from raw leaf to fully fermented Pu Erh tea has traditionally been around 20–25 years. In the 1970s a new method, “French processing,” was devised to speed up the process in an effort to satisfy the demands of the French market, so that a 10 year old French-processed tea will have the quality of a 20 year old traditionally processed Pu Erh tea. After the leaf is picked and fried, it is piled up. In a highly skilled process, the temperature and humidity is increased, accelerating the fermentation process. The exceptional qualities of flavor, smoothness and health benefits reflect the skill and care of the artisans in the processing and preserving of the enzymes essential for proper aging of the tea.



## Pu Erh Usage

Use 1 to 3 teaspoons of loose leaf or one teabag or tea cake of Pu Erh tea and steep for one minute. This method can yield many cups of tea throughout the day, in your DBG, solo or blended with tonic herbs and flowers. Add honey or **Sweetfruit Drops** as desired.

Traditionally, Pu Erh tea is rinsed first then steeped for just one minute to bring out its flavor and make a wonderful cup of tea. The tea is refreshed by adding more hot water each time you wish to have a cup. The teaware is frequently bathed in hot water before and during brewing to keep the teaware and tea warm.

Fully fermented Pu Erh is safe to consume on an empty stomach. Many people enjoy Pu Erh tea in the morning to boost metabolism or to lessen the effects of a night of imbibing. Pu Erh with honey is an age-old folk usage for soothing and nourishing the stomach. After a heavy or oily meal, Pu Erh aids digestion and reduces the feeling of bloating. In addition, Pu Erh is a sustained, calm stimulant which involves caffeine to a degree, but in a way which is much more subtle than other types of tea. Therefore, Pu Erh can revive you from a “food coma” without affecting sleep. We recommend you drink Pu Erh tea three times a day after meals for three months to help manage weight. After three months, drinking just one cup per day will help maintain your new lean weight. To enhance the effect: follow the above instruction and take one cup of Pu Erh tea on an empty stomach in the morning.

**Dragon Herbs has joined forces with two of the oldest and most venerable Pu Erh companies in China to bring gourmet Pu Erh teas to the American public.**

We are launching our gourmet line of Pu Erh teas with eight wonderful teas, which will be sold by the ounce.

Pu Erh is by its very nature a “vintage” style tea. Varieties from a certain place and year will run out and can never be precisely replaced, similar to wine. So we will eventually run out of most of these vintage Pu Erh teas and will replace them with similarly exquisite varietals. Please visit our website to find other varietals now available.

**Precaution** — Pu Erh may contain a naturally-occurring statin called *lovastatin*. If you are under medical care for any condition, especially any condition related to cardiovascular health, your physician should be consulted regarding the consumption of Pu Erh Tea.



## House Pu Erh Tea Cakes

This is Dragon Herbs “house” Pu Erh tea.

**Ingredient** — Pu-Erh Tea

**Specifications** — 20 cakes

**\$7.00**

#8043



## Earl Gray Pu Erh

**Tea bag**

Earl Gray Tea is usually made with a common grade of black tea that is infused with Oil of Bergamot. Our **Earl Gray Pu Erh** uses very high grade Pu Erh as the tea instead of a “less evolved” black tea. As a result, you can have the benefits of Pu Erh tea and the flavor of classical Earl Gray Tea. This Pu Erh version of Earl Gray was developed specifically for the wife of the largest grower of Pu Erh tea in China. How wonderful!

**Ingredients** — Pu Erh tea, Bergamot oil

**\$9.99**

#8033

## Ancient Tree Pu Erh Tea

The trees from which our **Ancient Tree Pu Erh Tea** are made were estimated at the time of harvesting to be over 100 years old, and some as old as 500 years old. Aged with traditional method.

**Ingredient** — Pu Erh Tea

**\$10.00**

#8034

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



## High Mountain Special Grade

An excellent, smooth tasting Pu Erh tea grown in the remote high mountain forest of Yunnan. This 2006, 12 year old tea is simply excellent.

Ingredient — Pu Erh Tea

**\$125.00** #8037

## “Fragrant from Age” Pu Erh

Part of the language printed on its original packaging says “the older it is the more aromatic”. This 2007, 10 year old tea is delicious and full bodied.

Ingredient — Pu Erh Tea

**\$75.00** #8038

## Menghai Pu Erh

Menghai County is the name of a region in Yunnan that has been producing famous Pu Erh tea for centuries. This 2008, 9 year old tea is simply excellent.

Ingredient — Pu Erh Tea

**\$50.00** #8039

## 21 Year Old Pu Erh Tea

This certified **organic** loose leaf **Pu Erh Tea** produced in 1995 has been aged for over 21 years. The trees from which this connoisseur grade **21 Year Old Pu Erh Tea** is made are minimally 100 years old and may be from trees that are over 500 years old. Aged with traditional method.

Ingredient — Pu Erh Tea, loose leaf

**\$19.99** #8036

## 40 Year Pu Erh Tea

This exquisite gourmet grade Pu Erh Tea produced in 1975 has been aging for over 41 years. Aged with traditional method.

Ingredient — Pu Erh Tea, loose leaf

**\$TBD** #8035



Tea can alter the course of mankind’s destiny. The twenty first century is the era of energy medicine. Tea is itself one kind of energy. Tea can purify our bodies, purify our lives, elevate our spiritual awareness, and make us peaceful within. It is only when we are peaceful inside that the world around us will also become peaceful.

In China, tea has a history that goes back many thousands of years. Drinking tea is about rediscovering one’s spirit and tastes. Through our propounding of Cha-Dao, we share the joy of life, and to propagate the truth of the Universe—Love. Without nourishment of love, life simply becomes dry and withered. Without Love, we would be lacking vitality and creativity.

Only Love can purify us;  
 Only Love transcends the wheel of Samsara;  
 Only Love can lead human beings and the Universe towards peace;  
 Only Love can guide us to the Grace of Ultimate Virtue.

- Ho, Tsai-Ping  
 President of the Hang-Jia Cha-Dao Research Society



1000 year old tea tree

# My Cup of Tea

Ever used the expression “Not my cup of Tea?”

Well, not any more with this “MY CUP OF TEA™” system. With this DIY customizable premium tea system, there is a “My Cup of Tea” for everyone.

The collection features 26 tea ingredients in glass tea tubes (more ingredients being added monthly) and 4-slot bamboo bases to display and organize the tea tubes. It includes the classic premium loose leaf teas such as green tea, black tea, jasmine, Oolong and Pu Erh. It also features exotic ingredients such as rose, osmanthus, bamboo leaves, snow chrysanthemum to add aroma, flavor and function to your cup of tea.

Mix and match the tea ingredients based on your personal taste, your mood, your health, the occasion or whatever whim you deem just. With 26 building blocks and an infinite number of combinations, everyone can and will find that “MY CUP OF TEA” that speaks to them.

If you know a tea lover in your life, this is a gift of creativity and individuality that they will cherish.



## Schizandra

### Raw Herb Certified Organic

Raw, dried Schizandra is an herbal treat of the highest dimension. It has been brewed by Taoist masters, emperors and queens, and health seekers of every sort for thousands of years. It may be brewed by itself or with other herbs to make a profound tonic tea. Schizandra indeed has its own unique flavor. Its Asian name translates literally as "five flavor fruit." It has all the flavors associated with the Five Elements: salty (Water), sour (Wood), bitter (Fire), sweet (Earth) and spicy-pungent (Metal). Properly prepared, it is an awesome tea, especially when prepared with other herbs like Goji, Licorice root, Ginseng and/or Luo Han Guo (Guilin Sweetfruit). Drink it every day to support a long life. Schizandra berries are called the "quintessence of tonic herbs" by the Taoists. Schizandra must be brewed for about fifteen minutes to get the right flavor and herbal potency. Don't over-cook as the bitter components become more prominent.

**Traditional Functions** — Enters all twelve meridians, tonifies the Three Treasures (Jing, Qi and Shen), nurtures all Five Elements, generates beautiful skin, brightens the mind, promotes focused concentration, supports memory, aphrodisiac love potion, promotes sound sleep when taken at bedtime, opens the lungs to promote powerful breathing during yoga and qigong, brightens the eyes, sharpens hearing acuity.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Ingredient** — Dried Changbai Mountain Schizandra chinensis berries (soaked briefly in alcohol to remove some tannins)

**\$10.00**

#48001

## Chrysanthemum Flower

Chrysanthemum flowers have been used as an herbal tea since the dawn of civilization. It is delicious and has the effect of cooling down the body. So Chrysanthemum flower tea is often an herb of choice in the hot months of summer. The special-flowered variety offered by Dragon Herbs is the preferred, premium flower that grows in the heartland of China. There are many grades of Chrysanthemum flowers, and Dragon Herbs offers the highest grade.

**Ingredient** — Chrysanthemum flower

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Chrysanthemum flower is very widely used in As to make tea. It can be combined with tea leaves, goji berries or many other herbs. Here's an example: Add 5-10 flowers to a brew (12-20 oz.) made with Chrysanthemum eeTee (code 815). The dry Chrysanthemum flowers expand to beautiful blossoms. They are wonderful as a garnish. They also enhance the aroma, flavor and functional characteristics of Chrysanthemum eeTee. The flowers will continue to extract in a heated brew. You may add a handful of Heaver Mountain Goji Berries to further fortify Chrysanthemum's liver and vision benefits.

**\$7.00**

#48003

## Rose

Rose flower is an important and wonderful Shen tonic herb frequently consumed in Oriental cultures. It opens the heart and lifts one's mood. In other words, consistent drinking "beautifies the spirit". The rose, undoubtedly the most popular flower in the world, speaks of love and has been the traditional choice of sweethearts during every century. Precisely how it came to be the universal symbol of love and beauty is unclear. However, the rose was a sacred flower of the Roman God Bacchus (God of Wine and Joy) and Venus (Goddess of Love and Beauty) who both considered the beauty and fragrance of flowers to be tied with romance and love. And the color red is associated with strong emotions since the time of Solomon, the primary flower linked to romance was always the rose. Cleopatra of Egypt covered the floor with roses before receiving Mark Anthony. A Roman myth is that Cupid was carrying a vase of sweet nectar to the gods on Mt. Olympus and spilled it on the ground. From that spot of spilled nectar, roses grew! Rose petals have been used for centuries in the Far East to brew ethereal teas. It is a perfect flower to brew in the DBG. Special roses are grown for the purpose – they are small, dense with aroma and flavor and stunningly beautiful in the DBG or as the garnish in the tea cup. Dragon Herbs has selected from among dozens of varieties to offer this special grade Rose flower.

**Ingredient** — French Rose Flower buds

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Make a super Rose Bud Shen Tonic Tea by brewing 5 grams of these super high quality French rose buds in 10-15 oz. of water for a short time then adding 3 squirts of Supreme Shen Drops. You will discover the meaning of Shen! The rose buds will continue to extract in a heated brew.

**\$7.00**

#48004



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Red Jujube Dates

The Red Jujube Date, also known simply as Jujube (pronounced ju-ju-bee), is the dried ripe fruit of the Chinese Jujube tree (*Zizyphus jujuba*). Jujube dates can be used in teas, soups, smoothies, cooked dishes, or may be consumed raw straight from the package as a snack and tonic supplement. It is an excellent superfruit that fosters glowing health when consumed consistently. The Jujube Date is a powerful Qi tonic and provides excellent energy. This major tonic fruit is widely used in Chinese herbalism in combination with other herbs, such as Ginseng and/or Astragalus, to enhance their Qi-building capacity. Red Jujube date nourishes the blood, soothes the mind, and builds and strengthens muscle. Jujube is considered a mild Shen tonic because it calms the mind — without causing drowsiness — while increasing physical energy. Red Jujube dates are consumed daily by Chinese Shaolin monks. Dragon Herbs has carefully selected these premium red Jujube dates, sourced from the pristine Song Mountains near the Shaolin Temple in the Chinese heartland.

**Traditional Functions** — Replenishes Qi of the primary digestive organs, strengthens muscle, and aids in digestion and assimilation

**Ingredient** — Red Jujube Date (*Zizyphus jujuba*)

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$5.00** #48005

## Jasmine Dragon Pearl Green Tea

Jasmine Dragon Pearl green tea comes from the misty mountains of Fujian Province, China. The most tender tea leaves and buds are handpicked in the early spring and gently processed. The leaves are hand rolled into small balls the size of pearls. Then, following an 800 year old tradition, the tea pearls go through a lengthy triple-imprinting process that utilizes equal weight of freshly opened flowers to infuse the unforgettable aroma of jasmine blossoms into the leaves. Green tea is minimally processed. The enzymes that cause oxidation and fermentation are naturally de-activated, thus preserving the polyphenols and retaining the strong antioxidant activity.

**Ingredients** — Green Tea leaves

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Steep 1 teaspoon in 8 ounces of high quality near-boiling water for 3~5 minutes and enjoy several cups a day.

**\$11.00** #48021

## Organic Oolong

Dragon Herbs Organic Oolong Tea is semi-fermented, between un-fermented white and green teas and the fully fermented black teas. The leaves are hand-picked and carefully sorted and then skillfully oxidized to craft Oolong's beautiful amber hue. Oolong's advantage lies in its easy-on-the stomach digestibility and pleasantly robust, full-bodied flavor. The semi-fermentation of tea leaves removes tannins, substances that can cause slight discomfort in people with a sensitive stomach. Mountain grown, freshly packed, and premium grade, this organic Oolong tea is antioxidant-rich, phytochemically potent, and completely satisfying.

**Ingredient** — Certified Organic Oolong Tea

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$7.00** #48022

## Lychee Black Tea

Black teas are fully fermented teas. During the fermentation process, the oxygen causes the leaves to turn from green to near black. Black tea is the ideal choice for people with sensitive stomach as the fermentation process of tea leaves removes tannins, substances that can cause slight discomfort in a sensitive stomach. Though some antioxidants are lost during fermentation, black teas still maintain significant antioxidant profiles and have been enjoyed for centuries for their rich, robust flavor. Much research has demonstrated that black tea contains unique phytochemicals that may be highly protective. This Lychee Black Tea has been imprinted with the sweet flavor and aroma of Lychee, the famous fruit of Southern China.\*

**Ingredient** — Lychee Black Tea

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$5.00** #48029

## Organic Green Tea

Green Tea comes from the misty and mystical Wuyi Mountains of Fujian Province, China. Following the Five Elements theory, only early spring harvest is used to ensure a stronger WOOD elemental energy that is said to benefit the Liver functions and creativity. The most tender tea leaves and buds are handpicked to minimize bruising. Green tea is minimally processed.

The enzymes that cause oxidation and fermentation are naturally de-activated, thus preserving the polyphenols and retaining the strong antioxidant activity. Cooling (Yin) and detoxifying, our Organic Green Tea contains a very high content of antioxidants (catechins) second only to White tea among all teas.

**Ingredient** — Certified Organic Green Tea

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$7.00**

#48030

## Organic White Tea

Using the first sprouts of early spring, our Organic White Tea is produced from 100% buds versus leaves. When picked, the buds have not opened and are still covered with silky silvery-white "down". These downy buds hold the highest of honors as one of the top teas in all of China. The delicate nature of the buds mandates gentle, hands-only handling, and is only done for two days out of the year. No machinery is ever used to pick Dragon Herbs white tea buds. The buds are never stacked or turned during the drying process to prevent breakage or falling of the silvery down coating which results in a sweet, smooth, and silky tea. Certified Organic.

**Ingredient** — Certified Organic White Tea

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$7.00**

#48041

## Organic Dragon Well

Certified Organic. Dragon Well (Long Jing) is the most famous green tea from China, named after the famous Dragon Well landmark in the West Lake area of the Zhejiang, where the tea was first made. Dragon Well tea leaves are flat, bright green and shiny. It produces a decoction that is clear with a bright green color. The taste is light and fragrant.

**Ingredient** — Organic Dragon Well Green Tea

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$7.00**

#48042

## Pu Erh Tea Cakes

Pu Erh tea comes from Yun Nan Province. The tea leaves are dried, steamed and pressed into various shapes. Then they are stored to go through a natural gentle aging process that is called post fermentation. Because of its therapeutic benefits, Pu Erh is becoming extremely popular. Pu Erh facilitates digestion and is used to reduce body fat. It is considered in Asia to be very beneficial to the cardiovascular system.\*

**Ingredients** — Pu-Erh Tuo Cha

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 cake of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$6.00**

#48043

## Organic Black Tea

Black teas are fully fermented teas. During the fermentation process, the oxygen causes the leaves to turn from green to near black. Black tea is the ideal choice for people with a sensitive stomach as the fermentation process of tea leaves removes tannins, substances that can cause slight discomfort in a sensitive stomach. Though some antioxidants are lost during fermentation, black teas still maintain significant antioxidant profiles and have been enjoyed for centuries for their rich, robust flavor. Certified Organic.

**Ingredient** — Organic Black Tea

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$7.00**

#48055

## Rose Black Tea

This black tea has added rose petals. Rose is an important and wonderful Shen tonic herb frequently consumed in Oriental cultures. It opens the heart and lifts one's mood. In other words, consistent drinking "beautifies the spirit." Made with organic black tea leaves and rose petals.

**Ingredient** — Rose Black Tea

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Use 1 teaspoon of tea per 8 oz. of water. Heat water to near boiling temperature and steep for 3 minutes. For stronger flavor, use more tea leaves.

**\$6.00**

#48056

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Organic Gynostemma

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 of tonic (helps support a healthy respiratory system), and a digestive aid (Gynostemma is very soothing). Gynostemma has been shown in some studies to help to support normal healthy hepatic and cardiovascular function\*. Its ultimate greatness 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.\*

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$7.00** #48078

## Snow Chrysanthemum

Snow Chrysanthemum grows wild in the extremely remote mountains of Central Asia, known as Kunlun Mountain, a towering and remote range that links the Himalayas with Heaven Mountain. Wild Snow Chrysanthemum flower buds are extremely beneficial for your blood balance. It is cleansing, protective and cooling. Ron Teeguarden uses it every day in his DBG.

**Ingredients** — Wild Snow Chrysanthemum Buds

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Usage** — Wild Snow Chrysanthemum may be combined with red Pu-Erh Tea (or any tea), Goji berries, Schizandra, Wild Himalayan Rhodiola, Wild or Cultured Cordyceps, Jujube Dates, Ginseng, Astragalus, He Shou Wu, and/or Luo Han Guo, etc. to make a brilliant pot of DBG. Use 10 -20 buds per pot.

**\$8.00** #48124

## Sunshine Blossom Tea

Handcrafted blossom teas are an extraordinary and beautiful method of preparing very high quality tea. Following an age-old tradition, tea artisans bind Silver Needle White Tea leaves along with one or more flavorful, beautiful, and highly aromatic flowers, forming them into balls of different shapes. These balls are firm and hardy, so they may be carried along with a person individually or in bundles to be used anytime, anywhere. Since they are bound, you will never need a tea strainer or filter. When placed in hot water, these balls open up into magnificent blossoms,

revealing both the tea needles and the perfect flowers hidden inside. It takes 4~5 minutes for the tea balls to open fully. Watching these tea balls bloom is almost a magical experience, as if you were right in front of a spring blossom inside a garden. The blossomed flowers, the aromatic scent, and the refreshing taste of tea leaves are pure joy for our senses. And best of all, they are as healthful as they are beautiful, providing all the benefits of premium white tea, the pinnacle of non-fermented, antioxidant-rich teas.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**Ingredients** — Silver Needle Tea with Jasmine and Lily Star Flower

**\$7.99** #68027

## Double Happiness Blossom Tea

Handcrafted blossom teas are an extraordinary and beautiful method of preparing very high quality tea. Following an age-old tradition, tea artisans bind Silver Needle White Tea leaves along with one or more flavorful, beautiful, and highly aromatic flowers, forming them into balls of different shapes. These balls are firm and hardy, so they may be carried along with a person individually or in bundles to be used anytime, anywhere. Since they are bound, you will never need a tea strainer or filter. When placed in hot water, these balls open up into magnificent blossoms, revealing both the tea needles and the perfect flowers hidden inside. It takes 4~5 minutes for the tea balls to open fully. Watching these tea balls bloom is almost a magical experience, as if you were right in front of a spring blossom inside a garden. The blossomed flowers, the aromatic scent, and the refreshing taste of tea leaves are pure joy for our senses. And best of all, they are as healthful as they are beautiful, providing all the benefits of premium white tea, the pinnacle of non-fermented, antioxidant-rich teas.

**Specifications** — 4 tea bulbs

**Ingredients** — Silver Needle Tea with Marigold and Globe Amaranth Flower

**\$7.99** #68047

## Bamboo Leaves

Organic silica is found in bamboo leaves. It is the building block of collagen, which is a protein our body uses to rejuvenate skin and joints. It promotes healthy hair and nail growth as well as healthy bone density.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48075



## Roselle

Roselle tea or hibiscus tea has been consumed as a soothing evening tea for centuries in Egypt and East Asia. Roselle is also known for its ability to cool the body.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48080

## Apple Blossom

Blossoms from the apple tree, or *Malus domestica*, are synonymous with the arrival of spring. Flowers are generally very high in antioxidants and important in ridding the body of free radicals. A tea of dried Apple blossoms may be consumed as a stress reliever, digestion aid or to clear complexion. They are highly aromatic with nuances of wild rose, jasmine, water lily and honey. Their flavor is subtle with a sweet honeysuckle quality and delicate texture.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48081

## Hawthorne Berry

Hawthorne berries grow from shrubs in Asia and are enjoyed as herbal tea for more than 2,000 years. It helps boost radiant skin and heart health. Some consider hawthorne berries as superfood, while others believe that consuming it can extend your lifespan. Hawthorne berry tea can even give you an energy boost without the caffeine.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48082

## Rose Hip

Rose hips are the fruits and seeds of the rose plant. They are some of the most nutritionally packed fruits of any plant. The vitamins, minerals and organic compounds contained in rose hips are so essential for the body from all angles.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$7.00** #48083

## Mint Leaves

Mint is a calming and soothing herb that has been used for thousands of years to aid with upset stomach or indigestion. A cup of mint tea can give you relief!

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48084

## Jasmine Flower

Who can't resist the floral aroma of these buds? Jasmine flower is excellent in teas, sometimes combined with green tea, black tea or other floral ingredients. Jasmine tea has therapeutic benefits and promotes metabolic energy.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48076

## Lavender

Lavender buds can amplify both sweet and savory flavors in dishes, and is sometimes paired with sheep's-milk and goat's-milk cheeses. Lavender flowers are occasionally blended with black, green, or herbal teas. Its health benefits include but not limited to relieving stress, improve mood, and promote restful sleep.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$6.00** #48077

## Osmanthus

Enjoy the scent and flavor of these sweet Osmanthus flowers, while combining them with green or black tea leaves in a cup of hot water. Osmanthus tea helps improve complexion.

**Specifications** — Test Tube: 1.4" Diameter x 5.9" H

**\$9.00** #48079

## Bamboo Base

This customized bamboo base is a great way to store and display your My Cup of Tea™ tubes, so don't forget to include this to your purchase. But, if you buy 4 tea tubes, you can receive this bamboo stand for free.

**Specifications** — 7.7" L x 1.5" H x 2" W

**\$10.00** #1417

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Desktop Botanical Garden™

Go Functional • Go Beautiful • Go Botanical

## DESKTOP BOTANICAL GARDEN™ SERIES



The **Desktop Botanical Garden™**, which we fondly call “DBG,” has been developed by Yanlin Teeguarden to enhance the pleasure of tonic herbalism and tea culture. The system provides a fool proof means of consuming deliciously exhilarating teas and tonics throughout the day and night.

The system is based on **laboratory grade glass** pots, burners, cups and storage containers.

The glass pots can be safely used on a stove to heat the water or tea.

The beauty of the “system” is in its beauty! You can make a small pot of tea or a potent herbal elixir and allow it to brew right before your eyes on your desktop as you work at your desk throughout the day. It is wonderful to watch the tea or elixir transform over the hours, becoming richer and more potent. The other “beauty” of the system is that by using the burner with our vegetable oil candle, the tea continues to gently brew for hours on end and will always produce a just-right cup of hot tea.

What do you need in order to drink amazing herbal teas every day? A DBG pot, a DBG burner, tea candles, a variety of teas and herbs, a source of high quality water and your favorite cup. In this section, we describe the hardware. In the following section we offer a wide range of herbs, herbal blends and teas that you can use to make amazing elixirs every day.

### DBG Recipe Book



Request a Free  
Recipe Book

Nature holds the key to our true health. Our Desktop Botanical Garden™ series follows the traditions and principles of Tonic Herbalism. It features elegant tea and elixir makers made of heat resistant glass, simple-to-follow health promoting elixir recipes and premium tonic herbs.

Tonic herbs are an elite class of botanicals that have been found empirically through many centuries of human usage to meet **six specific qualifications:**

- 1) Have anti-aging characteristics
- 2) Have broad and profound health promoting actions
- 3) Help balance our emotional and psychic energy
- 4) Have no negative side-effects when taken continuously over a long period of time
- 5) Taste good enough to be consumed directly and are easily digestible
- 6) Contain at least one of the Three Treasures: Jing, Qi, Shen (life's three primary energies)

Enjoy the botanicals, delight your senses and promote your health. Transform any desktop into a botanical garden! Turn any moment into a walk in nature!



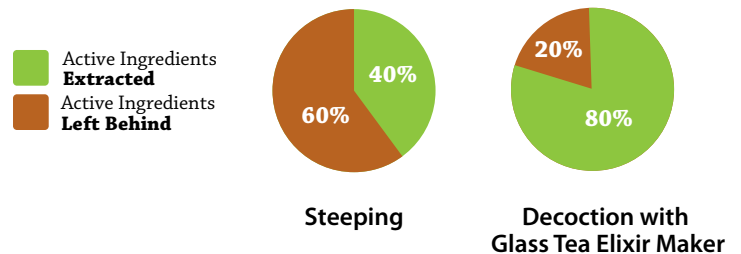
## Glass Tea Elixir Makers Candle Tea Warmer

**The non-reactive and non-porous glass is compatible with all botanicals.** Our specialty glass can withstand high acidity and high alkalinity without deterioration. It will not absorb odors or flavors. Unlike metal tea pots that may react with certain ingredients, our Glass Tea Elixir Makers can be used to extract all botanicals.

**Create a custom tea** based on your needs or mood. Bring out your inner herbalist and brew your own tonic elixirs today, right on your desktop. You are no longer limited to the mass produced tea formulations. Leaves, flowers, fruits, barks, and roots, the entire botanical kingdom is now at your disposal.

**Save money and save the Earth.** Steeping botanicals usually only brings out about 30-40% of the active ingredients, leaving a staggering amount of goodness behind. By returning the botanicals back to the stove

and doing a 2nd and even 3rd extraction, we can possibly double the amount extracted, which means we can cut down our carbon footprint by up to 50%. Getting twice as much out of your botanicals also means you get to save 50% in cost.



*Decoction: The extraction of an essence or active ingredient from a substance by boiling.*

**WYSIWYG.** What You See Is What You Get. You can now see and control what goes into your tea and its quality.

Easily monitored, instantly admired. The clear glass lets you watch your botanicals as they fully expand and freely dance inside the tea pot, ensuring a complete extraction. Meanwhile, the ultra-clear glass allows for easy monitoring of the brewing process and the full enjoyment of the beautiful botanicals.

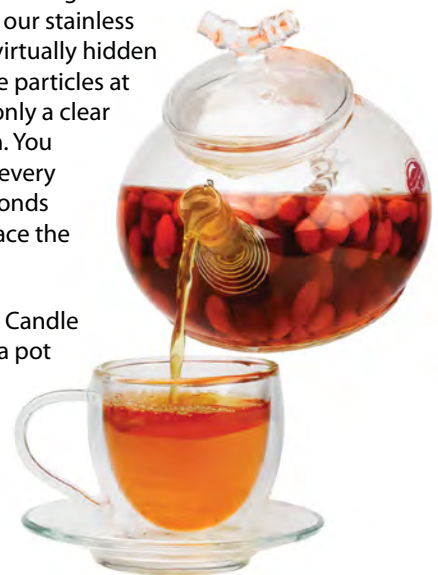
**From stovetop to desktop and tabletop.** Our extremely heat resistant glass can be set directly on an open flame. From boiling the water to brewing the decoction to serving the tea, all can be done in the same glass pot. You have less mess to clean and more time to enjoy.

**Clear decoction every time.** Regardless of what goes into the pot, our stainless steel mini-strainer that is virtually hidden in the spout catches all the particles at the pour spout, allowing only a clear decoction to flow through. You can now enjoy a clear tea every cup. It takes just a few seconds to remove, clean and replace the filter unit.

**5 hours of warm tea.** Our Candle Tea Warmer keeps your tea pot warm for about 5 hours per tea light candle,

**Instant ambience. ANYWHERE!** No electricity required. Serve your guests, they'll be impressed!

**One-hand pouring.** The tight silicone seal in the lid enables you to pour with just one hand.



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## DBG Glass Tea & Elixir Maker – 32 oz.

Conference table and guest size



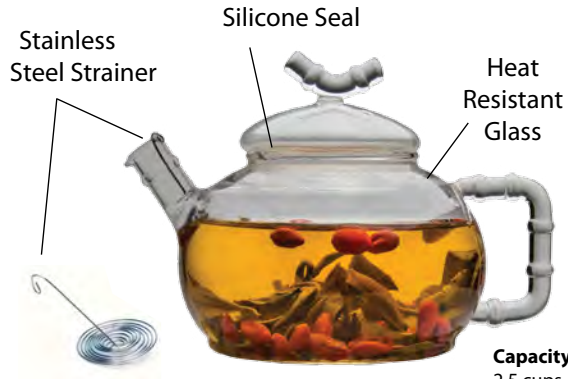
Stainless Steel Strainer

Heat Resistant Glass

**Capacity:**  
4 cups / 32 oz. / 1000 ml  
**Dimensions:**  
3 5/8" Diameter x 10" Height  
9.21 cm D x 25.4 cm H

\$30.00 #8313

12 300



Stainless Steel Strainer

Silicone Seal

Heat Resistant Glass

**Capacity:**  
2.5 cups / 20 oz. / 600 ml  
**Dimensions:**  
4" Diameter x 4 1/2" Height  
10.16 cm D x 11.43 cm H

## DBG Glass Tea & Elixir Maker – 20 oz.

Desk Size

\$21.00 #8314

8 210

## Replacement Lid

\$4.50 #8315

2



Gas and electric stove safe



From fire to freezer, our glassware can endure temperature ranging from -4°F to 302°F (-20 °C to 150°C).



Freezer safe



Dishwasher safe



Microwave safe (with stainless steel strainer removed)



Our vortex inspired stainless steel strainer catches all the particles at the pour spout.



- Soothing and serene, this candle tea warmer creates instant ambience any time, anywhere.
- Keeps your tea pot warm for up to 5 hours per tea light candle.
- No electricity required; use it anywhere.
- Great for office desktops, dinner tables and entertainment.
- Use with any heat resistant glass tea pots and elixir makers.

## Candle Tea Warmer

Used with 20 and 32 oz. Glass Tea Pot

Specifications — D 5.9" (15 cm) x H 2.17" (5.5 cm)

\$15.00 #8307

6 150

For the latest offerings, recipes, and ideas under our Desktop Botanical Garden™ series, visit

[www.dragonherbs.com/dbg](http://www.dragonherbs.com/dbg)

[www.dragonherbs.com](http://www.dragonherbs.com)

## GoodLight™ Natural Candles

### 6 pack and 24 pack

These unscented candles burn for up to 5 hours. They are vegetarian, which means they do not use petroleum. They fit neatly inside our Glass Tea Warmer. Its simple design also looks good on its own.



Specifications — 6 candles

**\$3.30** #1114



Specifications — 24 candles

**\$7.99** #1115



## Double Wall Glass Tea Cup with Saucer — 3 oz.

You will never burn your hands on a hot cup with this double walled glass cup. It's just the right size because you don't have to pour in too much tea. Always a delicious hot cup of tea. And you can see the tea in all its golden color.



Specifications — 3 fl. oz. cup with a saucer

**\$10.00** #FH-353P



## Insulated Double Walled Glass Mug with Lid — 12 oz.



For a bigger cup of tea. And this cup has a lid to keep the tea warm.

**\$14.95** #8215



## Insulated Glass Travel Bottle & Sleeve



Double walled glass travel bottles are great for moving around. Accompanying sleeve protects the glass.

**\$23.95** #8318



Insulated double walled glassware is the green way to keep your hot and cold drinks at the desired temperature longer without burning or freezing your hands. This glassware beautifully frames your drink as if it is suspended in the air.

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## Stackable Glass Jars



Non-reactive and non-porous borosilicate glass jars. Safe for high acidity and alkalinity. No Discoloration over time. From fridge, to freezer,

to microwave, to dishwasher, this borosilicate jar is truly versatile and durable. Easy-to-remove lids. Easy to monitor ingredient levels. Get organized with these ultra-clear stackable glass jars. Store, sort, stack and display all of your food ingredients in style. Maximize your vertical storage space by mix-and-match different size jars to fit shelves of any height.

Specifications — 10 fl. oz. (300 ml)

**\$8.50**

#8323



Specifications — 19 fl. oz. (562 ml)

**\$11.50**

#8324



Specifications — 27 fl. oz. (798 ml)

**\$12.50**

#8325



Specifications — 54 fl. oz. (1597 ml)

**\$14.50**

#8326



### Goji Tea

*Gain strength, fight stress and preserve youth*



### Goji & Green Tea

*Sweetened with benefits*



### iVision Tea

*A vision elixir and an eye candy*



### Schizandra Five Flavors Tea

*1 fruit, 5 flavors, 5 organs and the 5 Elemental Energies*



### Rose Shen Tonic

*Wake up, smell the roses and enjoy a moment of Zen*



### Bloody Mary

*Pure and nutrition rich blood is fundamental to radiant health.*



### DBG Recipe Book



Request a Free Recipe Book

For the latest offerings, recipes, and ideas under our Desktop Botanical Garden™ series, visit

[www.dragonherbs.com/dbg](http://www.dragonherbs.com/dbg)



HEAVEN MOUNTAIN®

# GOJI BERRIES

AN OUNCE A DAY KEEPS THE DOCTOR AWAY!™



- ✓ The most famous superfruit for fighting **stress**, gaining **strength** and preserving **youth**.
- ✓ Moist and plump, the one and only **SNACK GRADE** Goji on the market.
- ✓ 3 out of 4 customers give Heaven Mountain Goji a 5-star rating.
 

★ ★ ★ ★ ★
- ✓ **97%** approval rating.
- ✓ Grown in the **pristine** virgin land of Heaven Mountain.
- ✓ The Goji plant is an extremely hardy plant with a bio-chemistry that can help build your adaptability and stress resilience.
- ✓ A "GREEN" hero in reversing desertification





# The Home Elixir Bar

One or several of the methods of consuming the herbs offered in this catalog will surely suit your style. Many people take capsules because they are so convenient and because the extracted powders within the capsules are so potent. And many people appreciate the potency of the **Dragon Drops** (tinctures), which can be quickly made into elixirs or added to blender blasts. Others like to make teas or elixirs either as their main method of consuming the tonic herbs or to supplement their daily use of capsules or Drops.

However you choose to take your herbs, the most important thing is *consistency* and *compliance*. If you find a method of preparation or a delivery system that really suits you, stick with it so that you use the herbs consistently. In that way they can do their magic and help you achieve glowing health in a short time. We say that “consistency is the first rule of tonic herbalism — if you don’t take your herbs, they won’t work.”

Many power-users of tonic herbs have a “home elixir bar.” Here are a few concrete suggestions on what to have in a basic home elixir bar: some shelving, a blender, a source of hot water, room temperature water, base drinks, basic bar tools, a **Desktop Botanical Garden** set (DBG), jars and boxes for teas, smoothie mixes, super foods, cool herbs for the DBG; and a “lazy susan” such as the **TurnTable!**™ to store your capsules, eeTee powders and Drops. Of course you’ll also need a few favorite cups and glasses to serve yourself your elixirs and to drink with your capsules.

Virtually every product in this **Catalog 2017** can be housed, served and consumed at your home elixir bar.

Many people also have a refrigerator and sink (with a high quality water filter) at hand. That way you may store and handle perishable drinks, ice, frozen or fresh fruits and veggies, superfoods that require refrigeration, etc.

A great starter kit for a home elixir bar would include some or all of the following:

## Superfood powder

- We suggest Dragon Herbs **Tonic Alchemy**™ as a base. It is a green powder that is composed of 91 superfoods, superfruits, greens, tonic herbs, sea vegetables, tonic mushrooms, sprouts, and fermented vegetables and herbs. It provides a perfect base for smoothies or blender drinks.
- You may obtain several other superfood powders to include in your blender drinks and elixirs.

## Dragon Drops (Tinctures)

- A set of tinctures are a must to add to the blender drinks and teas. Tinctures are liquid extracts of herbs. You would want to rely primarily on tonic herbs that include

adaptogenic herbs, Qi tonic herbs, Jing tonic herbs and Shen balancing herbs. A liquid mineral product would also be good to have on hand. Tinctures dissolve instantly into the blender drink or into DBG teas.

- Dragon Herbs makes over 30 Drops (tinctures) from the most powerful tonic herbs in the world. A Dragon Herbs herbalist can help you put together a kit of tinctures to suit your needs, desires and pocketbook.

## Instant herbal powders

- Herbs can be extracted to produce concentrated, tasty powders that dissolve within seconds in a smoothie, blender drink or tea.



- Dragon Herbs **eeTee™** line is a quintessential lineup of major tonic herbs that can be used at the home elixir bar — in fact they were made for this purpose. Some of the eeTees include **Astragalus eeTee**, **Schizandra eeTee**, and more. These amazing extracts are made at low temperature so that the component profile is identical to the raw herb. In fact, the eeTees are “raw” since they have never been heated above 108° F (boiling is at 212° F).

### Taste enhancers

- You should choose taste enhancers that are delicious AND functional.
- Frozen fruit.
- **Sweetfruit Drops, Sweetfruit Oil Drops, Xylitol**, etc.
- Minerals: select a liquid product that provides a full range of macro and trace minerals. We need minerals, and there are great products available that provide upwards of 80 trace minerals. Keep it low sodium, of course.

### Capsules

- We all take some supplements in capsule form.
- Dragon Herbs capsules are vegan (tapioca) and dissolve instantly in warm tea or blender drinks.

- You take your capsules at the elixir bar with high quality water or your beverage.
- Keep them organized on a Supplement Spinner (a kind of lazy susan for supplements — the **TurnTable!™** is excellent).
- Have a Dragon Herbs herbalist help you put together a custom program.

### Superfoods

- Your home elixir bar needs a range of superfoods in powder form. Keep them in neat jars, well-marked.
- Add them to blender drinks either as the main ingredient or as an add-on. Superfoods are the secret to complete nutrition.
- **Tonic Alchemy, Brazilian Magic, Never-Say-Die Enzymatic Syrup or Powder, ProGreens** — stock them all.

### Coffee

- If this is one of your herbs of choice, you may wish to keep the setup at your home elixir bar.

### Bulk Tea

- Green tea, Oolong (slightly fermented) tea, Pu Erh Tea (highly fermented, aged tea, supports cardiovascular and metabolic health), or whatever you like.

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## Teas

- There are a thousand teas, and you should definitely have a great selection of teas at your Home Elixir Bar.
- Keep your teas nicely displayed and well organized.
  - Both bulk teas and tea bags are great.
  - If you like bulk teas, have the correct accoutrements on hand and ready to go.
- Herbal Teas
  - An elixir bar is not an elixir bar without a set of herbal teas.
  - **Tonic Bliss Teas** contain major tonic herbs like Rooibos, Ginseng, Reishi, Lion's Mane, Shilajit and all kinds of herb teas, which are great to have on hand for daily and occasional use.
  - **Spring Dragon Longevity Tea**
    - **Spring Dragon Longevity Tea** is the greatest herbal tea on earth. Gynostemma, the main ingredient, is the herb used by the longest lived people on earth. **Spring Dragon Longevity Tea** also contains five other major longevity herbs like Schizandra and Astragalus, etc.
    - It tastes fantastic.
    - This sophisticated tea can (should) be your base-tea for at least one full-on tonic herbal elixir every day.
    - Make the **Spring Dragon Longevity Tea** with one or two tea bags in a pot of hot water.
    - Add a squirt or two of several tinctures.
    - Add a spoonful of a couple of powdered extracts (such as **Astragalus eeTee™** and **Longan eeTee™**).
    - Add a squirt of liquid minerals.
    - Add a little honey or other flavoring. Honey can be a potent health ingredient, especially Manuka Honey (very immune enhancing) and local honeys that build your immune response to local allergens.
    - Bulk teas are fundamental to any real tonic bar.

## Bamboo Treasure Shelf

This small bamboo shelf was designed by Yanlin Teeguarden to stock your tonic products in a stylish easy-to-use manner. It is elegant and highly functional. Each tier is 6" tall so the front rows do not block the back rows. 2 drawers for your miscellaneous goodies.

**Specifications** — 3 Tiers. 8"H, 8"D, 14.5"W.  
2 Drawers. 2" H and 5" H

**\$29.00** #1416

12

200

145



## Tin Pill Box

For those who also need their daily dose of herbs on the go, this Tin Pill Box provides a compact solution. It is Yanlin's favorite way to carry around her herbs, and it easily fits in your pocket or in your bag. Buy multiple to easily separate your herbs.



**Specifications** — 2 2/8" L x 2"W x 0.5"H

**\$1.00**

#10127

## TurnTable!

This is one of the most useful tools you can have at your home elixir bar (or anywhere you store dietary supplements in your home or office). It holds about a dozen jars of typical supplement bottles and even more tincture bottles. It saves space and keeps everything neat and organized. Just spin it around to find your choice for that moment.

**Specifications** — 2 Tiers. Height: 2"  
Top tier diameter: 6" (15cm)  
Bottom tier diameter: 11" (28cm)

**\$16.00**

#1415



## "Ice Crackle" Tea Cups

Set of 6 colors



These beautiful tea cups are perfect for sharing an exquisite cup of tea or for serving a unique tonic elixir. The modern Zen styling and elegance will catch the attention of your guests. Offer a different color for each of your guests, and never get your drinks confused. Colors may vary.

**Specifications** — Teacup: 2 1/2" Diameter x 1 1/4" H

**\$29.00**

#8322



**Elaine Hensley**  
Senior Herbalist



## "Ice Crackle" Jars

These beautiful "ice crackle" jars are perfect for storing your most precious teas and herbs. They look fantastic and are air tight to preserve the freshness of your Tea, Ginseng, Chocolate or Rhodiola. We have two sizes. These will look great on your home elixir bar or anywhere in your home or office.



**Specs** — 3.5" Diameter x 4.5" H

**\$17.00**

#1419



**Specs** — 7" Diameter x 6" H

**\$TBD**

#1418

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# Bliss Nuts

## Dragon Herbs Raw & Sprouted Nut Blends

Dragon Herbs is extremely pleased to offer a new path of healthy eating. Our innovative and nourishing Dragon Herbs Bliss Nuts are designed for pleasure, satisfaction and function. Unique blends of exotic ingredients are used to create Dragon Herbs' spectacular lineup of nutritious snacks. These offerings are optimally balanced and offer the "wow factor" we all appreciate in supporting our vibrant lifestyles.

### HIGH VIBRATION & OUTRAGEOUS FLAVORS

These snack food mixes are combinations of the best quality ingredients, with unique flavors that will completely dazzle your taste buds. All of our products are raw, gluten free, non-GMO, organic and all-natural. We do not add any fillers, chemicals or additives.

Dragon Herbs Bliss Nuts were created to be fun, exciting, distinctively crunchy and full of life. Using a special sprouting process and the finest ingredients, each flavor has its own explosive personality and dazzling flair - each with its own vibrant spirit.

### RAW & SPROUTED NUT BLENDS

#### RAW

Food in its raw, natural state contains essential enzymes, vitamins, and minerals compromised during high-heat processing. This is why our Raw & Sprouted Nut Blends are gently air-dried. We protect and preserve the good stuff!

#### SPROUTED

Sprouting creates life force. Through water activation, we take naturally dormant nuts and seeds and bring them to life. Sprouted foods ease digestion and increase vitality.

### Spicy Chipotle

### Pistachios & Pumpkin Seeds

A fiesta of fabulous flavors. We have combined a trio of "smoky" red chilies, with a kick of cumin, and other Chipotle seasonings.

**Ingredient** — Raw Pistachios, Sprouted Organic Pumpkin Seeds, Organic Chipotle Spice Blend (including chilies, garlic and onion), Himalayan Crystal Salt, Organic Wheat Free Tamari and Organic Unfiltered Olive Oil.

**\$11.99** #8416



## Clusters of Cacao Almonds, Raisins, Blueberries & Coconut

A combination of sprouted almonds, raisins, blueberries and coconut is drenched in a velvety dark chocolate, sweetened with coconut palm sugar, enhanced with a touch of unfiltered olive oil and the aroma of vanilla bean. The best bite-sized chocolate clusters ever.



**Ingredient** — Sprouted Almonds (pesticide free), Organic Raisins, Organic Coconut Palm Sugar, Organic Blueberries, Organic Coconut, Organic Raw Cacao, Organic Clear Agave Nectar, Organic Unfiltered Olive Oil, Organic Vanilla Extract and Himalayan Crystal Salt.

**\$11.99**

#8417

## Lime Mojo Cilantro Pistachios & Pepitas

Inspired by the traditional Latin sauce called Mojo, every batch is made with the freshest ingredients -- big bunches of fragrant cilantro, juicy jalapenos and lime juice. These pistachios and sprouted pepitas are jumping with mojo!



**Ingredient** — Raw Pistachios, Sprouted Organic Pumpkin Seeds, Organic Lime Juice, Organic Fresh Cilantro, Organic Fresh Jalapeno, Organic Cilantro Spice Blend (including garlic), Himalayan Crystal Salt and Lime Oil.

**\$11.99**

#8419

## Clusters of Cacao Brazil Nuts, Mulberries, Hemp Seeds & Dates

Smooth chocolate flavor with a unique heavenly twist. Premium chocolate covered with clusters of exotic Amazon Brazil nuts, white mulberries, hemp seeds and dates.



**Ingredient** — Sprouted Wild Brazil Nuts, Organic Mulberries, Organic Coconut Palm Sugar, Organic Dates, Organic Raw Cacao, Hemp Seeds (pesticide free), Organic Clear Agave Nectar, Organic Unfiltered Olive Oil, Organic Vanilla Extract and Himalayan Crystal Salt. (May contain shell fragments)

**\$11.99**

#8418

## Mesquite Pod Maple Walnuts

Pure comfort food. Our super crunchy sprouted walnuts are mixed with pure maple, sustainably harvested Peruvian mesquite pod meal and warming spices. Tastes great on a healthy salad or to top your favorite dessert.



**Ingredient** — Sprouted Organic Walnuts, Organic Maple, Organic Mesquite Pod Powder, Organic Cinnamon, Himalayan Crystal Salt and Organic Spices.

**\$11.99**

#8420

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## Rosemary Garlic Pistachios & Almonds

A culinary treat for garlic lovers. We have combined the vibrant flavors of fresh rosemary and scallions with garlic, dried herbs and spices. Finished with our rich and buttery unfiltered olive oil, these pistachios and sprouted almonds will definitely capture your taste buds.



**Ingredient** — Raw Pistachios, Sprouted Almonds (pesticide free), Organic Garlic Spice Blend (including garlic, onion and chilies), Organic Fresh Scallions, Organic Unfiltered Olive Oil, Organic Fresh Rosemary and Himalayan Crystal Salt.

\$11.99 #8421

## Thai Lemon Curry Cashews, Almonds & Coconut

Raw cashews, sprouted almonds, and crunchy coconut chips unite with an innovative 15-spice Thai curry blend, accentuating lemongrass, ginger and chilies. Sweetened with coconut palm sugar and an added tang of tart lemon juice. You're in for a true Thai curry treat.



**Ingredient** — Organic Raw Cashews, Sprouted Almonds (pesticide free), Organic Coconut, Organic Coconut Palm Sugar, Organic Lemon Juice, Organic Thai Curry Spice Blend (including garlic, onion and chilies) Organic Coconut Oil, Himalayan Crystal Salt and Lemongrass Oil.

\$11.99 #8422

## White Chocolate Cashews, Almonds & Cacao Nibs

The decadent sweet and creamy flavor of raw cashews and sprouted almonds is coated with premium clear agave nectar, coconut powder, cacao butter and mesquite pod meal. We've added course ground cacao nibs for an extra chocolate crunch.



**Ingredient** — Organic Raw Cashews, Organic Clear Agave Nectar, Sprouted Almonds (pesticide free), Organic Coconut, Organic Cacao Nibs, Organic Cacao Butter, Himalayan Crystal Salt, Organic Vanilla Extract and Organic Mesquite Pod Meal.

\$11.99 #8422

Nuts are not only delicious but offer an impressive range of health benefits. Just a few servings a week may extend our lifespan. And there's no problem eating a few servings every day!

Specific nuts appear to protect against DNA damage, maintain healthy cell growth and repair, modulate inflammation, reduce cholesterol, and support cardiovascular function, especially improving arterial function. Evidence indicates that nuts support neurological functions.

Studies have shown that nuts don't contribute to weight gain. In fact, there is strong evidence that nuts support weight loss. Nuts are a preferred source of protein in a plant based diet. Nuts and seeds offer a source of healthy fats. These healthy fats can boost the absorption of fat-soluble nutrients. Nuts are an excellent source of minerals.

Spices, such as those used to prepare Bliss Nuts, provide many health benefits. They are typically very potent anti-oxidants that provide protection throughout the body.

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# Tonic Alchemy™

The Ultimate SuperTonic™ Superfood Blend

91 in 1™

- Tonic Herbs
- Probiotics
- Greens
- Seaweeds
- Fruits
- Vegetables



- Made with organic ingredients
- 100% vegan
- 71 organically grown herbs, vegetables, superfoods, superfruits, super-sprouts
- 6 wild crafted sea vegetables
- 7 probiotic microorganisms
- 20 major tonic herbs, including premium Reishi, Chaga, Goji, Schizandra, Rhodiola and He Shou Wu
- 11 probiotically predigested (fermented) tonic herbs and superfoods
- No chemicals, preservatives, colors, flavors or additives

## Made with Organic Ingredients

Based on ancient health cultivation principles from Asia, Master Herbalist Ron Teeguarden has created a delicious superfood blend that offers arguably the best and widest range of nutrition of any superfood product in the world. From the highest mountains to the deep oceans, from deserts to jungles, only the finest available ingredients are included in Tonic Alchemy. With 91 amazing ingredients, Tonic Alchemy is the ultimate natural alchemical life-enhancing nutritional complex and energy source deliverable in a glass. It is the source of thousands of phyto-nutrients. Tonic Alchemy also includes the 20 greatest super tonic herbs from around the world. Tonic herbs are consumed throughout the world on a daily basis to promote Radiant Health.\*\*

Tonic Alchemy nourishes the whole body by increasing balanced energy and vitality, supporting detoxification, boosting immune responses, building the blood, increasing activity and quantity of antioxidants, and much more. Tonic Alchemy can be your dietary foundation for Radiant Health – traditionally defined in Asia as “health beyond danger.”\*\*

Suggested Use: Add one scoop of Tonic Alchemy to 8 oz. of liquid (almond milk, any grain milk, fruit juice, etc.). Blend well until smooth, ideally in a blender. Toss in a banana for a silky texture, a few fresh fruits for added freshness, or any protein powder of your choice.

**Supercharge your Tonic Alchemy.** Personalize yours into a “101 in 1” blend (or beyond) by adding powerful and functional herbal extracts and tinctures. Visit [www.dragonherbs.com/TA](http://www.dragonherbs.com/TA) for more detailed product information, ideas and guides, fun recipes and much more or call (888) 55-TONIC to speak with a trained herbalist.

## Helps

- Maximum natural nutrient density
- Increase mental and physical energy
- Build blood and nourish all the tissues of the body
- Deactivate harmful free radicals
- Tonify all the organ systems
- Balance intestinal flora
- Protect the liver, lungs and other tissues from toxins and pollution
- Remove heavy metals

\*\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Oils for Healthy Aging

Your body needs a variety of oils to survive and thrive. Dragon Herbs offers remarkable oils of extraordinary quality to nourish, lubricate and cultivate your body and mind.

## Duanwood™ Reishi Spore Oil

The Natural Essence of Reishi, the “Mushroom of Immortality”



**Duanwood Reishi™ Spore Oil** is the prime component from *Ganoderma lucidum* (Reishi mushroom) spore. It is arguably one of the most potent nutraceuticals in the world. It is extracted SFE-CO<sub>2</sub> after “cracking” (a special technique of pulverization) at low temperature. This releases the oil and assures freshness and potency. The yellow transparent oil is aromatic and pleasant to taste. It is rich in Ganoderma triterpenes (≥18%) and is completely safe. It may be consumed orally or used upon the skin or hair without harm. It supports immunological competence and may be consumed as a daily tonic. Ron Teeguarden personally consumes this oil every day.

**Ingredient** — 100% pure **Duanwood Reishi™ Spore Oil** (no additives or carriers)

**Specifications** — 30 softgel capsules

**Usage** — 1-2 soft gels each time, 1-2 times daily before meals. Use of 9 capsules per day has been shown to have no side effects.

Duanwood and Duanwood Reishi are trademarks of Ron Teeguarden’s Dragon Herbs

\$145.00

#588

58

## Antarctic Krill Oil

Sustainably harvested from the cleanest sea on earth

**Antarctic Krill Oil** is rich in Omega 3 fatty acids. Dragon Herbs **Antarctic Krill Oil** (*Euphausia superba*) contains no heavy metals or contaminants, as it is all collected from the Southern Ocean which is still very clean. Because it is actually water soluble, it is assimilable in the stomach, providing excellent cellular availability. Its red color is due to antioxidant Astaxanthin, which also limits oxidation of the oil. Wonderfully, Dragon Herbs **Antarctic Krill Oil** is certified by the Marine Stewardship Council (MSC) as sustainable and 100% traceable. We are not harming the environment in collecting the krill.



**Ingredient** — Krill (*Euphausia superba*) oil

**Specifications** — 500mg/capsule; 80 caps/jar

**Usage** — 1-4 soft gels per day

\$29.50

#592

12





## Ginseng Oil

### The King of Herbs

Dragon Herbs **Ginseng Oil** is made from premium Chinese Ginseng roots and berries, and contains no chemicals. It is a yellow-red oily liquid with the unique aroma of ginseng. A few drops or a squirt may be consumed orally and/or it may be used on the skin to promote beautiful skin. This oil is easily absorbed into skin. Ginseng oil is widely used in Asia to counteract wrinkles and to rejuvenate skin cells. It is moisturizing and shrinks pores. It creates a water barrier on the skin. Ron Teegarden personally consumes this oil every day.

**Ingredient** — Ginseng fruit and root oil

**Specifications** — 1 oz. dropper bottle

**Usage** — 1-2 squirts per day in a blender drink or directly into the mouth.

**\$72.00**

#4500

29



## Sea Buckthorn Fruit and Seed Oil

### Healthy Aging Oil

Our Sea Buckthorn is from Wutai Mountain, a remote and beautiful Buddhist sacred site. It is made from *wild* Sea Buckthorn whole fruit including seeds. It was previously a certified organic farm, but the Sea Buckthorn grew so vigorously that the plantation went wild. No chemicals have ever been used on these plants and the land and plants remain pristine. Yet, believing in the “wild-natured” principle, the producers elected to go wild. The oil is extracted by SFE-CO<sub>2</sub> technology. Sea Buckthorn is a relatively unknown superfruit from mountainous central Asia and Tibet. This oil is rich in monounsaturated fatty acids ≥30% combined: palmitoleic acid, oleic acid. It is rich in polyunsaturated fatty acids (Omega 6 and 3 FA) ≥48%: linoleic acid and alpha-linolenic acid. It is rich in Vitamin E: ≥100mg/100g. And it is rich in carotenoids: beta-carotene ≥10mg/100g. It is a super-oil.

**Ingredient** — Sea Buckthorn fruit and root oil

**Specifications** — 1 oz. dropper bottle

**Usage** — 1-2 squirts per day in a smoothie or directly into the mouth.

**\$12.00**

#4502

9



## Goji Fruit and Seed Oil

### Healthy Aging Oil

Our certified organic Goji oil is extracted by advanced SFE-CO<sub>2</sub> technology. Goji seed oil is among the strongest antioxidants known. The oil is rich in Linoleic acid ≥60%, and supports normal blood lipid profiles. It is rich in the orange Goji pigments one would expect from Goji. Ron Teegarden personally consumes this oil every day.

**Ingredient** — Goji fruit and root oil

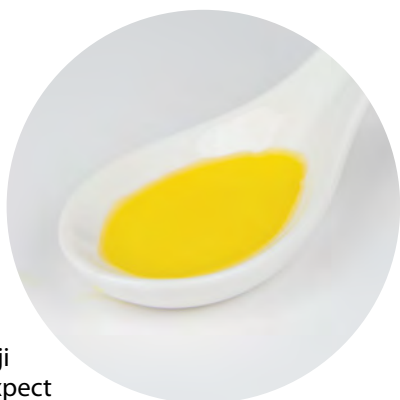
**Specifications** — 1 oz. dropper bottle

**Usage** — 1-2 squirts per day in a smoothie or directly into the mouth.

**\$40.00**

#4501

16



## Ligusticum Oil

This is natural 100% pure Ligusticum rhizome oil made from superior quality *Ligusticum wallichii* (*Chuanxiong*). This oil has been used for centuries in Asia. It is considered to help support cardiovascular health. It is famous as an oil that improves blood circulation and supports female hormones and menstrual functions. This oil will be familiar to practitioners of Chinese herbalism, as it is the aroma one encounters when entering a traditional Chinese herb shop. It is produced by a low temperature supercritical (CO<sub>2</sub>) extraction process, and as a result, there is no solvent residue and no chemical changes or decomposition. The oil contains over 45% ligustilide, the main active constituent of Ligusticum rhizome. It is manufactured at a GMP certified factory. It is Kosher.

**Ingredient** — Ligusticum rhizome oil (Ligusticum rhizome is sometimes referred to as *Cnidium* rhizome)

**Specifications** — 1 oz. dropper bottle

**Usage** — 1-2 squirts per day.

**\$22.00**

#4507

9

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Schizandra Fruit and Seed Oil

Schizandra yields wonderfully aromatic oil that possesses the rich and beautiful aroma of fresh Schizandra berries. The seed is quite oily but generally difficult to extract. The seed is pulverized and extracted by SFE-CO<sub>2</sub> extraction technology at low temperature. The yellow transparent oil from the seed contains more than 2.2% Schizandrin. Researchers in China emphasize that it is the SEED and its oil that is active as a brain tonic. It helps eliminate a large number of free radicals, stimulates the body to produce innate antioxidants, and supports liver, eye, kidney, brain and healthy aging functions. Ron Teeguarden personally consumes this oil every day.



**Ingredient** — Schizandra fruit and seed oil

**Specifications** — 1 oz. dropper bottle

**Usage** — A few drops in tea or blender drink.

**\$32.00**

#4504

13

## Ginger Root Oil

Ginger oil may sound like a common commodity, but herbal-quality ginger oil is actually quite rare. This ginger oil contains 25% *gingerol*, the main active component of active ginger. Its aroma is fresh and strong, and its taste is aromatic and spicy. Our ginger oil is made from genuine *Zingiber officinale* (connoisseur-grade edible ginger). It is grown on a ginger plantation in a clean mountain area with nothing but fresh air. This ginger oil is extracted by advanced low temperature supercritical CO<sub>2</sub> technology. This is a green, highly efficient process that results in no pollution. This superior quality oil contains no heavy metals or solvents, and has a long shelf life. A small amount goes a long way and may be used in teas or as a spice and flavor for food. It can also be used with other oils on the skin and hair.



**Ingredient** — Ginger root oil

**Specifications** — 1 oz. dropper bottle

**Usage** — A few drops in tea or blender drink. Use as needed in massage oil, especially on areas needing stimulation of circulation including the back, head and abdomen. Avoid eyes.

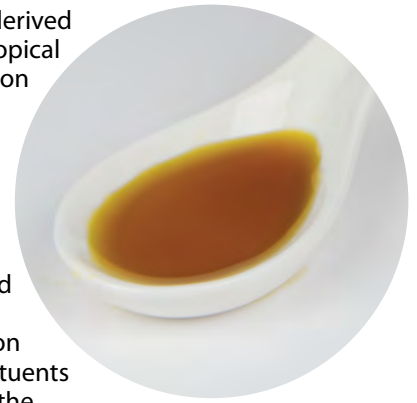
**\$25.00**

#4505

10

## Cinnamon Bark Oil

Pure **Cinnamon Bark Oil** is derived from Cinnamon bark from tropical China. This is not your common cinnamon oil. It is derived from the bark of *Cinnamom zeylanicum*. This is not from young twigs, but from bark that has matured over many years. This Cinnamon oil is very potent and delicious and would be used sparingly, a few drops at a time. Cinnamon bark oil has at least 31 constituents of which cinnamaldehyde is the most important health-wise. Our Cinnamon bark is rich in cinnamaldehyde (≥80%). It also contains beta-caryophyllene, linalool and other terpenes. A few drops added to a beverage provide a wonderful Cinnamon flavor. More importantly, this Cinnamon bark oil is highly tonic to the Kidney system, supporting Yang functions related to bone, marrow and brain. Research indicates that Cinnamon oil may support healthy normal carbohydrate metabolism.



**Ingredient** — Cinnamon bark oil

**Specifications** — 1 oz. dropper bottle

**Usage** — A few drops in tea or blender drink. Use as needed in massage oil, especially on areas needing stimulation of circulation including the back, neck and abdomen. Avoid eyes.

**\$21.00**

#4506

8



Santa Monica store

## Dang Gui Root Oil

Dang Gui oil is made from *Angelica sinensis* roots. Dang Gui is one of the most famous herbs in the world, and is especially beloved by women everywhere. This oil is produced by a cutting edge CO<sub>2</sub> extraction process at a temperature that never exceeds 35°C. No solvent other than the CO<sub>2</sub> is used. As a result of the advanced technology, no chemical changes or decomposition occur during production. This brown oil smells just like Dang Gui and contains important constituents that distinguish Dang Gui as a major herb, including *ligustillide*, *angelicin*, linoleic acid and more. Dang Gui oil promotes healthy blood circulation, and supports immunological, digestive and respiratory functions.



**Ingredient** — Dang Gui root oil

**Specifications** — 1 oz. dropper bottle

**Usage** — A few drops in tea or blender drink. Use as needed in massage oil, especially on areas needing stimulation of circulation including the back and abdomen. Avoid eyes.

**\$72.00**

#4503



## Dragon's Blood Resin

### Sangre de Grado Resin

This remarkable blood-red resin is made from natural resin of the *Sangre de Grado* tree from Ecuador and Peru. Sangre de Grado is a medium-sized to large tree that grows from 20 -50 feet high. The trunk is covered by smooth, mottled bark. Its Peruvian name, *Sangre de Grado*, means "blood of the dragon" (in Spanish). It is also called *Sangre de Drago* (which means "dragon's blood" as well). When the trunk of the tree is cut or wounded, a dark red, sappy resin oozes out as if the tree is bleeding. This resin is rich in active alkaloids, and is widely used in Latin America as a salve in all kinds of situations. It is also the main ingredient in Dragon Herbs' **Miracle Balm**. No home should be without either **Miracle Balm** or *Sangre de Grado*.



**Ingredient** — Sangre de Grado resin

**Specifications** — 1 oz. dropper bottle

**Usage** — Generally for topical use (bee stings and the like). May be consumed internally, 1-3 squirts per day.

**\$15.00**

#4508



## Oregano Oil

### Wild Mediterranean Oregano Oil

Our **Oregano Oil** is the highest quality available. It contains oregano oil that is wildcrafted in Turkey. Our wild-crafted Mediterranean oregano oil is derived from plants grown organically without the use of any toxic pesticides and/or herbicides. They are grown in their native environment which maximizes the plant's ability to concentrate its natural, health promoting components. This *Di Tao* (authentic, original, traditional source) oil is extracted from the plant through a steam distillation process without the use of harsh chemicals. The oregano oil is then put into a softgel with non-genetically modified soy lecithin and extra virgin olive oil as a base. This allows for a clean, pure product as well as optimal absorption of the active constituents.

**Ingredient** — Oregano leaf oil (*Origanum vulgare*)

**Specifications** — 45mg; 60 Vegetarian Capsules

**Usage** — 1-3 capsules daily with meals

**\$16.95**

#2058



Shaolin monk Li Bo serves "magical water" to Yanlin from a Shaolin Temple mountain well.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Evening Primrose Oil

### A valuable nutritional fatty acid supplement

Evening Primrose is a plant native to North America originally used by Native Americans and passed on to the European interlopers during colonial times. This bright yellow flowering plant was used by Native Americans to support wellbeing as one of their most valuable and versatile nutritional supplements. Over the past several decades the oil of Evening Primrose has become a popular and important nutraceutical around the world. Evening Primrose oil is an excellent natural source of GLA, an omega-6 fatty acid that helps support healthy skin by helping to maintain the skin's moisture barrier. GLA is a precursor to soothing prostaglandins, known to support a balanced immune system and appropriate immune response, and to the natural balanced production and appropriate delivery of estrogen and progesterone. As such, it may support healthy skin and help maintain consistent hormonal balance throughout the month. Unlike many evening primrose oil products on the market, ours is extracted without the use of hexane; which is a potentially toxic substance. The cold, expeller pressing produces little to no heat, which helps maintain the integrity of the naturally-occurring fatty acids. The manufacturing techniques used results in the highest quality, purest evening primrose oil available.

**Ingredient** — Evening Primrose seed oil (*Oenothera biennis*)

**Specifications** — 500 mg; 90 Softgels

**Usage** — 1 softgel, three times daily with meals

**\$13.95** #2015



## Omega 3, 6, 9 Complete EFA

### Omega 3, 6, 9 from flax, borage and deep sea fish oil

Our complete essential fatty acids (EFA) complex is composed of *deep sea fish oils, organic flaxseed oil and borage seed oil*. The highest grade oils are molecularly distilled to remove PCB's, dioxins and heavy metals such as lead and mercury. This process also reduces oxidation of the oil and helps keep it fresh and stable. ALA from our expeller pressed flaxseed oil, GLA from borage seed oil and EPA/DHA omega-3 fatty acids from deep cold water fish together provide all three major categories of EFAs: Omega 3, 6 & 9.

These fatty acids are essential to vital biochemical and physiological processes in the body. They are needed for maintaining proper cell membrane structure, which allows the proper distribution of nutrients throughout your body. Omega-3 fats such as those found in this formula are critical for supporting

healthy cardiovascular and neurological functioning, as well as promoting a normal, healthy immune response. Omega-6 fats provide many health benefits including supporting healthy skin, and a healthy, balanced immune response. Omega-9 fats help support healthy cardiovascular function. This is one of the most important dietary supplements you can consume.

**Ingredients** — Borage Seed oil, Flax Seed oil, Deep Sea Fish oil

**Specifications** — 120 Soft gels

**Usage** — As a dietary supplement, adults take one (1) softgel capsule, three (3) times daily with meals, or as directed by a health care professional.

**\$28.95** #2009



## Walnut Oil

The walnut provides essential fatty acids for healthy skin and the development of body cells. Walnuts provide both monounsaturated fat and a rich supply of omega-3 fatty acids. A handful of walnuts contains almost as much omega-3 fatty acid as 3 ounces of salmon. Monounsaturated fat is considered to be probably the healthiest type of general fat (olive oil is also rich in monounsaturated fat). It has none of the adverse effects associated with saturated fats or trans-fats. Our walnut oil is a premium walnut oil from coastal Central California. It may be used for multiple purposes, including the preparation of a wonderful salad dressing (combined with Dragon Herbs **Healthy Vinegar**).

**Ingredient** — 100 % Pure Walnut Oil

**Specifications** — 250 mL; 500 mL

**Usage** — Easy-to-use in salads, grilled fish and meat, pasta or cheese plate. You can pour it on everything, drizzle on your roasted vegetables, your pasta, and enhance your barbecue sauce. It will add a gourmet taste to any ordinary meal. Some think walnut oil is the supreme salad oil.

250 mL - **\$8.49** #10606



500 mL - **\$11.95** #606



## Q&A

### I was wondering if your products are registered with the FDA?

Herbal extracts are not registered with the FDA, but our GMP manufacturers, including Dragon Herbs, are compliant with FDA regulations. We work compliantly with FDA at all times, and frequently submit testing, documentation, or samples to them when we are importing herbs and extracts.

# Ron Teeguarden Signature Tonic Oil Blends

These two offerings provide you the opportunity to consume all the herbal oils you need in the convenience of a single dropper bottle. They represent the ultimate in tonic herbal oils.

## Dan-O's Oil

### Healthy Aging Super-Oil Dietary Supplement

This is a super-blend of oils derived from some of the most potent tonic herbs in the world. It provides healthy aging support.

**Ingredients** — Ginseng Oil, Reishi Spore Oil, Sea Buckthorn Oil, Schizandra Oil, Cinnamon Bark Oil, Ginger Oil, Goji Oil

**Specifications** — 1 oz. dropper bottle

**Usage** — 1 to 2 squirts per day in a smoothie or blender drink. Use on the body or hair. For men or women.

\$38.00

#4509

15

Coming Soon

## Magu's Oil

### Healthy Aging Super-Oil Dietary Supplement for Women

This oil may be used by women as a female tonic. It is composed of the great herbal oils that can benefit every woman. It provides healthy aging support.

**Ingredients** — Schizandra Oil, Reishi Spore Oil, Dang Gui Oil, Ligusticum Oil, Ginger Oil, Cinnamon Oil, , Goji Oil, Sea Buckthorn Oil

**Specifications** — 1 oz. dropper bottle

**Usage** — 1 to 2 squirts per day in a smoothie or blender drink. Use on the body or hair. Primarily for women.

\$36.00

#4510

14

Coming Soon



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Sweetfruit Oil Drops

## The most delicious way to take your herbs

Dragon Herbs is pleased to offer a novel and totally pleasurable method of ingesting a variety of healthy aging oils. We have blended several of our most important oils with **Sweetfruit Drops**. Simply take the drops straight into your mouth or squirt it into a tea, smoothie or superfood blast. These Sweetfruit Oils are delicious, fun and new! You'll really experience the tonic herbs like you never have before. They taste exactly like the herb used, but they're remarkably sweet and delightful. They contain no sugar or artificial anything. They may be used in any tea, blender drink, smoothie or juice of your choice, as much as you like (moderation is surely a rule of life). Many of our herbalists take it straight into their mouths – wow! Delicious! Try one, you'll want them all!

### Ginseng Sweetfruit Oil

Ginseng is the primary Qi tonic of World Herbalism. For mental and physical energy, adaptability, resistance to stress.

**Ingredient** — Ginseng Oil, Sweetfruit extract, Glycerin

**Usage** — 1-2 squirts as desired

**\$22.00**

#4511



### Goji Sweetfruit Oil

Goji is the premier antioxidant fruit in the world. We all love them as a snack and in our teas, but this is a way to get the Goji goodness like never before.

**Ingredients** — Goji Oil, Sweetfruit extract, Glycerin

**Usage** — 1-2 squirts as desired

**\$17.00**

#4514



### Schizandra Sweetfruit Oil

Schizandra from Changbai Mountain is called the "quintessence of tonic herbs" because it tonifies all Three Treasures, Jing, Qi and Shen, and nurtures all twelve classical organ systems. It is a love tonic and a brain tonic...what more could you need or want?

**Ingredient** — Schizandra Oil, Sweetfruit extract, Glycerin

**Usage** — 1-2 squirts as desired

**\$17.00**

#4512



### Cinnamon Bark Sweetfruit Oil

Cinnamon can always taste great when combined with sugar, but this is REAL Cinnamon, hardcore tonic herbal quality from bark that has grown to full maturity over many years. This kind of Cinnamon is extraordinary tasting but perhaps too strong for most people to consume straight. But here it is, Cinnamon bark power in its most wonderful form. This is the King of Kidney Yang herbs.

**Ingredients** — Cinnamon Bark Oil, Sweetfruit extract, Glycerin

**Usage** — 1-2 squirts as desired

**\$17.00**

#4515



### Dang Gui Sweetfruit Oil

Dang Gui is Asia's premier woman's herb. It builds blood and promotes natural blood circulation. Women have loved Dang Gui for thousands of years, but it never tasted this good before.

**Ingredients** — Dang Gui Oil, Sweetfruit extract, Glycerin

**Usage** — 1-2 squirts as desired

**\$22.00**

#4513



### Ginger Sweetfruit Oil

Ginger is a worldwide favorite flavoring. A squirt or two of **Ginger Sweetfruit Oil** Drops will blow your mind. And it's perfect for your digestion.

**Ingredients** — Ginger Oil, Sweetfruit extract, Glycerin

**Usage** — 1-2 squirts as desired

**\$13.00**

#4516



“We all want to live our lives fully, successfully, healthfully and happily. In the Orient, these attainments are cumulatively called ‘glowing health.’ Physical health alone becomes irrelevant if it is accompanied by a troubled life, unhappiness or failure. Then again, the loss of our physical health can become an all-consuming disaster.

Sooner or later, most of us fall prey to various disharmonies in our lives and to a subhealth status, where problems can accumulate and disrupt our lives and reduce our capacity to live fully or reach our potential.



Professor Wang discusses herbal analysis with the herbalist group.

Yet it is possible to build and protect our health so that we can live life optimally. Glowing health is attainable, and we can maintain for a long time once we have it. Glowing health is attainable if we learn the secrets of living in accord with Nature’s laws and take advantage of a few of Nature’s tools. Among the great ‘tools’ discovered by humankind to aid in the attainment of glowing health are the Chinese tonic herbs, also called the ‘Superior Herbs’ in Asia, and superfoods from blue zones around the world.”

– Ron Teegarden

(“The Ancient Wisdom of the Chinese Tonic Herbs”)

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# Di Tao Salts™

Your body and your brain need minerals. You cannot live, much less thrive, without a full range of essential and trace minerals. You can obtain minerals from plants and seafood, but you may be shortchanging yourself if you don't ever add any complex minerals to your diet. Minerals, even some that you've never heard of, play critical roles in various tissues, systems and functions of the body. Without them, some functions may cease or become weak, causing a chain reaction of failed functions throughout the body.

Many, many people these days are afraid of "salt." The fear is justified if we are talking about common table salt (the perverse food additive composed of sodium chloride with added iodine and anti-caking chemicals that we grew up with). But we need minerals and SEA salt can fill that need perfectly, if we use discretion and wisdom. All real sea salt contains at least 50 minerals and trace minerals, probably considerably more in most cases.

Dragon Herbs offers a range of healthful, important high-mineral sea salts from pure and extraordinary sources around the world – we call the Di Tao Sea Salts™. And then we offer a few super-extraordinary full-range mineral products. You owe it to your body to add minerals (not table salt) to your diet. Your Qi and your "conductivity" depend on it.

Proper salt seasoning brings out the sweet, full flavor of food. Always try to add salt toward the beginning of cooking, since raw salt can make you overly thirsty. May the light within you shine!





## Andes Mountain Pink Salt

Andes Mountain Pink Salt is a rare and exceptional natural mineral salt. It is mined by hand from ancient sea salt deposits that formed hundreds of millions of years ago, and were slowly enclosed deep within the Andes Mountain in Bolivia. With its gorgeous color and balanced, mild flavor, it belongs on display in your kitchen and on your dining table. It can be used as a finishing salt sprinkled on grilled seafood, roasted vegetables and baked goods.



Specifications — 9.9 oz. (280 g)

**\$26.00** #860

## Himalaya Mountain Pink Salt

Harvested from ancient sea salt deposits that lie deep beneath the Himalayas, our Himalaya Mountain Pink Salt is one of the best mineral salts available. It is treasured for its clean taste. We guarantee that our genuine Himalaya Mountain Pink Salt is the highest quality, is completely organic compliant and is certified kosher by the Orthodox Union.



Specifications — 9.7 oz. (275 g)

**\$25.00** #862

## Balinese Sea Salt Crystals

On the beautiful island of Bali, a natural union of earth, wind and heat combine to create this beautiful sea salt. Harvested using traditional methods, the subtle flavor is the result of cold water drawn from the north mixing with the warm tropical water, the heat of the sun and gusty island winds. The wonderful tasting flakes are perfect for finishing salt.



Specifications — 7.4 oz. (210 g)

**\$17.00** #861

## Mayan Salt

Mayan Salt is a fluffy, moist hand-harvested salt from the mangrove sanctuaries of El Salvador. The clean salty flavor and soft texture is the result of a natural filtering process through man-made salt ponds, the same technique used by the Mayans. The delicate crystalline grains that form at the top of the water are carefully skimmed off, preserving the trace minerals of the tropical seawater. Mayan Salt is a great finishing salt, and can add flavor to both sweet and savory foods, including seafood, vegetables, salads, and desserts.



Specifications — 7.4 oz. (210 g)

**\$18.00** #864



\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Mexican Crystal Sea Salt

Harvested by hand from the sea salt farms of beautiful coastal Manzanillo, Mexico, our Mexican Crystal Sea Salt is a delicate, mild, highly versatile sea salt with a moist, fluffy texture similar to the Fleur de Sel crystals from France. Ideal as a topping for virtually all foods that need salt. The moisture of the salt makes it a perfect way to add a golden-brown crust without drying out the dish. Stir it into salsa, soups, dulce de leche or mole for a savory flavor that enhances every meal.



**Specifications** — 8.1 oz. (230 g)

**\$22.00** #866

## Sel Gris French Sea Salt

Sel Gris French Sea Salt is hand-harvested from the clay-lined salt ponds in the Guérande region of France. It is the most well-known gourmet sea salt of France. Sel Gris has a crunchy texture that works well with grilled sea food, roasted potatoes and root vegetables. The characteristic briny flavor is iconic in French cuisine and pairs perfectly with a wide variety of foods, from roasted nuts to stews and salads to cookies. Use this delicious sea salt as a substitute for everyday table salt.



**Specifications** — 7.0 oz. (200 g)

**\$21.00** #867

## Roasted Garlic Sea Salt

Wonderfully and intensely aromatic and savory, our Roasted Garlic Sea Salt is a rich blend of golden-brown roasted garlic and pure, natural sea salt. Roasting garlic gives it a deep aroma that works well in every place that traditional garlic salt fits. Due to the texture and grain size, Roasted Garlic Sea Salt can be used as both an ingredient salt and a finishing salt, and is ideal for BBQ rubs and spice blends, in a dry brine or a marinade, in sauces and soups.



**Specifications** — 8.5 oz. (240 g)

**\$25.00** #869

## Curry Sea Salt

Our warm, spicy and aromatic Curry Sea Salt is a delicious spice mixture of traditional curry components and pure, natural sea salt. This blend is a beautiful golden color that works well as both an ingredient salt and a finishing salt. Traces of fragrant lemon, coconut, lemongrass, turmeric, toasted coriander and cumin make the bouquet of our Curry Sea Salt a wonderful addition to both sweet and savory dishes. Of course, use it to make curry sauce. This artisanal salt can work on toasted nuts and snack mixes, and veggies.



**Specifications** — 8.8 oz. (250 g)

**\$27.00** #870

## Sriracha Sea Salt

Ron Teeguarden's Sriracha Sea Salt has the tang of real Sriracha chili sauce and all-natural flake sea salt. Add a pinch to BBQ rubs and sauces, or try it in homemade ramen and chicken stock. Warm and spicy, with a garlicky and slightly vinegary taste, Sriracha Sea Salt adds zest to roasted nuts, snack mixes and popcorn, and the delicate flakes add a pleasing crunch to any dish.



**Specifications** — 6.7 oz. (190 g)

**\$23.00** #871

## Thai Ginger Sea Salt

Thai Ginger Sea Salt is an all-natural blend of pure sea salt and ginger. Spicy, tart and clean, this salt adds zest to both sweet and savory dishes. Delicious in Asian-inspired spice rubs and sauces. Also great in a topping or as a finishing salt for many desserts and pastries. Great on fish like salmon. Thai Ginger Sea Salt is an exotic taste that everyone loves.



**Specifications** — 6.7 oz. (190 g)

**\$23.00** #873

## Szechuan Pepper Sea Salt

Yanlin Teeguarden's Szechuan Pepper Sea Salt is all about the flavor and spice notes, but be assured it will leave a slight tingle on your tongue. Yanlin was born in Szechuan and knows Chinese pepper culture almost genetically. Szechuan peppercorn has a woody and citrusy aroma and taste profile. You will detect the arid perfume of dried spices like coriander and ginger. The peppercorns bring out the brininess of the natural sea salt, which makes Szechuan Pepper Sea Salt a great addition to your exotic hot pot soups, seasoning blends, spice rubs, and all sorts of fish and vegetable dishes.



Specifications — 7.8 oz. (220 g)

**\$25.00** #872

## Balinese Handcrafted Sea Salt

On the beautiful island of Bali, a natural union of earth, wind and heat combine to create this beautiful sea salt. Harvested by hand using traditional methods, the subtle flavor is the result of cold water drawn from the north mixing with the warm tropical water, the heat of the sun and gusty island winds.



Specifications — 7.4 oz. (210 g)

**\$19.00** #874

## Jade Sands Pure White Sea Salt

Jade Sands Pure White Sea Salt is traditionally processed at the oldest salt works in China, the same way it's been done for thousands of years. It has a well-rounded flavor and has a terrific moisture content. Best of all, it has been revered in China for centuries by monastery food preparers and by imperial chefs. It has been used in Taoist longevity cooking, teas, elixirs, congees and soups for over 2,000 years.



Specifications — 8.6 oz. (245 g)

**\$23.00** #875

## Hawaiian Black Salt

An amazing combination of pure Pacific sea salt and activated charcoal made from coconut shells, Ron Teeguarden's Hawaiian Black Sea Salt has an exotic, striking flavor. The rich black color and crunchy grains add a dramatic finish to any meal. Try our Hawaiian Black Sea Salt as a finishing salt on any food that the striking, jet-black color will stand out! It is a beautiful replacement for plain table salt. Activated charcoal is one of the great detoxifying agents known to mankind and has profound health benefits.



Specifications — 10.2 oz. (290 g)

**\$22.00** #863

## Peruvian Mountain Pink Salt

Hand harvested from spring-fed terraces near the ancient city of Machu Picchu, our Peruvian Mountain Pink Salt presents as medium-sized salt crystals of varying shades of gold and pink. It gives a beautiful sheen to match their well-rounded savory flavor and crunchy texture. The moderate moisture content of Peruvian Mountain Pink Salt makes it fantastic as a salt crust or finishing salt on seafood or sprinkled on top of warm vegetables, potatoes or desserts. The crisp grains hold up well in soups and stews.



Specifications — 9.2 oz. (260 g)

**\$21.00** #865

## Matcha Green Tea Sea Salt

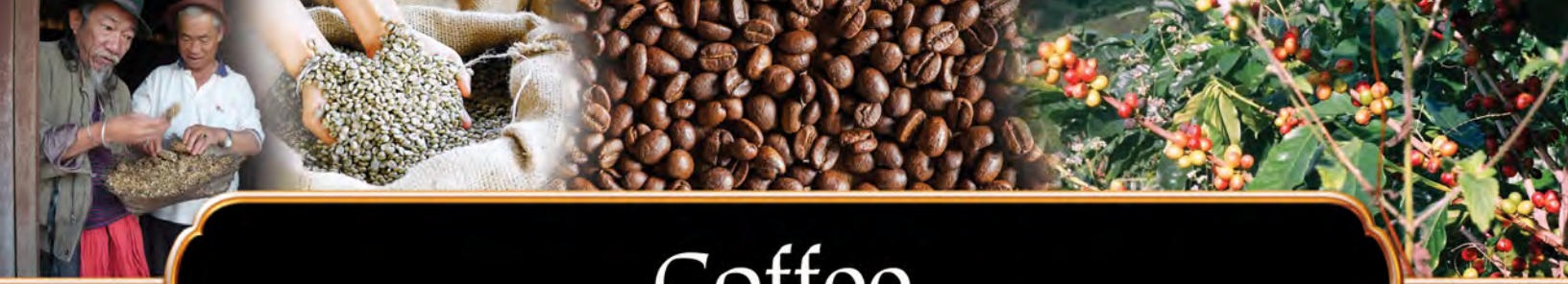
Matcha is a premium green tea harvested and processed in Japan. It has become popular for its green, lightly toasted and slightly sweet flavor. To highlight the delicate aroma of the Matcha, we gently combine pure, mineral-rich natural sea salt to create our Matcha Green Tea Sea Salt. This salt is best used in light dishes such as seafood or vegetables, in eggs, tofu, edamame, and in tempura.



Specifications — 9.7 oz. (275 g)

**\$29.00** #868

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# Coffee

Water, coffee and tea are the three most popular beverages in the world. Hundreds of millions of people consume coffee or tea at least once a day. The obvious reason is that these herbs, when brewed, are both delicious and stimulating, increasing wakefulness, mental alertness, physical energy and productivity. Both tea and coffee have caffeine and thus release stored energy. Coffee, in general, contains significantly more caffeine than tea and is thus more potent. Dragon Herbs offers a full range of exquisite teas. And we are well aware that Americans and Europeans drink a lot of coffee. In spite of the fact that some extremely populous countries like China and India prefer tea, coffee is now the most-consumed beverage in the world. If you drink coffee, this is for you.



Americans like our coffee strong, robust and fresh tasting. We also like the fact that coffee comes from remarkable growing locations around the world and that this coffee helps support and stabilize whole regions economically.

And these days, a lot of people are aware that coffee is quite a healthy beverage. A review of over 19 thousand scientific studies on coffee, some of which were done with over 100,000 people, for longer than 10 years, and on both men and women, unequivocally supports the notion that coffee is a healthy beverage for most people.

We're well aware that you can buy fine coffee easily and readily within blocks of your home. So Dragon Herbs offers coffee from two uniquely excellent resources that stand out from the pack in a few very interesting ways.

Dragon Herbs is pleased to offer **Doi Chang Mountain Grown Coffee** from the high sub-Himalayan mountains of Thailand. This wonderful coffee has been rated as one of the best coffees in the world.

Secondly, we offer **Longevity Brand Low Acid Coffee from Longevity Warehouse** brought to us by **David Wolfe**. This low acid coffee is specially blended and roasted to minimize the amount of irritants that are associated with stomach discomfort.



### Doi Chaang Single-Estate Coffee

Doi Chaang Single-Estate Coffee comes exclusively from Doi Chaang (literally meaning Elephant Mountain) Village in the stunningly beautiful and pristine mountains of Northern Thailand, at altitudes ranging 4,000-5,000 feet above sea level. Doi Chaang Single-Estate beans are not blended with beans from any other estate or origin.

The inhabitants are known as the Akha, a beautiful, proud and hardworking people. They are happy to create the very best coffee that brings honor and income to their community and empowers them to maintain their independence and way of life. They successfully lifted themselves out of poverty with the help of King Bhumibol Adulyadej's royal initiatives, one of which provided hill-tribe peoples with sustainable crops to replace opium farming.

They faced much discrimination either against their people who were degraded as "mountain people" or against their lands, which were often too perilous to hike. By collaborating with entrepreneurs invested in their culture and wellbeing, they have elevated their coffee to be Thailand's only world-class coffee and achieve Beyond Fair Trade standards.

The farmers keep 100% of domestic sales in Thailand, and a family-owned Canadian company funds 100% of the marketing. Doi Chaang village owns 50% of this company, and 50% of all international sales go back to the farmers — that's more than double what current Fair Trade standards require. Doi Chaang Coffee Company is the model for delicious, ethical and sustainable coffee. Dragon Herbs® is proud to offer the award winning range of coffees from Doi Chaang, including Doi Chaang's Wild Thai Civet Coffee, roasted from beans that have passed through the wild civet's digestive tract. Doi Chaang's Civet Coffee is the highest rated civet coffee in the world according to Coffee Review™, THE authoritative print journal on coffee. The civets are wild and never caged or force-fed, ensuring the best quality and taste and high ethicality. These may be the happiest civets in the world.



### Doi Chaang Blends

Doi Chaang now also offers blends. Doi Chaang's Master Roaster wouldn't choose just any coffee bean to blend with their acclaimed Thai beans. On the hunt for ideal companions to combine with his exceptional Doi Chaang Thai beans, he picks only the world's finest fair trade, organic beans. He brings together beans from the different regions that would best complement each roast to create truly magnificent flavor profiles worthy of being blended with Doi Chaang's world renowned Thai beans.



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Doi Chaang

COFFEE

## High Altitude Thailand Coffees

### Doi Chaang Dark Coffee

#### Single Estate

Doi Chaang's premium beans are given a long slow roast to create a dark, exotic cup with an intensely bold richness. Doi Chaang's **Single-Estate Dark** has a heavy body with a pleasant, slightly tart acidity. It has a hint of smoky flavor while still retaining a sweet definition that is often lost in commercial dark roasts that burn away their flavor.

**Ingredient** — 100% Organic Whole Bean Arabica Coffee  
**Specifications** — 1 lb. (340g)

**\$15.99** #8103



An actual coffee collector



Village matriarchs enjoy coffee

### Doi Chaang Hardwired

#### Blend - Thai, Nicaraguan and Peruvian beans

A dark roast combination, this full-bodied blend of deep dark Doi Chaang Thai beans with Nicaraguan and Peruvian high-mountain beans provides a rich, dense cup that kicks energy into high gear.

**Ingredient**— 100% Organic Whole Bean Arabica Coffee  
**Specifications** — 1 lb. (340g)

**\$13.95** #8108



### Doi Chaang Signature Coffee

#### Single Estate

This is a selection of Doi Chaang's finest beans, which are then roasted at different levels in separate batches before being blended together to create a full, lively cup. Roasting on different levels produces a complex, yet seamless blend that has a spicy aroma and a full-bodied undertone with distinct floral notes.

**Ingredient** — 100% Organic Whole Bean Arabica Coffee  
**Specifications** — 1 lb. (340g)

**\$15.99** #8101





## Doi Chaang Social Medium

### Blend - Thai and Sumatran beans

This whole bean, medium roast blend is a balanced combination of Doi Chaang Thai and Sumatran beans which creates a sweet, earthy medium dark cup with fine complexity and a high-grown clean finish.

**Ingredient** — 100% Organic Whole Bean Arabica Coffee

**Specifications** — 1 lb. (340 g)

**\$13.95**

#8109



## Doi Chaang Wild Thai Civet Coffee

### Single Estate

**Wild Thai Civet Coffee** is given a medium-light roast, preserving the distinct flavor acquired from its unique process; is low in caffeine and results in an exceptionally smooth and flavorful taste. This produces an elegantly smooth cup, with an unusual and memorable taste profile of citrus-toned acidity, cedar-y dark chocolate, and raisin-y fruit.

**Ingredient** — 100% Organic Whole Bean Arabica Coffee

**Specifications** — 50 g

**\$55.00**

#8107



Top: A view of Doi Chaang coffee plantation

Right: A civet helps produce one of the world's finest coffees. The civets are wild and never hunted or harmed.

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# Longevity Warehouse Low Acid Coffee

Longevity Warehouse is the trusted friend of Dragon Herbs. It is the prime distribution vehicle for David Wolfe, the world renowned superfoods proponent. David is well known by tens of millions of people for his infomercials featuring the NutriBullet. But David also offers a large range of superfoods and low acid coffee is among them. His is a name you can trust.

- 100% Organic and Fair Trade.
- Low Chlorogenic Acid.
- Shade Grown. (The only sustainable method of coffee production.)
- Hand Picked at the Peak of Ripeness. (No green coffee cherry allowed!)
- Wash Processed. (Not dry processed, which can encourage mold growth.)
- Proprietary Roasting Process. (Not drum roasted.)
- Consistent, Delicious Flavor.
- Perfect Complement to Our Herbal Blends.



From the beginning, Longevity Warehouse's goal with **Longevity Coffee®** has been to do the impossible: create the world's lowest acid, organic, fair trade, mycotoxin-free, freshly-roasted superfood coffee beans that rival the delicious flavors and complexity found only in gourmet restaurants and coffee shops. After years of research and development, the future of coffee has finally arrived.

They looked everywhere for Arabica beans that were organic, low acid, toxin free, grown in optimal natural conditions, and hand-picked — superfood coffee beans worthy of the **Longevity Coffee®** name. They then took these beans and processed them with a proprietary roasting method to create the lowest chlorogenic acid coffees anywhere!

## Longevity Coffee® Midnight Blend (Whole Beans)

Hailing from Timor, Colombia, and Nicaragua, this intense, deep blend will be the favorite of all dark coffee lovers. It's unforgettable, richly textured aroma has a bittersweet chocolate flavor with notes of caramel, hazelnut, and black pepper.

**Ingredient** — Organic Dark Roast Longevity Coffee®

**Specifications** — 12 oz.

**Usage** — Enjoy your brewed coffee immediately!



**\$19.99** #9038



## Longevity Coffee® Midnight Blend (Fresh Ground)

Hailing from Timor, Colombia, and Nicaragua, this intense, deep blend will be the favorite of all dark coffee lovers. It's unforgettable, richly textured aroma has a bittersweet chocolate flavor with notes of caramel, hazelnut, and black pepper.

**Ingredient** — Organic Dark Roast Longevity Coffee®

**Specifications** — 12 oz.

**Usage** — Enjoy your brewed coffee immediately!

**\$19.99** #9039





## WHAT MAKES LONGEVITY COFFEE™ SO SPECIAL?

### 1. Low Acid

Hot or cold, you will experience no stomach upset or headaches with **Longevity Coffee®**. The proprietary Arabica bean cultivation and air roasting process creates the lowest chlorogenic-acid coffee on the market.

### 2. Rich in Flavor

Certified 100% organic, wash-processed, shade grown, hand-picked beans.

### 3. Low Chlorogenic Acid.

So why does this odd sounding acid matter when it comes to buying and drinking coffee? As it turns out, chlorogenic acid is the true source of the adverse health effects of coffee! We're talking about the bitterness of coffee, as well as side effects like indigestion, heartburn, and acid reflux. It's been proven that these effects are NOT due to the mycotoxins in coffee, it's the chlorogenic acid levels that matter (specifically CQA 3, 4, and 5). An average cup of coffee has 5-6 mg/mL of chlorogenic acid. **Longevity Coffees®** measure as low as .0171 mg/ml – extraordinarily lower than the rest of the industry!

So, what is the key to accomplishing a low chlorogenic acid coffee?

**Longevity Coffee®** has developed a proprietary washing and roasting process that no one else comes even close to. It results in smooth, rich tasting coffee that doesn't cause any gastrointestinal distress.

### 4. Mycotoxin free toxins produced by fungi that are often found in coffee.

**Taste and feel the difference low chlorogenic acid certified organic coffee makes in your body!**



## Longevity Coffee Blast

Your daily coffee can now be nutritionally and herbally enhanced with a newly formulated and optimized combination of superb ingredients and herbs to provide a wealth of nutrients known to support overall health. Powerhouse herbal ingredients are incorporated in a proprietary nutrient blend of non-gluten grains and root extracts, free of added sugar, for an ultimately healthy brew.



**Ingredient** — Organic Lucuma, Proprietary Roasted Flavor Blend (Extracts of Barley, Rye, Chicory Root, Dandelion Root, Sugar Beet), Rice Bran Solubles, Morinda, Cistanche, He Shou Wu, Himalayan Salt, Cordyceps, Reishi, Ashwagandha.

**Specifications** — 6.5 oz.

**Usage** — Optimize your freshly brewed coffee to the maximum.

**\$24.99**

#9034



Rose Palma, L.Ac. and Senior Herbalist, holds a pair of fantastic wild Chinese Ginseng roots. She mostly watches the herb counter at the Los Angeles Emporium.

Ron Teegarden has created the world's most complete and exquisite range of tonic herbal products. Dragon Herbs is absolutely committed to producing and supplying the ultimate level of Chinese herbalism to the world.

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# Wang Bo Products

## Wang Bo's Story and Message

At the young age of nine, Shaolin prodigy monk Wang Bo, who graces the label of **Shaolin Inner Power eeTee™**, was hand-picked by the abbot of the world famous Shaolin Temple to perform for Queen Elizabeth II. Later, he was sent to America to sow the seeds of true Shaolin Zen and Gong Fu. In 2009 he met Master Herbalist Ron Teegarden, and the two became instant friends. Wang Bo continues to teach classes to expand awareness of Shaolin meditation, Zen, Gong Fu and Chinese Herbs. At the moment he is honing his Zen and Taoist skills, and in particular his training in the Three Treasures and Taoist meditation.

With Wang Bo, chief Shaolin medical monk Shifu Yan Lin, Ron Teegarden and Dragon Herbs developed this formula "to assist people to transition effortlessly between stillness and movement, meditation and martial art, with each side improving upon the other." As Wang Bo says: "Though challenging, the harmony of opposites is attainable and necessary, as it is the foundation of Zen. This formula is for those who wish to evolve to a new height both physically and mentally."

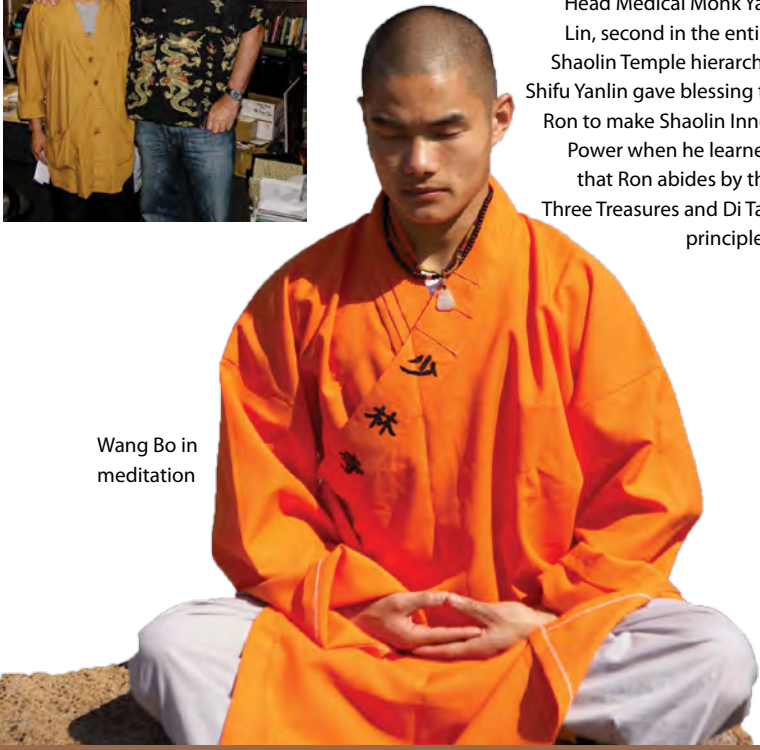




Upper left: Monk Li Bo instructs Yanlin and Ron in Kung Fu. Middle left: Shifu Shi Yan Zhuang, kung fu master, holds a meditation pose. Lower left: Ron and Wang Bo.



Inset: Ron and Shaolin Head Medical Monk Yan Lin, second in the entire Shaolin Temple hierarchy. Shifu Yanlin gave blessing to Ron to make Shaolin Inner Power when he learned that Ron abides by the Three Treasures and Di Tao principles.



Wang Bo in meditation

## Shaolin Inner Power eeTee™

In 2010 Ron Teeguarden received the blessings of the chief medical monk of the Shaolin Temple in the Song Mountains of China to produce a formulation called "Shaolin Inner Power." The formulation was to contain **Reishi** mushroom, **Astragalus** root, **Jujube** date and other herbs traditionally used at the Shaolin temple to build the health and character of the resident monks. **Shaolin Inner Power eeTee™** is formulated on the principle established by Damo, the originator of Zen meditation and creator of Gong Fu: "Move forward from the heart." This formulation nourishes all three treasures and tonifies both Yin and Yang. It promotes inner power and inner peace. **Shaolin Inner Power eeTee™** builds Jing. It strengthens bone and supports bone marrow. It is superb at increasing and maintaining Qi. **Shaolin Inner Power eeTee™** increases strength and endurance, builds muscle and nurtures blood. It is also a powerful Shen tonic. Ultimately, the formula is designed to be wisdom enhancing. It thus promotes true inner power.



**Shaolin Inner Power eeTee™** is a blessed formulation, made by FITT™ extraction technology to preserve and enhance the essence of the herbs used. **Shaolin Inner Power eeTee™** was designed and created by Master Herbalist Ron Teeguarden based on conversations with the most senior medical monks at the Shaolin Temple in China. Fifty percent (50%) of profits from this product go to the Shaolin Temple of Peace, an officially sanctioned US-based arm of the Shaolin Temple, headed by Shaolin Monk Wang Bo.

**Ingredients** — Red Jujube Date, Astragalus root, wild Reishi mushroom, Chaga mushroom, He Shou Wu root, Eucommia bark, Polygala root, Morinda root, Licorice root

**Specifications** — 60 g tin

**Usage** — **Shaolin Inner Power eeTee™** may be used as a maintenance Jing, Qi and Shen tonic throughout one's lifetime. Take 1-3 teaspoons per day or as directed by a healthcare professional or Zen or Taoist or martial arts instructor.

**\$39.00**

#825

16



Monk Wang Li teaches Kung Fu to Tiger Teeguarden in the Great Inner Hall of the Shaolin Temple



## THE DHARMA PATCH

For those who stretch hard



## The Dharma Patch

**BACKGROUND** — Shaolin monks have been performing Kung Fu (Gongfu) on the most vigorous level for fifteen hundred years. Through the centuries great herbal masters have worked with great Kung Fu masters to develop external ointments and patches to be used by the fighting monks.

The Dharma Patch is the crowning glory of that vast and profound tradition. The same 17 herb formula has been used for centuries (give or take one or two herbs in different eras), tested millions of times, refined to perfection, and is now produced by the Shaolin Temple for the Chinese market and for Shifu Wang Bo, who has been sent to America to spread Shaolin Zen and Shaolin Kung Fu.

**Ingredients** — Cinnamon Cassia, Saffron, Prepared Rehmannia Root, Papaya, Pseudo-ginseng, *Angelica Sinensis*, *Caulis Sinomenii*, *Zaocys Dhumnades*, Licorice Root, Lilac, *Homalomena Occulta*, Peach Kernal, *Radix Dipsaci*, Pepper, Menthol Crystal, Camphor, Borneol

**Specifications** — 5 patches

**Usage** — Apply patch to clean and dry area with gentle, even pressure to ensure full contact. A mild warming sensation is normal.

**\$68.00**

#651



Upper: Wang Bo on a precipice.  
Ron and Schizandra with monks.  
Jimmy Telles and Oscar with  
monk Li bo.



Bottom: Shifu leads a standing meditation for Teeguarden group – including Dr. Gabriel Cousens, Reverend Michael Beckwith, Lucky Teeguarden, Jason Garner and others. Yanlin does the translating.





# Private Reserve

There are some herbs that are so rare that they cannot be produced on a commercial scale. Very precious herbs like wild Ginseng, wild Cordyceps and wild Cistanche are especially hard to obtain on any kind of substantial scale due to issues of sustainability and market price. As a result, we do small runs of these rarest herbs and offer them time to time. In most cases these are produced as "Drops," our hydro-ethanolic technology that results in profound and potent tinctures. Though we cannot extract these herbs on a production scale (powder extract, eTee or tincture) we can run small batches in a laboratory setting. The advantage: the greatest herbs in the world, hands-on artisanal extraction by master extractors. Generally, due to the limited production size, we run out of these private reserve products in a matter of days after we announce their availability. We are including here a short description of some of these "private reserve" products for your review. None are necessarily available at this time. We notify the public (to those on our mailing list) when they are going to be available.

**Other private reserve products will be announced from time to time to those on our e-mailing list. Prices will vary from batch to batch based on prevailing market prices.**



## Heaven Drops Wild Ginseng

**Heaven Drops Wild Ginseng** is the crown jewel of the Dragon Herbs brand. Since the very beginning of herbalism in Asia, Ginseng has been revered as the ultimate herb. Chinese Ginseng is called Panax. It has been recognized as a tonic herb that supports glowing health, longevity, mental and sexual wellbeing, and physical vigor. Of course, thousands, or even just dozens of years ago, Ginseng was primarily available only to those who found it growing wild in the pristine forests of Northeast China and other areas where related varieties grew. Large scale Ginseng cultivation was developed only in recent history, but since that time, Ginseng has become one of the biggest natural herbal commodities in the world. Nevertheless, WILD Ginseng is still considered to be the ultimate form of Ginseng. **Wild Ginseng** has always been, and continues to be, a rare and expensive herb. But in terms of value, it is indeed quite reasonable. Wild Ginseng is one of the great prizes of Nature. This is why Ron Teegarden has put so much time and effort into identifying reliable sources of genuine wild Ginseng. Ginseng can be found growing in the wild in the awesome Changbai Mountain, a massive active volcano in Manchuria, and in the beautiful and remote regions of Catskill Mountains in North America. There is never easy access to the growing areas where Ginseng can be found. Ginseng hides, and it grows in odd places not easily accessible to humans. Ginseng roots can live to be hundreds of years old in the deep forests, in spite of the fact that humans seek it like gold and forest animals eat it with gusto when they can. **Heaven Drops Wild Ginseng** is made of a variety of wild Ginsengs. This is a unique product, unmatched anywhere in the world. Each batch is slightly different from any other before or after it. These are wild roots, most of which are decades old and each with a character of its own. **Heaven Drops** is a priori NOT a standard commercial product. It is a piece of art, an exquisite expression of Nature. There would be many who would say that consuming even one bottle in a lifetime would change one's life forever. Wild Ginseng, no matter what variety, is considered to be a holy herb, and since ancient times has been an herb of mystics, holy men and women and spiritual seekers. It is also a power herb, sought after by emperors, kings, queens, warriors and those interested in the sexual arts. Due to the rarity of the herbs and production limitations, this product is not available at all times.

**Traditional Functions** — Tonifies Qi and Shen

**Ingredients** — Wild American Ginseng roots (dried and fresh), Wild Chinese Ginseng root (dried and fresh)

**Specifications** — 2 fl. oz. (60 ml)

**Usage** — 1-6 droppers per day as desired or as directed by your health care practitioner

**Availability** — Subject to availability due to rare and wild herbs

### Market Price

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Wild Cordyceps Extreme Drops

**Wild Cordyceps** is one of the most precious herbs in the world. It is a quintessential tonic herb from the top of the world. It grows at the snowline of the Himalayas and is collected each summer by indigenous collectors at about 17,000 feet elevation. This extremely rare mushroom, which grows on the body of a caterpillar, has been prized for centuries as an immune tonic that supports glowing health. It is also considered a premier Yang tonic that promotes physical energy, mental strength and overall robustness. Its reputation is so strong that it is now the most expensive herb in the world. Most of the wild-harvested Cordyceps is collected in Tibet, Bhutan and Nepal, and the vast majority is sold into the Chinese, Korean and Japanese markets. Dragon Herbs produces one batch of **Wild Cordyceps Extreme Drops** per year. The whole mushrooms are collected by indigenous Tibetan people. We use premium grade **Wild Tibetan Cordyceps**. This wild Tibetan Cordyceps is blended with cultured (cultivated) Cordyceps. We use premium grade cultured *Cordyceps militaris*. Cultured Cordyceps comes in many grades, some of which is chemically grown or is grown using inferior materials. Ron Teegarden has selected cultured Cordyceps grown on *brown rice* without the use of any chemicals. This rice-cultured Cordyceps is rich in all Cordyceps components, and even has more *cordycepin* than wild Cordyceps. The wild and cultured Cordyceps are extracted together using the world's most advanced extraction technology to preserve all natural constituents. The end result is a perfect tonic tincture that may be used in any elixir. **Wild Cordyceps Extreme Drops** contains 25% super premium wild Tibetan Cordyceps. (Our other wild Cordyceps product, Bhutanese Wild Cordyceps Drops — which is not private reserve — contains 10% wild Cordyceps from Bhutan.) This product is vegan.

**Traditional Functions** — Tonifies Yang Jing, Yin Jing, Qi, Shen, the Lungs, the immune system and enhances wisdom, will power and fortitude.

**Ingredients** — Bhutanese wild Cordyceps sinensis, Cultured Cordyceps militaris

**Specifications** — 2 fl. oz. (60 ml)

**Usage** — 1-6 droppers per day as desired or as directed by your health practitioner

**Availability** — Subject to availability due to rare and wild herbs

### Market Price



## Long Stalk Cistanche Drops

This product is the extract of wild-crafted *Cistanche deserticola*. It is a powerful Yang tonic made from a very rare herb. It is a tincture that you may consume straight into your mouth, or you may add to water or a blended drink or smoothie. From an herbal point of view, this is one of the most delicious and "consumable" "Drops" we have ever produced. It is rich, smooth, delicious, and simultaneously potent and delicate. *Cistanche deserticola* is a rare and precious tonic herb from the remote desert of Inner Mongolia, virtually in the shadow of Heaven Mountain. It is one of the most revered herbs in Asian herbalism. **Cistanche stem** is a very potent Jing tonic herb that nurtures both Yin and Yang, though it is primarily renowned as a Yang tonic that promotes sexual and physical prowess. It is historically believed to contribute to the enlargement of a certain part of the male anatomy. Cistanche is famous among almost all Asians as "the herb that Genghis Khan consumed." Genghis Khan was one of the most powerful men that ever lived and founded the largest empire in the history of the world. He also fathered more children than any other known man in all of history. He is the DNA-substantiated ancestor of a substantial proportion of men now alive in the world today, approximately 16 million descendant males, and is the ancestor of countless women as well, though his female lineage cannot be traced. We appreciate that Genghis Khan was not a good man...he was a warrior and a conqueror. He did not build libraries. So for Shen we recommend Reishi, Tibetan Rhodiola, Goji and Wild Ginseng. But Desert Cistanche is renowned for its Yang benefits and is closely associated with Genghis Khan in Asia. It can be part of a holistic program balanced with other Yin factors (He Shou Wu and/or Goji and/or Dendrobium, for example). Men and women can consume this premium elixir of life.



**Traditional Functions** — Tonifies all three treasures, invigorating the Kidney and benefiting Yang

**Ingredients** — King Long Stalk Cistanche stem and root, Premium Grade Cistanche stem and root, King Cynomorium stem, Tibetan Ever Young root and stem, Return to Youth root and stem, Tian Qi root, Epimedium leaf, Morinda root

**Specifications** — 2 fl. oz. (60 ml)

**Usage** — 1-6 droppers per day as desired or as directed by your health care practitioner

**Availability** — Subject to availability due to rare and wild herbs

Market Price

## Deer Antler

### Extreme Tips Drops

Dragon Herbs uses Deer Antler tips in all of its products that use deer antler. We know of no other company that does this. The "tips" are slices from the last inch of the growing antler, while the antler is still in velvet. Most companies use the "middles," the section below the tips that constitutes about a third of the full antler. Many companies also attempt to extract constituents from the "bottoms," the lower section of the antler. The bottom is always very low potency since it has largely calcified and contains no juice. However, it is possible to go one step better than "tips." The last quarter inch of the tip of the antler, is the "extreme tip." It is completely "waxy" and is the most potent part of the deer antler and does not contain any of the lower parts. **Deer Antler Extreme Tips Drops** is available about once a year from Dragon Herbs. Hundreds of deer are required to make just a small batch of this extraordinary elixir.



The deer from which the antlers are collected are humanely treated at all stages of their life. They are very well fed, are allowed to graze freely in the foothills during the daylight hours, are protected from predators and are not harmed during the collection of their antlers. They are constantly monitored for their health. After the antlers are collected in May and June, the antlers regrow during the same growing season and are allowed to grow out fully. "Antler harvesting" has been proven to improve the life span of the male deer, which become somewhat less aggressive during mating season (fall and winter) and less prone to fighting and killing each other for the females. As a result, most male deer who have their antlers removed in the spring do not die from rutting, whereas the death and injury rate in the wild is very high. Female spotted deer do not produce antlers.

**Traditional Functions** — Yang tonic, sexual tonic, tonifies Kidney, Liver, brain and immune system

**Ingredient** — Extreme waxy tips of Manchurian Spotted Deer, collected during growth season (May and early June)

**Specifications** — 2 fl. oz. (60 ml)

**Usage** — 1-6 droppers per day as desired or as directed by your health care practitioner

**Availability** — Subject to availability due to rare and wild herbs

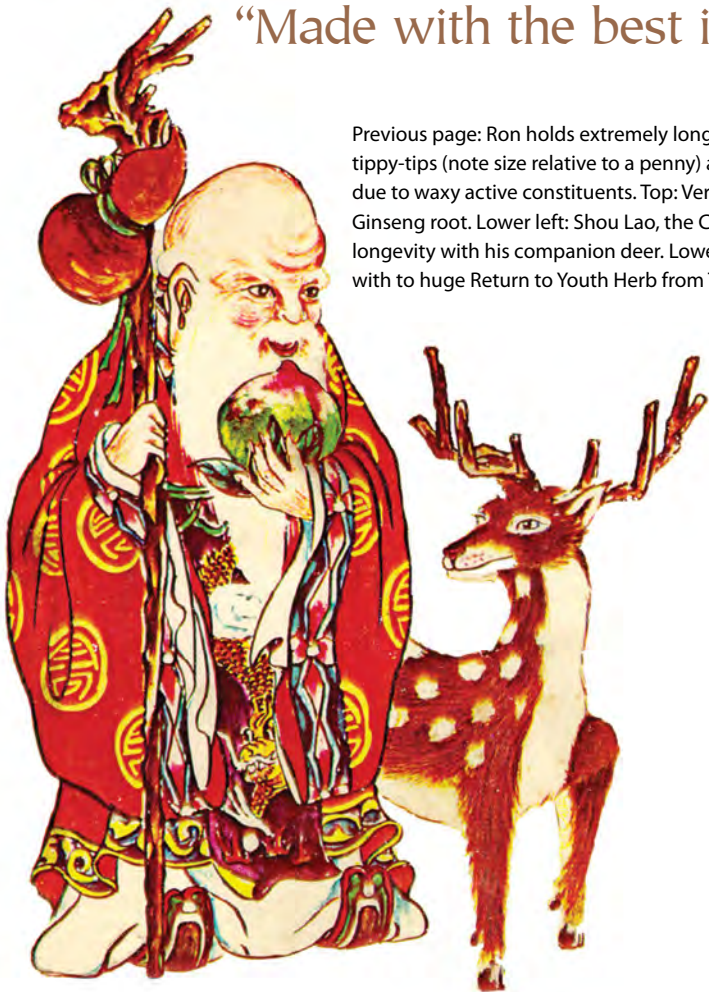
Market Price





“Made with the best ingredients in the world, period!”

Previous page: Ron holds extremely long Cistanche. Deer antler tippy-tips (note size relative to a penny) and depth of color and sheen due to waxy active constituents. Top: Very old wild Chinese Ginseng root. Lower left: Shou Lao, the Chinese god of longevity with his companion deer. Lower right: Ron with to huge Return to Youth Herb from Tibet.



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Ron and Danny Glover with a bottle of Deer Antler Extreme Tips Drops



Ron and Fher of Maná with Heaven Drops



Jamie Anderson visiting Ron after her return from the 2018 Winter Olympics

# Tao in a Bottle



- Relax and adapt
- Fast Acting and cumulative
- Survive and thrive
- A complete stress management strategy in one bottle

## Turn Stress Into Success

### Ingredients



L-Theanine

Tao in a Bottle offers enough L-theanine for you to feel calm and clear within 30 to 40 minutes. It will take 10 cups of tea to achieve what 1 capsule of Tao in a Bottle can offer.



Gynostemma



Duanwood Reishi



Eleuthero



Astragalus



Schizandra



Tibetan Rhodiola



Ginseng



Ginkgo Biloba



100 mg L-Theanine capsule



10 cups of tea



# Educational Materials

## Books, Posters and Disks

It's fine to go online to study about herbs, herbal usage, lifestyle and philosophy. But sometimes there's nothing better than reading a good book, listening to a good disk or studying an interesting poster. You get to dive in with a master of the subject.

Dragon Herbs offers a carefully selected range of books on the art of glowing health, Chinese herbs, tonic herbs and lifestyle options for glowing health and spiritual growth. Don't just add these great materials to your book self — read and study them — they are life transforming.

## Books by Ron Teeguarden

Ron Teeguarden, founder and director of Dragon Herbs, Master Herbalist, and Taoist Master has written several books on herbalism and philosophy.

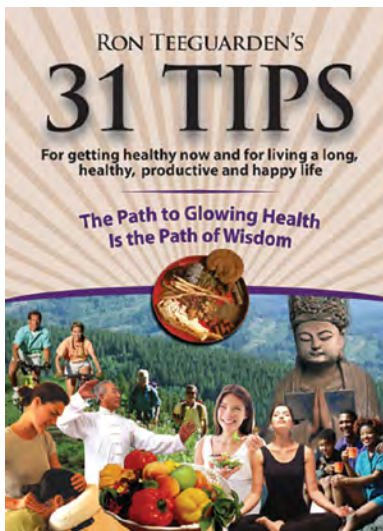
### Ron Teeguarden's 31 Tips

**For getting healthy now and for living a long, healthy, productive and happy life**

**The Path to Glowing Health is the Path of Wisdom**

By Ron Teeguarden

These are the thirty-one primary practices one should follow in order to achieve glowing health and live a long, successful, happy life. This 45 minute read will awaken you to your own true being and to a flexible path to well-being. Based on Taoist principles of inner power, balance and moderation, this powerful little book encourages and guides us in



simple yet profound ways to cultivate our optimal life. This book is essential for anyone on the path to glowing health through the art of life cultivation. Ron Teeguarden says this is his most important book.

Every Dragon Herbs customer gets one free; after that, they are \$14.95/copy

**Free/\$14.95** 43 pages #5000



# The Ancient Wisdom of the Chinese Tonic Herbs

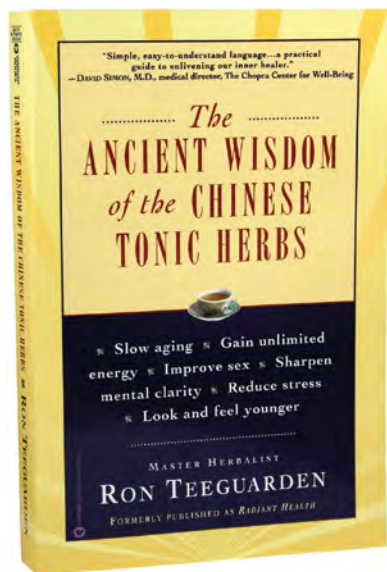
By Ron Teeguarden

This is Master Herbalist Ron Teeguarden's pivotal and classic book on the Chinese tonic herbs, published by Warner Publications. Discover the 5,000-year-old secrets to slowing aging, unlimited energy, improved sex, mental clarity, reduced stress, looking and feeling younger.

The following commentary is extracted from the preface written by Xu Guojen (profession emeritus, China Pharmaceutical University) and Wang Jintao (editor in chief of the *Pharmacopeia of the People's Republic of China, English Edition*) –

"The art of radiant health has been widely practiced for thousands of years by the people of the East. In China, you will find that this healthcare art has permeated virtually every corner of life. Tonic teas, foods and wine are familiar to and appreciated by all the people of the East. But Westerners may find them mysterious, inconceivable and somehow ridiculous. Ron

Teeguarden's book provides a powerful glass through which you in the West can easily spy on the secrets of the Chinese healthcare arts. The classical Chinese philosophies and theories on nature and the human body may be the biggest obstacle for Westerners to learning and practicing a program for radiant health. With his profound knowledge about Chinese civilization, the author of this book has successfully kicked the big stone away and can therefore lead the readers smoothly into the great palace of Chinese radiant health." This book discusses in detail the major principles of tonic herbalism, all of the major herbs used, formulations and the attitude of radiant health. *A Book of the Month Club® selection.*



**\$19.99** 391 pages #607



**Deidre Lin**

**5 out of 5 stars Fabulous book on tonic herbs !**

March 21, 2015

Format: Paperback | [Verified Purchase](#)

Great book all around for beginner, intermediate or experienced herbalist. Note to buyers that this book is the SAME as 'Radiant Health'. I mistakenly purchased both and did not know that this one was just published with a new publisher. I will keep both, one is paperback and the other is hardback.

I don't mind that the author lists the functions and ingredients in his own formulations. The website is nice but its great to have a resource to look up the formulations and what their function is even if not online. He also lists alternatives to his formulations when recommending tonics for specific needs.

The main focus of the book is reference to the tradition tonic formulas for each treasure and how to combine them for a specific goal. With all the herb books out there this is one that should be on every serious herbalist's shelf.

**JamesPaul108**

**5 out of 5 stars Wish I had read this years ago**

January 18, 2014

Format: Paperback | [Verified Purchase](#)

I bought this book because I had seen a free video of Ron Teeguarden online at a conference put on by David Wolfe. I was highly impressed with Ron. He's had training in herbalism (and other subjects such as meditation and breathing exercises, which are not discussed in this book) from a number of Asian teachers, including Daoist Master Sung Jin Park. I hadn't realized it, but the traditional teachings is that certain of the "premier" Chinese herbs can have profound vitalizing effects, and can retard aging. The book gives an overview of the traditional Chinese teaching about jing (physical reserves of the body), chi (energy), and shen (the "light" of consciousness) which I had heard from an acupuncturist but didn't know much about. Certain herbs, when consumed, have the ability to increase one or more these if they have been depleted, or maintain them. Some herbs have a "bidirectional" effect on various physical conditions, i.e., lowering blood pressure if it is high, and raising it if it is low. I enjoyed reading this book.

His book has the recommendation of three Chinese Ph.D.s, two of whom are or were professors at China Pharmaceutical University, and have a string of other academic credentials, and a president (probably former president by now - the book was written in 1998).

"The herbs are transformative no matter what life path one is on. Vicious cycles tend to be broken and benevolent cycles develop. The changes may be subtle at first, but over time they become obvious. Success in whatever you do - that is the goal of taking the Chinese tonic herbs."

— Ron Teeguarden

("The Ancient Wisdom of the Chinese Tonic Herbs")

## Chinese Tonic Herbs Poster Set

### 3 Poster Set

By Ron and Yanlin Teeguarden and Lan Bermejo

Ron and Yanlin Teeguarden and Lan Bermejo (Dragon Herbs Art Director) have created a beautiful set of three wall posters illustrating the major herbs used in Chinese tonic herbalism. The posters are definitely suitable for framing and displaying in almost any setting. Perfect for your home elixir bar, kitchen or living room. Let your friends see what you're into.

Three 16.5" x 22" Individual Posters

\$20.00

#5080



## Dragons at Play

### Music from Ron Teeguarden and Harvey Mandel

Composed and produced by Ron Teeguarden;  
arranged and performed by Harvey Mandel.



Ron Teeguarden has composed a number of musical pieces that reflect his travels throughout the world. These pieces have been recorded by the great electric guitar master Harvey Mandel (who has incidentally played lead guitar and recorded for the Rolling Stones, Bob Dylan, John Mayall, Canned Heat and others of that level). *Dragons at Play* contains twelve pieces recorded in 2007 through 2010. Probably categorized as "alternative rock instrumentals."

\$10.00

#908



“What distinguishes Chinese herbalism from other systems has been the attitude the Chinese and other Asian societies have taken toward health. Putting the emphasis on promoting health, they have created a body of knowledge concerning the health-promoting tonic herbs that no other society or system has matched.”

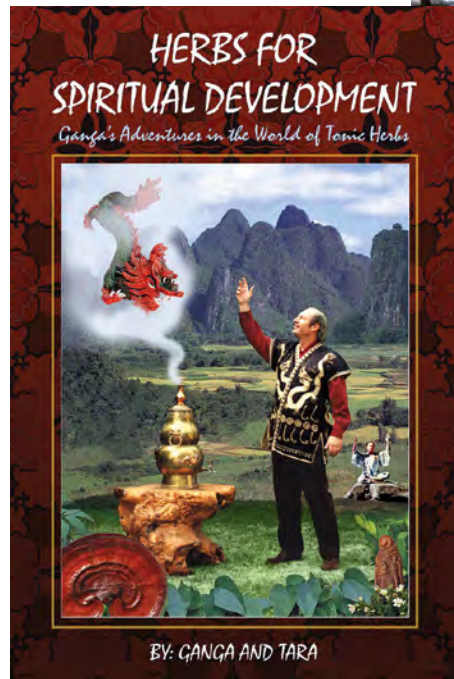
— Ron Teeguarden (“The Ancient Wisdom of the Chinese Tonic Herbs”)

## Herbs for Spiritual Development

### The Root of Life and Longevity

By Ganga and Tara

Ganga Nath was an apprentice to Ron Teeguarden just as Dragon Herbs was being formed at the turn of the century. At the time, he was known as Kris Kane. Ganga became the head elixir maker at Ron and Yanlin's Kenter emporium. He made elixirs for some of the most well-known celebrities in the world including the likes of Joni Mitchel, Courtney Cox, Dr. Dre, Sumner Redstone and Woody Harrelson, just to name a few. The formulas were created by Ron, but the preparation by Ganga became world-renowned. He had his hands on the finest raw materials in the world. Ganga also traveled with Ron and Yanlin to China and on two occasions visited Changbai Mountain as photographer and student. This book, *Herbs for Spiritual Development – Ganga's Adventures in the World of Tonic Herbs* tells the story of these visits to China's most revered and holy herbal source, Changbai Mountain. In 2013 Ganga and Tara met up with Ron and Yanlin on a visit to the Shaolin Temple in China and to the Institute of Medicinal Plant Development (Chinese Academy of Medical Sciences botanical gardens) near Beijing, where Ganga told stories to Michael Beckwith, Jason Garner and Gabriel Cousens, who were on the trip with Ron, about those trips fifteen years earlier. Ganga has gone on to develop his own significant following throughout America as a Zen Tea Master and teacher of Vedanta. He and his wife Tara have lived for long periods in India and Taiwan, and now Northern California, where they have expanded their cultural range. Ganga is a true spiritual savant who has dedicated his entire life in the pursuit of spiritual wisdom. He is a blessing. Ganga has proven himself for decades to be an eloquent lecturer – his presentations are nothing less than breathtaking.



“One of the great secrets of a long, satisfying and happy life, according to Eastern wisdom, is to focus on health instead of disease. This is the psychological basis of the ‘way of glowing health.’ Develop the attitude of glowing health and glowing health can be attained surprisingly easily. Once we have trained ourselves to focus on the attainment and maintenance of glowing health, and have acquired the tools for accomplishing our goal, the functions of the mind, body and spirit can flourish. Once we have achieved a state of glowing health, the bodily functions cannot easily fall into disharmony, disease cannot readily arise in the body and, from the perspective of our physical, mental, emotional and spiritual health, we are indeed beyond most dangers.”

— Ron Teeguarden

(“The Ancient Wisdom of the Chinese Tonic Herbs”)

\$24.99

#8718

# Books about Major Herbs and Superfoods

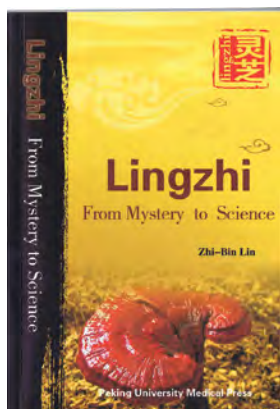
For those who want to read books that delve deeply into the most famous of the tonic herbs and superfoods, we have a nice collection.

## Lingzhi

### From Mystery to Science

By Lin Zhi-Bin

Lingzhi (*Ganoderma lucidum*, also commonly known as Reishi mushroom) is historically a treasured herbal material in China. It is becoming well-known all over the world in recent years. Professor Lin Zhi-Bin, a distinguished pharmacologist, has devoted a life-long study on Lingzhi. With his extraordinary insights on the culture, pharmacology, physiology, chemistry and clinical applications associated with Lingzhi, Professor Lin presents in this book the scientific understanding of the herb's beneficial functions on human immune, nervous, endocrine and cardiovascular systems. *Lingzhi From Mystery to Science* is written based on actual research and clinical findings. Prof. Lin explains the complex theories in commonly understandable language. In addition, this book gives an overview of the classic literature and legends to allow the readers an appreciation of the "Lingzhi culture."



\$19.99 162 pages #8663



If the natural faculties, Qi and Yi (focused will), be held in harmony, they will daily attain their full proportion and a person will reach his or her full strength. But if they are used inordinately there will be a daily diminution of power and he or she will become decrepit.

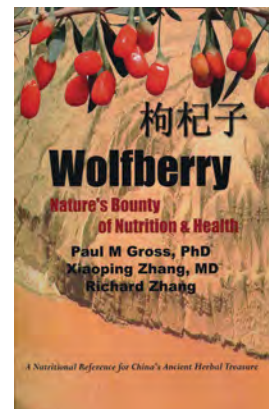
-The Mind Seal Classic

## Wolfberry

### Nature's Bounty of Nutrition & Health

By Paul Gross, PhD; Xiaoping Zhang, MD; Richard Zhang

Everybody who uses tonic herbs uses Goji. This book provides a thorough profile of nutrients in the Chinese Goji berry (wolfberry, *Lycium barbarum*), and its actions. Learn all about the history and benefits of Goji berries. This book is a comprehensive reference for one of the single most nutritious and antioxidant-rich foods on Earth.



\$19.99 235 pages #8662



## Divine Farmer's Materia Medica

### A Translation of the Shen Nong Ben Cao Jing

by Yang Shou-zhong

The *Divine Farmer's Materia Medica Classic (Shen Nong Ben Cao Jing)* is one of the three foundation books of Chinese medicine, and was the seminal book on herbalism. It is in fact the first complete pharmacopeia ever written in the world and remains a potent masterpiece. This is the best English translation of this masterpiece. *The Divine Farmer's Materia Medica Classic* is the *materia medica* from which all others have been derived. If you have any interest in the historical roots of Chinese medicine, you must own a copy of this preeminent classic. Much of the information is still relevant and accurate, more than two thousand years after it was written.



\$24.95 65 pages #8660





# Eastern and New Age Philosophy

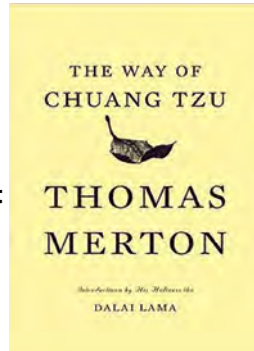
## The Way of Chuang Tzu

**Second Edition - Introduction  
by His Holiness the Dalai Lama**

By Thomas Merton

**The great Taoist master exquisitely discusses the Tao. There are many translations of Chuang Tzu (Zhuangzi), but the one by Thomas Merton is extraordinary.** Working

from existing translations, Thomas Merton composed a series of his own versions of the classic sayings of Chuang Tzu, the profound Chinese philosopher, disciple of Lao Tzu. Chuang Tzu, who wrote in the fourth and third centuries B.C., is the chief authentic historical spokesperson for Taoism and its founder Lao Tzu (a legendary character known largely through Chuang Tzu's writings). The Chinese sage abounds in wit, paradox and shattering insights into the true ground of being. Thomas Merton brings a vivid, modern idiom to the timeless wisdom of Tao. The book contains a wonderful introduction by **His Holiness the Dalai Lama**.



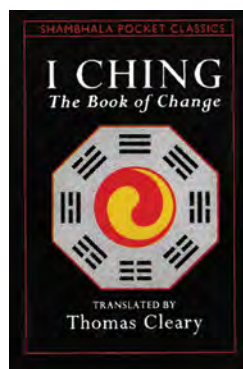
**\$13.95** 160 pages #8719



## I Ching Pocket Classic

Translated by Thomas Cleary

The I Ching is the most ancient and profound of the Chinese classics, venerated for over three thousand years as an oracle of fortune, a guide to success, and a dispensary of wisdom. This new translation, with commentary by Confucius, emphasizes applying practical wisdom in everyday affairs. Complete instructions for consulting the I Ching are included. Thomas Cleary, Ph.D., is the translator of over thirty texts of Buddhism, Taoism, and I Ching studies.



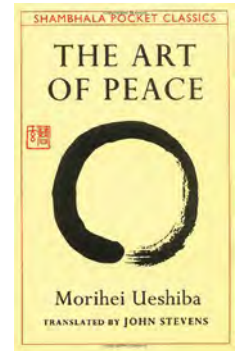
**\$8.95** 170 pages #8554



## The Art of Peace

By Morihei Ueshiba, translated by John Stevens

Drawn from the talks and writings of Morihei Ueshiba, founder of the Japanese martial art known as Aikido, *The Art of Peace* offers a *nonviolent* way to victory in battle, martial arts and life. These inspirational teachings show that the real "way of the warrior" is based on compassion, wisdom, fearlessness, and love of nature. John Stevens is a Zen scholar, an Aikido instructor and the author of many books.



**\$8.95** 126 pages #8555

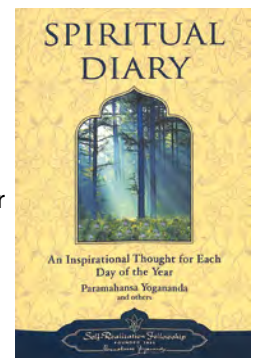


## Spiritual Diary

**A Daily Guide to Spiritual Thinking**

By Paramahansa Yogananda & Others

Powerful and uplifting thoughts, chiefly from the writings of Paramahansa Yogananda (author of *Autobiography of a Yogi*). This unique diary is an invaluable tool for keeping spiritual goals in focus throughout the year. It provides a wonderful way to begin each day — to inwardly absorb and outwardly express the essential qualities for a more fulfilling spiritual life. Covers topics like: Peace, Courage, Healing, Prayer, Balance, Will Power, Compassion, Divine Love



**\$10.95** 380 pages #8665



# Living Right – You and the Planet



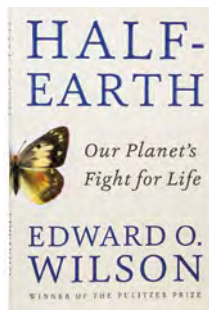
## Half Earth

### Our Planet's Fight for Life

By Edward O. Wilson

This may well be the most important book of our generation. The author, two-time Pulitzer Prize winning author Professor Edward O. Wilson (professor emeritus Harvard University) states that “For the first time in history a conviction has developed among those who can actually think more than a decade ahead that we are playing a global endgame.” In order to stave off the mass extinction, including our own, we must move swiftly to preserve the biodiversity of our planet. *Half-Earth* argues that the situation facing us is too large to be solved piecemeal and proposes a solution commensurate with the magnitude of the problem: dedicate fully half the surface of the Earth to nature.

*Half-Earth* provides an enormously moving and naturalistic portrait of just what is being lost when we “clip twigs and eventually whole branches of life’s family tree.” Wilson describes how our species, in a mere blink of geological time, became the architects and rulers of this epoch and outlines the far-reaching consequences of our ascendance. In eloquent prose, he documents the many extinctions that are ongoing or imminent, paying tribute to creatures great and small. *Half-Earth* considers not only the large animals and star species of animals and plants but also the millions of invertebrate animals and micro-organisms that, despite being overlooked, form the foundations of Earth’s ecosystem. Of course, he also discusses the macro-species (like tigers, elephants and whales) that so many of us our now trying to save. He suggests that we still have time to put aside half the Earth and identifies actual spots where Earth’s biodiversity can be reclaimed. *Half-Earth* reverberates with an urgency like few other books. *Half-Earth* proposes an achievable plan to save our imperiled biosphere: devote half the surface of the Earth to nature. The renowned biologist identifies actual regions of the planet that can still be reclaimed. *Half-Earth* is a brave expression of hope, a visionary blueprint for saving the planet.



\$25.95 272 pages #8544

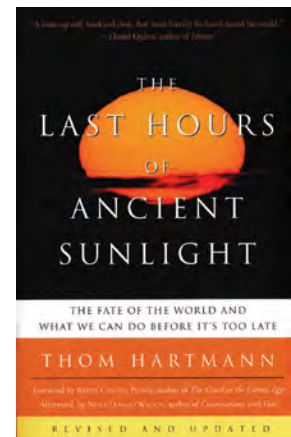


## The Last Hours of Ancient Sunlight

### The Fate of the World and What We Can Do Before it's Too Late

By Thom Hartmann

While everything appears to be collapsing around us — eco-damage, genetic engineering, water shortages, famine, dramatic climate change, wars — we can still do something about it and create a world that will work for us and for our children’s children. Thom Hartmann’s best-selling book, originally published in 1998, has become one of the fundamental handbooks of the environmental activist movement and was the inspiration for Leonardo DiCaprio’s web movie *Global Warning*, *The Last Hours of Ancient Sunlight*, detailing what is happening to our planet, the reasons for our culture’s blind behavior and how we *can* fix the problem. Now, with fresh, updated material and a focus on political activism and its effect on corporate behavior, *The Last Hours of Ancient Sunlight* helps us understand — and perhaps heal — our relationship with the earth, to each other, and to our natural resources.



\$16.00 402 pages #8556



## Reduce, Reuse, Recycle

### An Easy Household Guide

By Nicky Scott

This easy-to-use guide has answers to all your recycling questions. It is an A-Z listing of everyday household items and shows you how to recycle most of your unwanted things, do your bit for the planet, and maybe make a little money. *Reduce, Reuse, Recycle* is packed with ideas to cut your consumption and reduce your trash. With a comprehensive resources section and information on getting more involved, it's an invaluable guide for anyone who wants to stop the Earth from going to waste.



**\$7.95** 96 pages #8542

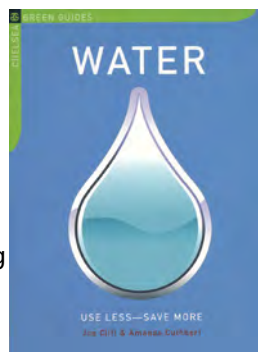
2

## Water – Use Less-Save More

### 100 Water Saving Tips for the Home

By Jen Cliff & Amanda Cuthbert

Our population is growing, our climate changing, and our lifestyles demand more and more water — we are consuming too much, draining aquifers and drying out rivers. This book includes one hundred tips for conserving water in the home and garden. Most cost nothing, others pay back in spades. Following just a few will reduce your consumption of water, save money, and save the environment.



**\$7.95** 80 pages #8548

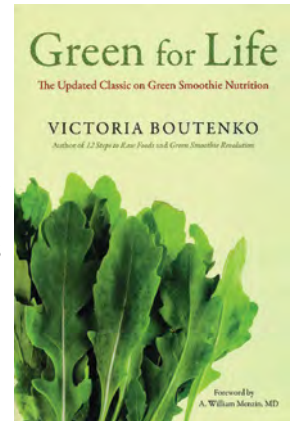
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## Go Green, Live Rich

### 50 Simple Ways to save the Earth (and Get Rich Trying)

By David Bach w/ Hillary Rosner

Let David Bach show you a whole new way to prosper – by going green. The Internationally renowned financial expert and bestselling author urges readers to put their financial lives in line with their values. So what if your values are a cleaner and greener earth? Many people think that “going green” is an expensive choice they can't afford. According to Bach, you can have both: a life in line with your green values and a million dollars in the bank. *Go Green, Live Rich* outlines fifty ways to make your life, your home, your shopping and your finances greener — and get rich doing it. From driving the right car to making your home energy smart, Bach offers ways to improve the environment while you spend less, save more, earn more, and pay less taxes. Best of all, he shows you exactly how to take advantage of the “green wave” in personal finance without the difficult work of evaluating individual stocks. What's more, he will get you thinking about a green business of your own so you can help the world along as it is changing for the better. David Bach is on a mission to teach the world that you can live a great life by living a green life. With *Go Green, Live Rich*, you can live in line with your eco-values on the road to financial freedom. Though Dragon Herbs does not believe having a million dollars in the bank assures any happiness, we do believe that we should all lead green lives and spread the knowledge of how to do so, comfortably. This book may be quite useful to you.



**\$14.95** 175 pages #8553

3





This is a special Taoist painting showing the process of transformation from a lowly, dirty creature into a divine Dragon. Its symbolism is obvious.

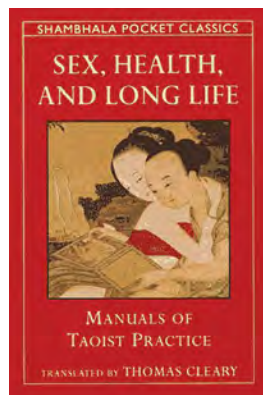
# Taoism and Taoist Health Practice

## Sex, Health, and Long Life

### Manuals of Taoist Practice

By Thomas Cleary

The benefits of sexual bliss were not lost on the ancients, who knew well its powers to enhance health, concentration, and peace of mind. These ancient Chinese Taoist texts explain the transformative effects sex can have when properly and wisely practiced, demonstrating Taoism's emphasis on cultivating life's "three treasures" — vitality, energy, and spirit — in all the activities of daily life.



The texts are part of the famous Mawangdui finds, Han dynasty tombs that yielded the richest cache of ancient medical manuscripts ever found in China. The first three texts, *Ten Questions*, *Joining Yin and Yang*, and *Talk on Supreme Guidance for the World*, deal with physical health and sex lore, including diet, exercise, sleep, and techniques of lovemaking. The last two, *A Course in Effectiveness* and *A Course in Guidance*, concentrate on the psychological factors of good health and well-being, especially the reduction of stress and cultivation of wholesome social relations.

**\$18.95** 144 pages #8572

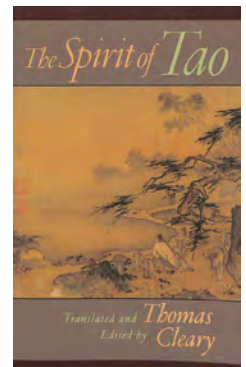


## The Spirit of Tao

### Selections from the most popular classics of Taoism

By Thomas Cleary

Taoist teachings have arisen in many forms: abstract aphorisms, philosophical discussions, legends, fables — even jokes. All are represented here, culled from the most popular Taoist classics: the *Tao-te Ching*, *Chuang-tzu*, *Huainan-tzu*, and *Wen-tzu*, stories from the "Tales of Inner Meaning," and teachings of the Taoist patriarch Ancestor Lu. The spirit of the Tao manifests in myriad images, brought to life in this superb translation — from the ever-keen blade of a Taoist butcher to the mechanical miracles of inventor Ken Shiwa, from little boys baiting the great Confucius to mountain hermits disappearing in the mist, from the six robber organs that obscure the primordial to the ineffable mystery of mysteries.



**\$19.95** 168 pages #8573



## The Tao of Natural Breathing

### For Health, Well-Being and Inner Growth

By Dennis Lewis

Take a life-affirming journey with Dennis Lewis into the physiological, psychological, and spiritual experience of breathing. A long-time student of Advaita Vedanta, Taoism, and the Gurdjieff Work, he presents a comprehensive approach to understanding the mechanics of the breath, as well as the relationship of breath, emotions, and energy. Best of all, he offers guided explorations of the Whole-Body Breath, the Spacious Breath, the Smiling Breath, the Vital Breath, and more. These practices will improve your health, increase your energy, and support your quest for inner growth.



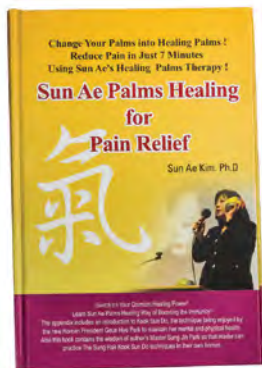
**\$14.95** 208 pages #8576



## Sun Ae Palms Healing for Pain Relief

With a chapter by Taoist Master Sung Jin Park

By Sun Ae Kim, Ph.D., with  
a chapter by Taoist Master  
Sung Jin Park



This is a best-selling book (in Korea) on the art of healing with your hands. For all of you who have thought you may have the “magic touch” and ability to soothe and heal with your hands, this book is indispensable. Additionally, there is a chapter written by Taoist Master Sung Jin Park — Ron Teegarden’s primary teacher — on *Kook Sun Do*, the ancient Taoist form of exercise, meditation and tonic herbalism. Simple yet profound meditation instructions are provided — learn to meditate the Taoist way. Includes Master Park’s description of how he met Ron Teegarden.



**\$35.00** 282 pages #8671



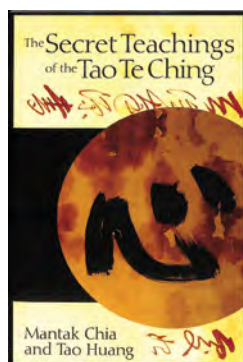
## Taoist Training Books by Mantak Chia

Mantak Chia is one of the most famous and excellent Taoist teachers of our generation. He has written dozens of fabulous books, taught hundreds of classes and is highly regarded around the world. Dragon Herbs is pleased to offer some of our favorite Mantak Chia books, all lushly illustrated and highly accessible.

### The Secret Teachings of the Tao Te Ching

By Mantak Chia and Tao Huang

For over 2,500 years the Tao Te Ching, the primary scripture of Taoism, has been regarded as among the greatest treasures of the world. Lao Tzu wrote these essential verses that have both confounded and conferred blessings on humankind. Now, Taoist masters Mantak Chia and Tao Huang guide readers through



the origins of this philosophy, the meaning behind its 5,000 pictographs, and the way of living that generations have followed. The authors analyze Lao Tzu’s teachings, line by line, and offer meditations, interpretation and energy cultivation practices that illuminate the true meaning of this classic text.

**\$16.95** 256 pages #8535

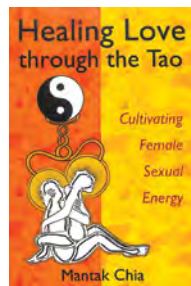


## Healing Love through the Tao

### Cultivating Female Sexual Energy

By Mantak Chia

*Healing Love through the Tao* reveals the traditional Taoist practices that enable women to cultivate and enhance their sexual energy, and further provides methods of transforming it into creative power, healing power and spiritual power. For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret to only a small number of people, sworn to silence, in the royal courts and esoteric circles of China. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as Jing. Jing energy is creative, generative energy that is vital for the development of Chi (Qi, vital life-force energy) and Shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and women continually lose this energy through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of Jing and how to use it to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.



**\$16.95** 288 pages #8579



## Taoist Secrets of Love

### Cultivating Male Sexual Energy

By Mantak Chia

Mantak Chia reveals for the first time to the general public, the ancient sexual secrets of the Taoist sages. These secrets enable men to conserve and transform sexual energy through its circulation in the microcosmic orbit, invigorating and rejuvenating the body's vital functions. Hidden for centuries, these esoteric techniques and principles make the process of linking sexual energy and transcendent states of consciousness accessible to the reader. This definitive book teaches: higher Taoist practices for alchemical transmutation of body, mind and spirit; the secret of achieving and maintaining full sexual potency; the Taoist "valley orgasm" — pathway to higher bliss; how to conserve and store sperm in the body; the exchange and balancing of male and female energies, within the body and with one's partner; and, how this practice can fuel higher achievement in career and sports.



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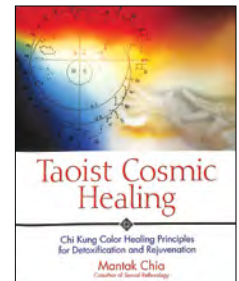


## Taoist Cosmic Healing

### Chi Kung Color Healing Principles for Detoxification and Rejuvenation

By Mantak Chia

Taoists believe in an underlying unity that permeates the universe and intimately binds all things. *Taoist Cosmic Healing* presents chi kung (qigong) techniques that develop and strengthen awareness of the forces and energetic principles of the universe, allowing the reader to draw upon these forces for healing, both of themselves and of others. *Taoist Cosmic Healing* teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and, when combined with specific body positions and the chi kung stance, to heal others. Master Chia also explains the important role that compassion and positive energy play in enhancing one's ability to heal. He presents the details of chi kung color therapy, a powerful tool for activating and strengthening the immune system.



**\$24.95** 228 pages #8536



## Tan Tien Chi Kung

### Foundational Exercises for Empty Force and Perineum Power

By Mantak Chia

*Tan Tien Chi Kung* is the art of cultivating and condensing chi in the lower abdomen, the tan tien — the fundamental power storehouse of the body. Known as the Ocean of Chi to the ancient Taoists, this lower abdominal area holds the key to opening the body and the mind for the free and continuous movement of chi. *Tan Tien Chi Kung* contains specific breathing and movement exercises that develop the power of the chi stored in the body to increase vitality, strengthen organs, and promote self-healing.



**\$18.95** 192 pages #8537



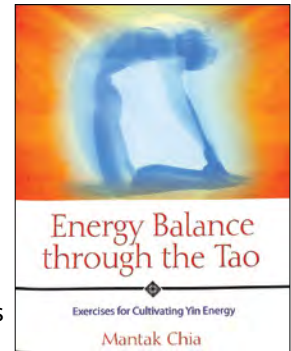
## Energy Balance through the Tao

### Exercises for Cultivating Yin Energy

By Mantak Chia

In the Western world, exercise focuses mainly on physical fitness and developing muscular strength. In the east, exercise systems balance the body, mind, and spirit. This balance is strongly emphasized in the Taoist system of Tao Yin, one of the oldest and most powerful forms of exercise in China. Tao Yin focuses on creating balance between internal and external energies and revitalizing the body, mind, and spirit with a combination of strength, flexibility, and internal energy exercises. Its ultimate goal is for the practitioner to become pure, responsive, and full of energy, like a child. In *Energy Balance through the Tao Master*, Mantak Chia introduces 45 fully illustrated Tao Yin exercises to Western readers. He

explains the history behind the practice and its connections to other complementary Chinese exercise forms, such as Tai Chi. This book focuses on the lying and sitting positions of Tao Yin, which improve health and structural alignment and, once mastered, strengthen movements and postures in standing positions. The benefits of these remarkably simple exercises include harmonizing chi, developing strength and flexibility through tendon stretching, relaxing the abdominal muscles and the diaphragm, releasing toxins through the breath, and training the 'second brain' in the lower abdomen to coordinate and direct these processes.



\$18.00 210 pages #8538



Wang Bo can do Monkey Style Kung Fu

“In remote antiquity, the emperor Shen Nong obtained the power inherent in Tao, and was established in the Center. He walked with the Immortals and in all the world there was peace.”

— Hai Nan Zi





# Breathing

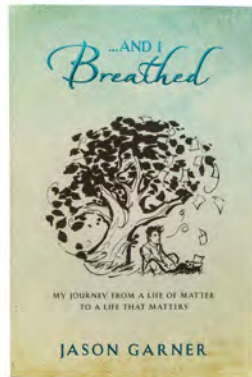
Ron Teeguarden teaches that the air is a tonic herb. It is the primary source of Qi. Deep breathing is essential to peace of mind, glowing health, happiness, wisdom and longevity. All paths to higher consciousness include methods of deep breathing, though some are much more to the point in utilizing and explaining it. For this reason, Dragon Herbs offers a selection of excellent books on breathing.

## ...And I Breathed

From a Life of Matter to a Life that Matters

By Jason Garner

This is a former Fortune 500 company exec's journey from "a life of matter to a life that matters." He shares the lessons gained on his rise from flea market parking attendant to CEO of Global Music at Live Nation, and (finally) learning to breathe while sitting cross-legged with timeless Masters of body, mind, and spirit. "... And I Breathed" is a handbook for every executive looking to find peace of mind to go with business success. Jason Garner shares the most intimate details of his rags to riches rise to business success, the fears and doubts he battled along the way and the peace he finally found as he learned to balance the warrior and monk inside. This is a book that will touch your heart, stimulate your brain and cause you to ask the kinds of questions that provoke growth and positive change in your life." (Jack Canfield, New York Times best-selling author of *Chicken Soup for the Soul*)



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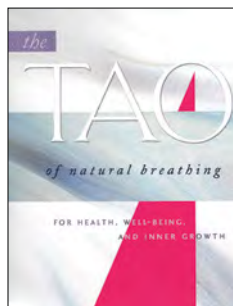


## The Tao of Natural Breathing

For Health, Well-Being and inner Growth

By Dennis Lewis

Described in **Taoism and Taoist Health Practice** section.



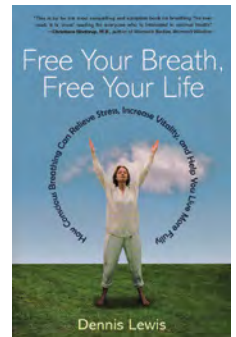
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## Free Your Breath, Free Your Life

By Dennis Lewis

This book will show you how being aware of your breathing can have a profound impact on your physical and emotional health in a most positive way. Whether you are interested in stress reduction, easing a chronic breathing problem, or exploring the more spiritual aspects of breathing practice, this illustrated guide will provide you with practical, simple exercises to calm, energize, and generally enhance your sense of well-being. The author, Dennis Lewis, also shows how becoming more conscious of your breathing can reveal a lot about your self-image and help you deal more effectively with difficult emotions and situations.



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Jason Garner at the Shaolin Temple with Luckson, Gabriel Cousens and monk Li Bo, drinking holy water from a special well on the temple grounds





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Gourmet Handcrafted

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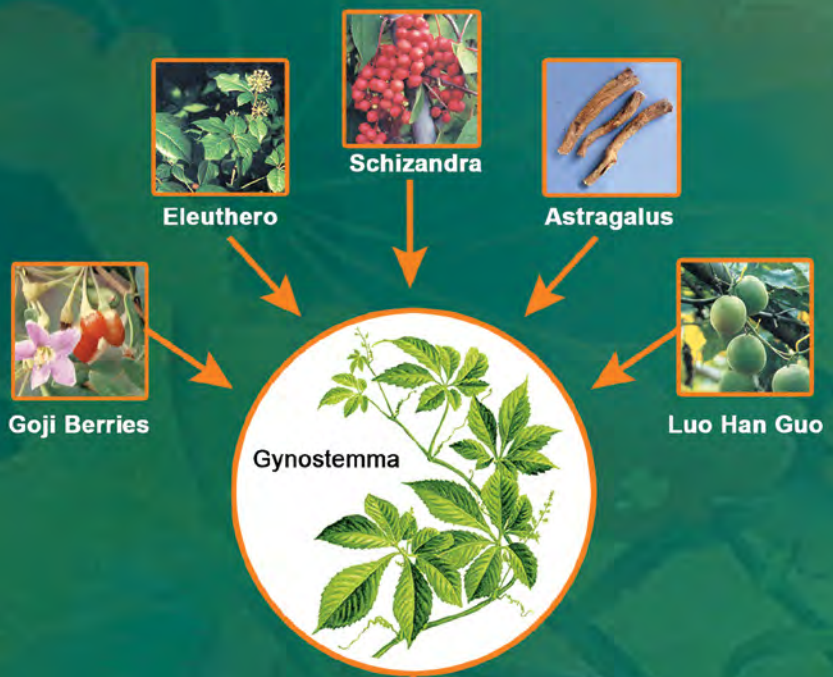
# Spring Dragon

## LONGEVITY TEA



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# Key Word Glossary

## Tonic & Traditional Asian Healthcare Terms A-Z

**1-3 B-glucans** — Polysaccharides, considered to be quintessential nutrients for the immune system; found in plants, and especially mushrooms like Agaricus and Reishi, among others.

**3 Treasures: Jing, Qi and Shen** — Zhou Jing said, “Jing, Qi and Shen activate the human being.” The 3 Treasures are the three fundamental kinds of energy in the body, and are to be regarded as priceless treasures of our life: **Jing** supports the production and maintenance of all cell growth, reproduction and the energy to convert raw material to blood and energy (Qi). Jing is a prime determining factor of lifespan and the power of one’s life. **Qi** controls the digestive and respiratory functions and provides the energy to circulate and deliver nutrients throughout the body. Qi provides the power of defense and adaptability. **Shen** guides our mental, psychological and emotional functions and balance and is connected to the Supreme Ultimate. The loss of any of the Three Treasures is a loss of life force. The Three Treasures can be cultivated (increased and harmonized) through various life cultivation methods, especially through conscious breathing and tonic herbs. (See 31 Tips for a full list of methods that enhance the 3 Treasures)

**Action, the ability to take** — A function of the Will (Zhi), through courage, purpose and power (Jing), supported by the energy (Qi), guided by clarity, intention and balance of mind and emotion (Shen).

**Active constituents** — The active substances in a plant or substance that is biologically or metabolically active. Though a plant may be said to have one or a few “primary constituents,” some may have many “active constituents.” Gynostemma has well over 140 active constituents; Reishi has about 1,000 active constituents.

**Adaptability/Adaptation** — The ability to respond appropriately and efficiently to change, whether internal or external, sudden and short-term or continuous, while maintaining within the laws of nature. Accurate adaptability is a primal function of life. Ron Teeguarden says: “Adaptability is the measure of your life.”

**Adaptogenic herb/s** — Herbs that enhance the body’s own “adaptive” mechanism that comes into play as needed by the body, as when under significant stress, excess work or demand situations, or when the immune system needs to increase resistance to external influences — in order to restore homeostasis. Many of the most powerful tonic herbs are adaptogenic. They are sometimes referred to as *adaptogens*.

**Adrenals** — The two endocrine glands located above the kidney organs, consisting of the cortex which secrete hormones and the medulla which secrete epinephrine, the source of our “fight or flight” response. Famously, the adrenals may be depleted and even exhausted by excessive stress, requiring rest and tonic herbs to restore them to full vitality.

**Aging, healthfully and wisely** — Experiencing un-ending vitality, equanimity and freedom from limitation no matter our age throughout the natural and normal slowing of body systems, while creating a positive and enriching process of growing in wisdom, balance, peace and spiritual pursuits free from the typical signs of aging. The avoidance of premature aging through conscious maintenance of diet, consumption of tonic herbs and superfoods, conscious exercise and deep breathing, full deep restorative sleep and meditation. (See 31 Tips for a Long and Healthy Life by Ron Teeguarden)

**Alkaloids** — Alkaloids are synthesized by plants and are often the active principle of the crude substance. Alkaloids are not, however, the main active constituents of most tonic herbs and superfoods.

**Alkalizing elements and foods** — Many modern people are too acidic as a result of consuming too much acidic foods and beverages. Alkalizing foods and beverages, such as alkaline water, contain substances and constituents that promote a more alkaline condition in the body. Alkalizing foods contain alkalizing elements such as calcium, sodium and potassium. Besides alkaline water, colored vegetables contain the most alkaline elements. Chlorophyll is very powerful. Superfood blends like Tonic Alchemy are alkalizing.

**Anti-caking agent** — An additive placed in powdered or granulated materials to prevent the formation of lumps (caking) and for easing packaging, transport, and consumption. They function either by absorbing excess moisture or by coating particles and making them water-repellent. Anti-caking agents fall under the category of *excipients*. Excipients can be natural or synthetic. Most brands of food and dietary supplements use synthetic excipients. Dragon Herbs does not. We use bamboo, tapioca or rice bran powder, all of which have anti-caking benefits and aid in digestion.

**Antioxidant** — An agent or molecule that inhibits oxidation; any of numerous chemical substances including certain natural innate body products, such as SOD or glutathione, and nutrients that can neutralize the oxidant effect of free radicals and other substances. Tonic herbs and superfoods are universally antioxidant, and some are among the most potent known to humankind (See Shilajit, Gynostemma, Goji, Resveratrol, etc.)

**Anthocyanins** — Powerful antioxidants, providing a broad range of health benefits. These natural plant pigments range from red to purple to blue. Anthocyanins occur in all tissues of higher plants, including roots, leaves, stems and fruits, but dominate in very colorful parts. Related phytochemicals include anthoxanthins, which are clear, white to yellow substances occurring in plants, and anthocyanidins from which anthocyanins are derived.

**Aromatic herbs** — Herbs that have a pleasing aroma due to concentration of essential oils that help to move energy, promote digestion and help balance excess fluids in the body. Many herbs have wonderful aromatic qualities, which often contribute to their effects. Among these are the mints, spices, members of the angelica family (Dang Gui, Ashitaba and many others), and many fruits and flowers.

**Aromatic oils** — A group of vegetable-based oils having interesting, sometimes quite potent, and generally-agreeable fragrance profiles. Essential oils used in aromatherapy fall into this category, as do aromatic herbal oils like Ginseng, Schizandra and Dang Gui.

**Assistant Herbs** — Herbs that are included in the formula to support the function of the monarch and minister herbs and balance the delivery and effects of the total formula.

**Astragalosides** — The primary bio-active components of *Astragalus membranaceus*, the most potent being Astragaloside IV, which is singularly responsible for many of the actions of the super-herb Astragalus. However, it is the “total-astragaloside” fraction that allows Astragaloside IV to perform optimally, so they are used together to optimize beneficial effects.

**Astringency/ Astringent** — Refers to actions that draw something together or arrest persistent exhaustion of the fundamental substances such as Qi, blood and body fluids. The action is especially carried out by the Kidneys and enhanced by herbs with sour tastes.

**ATP** — Abbreviation for adenosine triphosphate; a nucleoside triphosphate, a small but surprising molecule used in cells as a coenzyme often called the “molecular unit of currency” of intracellular energy transfer.

**Avalokitesvara** — A bodhisattva depicted with 100 arms, and the embodiment of all-embracing compassion.

**Baicalin** — The primary ingredient in *Scutellaria baicalensis*, commonly known as Scute, is a flavone glycoside which activates AMPK and has been shown to be a highly protective natural ingredient.

**Balance** — Body and mind equilibrium under all circumstances due to profound regulatory functions of the body, optimized and ultimately enhanced through the nourishment of the Three Treasures of tonic herbs, meditation and natural living.

**Beauty** — The outward manifestation and reflection of our internal health — the quality, quantity and circulation of healthy blood and body fluids; the full energy and clarity of Lungs for skin luminosity and tone; the health and balanced flow of blood and energy from the Liver function for eyes & nails; the strength and upright Qi of the Spleen function for tautness of face, form & figure; the balanced regulation and nutrition of the Heart function for full circulation of blood, fully restorative sleep; and the fortitude and resilience of our Kidney function for quick rejuvenation, energy and vitality, luxurious hair, charisma and compassion.

**Belt channel** — The extraordinary meridian known as *Dai Mai* that encircles the body at the region of the hips and acts as a connector through all of the longitudinal yin and yang meridians.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Beta 1,3-D-glucan; Beta 1,6-D-glucan** — Beta glucans comprise a group of  $\beta$ -D glucose polysaccharides naturally occurring in the cell walls of fungi.

**Birth/Birth Recovery** — Generally considered the greatest drain of a woman's Jing and requiring Three Treasure and Blood replenishment for complete renewal.

**Bliss Tea** — Supertonic herbs combined with flavorful tea mixtures of various black and green teas, herbs, flowers, fruits and botanicals for deliciously delightful daily brews for easy consumption and continued health.

**Blood** — The term "blood" is used as a broad term to describe the physical blood in the body that moistens the muscles, tissues, skin and hair, as well as nourishing the cells and organs. Internally, it circulates to the organs, and externally, it flows to skin, flesh, bones and muscles. It provides nutrients for organs, tissues and meridians; maintains healthy body movement and sensation; and aids the mind in mental activities.

**Blood tonics** — Herbal preparations, substances and foods that nourish and replenish blood and its vital components, designed to sustain and restore ultimate harmony of the body.

**Blood vitalizing** — Herbs, herbal preparations, substances, foods, exercise, breathing and massage techniques that stimulate and help maintain the complete and proper circulation of blood and Qi.

**Body Constitution** — The constitution of each person is influenced by congenital and acquired factors, and this varies from person to person. The body's metabolism, functioning of organs and organ structure all combine to determine the physical and mental foundation and fortitude of an individual. Constitutions can range from very Yang to very Yin. It is very difficult to alter one's constitution, but it is possible to shift it somewhat and to make up for deficiencies.

**Body Fluids** — Refers to the different types of physiological fluids found in the body, including fluids in the organs and tissues, lymph, gastric fluid, intestinal fluid, semen, tears and many others. Classified as one of the fundamental substances, healthy body fluids are essential to life's activities.

**Bones and Joints** — In TCM, Jing — the Kidneys — rule the bones. Kidney essence is needed for healthy bones. Essence stored in the Kidneys is transformed into bone marrow, which provides the nutrients for bone development and blood formation. When Kidney essence is abundant, the bone cavities can be fully occupied with marrow and the bones become strong. Through this process the Kidneys contribute to bone growth and reconstruction.

**Brain** — Considered an extension of the bone marrow, controlled by the Kidney Jing.

**Breath/Breathing** — Full deep breathing is essential for complete circulation of Qi and body fluids, respiratory cleansing and health, and management of emotions and mental chatter.

**Bud** — A small lateral or terminal protuberance on the stem of a plant that may develop into a flower, leaf, or shoot, as in Rose buds.

**Calcium** — Pearl powder contains a number of amino acids, over 30 trace minerals, and a high concentration of calcium. A pearl is composed of calcium carbonate in minute crystalline form, which is easily assimilable if the Pearl is levigated (ground to a very fine powder).

**Calmative** — Having a relaxing or calming effect on the mind and the nerves.

**Camellia sinensis** — Botanical Latin name of the tea leaf, the most commonly consumed herb in the world; also known as *Thea sinensis*.

**Catechins** — Antioxidant found in tea of *Camellia sinensis* leaf; a type of natural phenol and antioxidant, part of the chemical family of flavonoids.

**Certified organic** — A certification process for producers of organic food and other organic agricultural products, reflecting a set of production standards for growing, storing, processing, packaging and shipping that include: avoidance of synthetic chemical inputs (e.g. fertilizer, pesticides, antibiotics, food additives), irradiation, and the use of sewage sludge.

**Chakra/s** — A term used in Indian (Ayurvedic/Yogic) thought. The seven **chakras** are the centers in our bodies in which energy is concentrated. Each of the chakras is a center of spiritual power in the human body. Chinese and Tibetan Yoga also recognize these centers. In Chinese Yoga, they are known as the Dantian.

**Chalcone** — Important biological compounds that demonstrate a wide range of biological activities. According to Japanese researchers, chalcone purifies blood, strengthens the immune system and promotes metabolism. Chalcone is a primary constituent of Ashitaba, an Okinawan food used in Tonic Alchemy.

**Chan (Zen) Buddhist tradition** — A school of Buddhism originating in China strongly influenced by Daoism. First developed by Damo (Bodhidharma) at the Shaolin Temple and now practiced around the world.

**Circulation** — The easy, free flowing movement of blood, plasma and energy throughout the body and to all extremities due to the bellows actions of the lungs, the energy from the Kidneys to move upward against the force of gravity, and the coordination and vital force of the heart.

**Cleansing, Liver and blood** — The body is profound in its design, which includes self-cleaning organs to facilitate the elimination of toxins, debris and waste from the body. Supporting those systems by maintaining full measures of body fluids and energy, or restoring those levels if depleted, allows the body to restore full functioning and balance.

**CO<sub>2</sub> super critical extraction technology** — Extraction process used in essential oils and herbal formulas. The relatively low temperature of the process and the stability of CO<sub>2</sub> also allows most compounds to be extracted with little damage or denaturing.

**Cofactor** — An atom or molecule essential for the action of a large molecule, as in *heme* in hemoglobin, or magnesium in chlorophyll.

**Cold** — The traditional Asian healthcare term used to describe decreased functioning of an organ system.

**Collagen** — The major protein comprising over half that the protein in mammals, the white fibers of connective tissue, cartilage, and bone.

**Compliance** — The consistency and accuracy with which someone follows a regimen.

**Compound K** — A powerful immune supporting ginsenoside (unique ginseng compound) found in Kinetic ginseng.

**Conception vessel** — A primary energy channel of the human body. Known as the *Ren Mai* in Chinese, it is one of the 8 Extraordinary Vessels. These vessels regulate the energy in the 12 “meridians.” It flows along the front of the body, regulating Qi in the Yin meridians of the body.

**Conchiolin** — A tough protein secreted by mollusks, forming the organic matrix of the shell within which calcium carbonate is deposited which forms the iridescent inner layer, as mother-of-pearl, in the shells of mollusks. It is the dominant component of pearls and gives them their luster. Conchiolin is almost identical to hemoglobin and chlorophyll.

**Consultation/Components** — In person/phone/email/digital QOL

**Questioning** — This is known as “the first method” in traditional Asian healthcare personal analysis where the practitioner asks detailed questions about the patient’s immediate health and background and more.

**Listening** — By listening to the tone of the voice, the senior herbalist practitioner can learn enough about a person to guide them on a tonic program, even over the phone.

**In person:**

**Questioning** — Same as above.

**Inspection** — Generally the following parts are inspected: Tongue, Movement and Posture, Body Shape, Skin tone and Spirit (or outward manifestation of vital Qi ).

**Listening and Smelling** — The patient’s speech and breathing are analyzed in terms of sound and form.

**Pulse Reading** — Asian-style pulse-taking helps in judging the abundance and decline of Qi (vital energy). A normal pulse reading is smooth, even and forceful.

**Cordycepin** — One of the main constituents found in cordyceps, a derivative of the nucleoside adenosine.

**Cumulative benefits** — The benefits that accrue over time from any health promoting activity such as meditation, exercise, healthy diet, tonic herb consumption, etc.

**Curcumin** — The active constituent of Turmeric; a very strong anti-oxidant.

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Curcuminoids** — The main active compounds in turmeric; different chemical groups that have been formed to increase the solubility of curcumins. These compounds are natural phenols and produce a pronounced yellow color.

**Cytokines** — A broad category of small proteins that are important in cell signaling. They act through receptors, and are especially important in the immune system; modulating the balance between humoral and cell-based immune responses, and regulating the maturation, growth, and responsiveness of particular cell populations.

**Dantian** — Ten fields of energy, three being primary, located along the Central Channel of the body. The Lower Dantian, also known as the Golden Stove and the Lower Cinnabar Field, the Dan Jun (Korean), the Hara (Japanese), is central to the restoration and maintenance of the Three Treasures. One can breathe into this center (located internally a couple inches below the navel) with focused intent to invigorate this center with Qi. This breathing is fundamental to Taoist meditation and Qigong.

**DBG** — Shorthand for **Desktop Botanical Garden**; a system of glass teaware, herbal tea blends, herbs, botanicals and superfoods for daily tea making and consumption.

**Decoction** — The process of combining and cooking herbs to create a brew or a soup.

**Deficiency** — In Traditional Asian health care, any lack or insufficiency of Qi, blood, yin, yang or essence.

**Desktop Botanical Garden** — A system of glass teaware, herbal tea blends, bulk teas, herbs, botanicals and superfoods for daily tea making and consumption.

**Digestion** — The process of transforming food through chewing, chemical and muscular action in the alimentary canal and warming that food in the stomach to about 118 degrees F. to produce a steaming, creamed soup for easy and optimal absorption of its Qi into the Spleen and its nutrients through the Small Intestine.

**Di Tao** — Originating from the “original source”; “authentic source.”

**DNA** — Abbreviation for deoxyribonucleic acid. Considered to be the auto-reproducing component of chromosomes, and the repository of hereditary characteristics. Genes are composed of DNA.

**Double direction/Dual direction** — When an herb possesses a dual character and supports *modulation*, it is said to have double direction or dual direction activity. As a result of consuming such an agent, the physiology adapts more appropriately to balance the needs of the body systems and functions. Most adaptogenic herbs possess this double direction capacity. Double direction herbs support adaptability.

**DSHEA** — Dietary Supplement Health and Education Act of 1994 regulates both dietary ingredients and finished dietary supplement products. It is the law under which herbs and superfoods are legally manufactured, packaged, sold and distributed in the United States. The FDA is responsible for overseeing the compliance of this regulation. Issues such as accuracy of truth labeling, GMP (Good Manufacturing Practice), avoidance of medical claims, organic certification and much more are encompassed by this law.

**Duanwood**<sup>®</sup> — “Authentic or preferred wood”; “original wood”; “hard wood” organically cultivated variety of Reishi. Duanwood is a registered (trademarked) term of Dragon Herbs. The original term in Chinese is duanmu, which means “authentic or original wood.”

**ECOCERT** — An organic certification organization, founded in France in 1991. It is based in Europe but conducts inspections in over 80 countries, making it one of the largest organic certification organizations in the world.

**Elimination** — The discharge of waste products through the bowels, the colon and large intestine.

**Elixir** — An herbal substance that when consumed regularly promotes glowing health. Though most “elixirs” are liquid, an “elixir” can be a pill, powder or capsule as well.

**Emotions** — According to traditional Asian health theory, the organs are related to emotional activities. *See table.*





**Endocrine system** — The collection of glands within an organism that secrete hormones directly into the circulatory system to be carried towards distant target organs.

**Energy** — Generally translated as 'Qi.' It reflects the vitality of any system. Energy is a fundamental property of the universe and is highly concentrated, regulated (controlled) and manifested in life forms such as humans. In Asian philosophy, this refers to the proper and natural functioning of all the elements of the body according to the climate and seasons. Also referred to as "genuine "Qi," "vital energy," "vital essence" or "vitality Qi." In fact all Three Treasures are manifestations of energy (Qi). Jing is highly concentrated Qi that determines life force and lifespan, and Shen is the energy of our mind and universal consciousness.

**Energy Tonic** — Known as "Qi tonics," they influence the Spleen and Lung functions and help the body increase its vitality to function optimally through the enhanced absorption of nutrients in the gastrointestinal system and optimal absorption of Qi from the air we breathe, so that energy and blood are produced and circulate freely within the body.

**Enzyme** — A macromolecule that acts as a catalyst to induce chemical changes in other substances, while itself remaining unchanged by the process allowing it to recycle.

**Essence Jing** — The concentrated substance that provides the basis of reproduction, growth, sexual power, conception and pregnancy, creativity and inner power. It is the material foundation of Qi and Shen and is stored in the Kidney system (which includes the adrenals, bone and bone marrow, brain and renal kidneys). A number of herbs can provide Jing. Essence is used up by living, especially hard living.

**Essential oils** — Any of a class of volatile oils obtained from plants, possessing the odor and other characteristic properties of the plant. Essential oils often possess potent biological effects.

**Essential oil trapping** — The manufacturing technique used in herbal extraction to preserve active constituents of essential oils. Oil traps collect the essential and aromatic oils before they are lost from the extraction system and can be crystallized or otherwise condensed to be returned to the final extract.

**eeTee** — An acronym for a proprietary and trademarked system of low temperature and hyper-thorough herbal and superfood extraction offered by Dragon Herbs. **eeTee™** is provided as an instantly dissolving powder *easy, economical, Tea, effective, ecological*.

**Excess** — Generally refers to an overabundance of environmental factors such as heat, cold, damp, Yin or Yang that may manifest in the body as an extension or manifestation of the environment or lifestyle.

## THE FIVE EMOTIONAL SPECTRA

ORGAN	Balanced Emotion	yin	yang
<b>HEART</b>	APPROPRIATE JOY SHEN RULES	sadness	over-excitement, hysteria
<b>SPLEEN</b>	APPROPRIATE SENTIMENT REFLECTION THOUGHT	excessive reminiscence, fretting, chronic worrying	obsessions, acute worrying, arrogance, lack of appreciation
<b>LUNGS</b>	APPROPRIATE RELEASE, THE ABILITY TO LET GO APPROPRIATE GRIEF	Mild depression, continuous sorrow	holding on, or inability to grieve
<b>KIDNEYS</b>	AWARENESS OF RELATIVITY, WILL, APPROPRIATE FEAR	easy or frequent fear, paranoia	foolhardiness
<b>LIVER</b>	WILL TO BECOME (APPROPRIATE ANGER)*	lack of anger, inability to act (lack of will)	uncontrolled or excessive anger

**LOVE** is considered to be more than an emotion — A state of being which proceeds from a clear and strong Shen and a balanced physical and emotional condition. It has three main aspects: love for self, love for others, and all-embracing Love.

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**Excipient** — A necessary component of all dried extract powders, required during the spray drying stage to allow extraction and to prevent clumps from forming and to assure smooth flow of the machinery during encapsulation. 100% of all extracted powders contain some excipient. There are natural and unnatural (synthetic) excipients, and most producers use the latter. These excipients might include substances such as silicon dioxide, magnesium stearate, etc. Dragon Herbs uses almost exclusively natural excipients such as bamboo powder, tapioca powder and rice bran powder.

**Extraordinary Vessels (Channels)** — Considered to be storage vessels or reservoirs of energy and are not associated directly with the internal organs. The Conception & Governing Vessels both have unique meridian points, whereas the other 6 vessels share meridian points from the other major meridians. The Extraordinary Channels, also known as the Psychic Channels because they can be controlled through the Mind (Intention and Will), are the primary site of focus during Taoist Meditation, Neigong (yoga, internal exercises) and Qigong (external exercises). The Eight Extraordinary Vessels are: Conception Vessel (Ren Mai); Governing Vessel (Du Mai); Penetrating Vessel (Chong Mai); Girdle Vessel (Dai Mai); Yin Linking Vessel (Yin Wei Mai); Yang Linking Vessel (Yang Wei Mai); Yin Heel Vessel (Yin Qiao Mai); and Yang Heel Vessel (Yang Qiao Mai).

**Fats, healthy** — Polyunsaturated fats like linoleic and linolenic acids, essential fatty acids required by but not produced in the body, and monosaturated fats.

**FDA** — An acronym for the United States Federal Drug Administration.

**Fingerprint, chemical** — The unique combination of analytical results from a number of techniques that identifies a particular compound in a sample. The primary technology used today is known as HPLC (High Performance Liquid Chromatography), a form of column chromatography that pumps a sample mixture, or analyte, in a solvent (known as the mobile phase) at high pressure through a column to analyze the makeup of the material, producing a “fingerprint.” A certified “standard” is used as the reference so that unique chemical constituents can be identified, including all active constituents and even adulterants. This is a very highly accurate method of analysis and is the gold standard. For example, if sugar were added to a berry extract, an HPLC analysis would show the adulterant. If a fake product is tested by this method, no manipulation can cover up the fake.

**Fire** — Traditional Asian healthcare term referring to the excessive Yang element.

**FITT™** — Fingerprint Identical Transfer Technology – the most advanced herbal extraction technology in the world provides a finished extract that is virtually identical to the fingerprint of the freshly harvested herb but much more assimilable. eeTee™ is produced by FITT™.

**Five Elements** — The five energies which exist in nature: Wood, Earth, Metal, Water and Fire. Each one transforms and controls another to maintain a harmonious balance, *aka* Five Transformations (Wu Xing). All herbs can be categorized by which elements they maintain.

**Five energies of herbs and foods** — The energetic properties of herbs and foods like energy, flavor and movement: Extreme Yin - Cold; Yin - Cool; Balanced Yin & Yang - Neutral, Yang - Warm, Extreme Yang - Hot.

**Five Flavors** — Flavors are associated with the Five Elements and five primary organs and their counterparts: Pungent (Lung); Sweet (Spleen); Sour (Liver); Bitter (Heart); Salty (Kidney)

**Five flavor fruit** — Schizandra fruit, also known as *Wu Wei Zi* in Chinese, possesses all five flavors and thus all five elements.

**Five zang organs** — Five zang organs refer to the Liver, Heart, Spleen, Lungs and Kidney. The main functions for the organs are to produce, transform, regulate and store fundamental substances such as Qi, Jing, blood and body fluids. Generally, zang organs are solid organs and also known as “Yin organs.”

**Flavonoids** — Any of a group of organic polyphenol compounds that occur as pigments in fruit and flowers and have antioxidant properties. Famous ones are resveratrol from grapes, and many other important foods such as cocoa, peanuts, tea, blueberries, parsley, and on and on. Flavonoid compounds are generally powerful antioxidants and are inflammomodulating.

**Freeze drying** — A dehydration process typically used to preserve a perishable material, such as a superfood, food, juice, herb or herbal elixir. Freeze-drying works by freezing the material and then reducing the surrounding pressure to allow the frozen water in the material to sublimate directly from the solid phase to the gas phase. The moisture is then vacuumed away resulting in a dry powder that maintains high nutritional integrity.

**Fruiting body** — The mushroom cap or spore-producing organ of fungus; typically referred to as the “mushroom.”

**Fulvic acid** — Fulvic acids are humic acids of lower molecular weight and higher oxygen content than other humic acids. When consumed, they support microcirculation and many other biological functions.

**Functional diet** — A meal plan incorporating nutritional foods, herbs and superfoods, used to maintain balance, adaptability, immunity, improve fitness and contribute to wise aging and glowing health.

**Gaia** — The “One Life” we know as the living Earth.

**Gall Bladder** — In traditional Asian health care theory, the Gall Bladder stores and secretes bile produced by the Liver; and on the psychological level, the Gall Bladder rules decision-making and is related to bravery.

**Gate of Life Yang** — *Ming Men*, sexual power functions.

**Gecko** — Gecko lizard is widely found in southern China. It is believed that the tail and the backbone of the Gecko are highly effective ingredients for a warming Yang tonic. It is also said to boost strength and endurance among athletes and to provide sexual energy. Gecko is also a potent Lung tonic, aiding the accumulation of Qi acquired through breathing. It thus is used to promote physical endurance.

**Ginkgo flavone glycoside/ Ginkgolide** — Biologically active terpenic lactones present in *Ginkgo biloba*. It is extracted from the leaves of the *Ginkgo biloba* tree found native in China. Ginkgo is a very ancient tree dating back tens of millions of years and is considered to have powerful adaptogenic and brain nourishing actions.

**Ginseng** — Also known as the “king of herbs” it is one of the most valued and most commonly used Chinese herbs. It is believed to help strengthen the immune system, regulate metabolism and help combat stress and fatigue.

**Ginsenosides** — A class of natural product glycosides and triterpene saponins. Compounds in this family are found almost exclusively in the plant genus *Panax* (ginseng); Ginsenoside content varies significantly due to environmental influences. Ginsenosides can be found in the root, rhizome (head) and leaves of ginseng. When ginseng is freshly dried, it is called “white ginseng” and contains a range of over 30 ginsenosides. When the fresh ginseng is steamed, it turns brick red and is known as “red ginseng.” The steaming stimulates the production of ginsenoside metabolites such as Rg3, which have added important biological benefits for the consumers. Fermentation processes used to make “kinetic ginseng” produce even more metabolites that have powerful health benefits. Some ginseng products are artificially enhanced by adding ginsenosides extracted from the rhizomes of cultivated ginseng. The ginsenosides from the rhizomes are not favored by ginseng connoisseurs because they are believed to cause agitation. Ginsenosides from roots do NOT result in agitation.

**Glowing Health** — Traditionally defined by the Taoist masters in China as “health beyond danger.” Glowing health is dependent upon one’s ability to **adapt** appropriately to all the stresses that one encounters in the course of one’s life. By developing a very high degree of adaptability to the many changes of life and by overcoming stressful circumstances successfully, we **grow** as human beings. Glowing health includes the development of environmental awareness, wisdom and higher consciousness.

**GMO; non-GMO** — Genetically modified organisms, using recombinant DNA, are generally not accepted by the herbal community. Verified avoidance and non-inclusion of GMO-produced ingredients is a pillar of high quality herbalism. Dragon Herbs does not ever use GMO ingredients.

**GMP** — The acronym for **Good Manufacturing Practices**; the practices required in order to conform to the guidelines recommended by agencies that control authorization and licensing for manufacture and sale of food and supplements, providing minimum requirements to assure that the products are of high quality and do not pose any risk to the consumer or public. GMP requirements are regulated by the FDA. All herbal and food production must be done in GMP-certified facilities, in this country or any other.

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**Governing Vessel (Channel)** — One of the eight Extraordinary Vessels, also known as “*Du Mai*.” It runs centrally from the tip of the spinal column and reaches the head and face. This channel meets all the Yang meridians, and thus is called “the Sea of the Yang Meridians.” It is responsible for governing the Qi flow of all the Yang meridians in the body.

**Granulation** — Refers to the process in which primary powder particles are made to adhere to form larger, multi-particle entities called granules. It is the process of collecting particles together by creating bonds between them. Granulation helps prevent deterioration of any powder and thus adds to the quality of powdered extracts. Granulation can be done chemically or naturally. Dragon Herbs uses no chemicals to granulate its powders.

**Great Salt Lake (trace minerals)** — A lake in the United States (Utah) that is very mineral-rich. The salt extracted from this lake has a superb mineral content of at least 82 trace minerals, and has a wonderfully low sodium content. This mineral supplement is among the best in the world. It is used to make elixirs.

**Guide herbs** — These herbs provide guidance for the herbs to reach the target organ and channel. They are sometimes known as “trophic herbs,” *trophic* meaning guiding to a target.

**Gypenosides** — A form of saponin found in *Gynostemma pentaphyllum* (Gynostemma). Gypenosides are very similar to ginsenosides. In fact some are identical. They promote adaptability and support other critical functions. **Gypenoside XLIX (49)** is believed to be the most potent gypenoside in Gynostemma.

**Hair** — In traditional Asian healthcare, hair is thought to reflect Kidney vitality and blood quality. If Jing and blood are abundant and well-circulated, hair will appear bright, shiny and healthy. A healthy blood supply is essential for providing nutrients for hair growth.

**Heart** — The Heart organ represents a group of physiological functions. In addition to regulating the cardiovascular system, it is responsible for maintaining some of the functions of the nervous system, particularly those related to the emotions and to the mind. The Heart is the Seat of Shen. Asian herbalism is rich in heart-healthy herbs that support every aspect of heart health.

**Holistic concept of Traditional Asian healthcare** — Based on the belief that everything in the universe and on earth is interdependent and mutually interactive. Man is part of the holistic entity, and should be analyzed or interpreted with reference to the whole. Traditional Asian healthcare is a holistic approach to maintaining glowing health by encouraging balance in all aspects of one’s life and by nurturing optimized adaptability to the external environment. This concept emphasizes integrity of the body-mind-spirit and its relationship with the outer world.

**Homeostasis** — The ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its internal processes.

**HPLC** — High Profile Liquid Chromatography – a form of herbal fingerprint analysis, a technique in analytical chemistry used to separate, identify, and quantify each component in a mixture.

**Hyaluronic acid** — A mucopolysaccharide serving as a viscous medium in the tissues of the body and as a lubricant in joints, supporting healthy skin, eyes and joints.

**Hydro-alcoholic extract** — A fluid extract obtained by extracting the soluble components of an herb with alcohol and water, sometimes followed by some evaporation of the solution, which is often referred to as a tincture. Hydro-alcoholic extracts often have 50% alcohol (or more), though Dragon Herbs hydro-alcoholic extracts are all in the 23-34% range. The alcohol preserves the extract, and maintains the alcohol-soluble components in solution. Tinctures are said to go to both the Spleen and Liver.

**Hydrophilic** — Denoting the property of attracting or associating with water molecules, possessed by polar radicals or ions; therefore tending to dissolve in water. For example, all eeTee formulations are hydrophilic.

**Immune system** — Known as *Wei Qi* in Traditional Asian healthcare, the body’s natural protective system and its repair ability; the human immune system has three basic functions: defense, surveillance and homeostasis.

**Jing** — Jing is one of the Three Treasures of life and is stored significantly in the Kidney-related tissues, and is considered a fluid-like substance essential for life. It is needed for reproduction, growth, development and maturation. As one grows older, Jing naturally decreases. It can be replenished with Jing tonifying herbs.

**Karma** — Reciprocation; the sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences; destiny or fate, following as effect from cause. Negative Karma can be cleared away by positive actions and Positive Karma can be clouded over by negative actions.

**Kidney** — Stores the essence (Jing) and is the root of Yin and Yang for the entire body-mind. All the inherited constitutional potential of the individual is contained within the Kidney as well as the most essential aspects for maintaining homeostasis. The Kidney is called the "root of life."

**Kimchi** — Kimchi is a traditional Korean food manufactured by fermenting vegetables with probiotic lactic acid bacteria. It is believed to contain hundreds of beneficial gut microbes.

**Klotho gene** — The Klotho gene produces a transmembrane protein that, in addition to other effects, provides some important and nearly universal control over the sensitivity of the organism to insulin and appears to be involved in aging.

**Laanostane triterpenoids** — A type of strongly aromatic terpene, found in Reishi and other tonic fungi.

**Law of Yin & Yang** — A conceptual framework for observing and analyzing the material world and the organic structure of the human body: activities and functions relate to Yang, while the physical forms pertain to Yin, providing the material basis for function, while functions are the creative and supporting power of physical forms. All "systems," microscopic or beyond galactic, operate cyclically. The Law of Yin and Yang describes these cycles. Yang is the stage of creation, expansion and utilization of Yin, and Yin is the stage of storage and contraction.

**Leak** — Qi, blood and body fluids are precious substances for normal life activities and excessive draining of the body's fundamental substances will substantially affect health. Jing in particular can "leak" from the body through stress, excessive behavior, hard living, lack of nourishment and rest, excessive sexual activity relative to one's capacity, overwork and so on. One of the first principles of traditional Asian healthcare, Taoist health practice and tonic herbalism is to stop "leaking" from occurring and restoring the energy that has been lost.

**Levigation** — To grind to a fine powder, as in a mortar, with or without the addition of a liquid; for example, pearl is ground into a very fine powder through levigation in water.

**Liver** — Responsible for a number of important body functions, including the production and excretion of bile, which is used to break down fat, and the detoxification of blood. According to traditional Asian healthcare, the Liver's functions include vision health, control of the central nervous system, the autonomic nervous system (the part of the nervous system over which a person does not have voluntary control), and some aspects of the circulatory system, libido and creativity, among others.

**Low temperature depressurized vacuum drying** — A method of distillation whereby the pressure above the liquid mixture to be distilled is reduced to less than its vapor pressure (usually less than atmospheric pressure) causing evaporation of the most volatile liquid(s), (those with the lowest boiling points). Vacuum distillation is used with or without heating the mixture.

**L-Theanine** — The calming counterpart to caffeine found in tea leaves of the *Camellia sinensis* bush. L-Theanine is an amino acid that promotes focused attention without causing drowsiness. It is very safe.

**Lungs** — In traditional Asian healthcare, the Lungs extract Qi and atmospheric gases (especially oxygen) from the air and expel waste gases from the body back into the atmosphere (CO<sub>2</sub>); control the skin; and help regulate fluid metabolism, blood circulation, the autonomic nervous system and the immune system. The skin possesses numerous sensory cells that help maintain homeostasis.

**Maltodextrin** — A short-chain starch sugar used as a food additive; a polysaccharide compounded of dextrin and maltose, produced from starch, used as a food additive and in some health and beauty products; Maltodextrin is also sometimes taken as a supplement in powder form by bodybuilders and other athletes, as it is a quickly digestible carbohydrate that supplies the body with enough energy to engage in protein synthesis after workouts. It may be made from maize and other grains, and it is sometimes made from GMO grains. Dragon Herbs uses only non-GMO corn in the production of maltodextrin, which is used in a few of its powders.

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**Master Sung Jin Park** — Korean Daoist Master; venerated true teacher of Ron Teeguarden in the Art of Glowing Health, Taoist Yoga and Tonic Herbalism — the basis of Ron’s teaching today. Sung Jin Park currently resides in Korea in a remote location. He is a Grand Master with thousands of students, including the president of Korea. He is “Keeper of Rites” of the Kook Sun Do Taoist sect, the oldest Taoist tradition in Korea, dating back over two thousand years. Ron Teeguarden is his primary disciple in America. Ron took his vows from Master Park in 1976, committing to cultivate 10 true Taoist masters. Master Park bestowed the title of “Dan-O Sun Sha” upon Ron in 2009. The literal meaning of Ron’s name: Dan means “Elixir of Life,” O means “Spiritual Enlightenment” and Sun Sha means “Taoist Master” (Kook Sun Do Sect).

**Melanin** — Any of a class of insoluble pigments, found in all forms of animal life that account for the dark color of skin, hair, fur, scales, feathers, etc., which is a beneficial component of Chaga.

**Meridians** — Meridians are the major pathways through which the Qi flows. There are 12 meridians in the meridian system, linked in a continuous circuit. All meridians contain Qi at all times, but the Qi flows as a wave so that a particular meridian is always dominating within a 24 hour period. Acupuncture and acupressure are based on relieving energy blockages in the meridians. By supporting abundant Qi flowing freely through the meridians, yoga and Qigong play a key role in maintaining glowing health. The 8 Extraordinary Vessels regulate the 12 meridians by serving as reservoirs with dykes that can be opened and closed as required.

**Metabolites, bio-active** — Biological molecules, the intermediates and products of metabolism, have various functions, including fueling, supporting structurally, signaling, stimulating and inhibiting enzymes, catalytic activity of their own (usually as a cofactor to an enzyme), defense, and interactions with other organisms (e.g. pigments, odorants, and pheromones). A **primary metabolite** is directly involved in normal “growth,” development, and reproduction.

**Microcirculation** — The flow of blood or lymph through the smallest vessels of the body, especially the venules, capillaries and arterioles. Microcirculation plays a key role in the maintenance of health and function of the body and mind. There are estimated to be about 200 thousand miles of these small vessels in the typical human body. The microcirculation provides nutrients to every cell of the body and removes waste from the same. The brain alone requires about 10 gallons of blood per hour, all distributed in the end through the microcirculation. Microcirculation can be enhanced with herbs, superfoods, Qigong, meditation and yoga.

**Minister Herbs** — In an herbal combination, the minister herbs support the monarch herb in performing its major action on the body.

**Miron glass bottles** — Violet glass known since Egyptian times to be the most effective and protective storage for any product that has a high sensitivity to light as it can preserve its contents, with minimal or no degradation, for long periods of time, and actually enhances the effectiveness of its contents.

**Monarch Herbs** — A.k.a. ‘King herbs,’ the principal herb or herbs in a combination, performing the primary and leading effect in the herbal combination. A potent herbal combination typically contains one to two monarch herbs.

**Mogroside** — A chemical compound that constitutes a glycoside of cucurbitane derivatives, which are found in certain plants, such as the fruit of the gourd vine Luo Han Guo (*Siraitia grosvenorii*); pure mogroside extract from the Luo Han Guo fruit is approximately 300 times sweeter than sugar. Mogroside is also a very potent immune modulator.

**Mycelium** — The fungal mass from which the mushroom fruiting body grows. Mycelia generally grow underground and dominate the forest underground. Mycelium from different plants communicate with one another, unifying forests into an integrated whole. In some cases, the mycelium can be a potent health supporting herb. Prime examples include Cordyceps and Poria, wonderful tonic herbs that promote immune competency.

**Natural Killer (NK) cell** — A type of lymphocyte, critical to the innate immune system, which has the ability to provide rapid response.

**Nerve Growth Factor (NGF)** — A biological substance produced by the human body that is both essential and the most potent growth factor in the development and survival of some kinds of neurons in both the central and peripheral nervous systems. NGF can impact both growth and repair (regeneration) of nerve tissue. Certain herbs and superfoods can stimulate the function of NGF; NGF has also been found to be positively linked to the experience of emotional and romantic love in humans.

**Nuclear factor kappa-B** — A protein complex that controls transcription of DNA, cytokine production and cell survival which is found in almost all animal cell types and is involved in cellular responses to stimuli. Most longevity researchers agree that, though NFkB is important for survival, in general people are healthiest when there is not too chronic an over-expression of this molecule, as does naturally occur in most people as they age. Many herbs reduce the expression of NFkB, most notably Gynostemma, Curcumin, Astragalus and Goji. Actually, most tonic herbs reduce expression of NFkB.

**Nutraceutical** — A functional food or an isolated derivative from an herb or food known as beneficial to health and longevity. Examples would include Astragaloside IV from Astragalus root, Resveratrol from grape skin, L-Theanine from green tea, and so on. In herbalism and dietary supplementation, these nutraceuticals are usually consumed in combination with the other constituents of the herb or superfood.

**Oil Trap** — A device used in state-of-the-art extraction processes that capture escaping aromatic oils so that they are not lost into the atmosphere. It is the goal of cutting edge extraction technology to optimally capture and preserve all the active constituents of a substance, especially the essential oils which are often primary active agents.

**ORAC value** — **Oxygen Radical Absorbance Capacity** is a method of measuring antioxidant capacity in a biological sample. The higher the ORAC value, the stronger the substance is as an antioxidant. The caveat is that antioxidants often target certain types of free radicals and tissues, so ORAC is just a tool, not a final goal.

**Organs** — In traditional Asian healthcare there are five major Yin organs that cover a wide range of systems and functions in the body: the Heart, Liver, Spleen, Lung and Kidney. Each of these organs possesses their own Qi or energy. Organs are associated with meridians, which are channels that flow all over the body externally and internally, providing Qi to various tissues or secondary but essential organs.

**Organically grown** — Organic herbs, foods and other produce are grown and processed without the use of chemicals. By definition, an organic product cannot contain any GMO (genetically modified organism) ingredients. FDA strictly enforces organic claims. Various independent agencies oversee organic certification around the world. Well known and excellent agencies that provide organic certification include Ecocert (probably the world leader, in 80 countries) and OCIA (Organic Crop Improvement Association), Rainforest Alliance, the International Federation of Organic Agriculture, California Certified Organic Farmers, Soil Association Organic (UK) and others of equal competency.

**Penetrating Vessel** — Also known as the Central Channel (*Zhong Mai*) — an energy channel that runs inside the body from the perineum (a point between the legs) to the crown of the head, in front of the spine and through the brain. It is one of the 8 Extraordinary Vessels that act as primary reservoirs of energy for the body. The 10 primary energy centers of the human body all lay along the Penetrating Vessel. It is a major focus of Asian meditation. Indian yoga recognizes 8 energy centers along this vessel which are called chakras. In Chinese they are called Dantian. In Korean the Dan Jun.

**PEP™** — A predigestion enzymatic process that creates and liberates valuable compounds within grasses and superfoods, including enzymes, antioxidants, beta glucans, phytosterols and bio-active metabolites. "Predigestion" (fermentation with lactic acid microbes) enhances the nutritional value of food while making it much easier to digest. Generally, PEP™ significantly increases the number of metabolites available to the body.

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**Phase 1 and Phase 2 detoxification** — The phase1/phase2 detoxification system of the human body filters toxins in various organs (primarily the liver) where the toxin is partially neutralized and then either stored (forever) or it is carried from the liver, through the blood stream, to the excretory system for elimination from the body. This system is, unfortunately, porous and often ineffective. It is dangerous to eliminate these toxins because they can do damage on the way out if the toxin is too virulent. The herb *Schizandra chinensis* is a highly efficient phase1/phase2 detoxifier. Since the body lacks efficient innate phase1/phase2 detoxification, extrinsic detoxifiers like Schizandra can well be considered “essential” since our bodies are now required to deal with the overwhelming quantity of organic toxins (xenobiotics) entering our bodies due to modern industrialization and inefficient sewage disposal.

**Phenome** — The phenome is the complete set of observable properties of an organism under the continued influences of genetic as well as environmental factors. Features such as hair color, eye color, facial shape and body build are typical examples of the human phenome. The condition and state of health of the cells, organs and systems of the body are reflected in the phenome. Although initially determined genetically, the phenome is markedly influenced throughout life by the environment

**Phenotype** — The phenotype of an individual organism is its total physical appearance and constitution or a specific manifestation of a trait, such as size, eye color, or behavior that varies between individuals. The combined influence of the genome and the environment manifests as the phenome.

**Phytochemical** — Chemical compounds that occur naturally in plants (phyto means “plant” in Greek). Some are responsible for color, such as the deep purple of blueberries and the red of Goji berries, and other organoleptic properties such as the smell of garlic, which may have biological significance, for example carotenoids or flavonoids. There are millions of phytochemicals.

**Phytonutrient** — Any of various *bioactive* chemical compounds found in plants; phytochemicals such as antioxidants, plant proteins, vitamins, minerals, carbohydrates, polysaccharides, etc. that are considered to be beneficial to human health and the maintenance of healthy functioning.

**Phytosterol** — The generic term for the sterols of plants.

**Piperin** — A derivative of ground black pepper, scientifically validated as the world’s first bio-enhancer that increases the bioavailability and bio-efficacy of active substances with which it is combined without having any activity of its own, as in Activated Curcumin.

**PlantCap® capsules** — The trade name for vegan capsules made from fermented tapioca documented as the most digestible of all capsules. PlantCap™ capsules are not only easy on the digestive system, but can be added to blender drinks without opening since they dissolve within seconds. They are recognized as extremely safe.

**Polyphenol** — A type of antioxidant found in a wide array of phytochemical-bearing foods including red wine, chocolate, black tea, white tea, green tea, olive oil and many whole grains.

**Polysaccharides** — Complex sugars compounds commonly found in mushrooms and roots. Many polysaccharides can play important roles in human health, particularly related to immune functionality.

**Prebiotic** — A generally non-digestible food ingredient that promotes the growth of beneficial microorganisms in the intestines and functions as food for existing good bacteria.

**Probiotic** — Probiotics are good bacteria introduced into the gut. Probiotic microbes, after being introduced into the gut, can grow into rich colonies that perform a myriad of beneficial functions in the body. Research clearly shows that probiotics improve health and cognition. The typical human gut should contain between 250 and 400 different species of microbes, most of which are considered highly beneficial. Living fermented foods such as kimchi, miso, sauerkraut and real pickles provide probiotics. Probiotics can also be consumed as dietary supplements. Many researchers agree that variety is key.

**Precious Fluid** — Saliva is known in Asian yoga as the “precious fluid” and is the focus of attention during meditation and eating. Chewing one’s food well stimulates saliva flow.

**Procyanidins** — Members of the proanthocyanidins (or condensed tannins) class of flavonoids with high antioxidant properties.

**Proteolytic enzyme** — A digestive enzyme that promotes the breakdown of protein; examples include bromelain, pepsin, and trypsin.



**Pu-erh teas** — A special variety of fermented and aged dark tea produced in Yunnan province, China, produced in a centuries-old tradition, involving microbial fermentation and oxidation of the tea leaves after they have been dried and rolled. Aging is a key production factor in Pu-erh tea-making. First the tea leaves are collected from old trees, many of which are over 100 years old and some are even a thousand years old. Then the tea is fermented by an ancient technique and this fermented tea is aged for years. Three years is common, 10 years is excellent, 50 years or more is sublime.

**Pullulan capsule** — A vegan capsule prepared from fermented tapioca that is easily and immediately digested in the stomach. These capsules dissolve quickly in warm water or in a blender.

**Pure Yield** — The herbal material is extracted using sophisticated modern technology, without any attempt to alter the finished product. The resulting extract is called a *pure yield* extract. If an attempt is made to alter the finished products makeup, it is called a standardized extract.

**Qi** — Commonly translated as “energy,” Qi is an essential and fundamental concept in traditional Asian healthcare that pertains to the vital energy that flows throughout and around the body of all living things (and even through and around inanimate things). It is collected in the human body from the environment by the harmonious interaction of Yin and Yang energies. It is also produced as human Qi within the human body. Qi is said to circulate throughout the body via the meridian system 361 times daily, providing the organs and tissues with the vitality required for living and functioning. Qi is one of the Three Treasures - Jing, Qi and Shen.

**Qigong** — A set of exercises including meditative and physical movements used to move Qi, thereby maintaining and regaining physical, emotional and spiritual health.

**Qi Stagnation** — Qi normally mobilizes around the body; when Qi (energy) stagnates, it creates imbalances and pain.

**Qi tonic** — Qi tonic herbs increase physiological energy production and enhance the absorption of nutrients in the gastrointestinal system to yield energy and blood. Some Qi tonics enhance breathing and respiratory function, especially in the lungs, causing the body to extract Qi from the air we breathe.

**Rasayana herb** — A term from Ayurvedic health arts meaning “lifespan lengthening.”

**Resveratrol** — A type of natural phenol produced naturally by several plants such as grapes, blueberries, raspberries and mulberries in response to injury or when the plant is under attack. Resveratrol is a potent antioxidant that has shown benefits in animals and humans as a dietary supplement by regulating cellular metabolism to approximate a state of reduced dietary caloric intake.

**Rg3, Rb1** — Potent ginsenosides generated through fermentation or in the process of making red ginseng.

**Rhizome** — A specialized stem which grows horizontally at or just below the soil surface which acts as a storage organ and the means of propagation in some plants; stems on rhizomous plants emerge from the rhizome.

**Root** — The part of a plant body that typically develops and grows downward into the soil, anchoring the plant and absorbing nutriment and moisture. Many tonic herbs and foods are roots.

**Rootlet** — Small root or division of a root; Ginseng ‘beard’ is an example of rootlets.

**Saponins** — Saponins are glycosides of plant origin characterized by the properties of foaming in water. Saponins are like soap in that they bond to both water and oil (grease). Many of the major tonic herbs possess saponins, including Gynostemma (gypenosides), Ginseng (ginsenosides), Astragalus (*astragalosides*), Eleuthero (eleutherosides), etc.

**Secondary metabolites** — Organic compounds that often play an important role in plant defense.

**Shen** — In traditional Asian philosophy Shen is translated as “spirit” and refers to the mind, consciousness, the force of the personality and the connection to the spiritual aspects of humanness, which include the zest for life, charisma, the ability to exhibit self-control, to be responsible, to speak coherently, to think and form ideas and live a happy, spiritually fulfilled life. Shen is centered in the mind and heart.

**Shen tonic** — a substance, herb or superfood that nourishes the ‘spirit’ through benefitting the blood, heart, cardiovascular system, brain health and balanced mental functions. Some Shen tonics have demonstrated the ability to profoundly relax the nervous system, calm the mind and support relaxed focus and these are generally known as Shen *stabilizers*.

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**SOD** — Superoxide Dismutase, a powerful antioxidant produced within the human body. It is one of the human body's three innate super-antioxidants. Several kinds of SOD are produced in the body.

**Spleen** — In western physiology, the spleen is a large, vascular, lymphatic organ which acts as a reservoir and filters the blood and plays a role in early life blood production. In traditional Asian healthcare, the Spleen assists with digestion, blood coagulation and fluid metabolism in the body. It includes the functions of the Pancreas. It is largely responsible for producing Qi from food and drink.

**Spotted deer** — The rare and revered smaller Sika deer, also known as the “flower deer” native to northeastern Asia, especially Manchuria, Korea and Japan. The deer antler derived from spotted deer is considered superior to other sources of deer antler, including red deer and mallow (horse) deer, which are also widely used in the herbal industry.

**Spray Drying** — A specialized herb drying process through a high-speed granulation process and/or low temperature depressurized vacuum drying, using digitally controlled extraction, temperature and pressure regulators. This advanced technology prevents the loss of active constituents and original qualities of a substance. Most Dragon Herbs extracted powders are prepared by spray drying.

**Stagnation** — A blockage or buildup of Qi or blood that prevents it from flowing freely; when the source of Qi and blood is full, it flows smoothly and freely and fully nourishes the body.

**Stamen** — The male reproductive part of a flower, which usually consist of a long slender stalk, the filament, with the anthers at the tip, such as Carthamus or Saffron

**Standardized** — An established standard of size, weight, quality, or concentration which, in herbalism, can be used to suggest potency of the herb.

**Stomach** — In TCM, the stomach, known as “the sea of food and fluid,” is responsible for “receiving” and “ripening” ingested food and fluids, where Qi and enzymatic fluids decompose it into materials to be further digested and absorbed in the Small Intestine.

**Stress** — Any factor that disrupts physiological or psychological equilibrium and harmony. Adaptogenic herbs help reduce stress responses by adjusting physiological and psychological responses so that balance of body and mind can be maintained.

**Superfoods** — The hundred or so nutrient-rich foods with the highest nutritional impact for our bodies and lives which are considered to be especially beneficial for health and well-being. Many societies and civilizations have featured a superfood as a central part of their culture. Examples: olive oil in the Mediterranean region, cocoa in South and Central America, ashitaba in Okinawa, kimchi in Korea, goji in China, and so on.

**Tai Chi** (or Taiji) — *Taijiquan* (literally, the “supreme ultimate fist” or “supreme ultimate boxing art”) is a set of smooth, flowing exercises used to improve or maintain health, create a sense of relaxation and keep qi flowing.

**Taiji Wild Chinese Ginseng** — Fresh, ancient, wild ginseng roots from Changbai Mountain, all of which are at least 35 years old, many are 60-70 years old; this ginseng is the pure manifestation of Tao.

**Tao** — The ancient Chinese concept of oneness in all creation and the cyclical nature and inherent balance in Nature and all forms of energy; of or relating to the philosophical system developed by Laozi (Lao Tzu) and Zhuangzi (Chuang-tzu) advocating a simple honest life in harmony with nature. **Taoism** is the Path of Tao. It is fundamentally non-religious, but in various subcultures in Asia can have entire pantheons of Gods and immortals. A Taoist is a practitioner of a religious or philosophical tradition of Chinese/ Korean origin with an emphasis on living in harmony with, and in accordance with, the natural flow or cosmic order of the universe.

**Tanshinone** — One of the most abundant constituents of the root of *Salvia miltiorrhiza* which exerts antioxidant actions.

**Telomere** — The end caps of chromosomes which protects the chromosome from deterioration or from fusion with neighboring chromosomes, and which tend to shorten with normal aging.

**Terpenes** — Terpenes and terpenoids are the primary constituents of the essential oils of many types of plants, and mushrooms.

**Th1/Th2 cytokines** — Bioactive chemicals in immune cells.

**Thiamine** — Vitamin B1, richly found in Pine nuts.

**Three burning spaces (San Jiao)** — A special concept in Traditional Asian Healthcare, considered a collective term related to the activities of Qi and the movement of water as the passage through which water, food and fluid are transported. The *Huang Di Nei Jing (The Yellow Emperor's Classic of Internal Medicine)* says, "The triple burner is the controller of the entire circulation of body fluid."

**THSG** — A polyphenol similar to resveratrol found in He Shou Wu.

**Thymus gland** — A primary lymphoid organ, located on top of the heart. Though it appears to involute as one ages, it remains necessary throughout life for the normal development of immunologic function.

**Tincture** — A liquid extract made from herbs processed and extracted in both alcohol and water. Dragon Herbs often refers to them as "Drops."

**Tincture Dropperful** — A dropperful is the amount of liquid that fills the glass tube of the dropper when the bulb on the dropper top is squeezed and released a few times, equal to approximately 30 drops.

**Tincture Squirt** — The amount of liquid that is drawn into the glass tube of a dropper when the bulb is squeezed exactly ONCE. This is the best way to measure tincture usage for Dragon Herbs products. Most Dragon Herbs "Drops" (tinctures, 2 fl. oz.) contain 80 "squirts," give or take 1 squirt. Each squirt is roughly equivalent to one capsule of an equivalent powdered extract.

**Tip of the antler** — The very last ¼ to 1 inch of the growing antler tip, rich with blood enriching nutrients and progenitor cells. The tips contain at least 90% of the active constituents of the entire antler because this is the part that is still growing.

**Tonic Herbs** — Those substances, plants or food sources that meet the following criteria: profound health promotion, free of negative side effects and safe for daily consumption on a long-term basis, which enhance longevity with vitality, contribute to mental, spiritual, and emotional balance and growth, and taste relatively good.

**Tonic Bliss Teas** — Individual super-tonic herbs combined with carefully blended bases of teas, flowers and herbs for deliciously flavorful brews of tonic herbal delight.

**Tonify/Tonification** — A method to sustain and restore the harmony of the body through nourishment, support or strengthening and restoration of the balance of Qi, blood, Yin and Yang, or organ function of the human body.

**True Qi** — Also called human Qi, this is the Qi used in the human body. The raw Qi that is extracted by our Lungs from the air combines with the raw Qi that is extracted from the foods and herbs obtained through ingestion. When these two raw Qi combine, they start to flow through the human body, via the meridians and vessels, as True Qi.

**Tuber** — An enlarged portion of an underground stem which stores food for the plant; He Shou Wu is a tuber.

**Upright Qi** — The vital energy of the body that holds muscles and organs in place and provides vigor and upright erect posture. Antigravitational vitality.

**USDA** — United States Department of Agriculture

**Vacuum drying** — The operation in which the moisture present in a substance, usually wet solid, is removed by means of creating a vacuum.

**WHO** — World Health Organization

**Velvet antler** — The whole cartilaginous antler in a pre-calcified growth stage covering a growing antler. During the growing stage, deer antler is covered by a fine coating of hair that feels like velvet, thus the term. The "velvet" itself is not a functional herbal material. The functional material is inside the bony or cartilaginous surface. In fact, the velvet is removed before extraction.

**Vital Gate** — Also known as "the Gate of Life" is acupoint region on the lower back that is considered to be linked to the Yang origin of the human body, the Golden Stove, reflecting the functioning of Kidney Yang; also known as *Ming Men*.

**Vitamin C** — Valuable antioxidant with multiple functions.

**Wei Qi** — Refers to "defensive energy" which protects the body from invasion by external pathogenic factors. Wei Qi resides in the skin.

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**Wild-crafted** — The practice of harvesting uncultivated plants from their natural, or “wild,” habitat, especially from wilderness areas. Ethical considerations are often involved, such as protecting endangered species, potential for depletion of commonly held resources, and in the context of private property, preventing theft of valuable plants (for example, ginseng). So when wild harvesting poses difficulties to the plants, collectors and/or environment, wild-crafting can be a solution. In this case, humans plant the seeds in the wild and allow the plant to grow without human interaction. The result is an herb that is often indistinguishable from a wild plant, but has caused no harm.

**Will Power** — The “fourth Treasure” called *Zhi* which is considered essential for clarity of mind, strength of purpose, personal growth and spiritual evolution.

**Wind** — One of six factors that can cause health disharmony, usually combined with one of the other negative factors such as cold, heat, dampness or dryness, which depend on “wind” to enter the body.

**Xu Guojun** — Professor emeritus at the China Pharmaceutical University; recognized in China as the greatest Chinese herbologist of the 20<sup>th</sup> century. Analyzed the herbal constituents of thousands of herbs, including the emperor’s formulation found in the Han Dynasty Tomb (over 2000 years old). Professor Xu was the mentor of Professor Wang Zhengtao, Editor of the English Edition of the Pharmacopeia of the Peoples Republic of China. Professor Xu declared Ron Teegarden to be a “Master Herbalist” in 1993 with Professor Wang as witness.

**Xylitol** — A natural phytonutrient pure white crystalline granule with a sweet refreshing taste derived from renewable and sustainable non-GM corn cobs. Xylitol does not require insulin to be metabolized. It is used to abate biofilms such as the plaque that grows on teeth. The human body produces its own xylitol every day.

**Yang** — The energy of growth, expansion, power, warmth, regeneration and outward expression; representing heat and the body’s ability to generate and maintain circulation. Yang energy is associated with full libido and athletic power.

**Yang tonics** — Herbs which primarily support Yang Jing Kidney functions and generally have a warm or hot nature, and promote mental creativity, sexual power, active metabolism, muscular strength and structural integrity .

**Yin** — The energy of contraction, accumulation and storage. In traditional Asian healthcare, Yin stands for coolness and the bodily fluids that moisten and nourish the organs and tissues, and is defined as the accumulation and storage of energy and nutritive materials. Yin materials of the body tend to be the unsolidified components of the body such as Jing, blood, saliva and sexual fluids.

**Yin tonic** — Yin tonic herbs nourish the Yin tissues and fluids of the body and most particularly those in the organs associated with the Kidneys known as the Yin Jing.

**Yin-Yang** — In Asian philosophy, the two mutually interdependent properties that represent the duality of everything; polar factors constantly interacting as both a complementary and opposing interaction, the result of which is the production of Qi. They bloom separately in cycles, first one dominating then the other. Thus all systems in nature throughout the universe and on earth flow cyclically, sometimes contracting and storing energy (Yin phase) and sometimes expanding and releasing energy (Yang phase).



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# Function & Structure Support Index

This index is designed to help you find what you are looking for when you have targeted issues. Remember, Dragon Herbs is a tonic herbs and superfoods company. These products do not treat, prevent, diagnose, cure or mitigate any specific diseases or conditions. They support normal structures and functions of the human body.\*

This table is to be used as a reference tool only. It does not represent all of the benefits of the products, rather the most outstanding ones among them. You should consult your doctor or your herbalist before using any dietary supplement products.

This table is largely based on the traditional practices and theories of TCM (Traditional Chinese Medicine). It may not reflect the current theories or opinions of the Western Medical Field.

Some products carried by Dragon Herbs are NOT referenced in this table. They may serve the purposes that you are looking for. Should you not find what you are looking for, or you need assistance in any way, call us toll free and talk to our professionally trained herbalists.

\*Statements made on this site have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease, but rather are dietary supplements intended solely for nutritional use.

## **Adaptability support**

8 Immortals Drops  
22 Reishis  
Adaptogen Energizer  
American Ginseng Drops  
Astragalus Bliss Tea  
Astragalus  
Astragalus eeTee  
Chinese Mountain Ant Extract  
Codonopsis & Astragalus  
DBG Energy Qi Tea  
Duanwood Reishi  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Ginseng Tonic Bliss Tea  
Goji LBP 40  
Goji Leaf Tonic Bliss Tea  
Gynostemma  
Heaven Drops Wild Ginseng  
House Ginseng Drops

Kinetic Ginseng  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Qi Drops  
Qi Tonic Bliss Tea  
Spring Dragon Drops  
Spring Dragon Longevity Tea  
Super Adaptogen  
Supreme Protector  
The Great Regulator  
Wild Peruvian Black Maca

## **Adrenal support**

8 Immortals  
22 Reishis  
American Ginseng Drops  
Dan-O's Oil  
DBG Rejuvenation Tea  
Deer Antler Drops  
Deer Antler Extreme Tips Drops  
Deer Placenta  
Desert Cistanche Drops  
Earth Drops Wild Ginseng  
Eleuthero  
Endocrine Health  
Eternal Jing

Gecko Rockclimber  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goat Placenta  
Goji & Schizandra Drops  
Goji LBP 40  
Heaven Drops Wild Ginseng  
He Shou Wu  
House Ginseng Drops  
Imperial Garden  
Kinetic Ginseng  
Long Stalk Cistanche Drops  
Magu's Oil  
Magu's Treasure  
Omega 3, 6, 9  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Profound Essence  
Return to Youth  
Salvia  
Schizandra Fruit and Seed Oil  
Shaolin Inner Power eeTee  
Shou Wu Formulation  
Super Jing

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Supreme Creation  
Tribulus  
Wild Peruvian Black Maca  
Wild Purple Reishi Drops  
Wild Red Reishi Drops

### **Aging support**

8 Immortals Drops  
Adaptogen Energizer  
American Ginseng Drops  
Dan-O's Oil  
Deer Antler Drops  
Deer Placenta  
Desert Cistanche Drops  
Dew Drops  
Earth Drops Wild Ginseng  
Eternal Jing  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji LGP 40  
Hair & Nails  
He Shou Wu  
Heaven Drops Wild Ginseng  
Heaven Mountain™ Goji Berries  
Jing Serum Dermal Elixir  
Liver Tonic  
Magu's Oil  
Jing Serum Dermal Elixir  
Reishi Spore Oil Intensive  
Moisturizing Cream  
Magu's Secret  
Magu's Treasure  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Pearl Powder  
Protector 2000  
Qi for Men Serum Dermal Elixir  
Rehmannia Six  
Reishi Spore Oil Intensive  
Moisturizing Cream  
Pure Trans Resveratrol  
Return to Youth  
Schizandra  
Schizandra Dermal Cleansing Bar  
Shou Wu Formulation  
Snow Lotus Beauty eeTee  
Super Adaptogen  
Super Jing  
Super Pill No. 1  
Super Pill No. 2

Super Pill No. 3  
Supreme Protector  
Tonic Alchemy

### **Alertness support**

Antarctic Krill Oil  
Ashitaba Powder  
Organic Tea (Camellia sinensis)  
Diamond Mind  
Diamond Mind Drops  
Organic Coffee  
Eleuthero  
Eleuthero Drops  
Ginseng Sublime Drops  
Green eeTee  
Heaven Drops Wild Ginseng  
Lion's Mane Bliss Tea  
Matcha Tea  
Omega 3, 6, 9  
Pu Erh Tea  
Qi Drops  
Tao in a Bottle  
Tea (Camellia sinensis)  
Tibetan Magic  
Vinpocetine Plus

### **Altitude adjustment support**

American Ginseng Drops  
CardioPro  
Chaga  
Cordyceps  
Diamond Mind  
Diamond Mind Drops  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Super Adaptogen  
Supreme Protector  
Tao in a Bottle  
Tibetan Magic eeTee  
Tibetan Magic Elixir

### **Antioxidant activity**

Activated Curcumin  
Antarctic Krill Oil

Chaga  
Coenzyme Q10  
Coffee Cherry Tonic Bliss Tea  
Coriolus Drops  
Duanwood Reishi  
Goji Drops  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji LBP-40  
Goji Leaf Tonic Bliss Tea  
Goji Pouch  
Gynostemma  
He Shou Wu  
Heaven Mountain Goji Berries  
Liver Tonic  
Matcha Tea  
Omega 3, 6, 9  
Oregano Oil  
Pu Erh Tea  
PureWay C  
Pycnogenol  
Reishi Spore Oil  
Pure Trans Resveratrol  
Schizandra  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Super Pill No. 2  
Tonic Alchemy  
Wild Black Goji

### **Appetite moderation support**

Amla Tea  
Antarctic Krill Oil  
Brazilian Magic  
Caralluma  
Complete Essential Acids  
Ginger Sweetfruit Oil  
Green eeTee  
Healthy Vinegar  
Hermit's Mix  
KimQi ProBio  
Lighten Up  
Never-Say-Die Enzymatic  
Powder  
Never-Say-Die Enzymatic Syrup  
Pu Erh Tea Cakes  
Spring Dragon Longevity Tea  
Tonic Alchemy  
Tonic Alchemy Chocolate Bar

### **Attitude adjustment**

22 Reishis  
American Ginseng Drops

Chaga  
 DBG Goji Tea Combo  
 DBG Schizandra Tea Combo  
 DBG Super Rose Bud Shen Tonic  
 Diamond Mind Drops  
 Earth Drops Wild Ginseng  
 Goji and Schizandra Drops  
 Goji Drops  
 Goji Leaf Bliss Tea  
 Great Stabilizer  
 Heaven Drops Wild Ginseng  
 Pearl Shen  
 Red Shuan Reishi Bliss Tea  
 Supreme Shen Drops  
 Tao in a Bottle  
 Wild Red Reishi Drops  
 Women's Balance

### **Back support**

Ant Power  
 Astragalus eeTee  
 Changbai Mountain Ant Drops  
 Cinnamon Bark Oil  
 Cinnamon Bark Sweetfruit Oil  
 Codonopsis & Astragalus  
 Dan-O's Oil  
 Desert Cistanche Drops  
 Easy Qi  
 Eucommia Drops  
 Frame Builder  
 Gecko Rockclimber  
 Ginseng Oil  
 Ginseng Sweetfruit Oil  
 Shaolin Inner Power eeTee  
 Strength Builder  
 Strong Bones  
 Super Ant

### **Beauty support**

Chrysanthemum eeTee  
 Chrysanthemum Flowers  
 Dang Gui Root Oil  
 Dang Gui Sweetfruit Oil  
 DBG Beauteeee  
 DBG Goji Tea Combo  
 Deer Placenta  
 Eagle Vision  
 Four Things  
 Ginseng Oil  
 Goji Drops  
 Goji and Schizandra Drops  
 Goji Fruit and Seed Oil  
 Goji Sweetfruit Oil  
 Hair & Nails  
 Heaven Mountain™ Goji Berries

Hermit's Mix  
 Ligusticum Oil  
 Longan eeTee  
 Longan Fruit  
 Magu's Oil  
 Magu's Tonic Bliss Tea  
 Magu's Treasure Skincare  
 Magu's Beauty Tea  
 Magu's Secret  
 Magu's Treasure  
 Omega 3, 6, 9  
 Pearl powder  
 Pure Trans Resveratrol  
 Rose Flower Buds  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweet Fruit Oil  
 Sea Buckthorn Fruit and Seed Oil  
 Snow Lotus Beauty eeTee  
 Snow Lotus Tonic Bliss Tea

### **Birth recovery post-partum support**

American Ginseng Drops  
 Antarctic Krill Oil  
 Astragalus Bliss Tea  
 Codonopsis & Astragalus  
 Cyperus Formulation  
 DBG Blood Tonic Tea  
 DBG Rejuvenation Tea Combo  
 Deer Placenta  
 Dendrobium Bliss Tonic Tea  
 Dragon's Blood Resin  
 Duanwood Reishi  
 Earth Drops Wild Ginseng  
 Eternal Jing  
 Eucommia Drops  
 Ginseng Bliss Tea  
 Ginseng Sublime Drops  
 Ginseng Supportive  
 Combination  
 Goat Placenta  
 Goji Drops  
 Goji & Schizandra Drops  
 Goji Leaf Bliss Tea  
 Heaven Mountain™ Goji Berries  
 Hermit's Mix  
 Jing  
 Longan Bliss Tea  
 Magu's Beauty Elixir  
 Magu's Oil  
 Magu's Tonic Bliss Tea  
 Magu's Treasure  
 Omega 3, 6, 9

OptDigest  
 Pearl Powder  
 Qi Tonic Bliss Tea  
 Red Jujube Fruit  
 Red Shuan Reishi Bliss Tea  
 Remove Stagnation  
 Return to Youth  
 Shaolin Inner Power eeTee  
 Super Jing  
 Supreme Protector  
 Ten Complete Supertonic  
 Tonic Alchemy

### **Blood tonic snack**

Longan Fruit  
 Heaven Mountain™ Goji Berry  
 Goji to Go  
 Hermit's Mix  
 Red Jujube Dates  
 Tonic Alchemy Chocolate Bar

### **Blood tonic support**

Beet Juice Powder  
 Codonopsis and Longan  
 Dang Gui and Gelatin  
 Dang Gui Root Oil  
 Dang Gui Sweetfruit Oil  
 DBG Blood Tonic Tea  
 Deer Antler Tonic Bliss Tea  
 Four Things  
 Goji and Schizandra Drops  
 Goji Drops  
 Goji Fruit and Seed Oil  
 Goji LBP-40  
 Goji Powder  
 Goji Sweetfruit Oil  
 Hair and Nails  
 He Shou Wu  
 Heaven Mountain™ Goji Berries  
 Ligusticum Oil  
 Longan eeTee  
 Longan Fruit  
 Magu's Beauty Elixir  
 Magu's Oil  
 Magu's Secret  
 Magu's Treasure  
 Pro Greens  
 Red Jujube Dates  
 Shou Wu Formulation  
 Ten Complete Supertonic  
 Tonic Alchemy  
 Wuyi Red Mushroom

### **Bodybuilder's support**

American Ginseng Drops

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Ant Power  
 Astragalus  
 Astragalus Bliss Tea  
 Astragalus eeTee  
 Buddha's Yang  
 Changbai Mountain Ant Drops  
 Cistanche Drops  
 Codonopsis & Astragalus  
 Coenzyme Q-10  
 Omega 3,6,9  
 Cordyceps  
 Cultured Cordyceps  
 Dan-O's Oil  
 Deer Antler Bliss Tea  
 Deer Antler Drops  
 Desert Cistanche Drops  
 Diamond Mind Drops  
 Dragon Jing  
 Earth Drops Wild Ginseng  
 Eleuthero  
 Eleuthero Drops  
 Eucommia Drops  
 Frame Builder  
 Gecko Rockclimber  
 Ginseng Bliss Tea  
 Ginseng Sublime Drops  
 Ginseng Supportive  
 Combination  
 Goji LBP40  
 Goji & Schizandra Drops  
 Healer's Tea eeTee  
 Healer's Tea Elixir  
 Heaven Mountain™ Goji Berries  
 Hermit's Mix  
 House Ginseng Drops  
 Imperial Garden  
 Kinetic Ginseng  
 Male Silk Moth Drops  
 Organic Changbai Mountain Red  
 Ginseng Extract  
 Organic Ginseng Gone Wild  
 Drops  
 Qi Drops  
 Pure Trans Resveratrol  
 Return to Youth  
 Shaolin Inner Power eeTee  
 Strength Builder  
 Strong Bones  
 Super Ant  
 Super Yang Jing  
 Supreme Creation  
 Supreme Protector  
 Tao in a Bottle  
 Tibetan Magic eeTee

Tibetan Magic Elixir  
 Tom Kat  
 Tribulus  
 Wild Cordyceps Extreme Drops  
 Yin Replenisher Drops

### **Body fluid support**

American Ginseng Drops  
 Chrysanthemum eeTee  
 Chrysanthemum Flower  
 Dang Gui Root Oil  
 Dang Gui Sweetfruit Oil  
 Dendrobium Tonic Bliss Tea  
 Dew Drops  
 Fritillary Lung Elixir  
 Goji & Schizandra Drops  
 Golden Air  
 Healer's Tea eeTee  
 Healer's Tea Elixir  
 Lily Flower  
 Longan Fruit  
 Microcosmic Orbit  
 Poria Five  
 Primal Yin Replenisher  
 Schizandra  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Sweetfruit Drops  
 Unlock  
 Yin Replenisher Drops

### **Bodyworker's support**

8 Immortal Drops  
 22 Reishis  
 American Ginseng Drops  
 Astragalus  
 Codonopsis & Astragalus  
 Codonopsis & Zizyphus  
 Cordyceps  
 DBG Rejuvenation Tea  
 Duanwood Reishi  
 Duanwood Reishi Drops  
 Earth Drops Wild Ginseng  
 Easy Qi  
 Eleuthero  
 Eleuthero Drops  
 Eucommia Drops  
 Frame Builder  
 Ginseng Bliss Tea  
 Ginseng Sublime Drops  
 Ginseng Supportive  
 Combination  
 Golden Air  
 Healer's Tea eeTee

Healer's Tea Elixir  
 House Ginseng Drops  
 Kinetic Ginseng  
 Omega 3,6,9  
 Organic Changbai Mountain Red  
 Ginseng Extract  
 Organic Ginseng Gone Wild  
 Qi Drops  
 Schizandra Fruit and Seed Oil  
 Shaolin Inner Power eeTee  
 Supreme Protector  
 Wild Purple Reishi Drops  
 Wild Red Reishi Drops

### **Bone and joint support**

Activated Curcumin  
 Ant Power  
 Antarctic Krill Oil  
 Cinnamon Bark Oil  
 Deer Antler Drops  
 Desert Cistanche Drops  
 Eucommia Drops  
 Frame Builder  
 Gecko Rockclimber  
 Goat Placenta  
 Goji LBP 40  
 Male Silk Moth Drops  
 Omega 3, 6, 9  
 Pure Trans Resveratrol  
 Strength Builder  
 Strong Bones  
 Super Ant  
 Tribulus  
 Turmeric  
 Wild Purple Reishi Drops

### **Bowel support**

Antarctic Krill Oil  
 Brazilian Magic  
 Cyperus Formulation  
 Daily Regulator  
 Gecko Rockclimber  
 Golden Air  
 KimQi ProBio  
 Lighten Up  
 Never-Say-Die Enzymatic Syrup  
 Never-Say-Die Enzymatic  
 Powder  
 Omega 3, 6, 9  
 OptDigest  
 Pearl  
 Pine Nuts  
 Pro Greens  
 Remove Stagnation  
 Small Volcano

Tonic Alchemy  
Xylitol

### **Brain support**

Activated Curcumin  
American Ginseng Drops  
Antarctic Krill Oil  
Ashitaba Powder  
Cinnamon Bark Oil  
Diamond Mind  
Diamond Mind Drops  
Duanwood Reishi  
Duanwood Reishi Drops  
Eagle Vision  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goji & Schizandra Drops  
Goji LBP 40  
Heaven Drops Wild Ginseng  
Heaven Mountain™ Goji Berries  
Hermit's Mix  
House Ginseng Drops  
Hydrilla Powder  
Kinetic Ginseng  
Life Essentials  
Lion's Mane Bliss Tea  
Matcha Tea  
Omega 3, 6, 9  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Return to Youth  
Schizandra  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Skinless Walnuts  
Supreme Creation  
Supreme Shen Drops  
Supreme Protector  
Tao in a Bottle  
Tibetan Magic eeTee  
Tibetan Magic Elixir  
Tonic Alchemy  
Turmeric  
Vinpocetine Plus  
Walnut Oil  
Wild Red Reishi Drops

### **Breathing support**

American Ginseng Drops

Astragalus  
Chrysanthemum Flowers  
Codonopsis & Astragalus  
Cordyceps Tonic Bliss Tea  
Cultured Cordyceps  
Dang Gui Root Oil  
Dew Drops  
Duanwood Reishi Drops  
Earth Drops Wild Ginseng  
Eleuthero Drops  
Fritillary Lung Elixir  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Golden Air  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Lily Flower  
Magnolia Sinus  
Oregano Oil  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Perilla Clear  
Platycodon and Fritillary  
Schizandra Fruit and Seed Oil  
Supreme Protector  
Tibetan Magic eeTee  
Tibetan Magic Elixir  
Wild Cordyceps Drops  
Wild Himalayan Rhodiola  
Wild Tibetan Cordyceps  
Young Lungs

### **Calcium source**

Ashitaba Powder  
Hydrilla Powder  
Pearl Powder  
Pro Greens  
Strong Bones  
The Great Stabilizer  
Tonic Alchemy

### **Calming support**

22 Reishis  
Albizia Shen Drops  
American Ginseng Drops  
Chaga  
DBG Super Rose Bud Shen Tea  
Duanwood Reishi (Caps or  
Drops)  
Earth Drops Wild Ginseng

Lights Out  
Longan eeTee  
Longan Fruit  
Pearl Powder  
Pearl Shen  
Pearl Shen Elixir  
Red Jujube Dates  
Snow Lotus Tonic Bliss Tea  
St. John's Wort  
Supreme Shen Drops  
Tao in a Bottle  
The Great Stabilizer  
Valerian Root Liquid  
Wild Red Reishi Drops  
Zen Shen Elixir  
Zizyphus Dreamzzz

### **Cardiovascular support**

Antarctic Krill Oil  
CardioPro  
Cardiovascular Protector  
Coenzyme Q10  
Dang Gui Root Oil  
Eleuthero  
Goji Fruit and Seed Oil  
Horsechestnut Extract  
Hydrilla Powder  
Ligusticum Oil  
Omega 3, 6, 9  
Pu Erh Tea  
Pure Trans Resveratrol  
Salvia  
Sea Buckthorn Fruit and Seed Oil  
Shilajit  
Super Pill No. 3  
Tonic Alchemy  
Young at Heart

### **Centering support**

22 Reishis  
Albizia Shen Drops  
American Ginseng Drops  
Ashitaba Powder  
Chaga  
Codonopsis and Longan  
Codonopsis and Zizyphus  
Duanwood Reishi  
Earth Drops Wild Ginseng  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goji & Schizandra Drops  
Goji Leaf Bliss Tea  
Heaven Drops Wild Ginseng

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House Ginseng Drops  
Kinetic Ginseng  
Lion's Mane Bliss tea  
Longan Bliss Tea  
Matcha Tea  
Microcosmic Orbit  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Pearl Powder  
Pearl Shen  
Pearl Shen Elixir  
Red Jujube Dates  
Red Shuan Reishi Bliss Tea  
Schizandra Bliss Tea  
Shilajit Bliss Tea  
Snow Lotus Beauty eeTee  
Snow Lotus Bliss Tea  
Supreme Shen Drops  
Tao in a Bottle  
The Great Stabilizer  
Wild Red Reishi Drops  
Will Strengtheners  
Zen Shen Elixir

### **Circadian Rhythm Adjustment Support**

Astragalus Bliss Tea  
Changbai Mountain Ant Extract  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Diamond Mind Drops  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Poria Five  
Qi Drops  
Qi Tonic Bliss Tea  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Super Adaptogen  
Tao in a Bottle  
The Great Regulator

### **Circulation support**

Cardio Pro  
Cardiovascular Protector  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Coenzyme Q10  
Cordyceps  
Ginger Root Oil  
Ginger Sweetfruit Oil  
Ginkgo Extract  
Golden Air

Horsechestnut Extract  
Ligusticum Oil  
Microcosmic Orbit  
Profound Essence  
Remove Stagnation  
Salvia  
Shilajit  
Shilajit Tonic Bliss Tea  
Super Pill No. 3  
Tibetan Magic  
Tonic Alchemy  
Young at Heart

### **Coffee substitute**

Organic Tea (Camellia sinensis)  
DBG Herbs of the Garden Teas  
Spring Dragon Longevity Tea  
Tibetan Magic eeTee  
Tibetan Magic Elixir  
Tonic Bliss Teas

### **Colon support**

Antarctic Krill Oil  
Brazilian Magic  
Changbai Mountain Pine Nuts  
Daily Regulator  
Hermit's Mix  
KimQi ProBio  
Kinetic Ginseng  
Never-Say-Die Enzymatic  
Powder  
Never-Say-Die Enzymatic Syrup  
Omega 3, 6, 9  
Pro Greens  
Skinless Walnuts  
Small Volcano  
Tonic Alchemy

### **Computer workers support**

8 Immortals  
22 Reishis  
American Ginseng Drops  
Astragalus eeTee  
Chrysanthemum eeTee  
Codonopsis & Astragalus  
DBG iVision Tea  
Diamond Mind  
Diamond Mind Drops  
Duanwood Reishi  
Duanwood Reishi Drops  
Eagle Vision  
Earth Drops Wild Ginseng  
Easy Qi  
Eleuthero  
Ginseng Bliss Tea

Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Green eeTee  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Lion's Mane Bliss Tea  
Matcha Tea  
Tea (Camellia sinensis)  
Organic Changbai Mountain Red  
Ginseng  
Organic Ginseng Gone Wild  
Pu Erh Tea  
Red Shuan Reishi Bliss Tea  
Schizandra Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Supreme Creation  
Tibetan Magic

### **Concentration and memory support**

Activated Curcumin  
American Ginseng Drops  
Antarctic Krill Oil  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Coffee Cherry Tonic Bliss Tea  
Diamond Mind  
Diamond Mind Drops  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Ginkgo Extract  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Lion's Mane Bliss Tea  
Matcha Tea  
Omega 3, 6, 9  
Tea Organic (Camellia sinensis)  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Pu Erh Tea  
Qi Tonic Bliss Tea  
Schizandra Tonic Bliss Tea

Shilajit Tonic Bliss Tea  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Tao in a Bottle  
Tibetan Magic  
Turmeric  
Vinpocetine Plus

### **Creativity support**

8 Immortals Drops  
American Ginseng Drops  
Ant Power  
Buddha's Yang  
Chaga  
Cinnamon Bark Sweetfruit Oil  
Cinnamon Oil  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Diamond Mind  
Diamond Mind Drops  
Duanwood Reishi  
Duanwood Reishi Drops  
Eagle Vision  
Earth Drops Wild Ginseng  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Goji Fruit and Seed Oil  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Heaven Drops Wild Ginseng  
Imperial Garden  
Kinetic Ginseng  
Lion's Mane Bliss Tea  
Qi Drops  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Schizandra Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Supreme Creation  
Supreme Protector  
Supreme Shen Drops  
Tibetan Magic  
Wild Purple Reishi Drops  
Wild Red Reishi Drops

Will Strengthener  
Zen Shen Elixir

### **Detox support**

Activated Curcumin  
Cellular Detox Support  
DBG Schizandra Tea  
Goji & Schizandra Drops  
Gynostemma  
Liver Tonic  
Oregano Oil  
Pearl Powder  
ProGreens  
Pu Erh Tea  
Schizandra  
Schizandra eeTee  
Schizandra Fruit  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shilajit  
Spring Dragon Longevity Tea  
Taoist Cleanse Micro-Brewed  
Elixir  
Taoist Cleanse Program  
Tonic Alchemy

### **Digestion support**

999 Granules  
Agaricus Bliss Tea  
Amla Tea  
Astragalus Bliss Tea  
Brazilian Magic  
Bromelain  
Codonopsis & Astragalus  
Codonopsis & Longan  
Culing Pills  
Cyperus Formulation  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Ginger Root Oil  
Ginger Sweetfruit Oil  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji Leaf Bliss Tea  
Healthy Vinegar  
KimQi ProBio  
Lighten Up Diet Formula  
Longan Bliss Tea  
Longan eeTee  
Never-Say-Die Enzymatic  
Powder  
Never-Say-Die Enzymatic Syrup  
OptDigest

Papaya Enzyme  
Poria Five  
ProGreens  
Pu Erh Tea  
Qi Tonic Bliss Tea  
Shilajit  
Shilajit Bliss Tea  
Spring Dragon Longevity Tea  
Superzymes  
Tonic Alchemy

### **Elderly tonic support**

American Ginseng Drops  
Antarctic Krill Oil  
Ashitaba Powder  
Astragalus Tonic Bliss Tea  
Changbai Mountain Pine Nuts  
Coenzyme Q10  
Cultivated Black Goji  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Dendrobium Tonic Bliss Tea  
Diamond Mind  
Diamond Mind Drops  
Earth Drops Wild Ginseng  
Eternal Jing  
Ginseng Tonic Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji Leaf Bliss Tea  
Goji Powder Extract  
Goji Sweetfruit Oil  
Heaven Drops Wild Ginseng  
He Shou Wu eeTee  
Healthy Vinegar  
Heaven Mountain Goji Berries  
Kinetic Ginseng  
Life Essentials  
Lion's Mane Bliss Tea  
Magu's Oil  
Omega 3, 6, 9  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Pro Greens  
Red Jujube Dates  
Rehmannia Six

Return to Youth  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Sea Buckthorn Fruit and Seed Oil  
Shaolin Inner Power eeTee  
Shou Wu Formulation  
Skinless Walnuts  
Super Jing  
Supreme Protector  
Tonic Alchemy  
Turmeric Caps  
Vinpocetine Plus  
Wild Tibetan Black Goji  
Wild Peruvian Black Maca

### **Electrolyte replenishment and daily support**

Healer's Tea eeTee  
Healer's Tea Elixir  
Shilajit  
Tibetan Magic eeTee  
Tibetan Magic Elixir

### **Endocrine system support**

Ant Essence  
Ant Power  
Antarctic Krill Oil  
Chinese Mountain Ant Extract  
Deer Antler Drops  
Deer Antler Tonic Bliss Tea  
Desert Cistanche Drops  
Dan-O's Oil  
Eleuthero  
Eleuthero Drops  
Endocrine Health  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Sweetfruit Oil  
Ginseng Tonic Bliss Tea  
Microcosmic Orbit  
Omega 3, 6, 9  
Shilajit Tonic Bliss Tea  
Tibetan Magic  
Wild Peruvian Black Maca

### **Energy flow support**

Antarctic Krill Oil  
Astragalus  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Cordyceps  
Cyperus Formulation  
Duanwood Reishi  
Easy Qi  
Ginger Root Oil

Ginger Sweetfruit Oil  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Ginseng Tonic Bliss Tea  
Liver Tonic  
Matcha Tea  
Microcosmic Orbit  
Red Shuan Reishi Bliss Tea  
Remove Stagnation  
Shilajit  
Shilajit Tonic Bliss Tea  
The Great Regulator  
Unlock – Cinnamon & Poria  
Women's Balance

### **Energy support**

Adaptogen Energizer  
Ant Power  
Astragalus  
Astragalus eeTee  
Changbai Mountain Ant Extract  
Cinnamon Oil  
Codonopsis and Astragalus  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Gecko Rockclimber  
Ginger Root Oil  
Ginger Sweetfruit Drops  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Gynostemma  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Qi Drops  
Qi Tonic Bliss Tea  
Spring Dragon Longevity Tea  
Tibetan Magic  
Tonic Alchemy

### **Environmental stress support**

22 Reishis Drops  
8 Immortals Drops  
American Ginseng Drops  
Antler-Shaped Reishi Drops  
Ashitaba Powder  
Astragalus Tonic Bliss Tea  
Chaga  
Cordyceps Tonic Bliss Tea  
Coriolus Drops  
Duanwood Reishi  
Duanwood Reishi Drops

Earth Drops Wild Ginseng  
Four Kings  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Ginseng Tonic Bliss Tea  
Goji Leaf Tonic Bliss Tea  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Gynostemma  
Kinetic Ginseng  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Perilla Clear  
Protector 2000  
Qi Drops  
Red Shuan Reishi Tonic Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shilajit Tonic Bliss Tea  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Super Adaptogen  
Supreme Protector  
Sweetfruit Drops  
Tao In A Bottle  
Tonic Alchemy  
Young Lungs

### **Executive's support**

Ant Essence  
Astragalus Tonic Bliss Tea  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Cordyceps Tonic Bliss Tea  
Dan-O's Oil  
DBG Energy Qi Tea  
DBG Rejuvenation Tea  
Dendrobium Tonic Bliss Tea  
Desert Cistanche drops  
Diamond Mind  
Diamond Mind Drops  
Duanwood Reishi  
Eagle Vision  
Ginseng Root Oil  
Ginseng Root Sweetfruit Oil  
Goji Leaf Tonic Bliss Tea  
Hair & Nails  
He Shou Wu eeTee  
Healer's Tea Elixir

Heaven Drops Wild Ginseng  
Hermit's Mix  
Profound Essence  
Red Shuan Reishi Tonic Bliss Tea  
Shaolin Inner Power eeTee  
Shou Wu Formulation  
Super Pill No. 2  
Super Pill No. 3  
Supreme Creation  
Tao in a Bottle  
The Great Stabilizer  
Tibetan Magic  
Tonic Alchemy  
Will Strengthener  
Zen Shen Elixir

### **Exercise recovery support**

American Ginseng Drops  
DBG Rejuvenation Tea  
Dendrobium Bliss Tea  
Dew Drops  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Ginkgo Extract  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goji Drops  
Goji & Schizandra Drops  
Goji Leaf Tonic Bliss Tea  
Healer's Tea  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Long Stalk Cistanche Drops  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
PureWay C  
Schizandra Tonic Bliss Tea  
Wild Himalayan Rhodiola  
Wild Tibetan Cordyceps  
Yin Replenisher Drops

### **Exercise support**

Ant Power  
Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Changbai Mountain Ant Drops  
Cordyceps  
Cordyceps Bliss Tea

Cultured Cordyceps  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Desert Cistanche Drops  
Eucommia Drops  
Frame Builder  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji Fruit and Seed Oil  
Goji LBP40  
Goji Sweetfruit Oil  
Imperial Garden  
Kinetic Ginseng  
Shaolin Inner Power eeTee  
Shilajit Bliss Tea  
Strength Builder  
Super Ant  
Tonic Alchemy Chocolate Bar  
Tribulus  
Wild Cordyceps Extreme Drops  
Wild Peruvian Black Maca  
Wild Tibetan Cordyceps

### **Eyes and vision support**

Chrysanthemum eeTee  
Chrysanthemum Flowers  
DBG iVision Tea  
Eagle Vision  
Goji and Schizandra Drops  
Goji Fruit and Seed Oil  
Goji LBP-40  
Goji Sweetfruit Oil  
Heaven Mountain Goji Berry  
Liver Tonic  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil

### **Female support**

Antarctic Krill Oil  
Beet Juice Powder  
Chrysanthemum eeTee  
Codonopsis & Longan  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Four Things  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji LBP 40  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Hair & Nails

He Shou Wu eeTee  
Hermit's Mix  
Life Essentials  
Ligusticum Oil  
Longan Bliss Tea  
Longan eeTee  
Longan Fruit  
Love Goddess Elixir  
Magu's Beauty Elixir  
Magu's Oil  
Magu's Secret  
Magu's Tonic Bliss Tea  
Magu's Treasure  
Natural Woman  
Omega 3, 6, 9  
Pearl Powder  
Pro Greens  
Red Shuan Reishi Bliss Tea  
Return to Youth  
Schizandra  
Schizandra Bliss Tea  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Snow Lotus Beauty eeTee  
Snow Lotus Bliss Tea  
Ten Complete Supertonic  
Tonic Alchemy  
Tribulus  
Wild Peruvian Black Maca  
Women's Balance  
Women's Jing

### **Female cycle support**

Antarctic Krill Oil  
Borage Oil  
Dang Gui & Gelatin  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Evening Primrose Oil  
Ginger Root Oil  
Ginger Sweetfruit Oil  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji Sweetfruit Oil  
Ligusticum Oil  
Liver Tonic  
Magu's Oil  
Natural Woman  
Omega 3, 6, 9  
Remove Stagnation  
Rose Flowers  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil



The Great Stabilizer  
Unlock  
Women's Balance

### **Fertility male**

American Ginseng Drops  
Ant Essence  
Antarctic Krill Oil  
Astragalus  
Astragalus eeTee  
Buddha's Yang  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Cordyceps  
Cordyceps Bliss Tea  
Cultured Cordyceps  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Deer Antler Extreme Tips Drops  
Desert Cistanche Drops  
Dragon Jing  
Duanwood Reishi  
Earth Drops Wild Ginseng  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Goji Fruit and Seed Oil  
Goji LBP-40  
Goji Sweetfruit Oil  
Heaven Drops Wild Ginseng  
He Shou Wu  
He Shou Wu eeTee  
House Ginseng Drops  
Kinetic Ginseng  
Long Stalk Cistanche Drops  
Male Silk Moth Drops  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Schizandra Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shaolin Inner Power eeTee  
Shilajit  
Show Wu Formulation  
Super Yang Jing Drops  
Supreme Creation  
Tribulus  
Wild Cordyceps Extreme Drops  
Wild Himalayan Rhodiola

Wild Peruvian Black Maca  
Wild Purple Reishi Drops  
Wild Tibetan Cordyceps

### **Growth and development support**

Antarctic Krill Oil  
Astragalus Bliss Tea  
Astragalus  
Astragalus eeTee  
Children's Chewable Multi with  
Probiotics  
Codonopsis & Astragalus  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Deer Placenta  
Eternal Jing  
Eucommia Drops  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Goat Placenta  
House Ginseng Drops  
Life Essentials  
Magu's Oil  
Omega 3, 6, 9  
Pro Greens  
Qi Drops  
Shaolin Inner Power eeTee  
Strength Builder  
Strong Bones  
Super Pill No. 2  
Tonic Alchemy  
Wild Purple Reishi Drops

### **Gynecological douche**

Argentyn 23  
Yin-Care Liquid

### **Hair support**

Antarctic Krill Oil  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Goji Fruit and Seed Oil  
Goji Sweetfruit Oil  
Hair and Nails  
He Shou Wu  
He Shou Wu eeTee  
Life Essentials

Shilajit  
Show Wu Formulation  
Strong Bones  
Tonic Alchemy  
Walnut Oil

### **Healthy aging support**

8 Immortals Drops  
22 Reishis  
American Ginseng Drops  
Antarctic Krill Oil  
Codonopsis & Astragalus  
Omega 3,6,9  
Dan-O's Oil  
Deer Antler Drops  
Deer Placenta  
Desert Cistanche Drops  
Dew Drops  
Duanwood Reishi  
Duanwood Reishi Drops  
Eagle Vision  
Earth Drops Wild Ginseng  
Eternal Jing  
Eucommia Drops  
Four Kings  
Frame Builder  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goat Placenta  
Gynostemma  
Hair & Nails  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Liver Tonic  
Magu's Oil  
Omega 3, 6, 9  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Rehmannia Six  
Return to Youth  
Schizandra Fruit and Seed Oil  
Shaolin Inner Power eeTee  
Shou Wu Formulation  
Snow Lotus Beauty eeTee  
Spring Dragon Longevity Tea  
Super Adaptogen  
Super Jing  
Super Pill No. 1  
Super Pill No. 2

Supreme Protector  
Wild Peruvian Black Maca  
Wild Purple Reishi Drops

### **Hearing support**

Eagle Vision  
Frame Builder  
Liver Tonic  
Rehmannia Six  
Return to Youth  
Strong Bones  
Unlock – Cinnamon & Poria  
Hormone function support  
Antarctic Krill Oil  
Dang Gui & Gelatin  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Endocrine Health  
Ligusticum Oil  
Liver Tonic  
Omega 3, 6, 9  
Tribulus  
Wild Peruvian Black Maca

### **Hormone function support, female**

Borage Oil  
Dang Gui & Gelatin  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Deer Antler Bliss Tea  
Evening Primrose Oil  
Goji Fruit and Seed Oil  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Ligusticum Oil  
Longan Bliss Tea  
Magu's Oil  
Magu's Tonic Bliss Tea  
Natural Woman  
Omega 3, 6, 9  
Red Shuan Reishi Bliss Tea  
Rose Flower  
Schizandra Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Snow Lotus Bliss Tea  
The Great Stabilizer  
Tribulus  
Wild Peruvian Black Maca  
Wild Purple Reishi Drops  
Women's Balance

### **Hormone function support, male**

Antarctic Krill Oil  
Cordyceps Bliss Tea  
Dan-O Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Deer Antler Tonic Bliss Tea  
Dew Drops  
Ginseng Oil  
Ginseng Sweetfruit Oil  
He Shou Wu  
He Shou Wu eeTee  
Liver Tonic  
Male Silk Moth  
Omega 3, 6, 9  
Qi Tonic Bliss Tea  
Schizandra  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shilajit Bliss Tea  
Shou Wu Formulation  
TomKat  
Tribulus  
Wild Peruvian Black Maca

### **Immune system support**

Supreme Protector  
22 Reishis Drops  
Agaricus  
Agaricus Bliss Tea  
Antler-Shaped Reishi Drops  
Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Chaga  
Cordyceps  
Cordyceps Bliss Tea  
Coriolus Immune Drops  
Dan-O's Oil  
Duanwood Reishi  
Duanwood Reishi Drops  
Four Kings  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Kinetic Ginseng  
Olive Leaf  
Protector 2000  
Pycnogenol  
Qi Tonic Bliss Tea  
Red Shuan Reishi Bliss Tea  
Reishi Spore Oil  
Spring Dragon Longevity Drops

Spring Dragon Longevity Tea  
Super Pill #1  
Super Pill #2  
Super Pill #3  
The Great Regulator  
Wild Purple Reishi Drops

### **Jing tonic**

Ant Essence  
Ant Power  
Black Dragon Rice  
Buddha's Yang  
Changbai Mountain Ant Essence  
Changbai Mountain Pine Nuts  
Cordyceps  
Cordyceps Bliss Tea  
Dan-O's Oil  
Deer Antler Drops  
Deer Antler Extreme Tips Drops  
Deer Antler Bliss Tea  
Deer Placenta  
Dendrobium Bliss Tea  
Desert Cistanche Drops  
Dew Drops  
Dragon Jing  
Eleuthero  
Eleuthero Drops  
Eternal Jing  
Eucommia Drops  
Goat Placenta  
Goji Fruit and Seed Oil  
Goji LBP40  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Hair & Nails  
He Shou Wu  
He Shou Wu eeTee  
Imperial Garden  
Jing  
Lion's Mane Bliss Tea  
Long Stalk Cistanche Drops  
Love Goddess Elixir  
Magu's Oil  
Magu's Secret  
Magu's Tonic Bliss Tea  
Magu's Treasure  
Primal Yin Replenisher  
Profound Essence  
Rehmannia Six  
Return to Youth  
Schizandra Bliss Tea  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Shaolin Inner Power eeTee  
Shilajit Bliss Tea  
Shou Wu Formulation  
Skinless Walnuts  
Strength Builder  
Strong Bones  
Super Ant  
Super Jing  
Super Pill #2  
Supreme Creation  
Supreme Protector  
TomKat  
Tribulus  
Walnut Oil  
Wild Peruvian Black Maca  
Women's Jing  
Yin Replenisher Drops

### **Joint support**

Activated Curcumin Powder  
Ant Essence  
Ant Power  
Antarctic Krill Oil  
Astragalus Bliss Tea  
Changbai Mountain Ant Extract  
Codonopsis & Astragalus  
Cordyceps Bliss Tea  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
Easy Qi  
Eucommia Drops  
Frame Builder  
Goji Leaf Bliss Tea  
Gynostemma  
Hydrilla Powder  
Ligusticum Oil  
Male Silk Moth Drops  
Omega 3, 6, 9  
Pearl Powder  
Pure Trans Resveratrol  
Qi Drops  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shaolin Inner Power eeTee  
Shilajit  
Strength Builder  
Strong Bones  
Super Ant  
Super Pill No. 1  
Turmeric

### **Knee support**

Ant Essence  
Astragalus Bliss Tea

Changbai Mountain Ant Drops  
Cinnamon Bark Oil  
Cinnamon Sweetfruit Oil  
Cordyceps Bliss Tea  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
Desert Cistanche Drops  
Eucommia Drops  
Frame Builder  
Gecko Rockclimber  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji & Schizandra Drops  
Goji Leaf Bliss Tea  
Pure Trans Resveratrol  
Qi Drops  
Qi Tonic Bliss Tea  
Return to Youth  
Strength Builder  
Super Ant  
Turmeric

### **Leg support**

Ant Essence  
Ant Power  
Changbai Mountain Ant Drops  
Cordyceps Bliss Tea  
Deer Antler Bliss Tea  
Deer Antler Drops  
Frame Builder  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji LBP40  
Heaven Mountain Goji Berries  
Imperial Garden  
Qi Drops  
Remove Stagnation  
Return to Youth  
Shou Wu Formulation  
Strength Builder  
Super Ant  
Super Yang Jing Drops  
Tribulus

### **Libido support, female**

Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Deer Antler Drops  
Desert Cistanche Drops  
Dew Drops  
Goji and Schizandra Drops  
Goji Fruit and Seed Oil

Goji Sweetfruit Oil  
Love Goddess Elixir  
Magu's Oil  
Male Silk Moth Drops  
Schizandra  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Tribulus  
Wild Peruvian Black Maca  
Women's Jing

### **Libido support, male**

American Ginseng Drops  
Ant Essence  
Antarctic Krill Oil  
Buddha's Yang  
Changbai Mountain Ant Extract  
Cordyceps  
Dan-O's Oil  
Deer Antler Extreme Tips Drops  
Desert Cistanche Drops  
Dragon Jing  
Earth Drops Wild Ginseng  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Long Stalk Cistanche Drops  
Male Silk Moth Drops  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shilajit  
Shou Wu Formulation  
Super Yang Jing Drops  
Supreme Creation  
Tibetan Ever Young Drops  
Tom Kat  
Tribulus  
Wild Cordyceps Extreme Drops  
Wild Peruvian Black Maca  
Wild Tibetan Cordyceps

### **Ligament support**

Ant Essence  
Antarctic Krill Oil

Astragalus Tonic Bliss Tea  
 Changbai Mountain Ant Drops  
 Changbai Mountain Pine Nuts  
 Deer Antler Drops  
 Deer Antler Tonic Bliss Tea  
 Desert Cistanche Drops  
 Eucommia Drops  
 Frame Builder  
 Hair & Nails  
 Liver Tonic  
 Male Silk Moth Drops  
 Omega 3, 6, 9  
 Qi Tonic Bliss Tea  
 Schizandra  
 Schizandra Tonic Bliss Tea  
 Shilajit Tonic Bliss Tea  
 Skinless Walnuts  
 Strength Builder  
 Walnut Oil

### **Liver support**

Activated Curcumin Powder  
 Ant Essence  
 Antarctic Krill Oil  
 Borage Oil  
 Changbai Mountain Ant Extract  
 Chrysanthemum eeTee  
 Chrysanthemum Flower  
 Compete Essential Fatty Acids  
 Cyperus Formulation  
 Dang Gui Root Oil  
 Dang Gui Sweetfruit Oil  
 Duanwood Reishi  
 Duanwood Reishi Drops  
 Duanwood Reishi Spore Oil  
 Eagle Vision  
 Evening Primrose Oil  
 Goji & Schizandra Drops  
 Goji Fruit and Seed Oil  
 Goji LBP40  
 Goji Sweetfruit Oil  
 Ligusticum Oil  
 Liver Tonic  
 Milk Thistle Liquid  
 Natural Woman  
 Never-Say-Die Enzymatic Powder  
 Never-Say-Die Enzymatic Syrup  
 Pro Greens  
 PureWay C  
 Remove Stagnation  
 Schizandra  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil

Schizandra Sweetfruit Oil  
 Spring Dragon Longevity Tea  
 Superzymes  
 The Great Regulator  
 Tonic Alchemy  
 Turmeric

### **Lung support**

American Ginseng Drops  
 Astragalus  
 Astragalus eeTee  
 Chaga  
 Cordyceps  
 Cultivated Cordyceps  
 Dang Gui Root Oil  
 Dang Gui Sweetfruit Oil  
 Dew Drops  
 Diamond Mind  
 Diamond Mind Drops  
 Duanwood Reishi  
 Duanwood Reishi Drops  
 Earth Drops Wild Ginseng  
 Echinacea Liquid  
 Eleuthero  
 Eleuthero Drops  
 Fritillary Lung Elixir  
 Gecko Rockclimber  
 Ginseng Bliss Tea  
 Ginseng Sublime Drops  
 Ginseng Supportive Combination  
 Golden Air  
 Heaven Drops Wild Ginseng  
 House Ginseng Drops  
 Kinetic Ginseng  
 Perilla Clear  
 PureWay C  
 Organic Changbai Mountain Red Ginseng Extract  
 Organic Ginseng Gone Wild  
 Qi Drops  
 Schizandra  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Supreme Protector  
 Young Lungs

### **Lymph function support**

Astragalus  
 Astragalus eeTee  
 Cellular Detox Support  
 Cinnamon & Poria  
 Cinnamon Bark Oil  
 Codonopsis & Astragalus

Ginger Oil  
 Ginger Sweetfruit Oil  
 Lighten Up  
 Ligusticum Oil  
 Pau d'Arco  
 Poria Five  
 PureWay C  
 Remove Stagnation  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Shilajit  
 Shilajit Bliss Tea  
 Spring Dragon Longevity Drops  
 Spring Dragon Longevity Tea

### **Meditation support**

22 Reishis Drops  
 8 Immortals Drops  
 Albizia Shen Drops  
 American Ginseng Drops  
 Chaga  
 Cinnamon Bark Oil  
 Cinnamon Bark Sweetfruit Oil  
 Duanwood Reishi  
 Duanwood Reishi Drops  
 Earth Drops Wild Ginseng  
 Easy Qi  
 Ginseng Bliss Tea  
 Ginseng Sublime Drops  
 Ginseng Supportive Combination  
 Goji Drops  
 Goji & Schizandra Drops  
 Goji Fruit and Seed Oil  
 Goji Leaf Tonic Bliss Tea  
 Goji Sweetfruit Oil  
 Heaven Drops Wild Ginseng  
 House Ginseng Drops  
 Kinetic Ginseng  
 Lion's Mane Bliss Tea  
 Microcosmic Orbit  
 Organic Changbai Mountain Red Ginseng Extract  
 Organic Ginseng Gone Wild  
 Red Shuan Reishi Bliss Tea  
 Snow Lotus Bliss Tea  
 Tao in a Bottle  
 Wild Purple Reishi drops  
 Wild Red Reishi Drops  
 Will Strengthenener  
 Zen Shen

### **Memory support**

American Ginseng Drops  
 Antarctic Krill Oil

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Coenzyme Q10  
 Diamond Mind  
 Diamond Mind Drops  
 Eagle Vision  
 Earth Drops Wild Ginseng  
 Eleuthero  
 Gingko Extract  
 Ginseng Bliss Tea  
 Ginseng Sublime Drops  
 Ginseng Supportive  
 Combination  
 Goji Fruit and Seed Oil  
 Goji LBP40  
 Goji Leaf Bliss Tea  
 Goji Sweetfruit Oil  
 Green eeTee  
 Heaven Drops Wild Ginseng  
 House Ginseng Drops  
 Kinetic Ginseng  
 Lion's Mane Bliss Tea  
 Omega 3, 6, 9  
 Organic Tea (Camellia sinensis)  
 Organic Changbai Mountain Red  
 Ginseng Extract  
 Organic Coffee  
 Organic Ginseng Gone Wild  
 Return to Youth  
 Schizandra  
 Schizandra and Goji Drops  
 Schizandra Bliss Tea  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Shilajit Bliss Tea  
 Skinless Walnuts  
 Turmeric  
 Vinpocetine Plus  
 Walnut Oil

### **Menopause support**

Antarctic Krill Oil  
 Borage Oil  
 Chrysanthemum eeTee  
 Chrysanthemum Flowers  
 Dang Gui Root Oil  
 Dang Gui Sweetfruit Oil  
 Dew Drops  
 Evening Primrose Oil  
 Four Things  
 Goji & Schizandra Drops  
 Goji Fruit and Seed Oil  
 Goji Sweetfruit Oil  
 Hair & Nails  
 He Shou Wu eeTee  
 Jing

Ligusticum Oil  
 Magu's Oil  
 Magu's Treasure Skincare  
 Natural Woman  
 Omega 3, 6, 9  
 Primal Yin Replenisher  
 Profound Essence  
 Rehmannia Six  
 Rose Flowers  
 Schizandra  
 Schizandra eeTee  
 Super Jing  
 The Great Stabilizer  
 Tonic Alchemy  
 Tribulus  
 Wild Peruvian Black Maca  
 Yin Replenisher Drops

### **Men's tonic**

American Ginseng Drops  
 Ant Essence  
 Ant Power  
 Buddha's Yang  
 Chinese Mountain Ant Extract  
 Cordyceps Bliss Tea  
 Dan-O's Oil  
 Deer Antler Bliss Tea  
 Dragon Jing  
 Duanwood Reishi  
 Earth Drops Wild Ginseng  
 Ginseng Bliss Tea  
 Ginseng Oil  
 Ginseng Sublime Drops  
 Ginseng Supportive  
 Combination  
 Ginseng Sweetfruit Oil  
 Hair & Nails  
 He Shou Wu  
 He Shou Wu eeTee  
 House Ginseng Drops  
 Kinetic Ginseng  
 Life Essentials  
 Male Silk Moth Drops  
 Organic Changbai Mountain Red  
 Ginseng Extract  
 Organic Ginseng Gone Wild  
 Qi Tonic Bliss Tea  
 Rehmannia Six  
 Saw Palmetto/Pygeum Plus  
 Shilajit  
 Shilajit Bliss Tea  
 Shou Wu Formulation  
 Super Yang Jing Drops  
 Supreme Creation

The Great Regulator  
 The Great Stabilizer  
 Tom Kat  
 Tribulus  
 Wild Peruvian Black Maca  
 Wild Purple Reishi Drops

### **Mental energy support**

American Ginseng Drops  
 Antarctic Krill Oil  
 Chaga  
 Changbai Mountain Ant Extract  
 Cinnamon Bark Oil  
 Cinnamon Bark Sweetfruit Oil  
 Coffee Cherry Tonic Bliss Tea  
 Dan-O's Oil  
 Diamond Mind  
 Diamond Mind Drops  
 Eagle Vision  
 Earth Drops Wild Ginseng  
 Eleuthero  
 Eleuthero Drops  
 Ginseng Bliss Tea  
 Ginseng Oil  
 Ginseng Sublime Drops  
 Ginseng Supportive  
 Combination  
 Ginseng Sweetfruit Oil  
 Goji Fruit and Seed Oil  
 Goji LPB40  
 Goji Sweetfruit Oil  
 Green eeTee  
 Heaven Drops Wild Ginseng  
 Kinetic Ginseng  
 Life Essentials  
 Lion's Mane Bliss Tea  
 Matcha Tea  
 Omega 3, 6, 9  
 Tea (Camellia sinensis)  
 Organic Changbai Mountain Red  
 Ginseng Extract  
 Organic Ginseng Gone Wild  
 Pu Erh Tea  
 Qi Drops  
 Qi Tonic Bliss Tea  
 Schizandra  
 Schizandra Bliss Tea  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Spring Dragon Longevity Drops  
 Spring Dragon Longevity Tea  
 Supreme Creation  
 Supreme Shen Drops

Tao in a Bottle  
Tibetan Magic  
Turmeric  
Vinpocetine Plus  
Will Strengthener

### **Mood support**

Albizia Shen Drops  
American Ginseng Drops  
Chaga  
Codonopsis & Longan  
Codonopsis & Zizyphus  
Dan-O's Oil  
Diamond Mind Drops  
Duanwood Reishi  
Duanwood Reishi Drops  
Earth Drops Wild Ginseng  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji LBP-40  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Magu's Oil  
Natural Woman  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Pearl Powder  
Pearl Shen  
Red Shuan Reishi Bliss Tea  
Schizandra Bliss Tea  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shilajit Bliss Tea  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Supreme Shen Drops  
Tao in a Bottle  
The Great Stabilizer  
Wild Red Reishi Drops  
Women's Balance

### **Muscle support**

American Ginseng Drops  
Ant Essence  
Ant Power  
Antarctic Krill Oil

Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Chinese Mountain Ant Extract  
Codonopsis & Astragalus  
Cultivated Cordyceps  
Dang Gui Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
Deer Antler  
Deer Antler Bliss Tea  
Deer Placenta  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
House Ginseng Drops  
Male Silk Moth Drops  
Omega 3, 6, 9  
Red Jujube Dates  
Shaolin Inner Power eeTee  
Strength Builder  
Super Ant  
Tom Kat  
Tonic Alchemy  
Tribulus  
Wild Peruvian Black Maca

### **Nail support**

Antarctic Krill Oil  
Changbai Mountain Pine Nuts  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
Goji Fruit and Seed Oil  
Goji Sweetfruit Oil  
Hair and Nails  
Liver Tonic  
Magu's Oil  
Omega 3, 6, 9  
Pro Greens  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Skinless Walnuts  
Tonic Alchemy  
Walnut Oil

### **Nerve support (calming)**

22 Reishis Drops  
Antarctic Krill Oil  
Duanwood Reishi  
Longan Fruit  
Omega 3, 6, 9

Pearl Powder  
Pearl Shen  
Red Jujube Date  
Red Shuan Reishi Bliss Tea  
Reishi Spore Oil  
Schizandra Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Tao in A Bottle  
The Great Stabilizer  
Walnut Oil

### **Oral care support**

Argentyn 23 Spray  
Golden Throat Lozenges  
Golden Voice  
Oregano Oil  
Spry Mouthwash  
Spry Toothpaste  
Watermelon Frost Lozenges

### **Physical strength support**

American Ginseng Drops  
Ant Power  
Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Changbai Mountain Ant Extract  
Codonopsis & Astragalus  
Cordyceps  
Cultivated Cordyceps  
Dan-O's Oil  
Deer Antler Bliss Tea  
Desert Cistanche Drops  
Dragon Jing  
Earth Drops Wild Ginseng  
Eleuthero  
Eleuthero Drops  
Eucommia Drops  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Life Essentials  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Qi Drops  
Shaolin Inner Power eeTee

Strength Builder  
Super Ant  
Super Yang Jing  
Super Yang Jing Drops  
Tribulus  
Wild Peruvian Black Maca

### **Postnatal support**

American Ginseng Drops  
Antarctic Krill Oil  
Astragalus Bliss Tea  
Codonopsis & Astragalus  
Dang Gui & Gelatin  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Deer Placenta  
Duanwood Reishi  
Earth Drops Wild Ginseng  
Eternal Jing  
Ginseng Bliss Tea  
Ginseng Sublime  
Ginseng Supportive  
Combination  
Goat Placenta  
Heaven Drops Wild Ginseng  
Heaven Mountain™ Goji Berries  
He Shou Wu eeTee  
House Ginseng Drops  
Kinetic Ginseng  
Life Essentials  
Longan Berries  
Longan Bliss Tea  
Longan eeTee  
Magu's Oil  
Magu's Tonic Bliss Tea  
Omega 3, 6, 9  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Red Jujube Dates  
Red Shuan Reishi Bliss Tea  
Return to Youth  
Schizandra Bliss Tea  
Snow Lotus Beauty eeTee  
Snow Lotus Bliss Tea  
Super Jing  
Ten Complete Supertonic  
Wuyi Red Mushroom

### **Post workout support**

Ant Essence  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
DBG Rejuvenation

Dendrobium Bliss Tea  
Dew Drops  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Healer's Tea  
Sweetfruit Drops  
Yin Replenisher Drops

### **Posture support**

American Ginseng Drops  
Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Codonopsis and Astragalus  
Dan-O's Oil  
DBG Energy Qi Tea  
Earth Drops Wild Ginseng  
Eucommia Drops  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Qi Drops  
Qi Tonic Bliss Tea  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Shaolin Inner Power eeTee  
Strength Builder

### **Probiotic support**

Ashitaba Powder  
Brazilian Magic  
Healthy Vinegar  
Hydrilla Powder  
KimQi ProBio  
Never-Say-Die Enzymatic  
Powder  
Never-Say-Die Enzymatic Syrup  
Pro Greens  
SupremAdophilis  
Tonic Alchemy

### **Prostate support**

Antarctic Krill Oil

Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Dan-O's Oil  
Eucommia Drops  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji Fruit and Seed Oil  
Goji Leaf Bliss tea  
Goji Sweetfruit Oil  
He Shou Wu  
He Shou Wu eeTee  
Omega 3, 6, 9  
Oregon Oil  
Qi Tonic Bliss Tea  
Rehmannia Six  
Saw Palmetto/Pygeum Plus  
Unlock - Cinnamon and Poria  
Yin Replenisher Drops

### **Qi tonic**

Adaptogen Energizer  
American Ginseng Drops  
Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
Changbai Mountain Ant Extract  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Codonopsis and Astragalus  
Cordyceps  
Cultured Cordyceps  
Dan-O's Oil  
DBG Bon Appetea  
DBG Energy Qi Tea  
Diamond Mind  
Diamond Mind Drops  
Earth Drops Wild Gineng  
Eleuthero  
Eleuthero Drops  
Ginger Root Oil  
Ginger Sweetfruit Oil  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Gynostemma  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Ligusticum Oil  
Organic Changbai Mountain Red

Ginseng Extract  
Organic Ginseng Gone Wild  
Qi Drops  
Qi Tonic Bliss Tea  
Shilajit Bliss Tea  
Super Adaptogen  
Wild Himalayan Rhodiola  
Wild Tibetan Cordyceps

### **Rejuvenation support**

American Ginseng Drops  
Cultivated Black Goji  
DBG Rejuvenation Tea  
Deer Antler Drops  
Deer Placenta  
Dendrobium Bliss Tea  
Earth Drops Wild Ginseng  
Eternal Jing  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goat Placenta  
Goji Fruit and Seed Oil  
Goji LBP40  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Hair & Nails  
Heaven Drops Wild Ginseng  
He Shou Wu  
He Shou Wu eeTee  
Kinetic Ginseng  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Primal Yin Replenisher  
Profound Essence  
Pure Trans Resveratrol  
Rehmannia Six  
Return to Youth  
Schizandra Bliss Tea  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shou Wu Formulation  
Super Jing  
Super Pill No. 2  
Wild Tibetan Black Goji  
Yin Replenisher Drops

### **Relaxation support**

Albizia Shen Drops  
Chaga  
Duanwood Reishi  
Duanwood Reishi Drops  
Easy Qi

Supreme Shen Drops  
Tao in a Bottle  
The Great Stabilizer  
Wild Red Reishi Drops

### **Respiratory system support**

Astragalus  
Astragalus Tonic Bliss Tea  
Chaga  
Cordyceps  
Cordyceps Tonic Bliss Tea  
Cultured Cordyceps  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Duanwood Reishi  
Echinacea Liquid  
Fritillary Lung Elixir  
Gecko Rockclimber  
Golden Air  
Lily Flower  
Perilla Clear  
Pycnogenol  
Qi Tonic Bliss Tea  
Schizandra  
Sweetfruit Drops  
Wild Himalayan Rhodiola  
Wild Snow Chrysanthemum

### **Runners support**

Astragalus eeTee  
Codonopsis & Astragalus  
Cordyceps  
Cordyceps Tonic Bliss Tea  
Cultivated Cordyceps  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Eleuthero  
Eleuthero Drops  
Gecko Rockclimber  
Ginseng Oil  
Ginseng Sweetfruit Oil  
Ginseng Tonic Bliss Tea  
Goji & Schizandra Drops  
Goji LBP 40  
Healer's Tea Elixir  
Heaven Mountain Goji Berries  
Imperial Garden  
Pro Greens  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shaolin Inner Power eeTee  
Tibetan Magic  
Tonic Alchemy  
Wild Himalayan Rhodiola  
Wild Tibetan Cordyceps

Yin Replenisher Drops

### **Scalp circulation support**

Cinnamon Bark Oil  
Dang Gui Root Oil  
Eagle Vision  
Hair and Nails  
Shilajit

### **Seasonal support**

Four Kings  
Fritillary Lung Elixir  
Open the Lungs  
Perilla Clear  
Supreme Protector  
The Great Regulator  
VirugoMax  
Yin Qiao  
Young Lungs

### **Sexual performance support, female**

Cordyceps  
Cordyceps Bliss Tea  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Deer Antler Bliss Tea  
Dew Drops  
Goji Fruit and Seed Oil  
Goji Sweetfruit Oil  
Longan Bliss Tea  
Love Goddess Elixir  
Magu's Oil  
Magu's Tonic Bliss Tea  
Qi Tonic Bliss Tea  
Schizandra  
Schizandra and Goji Drops  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Strength Builder  
Tribulus  
Wild Peruvian Black Maca  
Women's Jing

### **Sexual performance support, male**

Buddha's Yang  
Changbai Mountain Ant Extract  
Cordyceps  
Cordyceps Bliss Tea  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Deer Antler Tips Extreme Drops  
Desert Cistanche Drops  
Dragon Jing

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Gecko Rockclimber  
 Ginseng Bliss Tea  
 Ginseng Oil  
 Ginseng Sublime Drops  
 Ginseng Sweetfruit Oil  
 Goji & Schizandra Drops  
 Healer's Tea  
 Long Stalk Cistanche Drops  
 Male Silk Moth  
 Qi Tonic Bliss Tea  
 Schizandra  
 Schizandra Bliss Tea  
 Schizandra eeTee  
 Shaolin Inner Power eeTee  
 Shilajit Bliss Tea  
 Strength Builder  
 Super Ant  
 Super Yang Jing Drops  
 Supreme Creation  
 TomKat  
 Tribulus  
 Wild Cordyceps Extreme Drops  
 Wild Peruvian Black Maca  
 Yin Replenisher Drops

**Sexual performance men, vegetarian**

Buddha's Yang  
 Cultured Cordyceps  
 Dan-O's Oil  
 Eucommia Drops  
 Ginseng Oil  
 Ginseng Sweetfruit Oil  
 Goji & Schizandra Drops  
 Imperial Garden  
 Schizandra  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Shaolin Inner Power eeTee  
 Shilajit  
 Tribulus  
 Wild Peruvian Black Maca

**Shen tonic**

22 Reishis  
 Albizia Shen Drops  
 Chaga  
 Chrysanthemum eeTee  
 Codonopsis & Longan  
 Codonopsis & Zizyphus  
 DBG Rose Bud Shen Tonic  
 Duanwood Reishi  
 Duanwood Reishi Drops  
 Easy Qi

Goji Fruit and Seed Oil  
 Goji Leaf Bliss Teas  
 Goji Sweetfruit Oil  
 Lion's Mane Bliss Tea  
 Longan Bliss Tea  
 Longan eeTee  
 Longan Fruit  
 Pearl Powder  
 Pearl Shen  
 Pearl Shen Elixir  
 Rose Flower  
 Schizandra  
 Schizandra Bliss Tea  
 Schizandra eeTee  
 Schizandra Fruit and Seed Oil  
 Schizandra Sweetfruit Oil  
 Snow Lotus Beauty eeTee  
 Snow Lotus Bliss Tea  
 Supreme Shen Drops  
 The Great Stabilizer  
 Wild Purple Reishi Drops  
 Wild Red Reishi Drops  
 Will Strengthener  
 Zen Shen Elixir  
 Zizyphus Dreamzzz Drops

**Singer's voice support**

Dew Drops  
 Golden Air  
 Golden Voice  
 Sweetfruit Drops

**Sinus support**

Golden Air  
 Magnolia Sinus  
 Perilla Clear

**Skeletal support**

Astragalus  
 Astragalus eeTee  
 Eucommia Drops  
 Frame Builder  
 Shaolin Inner Power eeTee  
 Strength Builder  
 Strong Bones

**Skin support**

Cellular Detox Support  
 Chrysanthemum Flowers  
 Chrysanthemum eeTee  
 Cinnamon & Poria  
 Codonopsis & Longan  
 Cyclic Soap  
 Dang Gui Root Oil  
 Goji Fruit and Seed Oil  
 Goji Leaf Bliss Tea

Goji Sweetfruit Oil  
 Dang Gui Sweetfruit Oil  
 Longan Fruit  
 Longan eeTee  
 Magu's Oil  
 Magu's Secret  
 Magu's Treasure Skincare  
 Pearl Powder  
 Schizandra  
 Schizandra Bliss Tea  
 Schizandra eeTee  
 Snow Lotus Beauty eeTee  
 Snow Lotus Bliss Tea

**Sperm support**

Astragalus  
 Astragalus Bliss Tea  
 Astragalus eeTee  
 Cordyceps Bliss Tea  
 Dan-O's Oil  
 Ginseng Bliss Tea  
 Ginseng Oil  
 Ginseng Sweetfruit Oil  
 Goji LBP-40  
 He Shou Wu  
 He Shou Wu eeTee  
 Male Silk Moth Drops  
 Shilajit  
 Shou Wu Formulation  
 Tribulus  
 Wild Peruvian Black Maca

**Spiritual growth support**

22 Reishis  
 8 Immortals Drops  
 Albizia Shen Drops  
 American Ginseng Drops  
 Chaga  
 Duanwood Reishi  
 Duanwood Reishi Drops  
 Earth Drops Wild Ginseng  
 Goji Leaf Bliss Tea  
 Heaven Drops Wild Ginseng  
 Microcosmic Orbit  
 Organic Ginseng Gone Wild  
 Red Shuan Reishi Bliss Tea  
 Schizandra Bliss Tea  
 Supreme Shen Drops  
 Wild Purple Reishi Drops  
 Wild Red Reishi Drops  
 Will Strengthener

**Spleen tonic**

Astragalus  
 Astragalus Bliss Tonic Tea

Astragalus eeTee  
Codonopsis & Longan  
Codonopsis and Astragalus  
Ginger Root Oil  
Ginger Root Sweetfruit Oil  
Ginseng Bliss Tonic Tea  
Ginseng Oil  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
OptDigest  
Return to Youth

### **Stomach support**

999 Granules  
Astragalus Bliss Tea  
Codonopsis & Astragalus  
Codonopsis & Longan  
Culing Pills  
Cyperus Formulation  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Ginger Root Oil  
Ginger Sweetfruit Oil  
Ginseng Bliss Tea  
Lighten Up  
Longan Bliss Tea  
OptDigest  
Qi Tonic Bliss Tea  
Shilajit Bliss Tea  
Ten Complete Supertonic

### **Strength building support**

American Ginseng Drops  
Ant Power  
Astragalus Bliss Tea  
Changbai Mountain Ant Extract  
Codonopsis & Astragalus  
Cordyceps  
Cordyceps Bliss Tea  
Cultured Cordyceps  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Deer Antler Extreme Tips  
Desert Cistanche Drops  
Earth Drops Wild Ginseng  
Eucommia Drops  
Gecko Rockclimber  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive

Combination  
Ginseng Sweetfruit Oil  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Long Stalk Cistanche Drops  
Qi Drops  
Qi Tonic Bliss Tea  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Strength Builder  
Super Ant  
Super Yang Jing Drops  
Tom Kat  
Tribulus  
Wild Peruvian Black Maca

### **Stress response support**

22 Reishis Drops  
Albizia Shen Drops  
American Ginseng Drops  
Chaga  
Duanwood Reishi  
Duanwood Reishi Drops  
Earth Drops Wild Ginseng  
Easy Qi  
Ginseng Bliss Tea  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Goji Drops  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji Leaf Bliss Tea  
Goji Sweetfruit Oil  
Healer's Tea eeTee  
Healer's Tea Elixir  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Liver Tonic  
Longan Bliss Tea  
Longan eeTee  
Longan Fruit  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Pearl Powder  
Pearl Shen  
Pearl Shen Elixir  
Red Jujube Dates  
Red Shuan Reishi Bliss Tea  
Rose Flowers

Snow Lotus Beauty eeTee  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Supreme Protector  
Supreme Shen Drops  
Tao in a Bottle  
The Great Regulator  
The Great Stabilizer  
Wild Red Reishi Drops  
Zen Shen Elixir

### **Student's support**

Adaptogen Energizer  
American Ginseng Drops  
Antarctic Krill Oil  
Astragalus Bliss Tea  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Codonopsis and Longan  
Diamond Mind  
Diamond Mind Drops  
Earth Drops Wild Ginseng  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Lion's Mane Bliss Tea  
Longan Fruit  
Omega 3, 6, 9  
Qi Tonic Bliss Tea  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Super Adaptogen  
Supreme Protector  
Tao in a Bottle  
The Great Regulator  
Tonic Alchemy  
Tonic Alchemy Chocolate Bar

### **Tendon support**

Ant Essence  
Antarctic Krill Oil  
Changbai Mountain Ant Extract  
Dew Drops  
Easy Qi  
Eucommia Drops  
Goji & Schizandra Drops  
Frame Builder  
Liver Tonic  
Male Silk Moth Drops

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Omega 3, 6, 9  
Strength Builder  
Strong Bones  
Walnut Oil

### **Three Treasures tonic**

100 Day Foundational Program  
8 Immortals Drops  
Duanwood Reishi  
Ginseng Supportive  
Combination  
Liver Tonic  
Protector 2000  
Schizandra  
Schizandra eeTee  
Super Adaptogen  
Super Pill No. 1  
Super Pill No. 2  
Supreme Protector

### **Throat support**

Antarctic Krill Oil  
Dew Drops  
Easy Qi  
Golden Voice  
Oregano Oil

### **Thymus support**

Adaptogen Energizer  
Ant Essence  
Ant Power  
Astragalus  
Astragalus Bliss Tea  
Astragalus eeTee  
CardioPro  
Cordyceps Bliss Tea  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Deer Placenta  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Sweetfruit Oil  
Goji and Schizandra Drops  
Gynostemma  
Hair and Nails  
He Shou Wu  
He Shou Wu eeTee  
Heaven Mountain Goji Berries  
Hermit's Mix  
House Ginseng Drops  
Liver Tonic  
Magu's Oil  
Magu's Treasure

Qi Tonic Bliss Tea  
Return to Youth  
Spring Dragon Longevity Drops  
Spring Dragon Longevity Tea  
Super Ant  
Super Pill No.1  
Super Pill No.2  
Supreme Creation  
Supreme Protector  
Ten Complete Supertonic

### **Thyroid support**

Antarctic Krill Oil  
Ashitaba Powder  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Deer Antler Drops  
Deer Placenta  
Endocrine Support  
Ginger Root Oil  
Ginger Sweetfruit Oil  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Sweetfruit Oil  
Hydrilla Powder  
Imperial Garden  
Ligusticum Oil  
Microcosmic Orbit  
Omega 3, 6, 9  
Return to Youth  
Tonic Alchemy

### **Travel kit**

Argentyn 23  
Cyclic Soap  
Kinetic Ginseng  
Poria Five  
Super Adaptogen  
Supreme Protector  
The Great Regulator

### **Vision support**

see: Eyes and vision

### **Vitality**

22 Reishis  
Adaptogen Energizer  
American Ginseng Drops  
Ant Power  
Astragalus Tonic Bliss Tea  
Changbai Mountain Ant Extract  
Cordyceps  
Cordyceps Tonic Bliss Tea  
Cultivated Cordyceps  
Deer Placenta  
Diamond Mind Drops

Earth Drops Wild Ginseng  
Eleuthero Drops  
Ginseng Bliss Tea  
Ginseng Oil  
Ginseng Sublime Drops  
Ginseng Supportive  
Combination  
Ginseng Sweetfruit Oil  
Green eeTee  
Heaven Drops Wild Ginseng  
House Ginseng Drops  
Kinetic Ginseng  
Organic Changbai Mountain Red  
Ginseng Extract  
Organic Ginseng Gone Wild  
Qi Drops  
Shilajit  
Strength Builder  
Tibetan Magic  
Wild Himalayan Rhodiola  
Wild Purple Reishi Drops

### **Vocal cord support**

Antarctic Krill Oil  
Easy Qi  
Golden Voice  
Sweetfruit Drops

### **Voice support**

Chaga  
Cordyceps  
Golden Air

### **Water metabolism support**

Astragalus  
Astragalus Bliss Tonic Tea  
Astragalus eeTee  
Codonopsis & Astragalus  
Poria Five  
Qi Drops  
Schizandra  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil

### **Weight management support**

Caralluma  
Lighten Up Diet Formula  
Poria Five  
Spring Dragon Longevity Tea  
Tonic Alchemy  
Will Strengthener

### **Will power support**

Pearl Powder  
The Great Stabilizer  
Will Strengthener

### **Wisdom support**

8 Immortals Drops  
Chaga  
Cinnamon Bark Oil  
Cinnamon Bark Sweetfruit Oil  
Diamond Mind  
Diamond Mind Drops  
Duanwood Reishi  
Eagle Vision  
Earth Drops Wild Ginseng  
Ginseng Bliss Tea  
Goji LBP40  
Heaven Drops Wild Ginseng  
Lion's Mane Bliss Tea  
Organic Ginseng Gone Wild  
Pearl Shen  
Red Shuan Reishi Bliss Tea  
Supreme Creation  
Supreme Shen Drops  
Wild Purple Reishi Drops  
Wild Reishi Drops

### **Women's tonic**

Antarctic Krill Oil  
Codonopsis & Longan  
Dang Gui and Gelatin  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
DBG Beautee Tee  
DBG Blood Tea  
Dew Drops  
Four Things  
Goji & Schizandra Drops  
Hair & Nails  
Ligusticum Oil  
Longan eeTee  
Love Goddess Elixir  
Magu's Oil  
Magu's Secret  
Magu's Treasure  
Natural Woman  
Omega 3, 6, 9  
Sea Buckthorn Fruit and Seed Oil  
Snow Lotus Tonic Bliss Tea  
Super Jing  
Ten Complete Supertonic  
Women's Balance  
Women's Jing

### **Workout recovery support**

Astragalus Bliss Tea  
Dendrobium Tonic Bliss Tea  
Dew Drops  
Gecko Rockclimber

Ginseng Oil  
Ginseng Sweetfruit Oil  
Goji Leaf Bliss Tea  
He Shou Wu eeTee  
Healer's Tea Elixir  
Shaolin Inner Power eeTee  
Super Yang Jing Drops  
Tibetan Magic  
Yin Replenisher Drops

### **Yang Jing tonic**

Ant Power  
Buddha's Yang  
Cordyceps  
Cordyceps Bliss Tea  
Dan-O's Oil  
Deer Antler Bliss Tea  
Deer Antler Drops  
Desert Cistanche Drops  
Dragon Jing  
Imperial Garden  
Long Stalk Cistanche Drops  
Male Silk Moth Drops  
Super Yang Jing Drops  
Supreme Creation  
Tribulus  
Wild Cordyceps Extreme Drops  
Wild Peruvian Black Maca

### **Yang Jing tonic, vegetarian**

Buddha's Yang  
Changbai Mountain Pine Nuts  
Cultivated Cordyceps  
Desert Cistanche Drops  
Long Stalk Cistanche Drops  
Shilajit  
Tribulus  
Walnuts  
Wild Himalayan Rhodiola  
Wild Peruvian Black Maca

### **Yin Jing tonic**

Ant Essence  
Codonopsis & Zizyphus  
Dendrobium Tonic Bliss Tea  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji LBP 40  
Goji Leaf Bliss Tea  
Goji Powder  
Goji Sweetfruit Oil  
Hair & Nails  
He Shou Wu  
He Shou Wu eeTee  
Heaven Mountain Goji Berries

Jing  
Lily Flower  
Longan Bliss Tea  
Primal Yin Replenisher  
Profound Essence  
Rehmannia Six  
Return to Youth  
Schizandra  
Schizandra Bliss Tea  
Schizandra eeTee  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Shou Wu Formulation  
Super Jing  
Yin Replenisher Drops

### **Yoga practice support**

22 Reishis Drops  
Albizia Shen Drops  
American Ginseng Drops  
Antarctic Krill Oil  
Cordyceps  
Cultured Cordyceps  
Dang Gui Root Oil  
Dang Gui Sweetfruit Oil  
Dan-O's Oil  
Diamond Mind Drops  
Easy Qi  
Eucommia Drops  
Frame Builder  
Gecko Rockclimber  
Goji & Schizandra Drops  
Goji Fruit and Seed Oil  
Goji Sweetfruit Oil  
Golden Air  
Schizandra Fruit and Seed Oil  
Schizandra Sweetfruit Oil  
Strength Builder  
Supreme Shen Drops  
Tao in a Bottle  
Wild Purple Reishi Drops





Call Center hours  
Mon - Fri: 7am - 6pm P.S.T.  
Sat & Sun: 9am - 5pm P.S.T.



**Give us a call**  
**1-888-55-TONIC**  
**(1-888-558-6642)**



Questions welcomed at [info@dragonherbs.com](mailto:info@dragonherbs.com)

# How to Attain Balance

Bagwan Shree Rajneesh, Taoist Discourses

Who can maintain his calm for long? Calmness comes, silence comes – but who can maintain it for long?

By activity it comes back to life – by activity you can maintain it. If you try to maintain it by inactivity continuously, it will be impossible. One has to move into opposites, to remain always transcendental.

In the day you work. In the night you sleep. If you work continuously twenty four hours, that will be death. If you sleep continuously twenty four hours that will be death also. In the day work hard. In working hard you are gaining the capacity to sleep. And in the night sleep completely. In sleeping completely you are rejuvenating and refreshing your energies to work hard.

Move into a rhythm. Lean to the right, lean to the left and always keep the balance. Repose, calm cannot be maintained by remaining inactive forever and ever. Be a householder, be in the world and be out of it also, together.

Remember always that Life is a togetherness of opposites, a deep harmony. He who embraces this Tao guards against being overful. Whosoever comes to know that Tao is balance, God is balance, guards against being overful.

Then don't move too much to one side for the balance will be lost. An imbalance is the only sin for Lao Zi. To be balanced is to be virtuous. To be imbalanced is to be in sin. Because he guards against being overful, he is always fresh and young, he's never weary, he's never tired.

Balance gives him eternal life. Balance is vitality. Balance is life.

The background of the top two-thirds of the page is a repeating pattern of stylized, golden dragons and mushrooms on a dark red background. The dragons are depicted in various poses, some breathing fire, and the mushrooms are scattered throughout. The text is centered over this pattern.

# Health Deserves Cultivation™



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