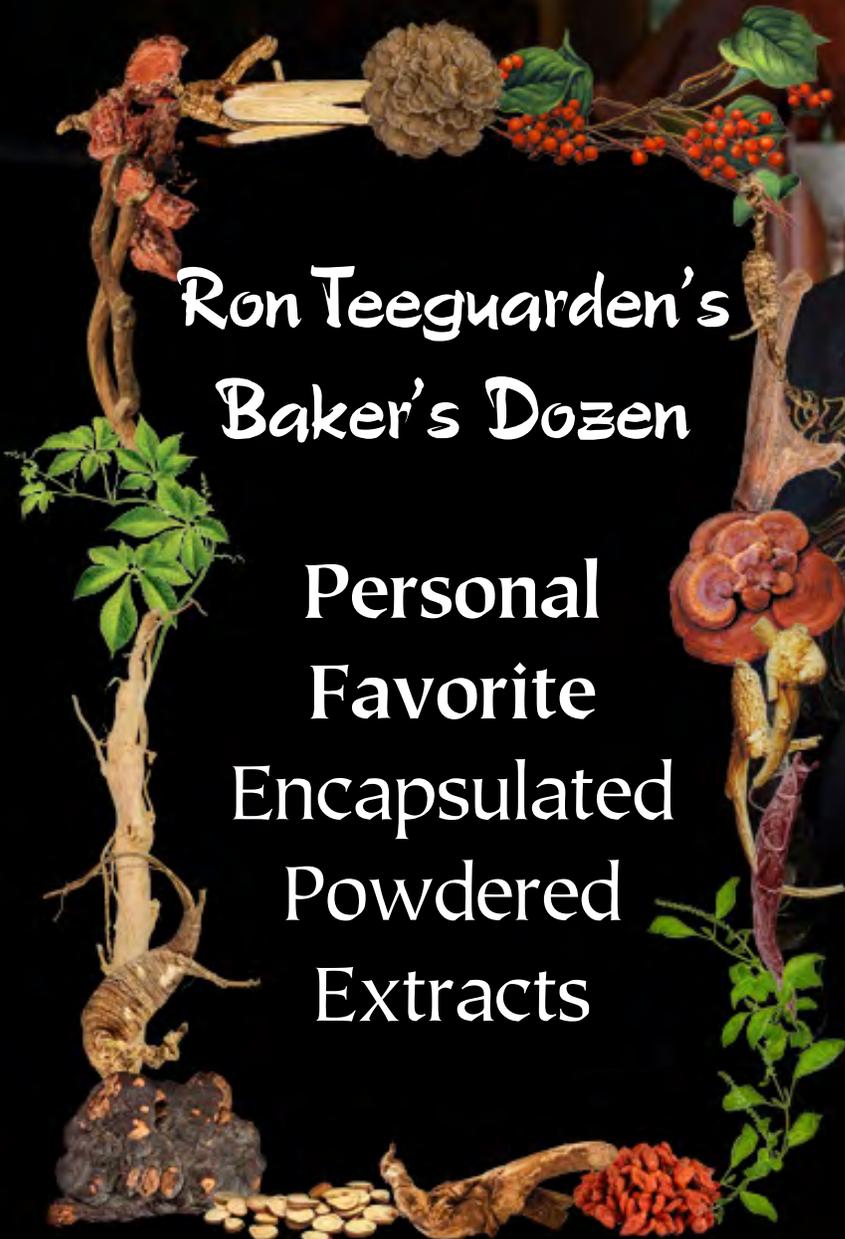




Ron Teegarden's  
Baker's Dozen

Personal  
Favorite  
Encapsulated  
Powdered  
Extracts



# Ron Teeguarden's Baker's Dozen Personal Favorite Encapsulated Powdered Extracts

From Ron Teeguarden  
September 2018

Of the many dozens of encapsulated herbal extracts and formulation that we make, I will admit I *do* have my own *personal favorites*, formulas that I take consistently in a steady rhythm to support my personal quest for well-being, happiness, wisdom, healthy aging and longevity (and perhaps ultimately some form of enlightenment). I am going to reveal here my baker's dozen personal favorites. As my personal favorites, they are *not* necessarily the best we at Dragon Herbs have to offer. Each of my senior herbalists has their own personal set of favorites, as would each of our thousands of Dragon Herbs power users.

Here is MY list, annotated with my own *personal* reasons for including them in my daily regimen. I must be clear that I *do* of course take other encapsulated Dragon Herbs extract powders. I also take Dragon Herbs tinctures, eeTees, teas and superfoods. I have selected "a baker's dozen" encapsulated products because that is about how many capsule bottles fit on one of my *lazy-susan-spinners* on my home elixir bar shelf. I will list them alphabetically because all are of equal importance to me.

Dragon Herbs produces several hundred herbal products. Many of these are powders offered in *capsules* for easy consumption. The vast majority of our encapsulated products are *extract* powders. We use world class technology to extract the essential constituents from the herbs. We flash-dry these extracts into a highly assimilable powders, and deliver them fresh to you. We do relatively small runs so that our products are always fresh and potent.

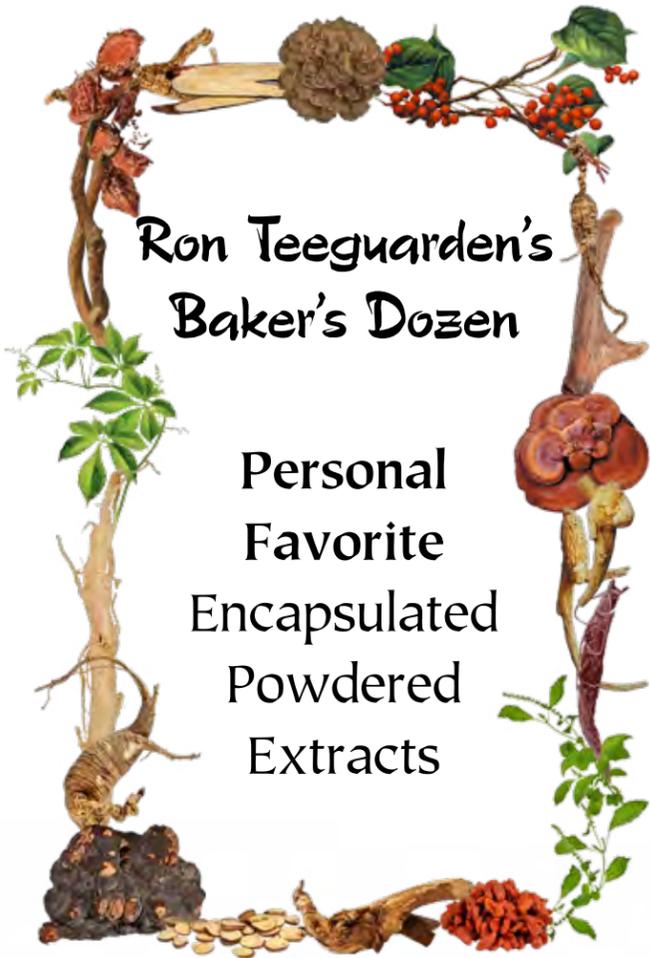
If you would like to know the details of how we source and make these extracts go here: [www.dragonherbs.com/how-we-source-and-produce-our-encapsulated-powders](http://www.dragonherbs.com/how-we-source-and-produce-our-encapsulated-powders)

There is a Chinese saying, "blessed is the one who has found their work." I have been very blessed to have found "my work" in this life – identifying, sourcing, producing and sharing the highest quality herbal products I can imagine, with a big emphasis on the life-affirming *tonic herbs*, tonic nutraceuticals and superfoods from around the world. It is my great joy to share them with my friends near and far.

I love ALL of the products we offer. Each one was created as a labor-of-love, and each one remains so. We never stop seeking to excel and improve (we have quite a few products that cannot really be "improved" beyond what they are). But I cannot take them all (at least not in one month), so I hope that my selective list gives you some guidance in creating *your own* life-affirming personal tonic program.

*...formulas that I take myself consistently in a steady rhythm in my quest for well-being, happiness, wisdom and longevity.*





## Ron Teegarden's Baker's Dozen

Personal Favorite Encapsulated Powdered Extracts

|                            |    |
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| 1. Astragalus Advanced™    | 5  |
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#504

\$55.00

# Astragalus Advanced™

Astragalus Advanced™ is in my opinion the best Astragalus product in the world. So I take it almost every day. Astragalus was one of the first herbs I ever learned about and had the chance to take. It is a true king among tonic herbs and is considered one of the primary Qi tonics in the world. It was the first pure extract of a single tonic herb that I ever made for commercial sale. One of my great herbal mentors, Peigen Xiao, gave me my first great boost with regards to Astragalus. Professor Xiao was at the time the Commissioner of Drug Approval for China, and a senior editor of the *Chinese Pharmacopoeia*. I met him on a flight from San Francisco to Beijing in 1993. He was very famous among herbalists, and thus I already knew him by reputation and by his writings. He was then the director of the *Institute of Medicinal Plant Development*, a huge herbal botanical garden and research center near Beijing, a branch of the Chinese Academy of Medical Sciences. He told me where the best Astragalus in China grows, based both on Di Tao tradition and on scientific studies conducted all around China and reported to his institute. Yanlin and I went to that growing area and bought two tons of freshly harvested premium Astragalus roots. We have made our Astragalus products with that same Astragalus for nearly 25 years now.

Two years later, Yanlin and I met the inventor of *Astragaloside IV*, the main active constituent of Astragalus root. We subsidized the Astragalus research at the China Pharmaceutical University Astragaloside lab for the next couple of years. Astragaloside IV has since been recognized as one of the premier immune modulators in all of herbalism and also is being studied because of its role in protecting (and maybe restoring) telomeres, the end-caps of our chromosomes. Protecting telomeres is believed to be a life-lengthening action.

Astragalus Advanced™ has the most *Astragaloside IV* of any product I know, per capsule and per dose. It contains 5% *Astragaloside IV* – a whopping 75 mg per dose (2 capsules). Typical Astragalus products in the United States contain 0.1 – 1% *Astragaloside IV*. Astragalus Advanced™ contains ALL the astragalosides and other constituents of premium Astragalus root. This is an extremely important herbal extract that I feel is of supreme importance to me.





# Duanwood Reishi

#514

\$36.00

In 1976, I started my studies with Taoist Master Sung Jin Park. He introduced me to Reishi mushroom. Back then, there was no such thing as a Chinese or Korean herb shop in America, so he took me to visit his Korean friend who happened to have a stash of Korean Reishi. I got some in chunk form and started brewing it for myself according to Master Park's instructions. Eventually I started an herb shop in my Venice California garage, which later evolved into a real herb shop on Abbot Kinney in Venice in 1988. Right then, I was able to obtain the first extracted, powdered, encapsulated version of log-cultivated Reishi available in America from *Jen On Products*. Simultaneously, a lot of information on Reishi started becoming available. It turned out that Reishi was considered in Asia to truly be the ultimate elixir, perhaps in the world. I was amazed at how important this herb is in Asian health culture. It has been the virtual symbol of longevity, peace of mind, protection, immunological resistance, wisdom and overall glowing health in the Far East for over 3,000 years!

As my herbal practice grew, I made up my mind to make sure that every one of my clients took Reishi everyday. Reishi mushroom has been and still is the bedrock of my practice and the ultimate evolution into Dragon Herbs.

In Asia, Reishi is King— it is revered as the ultimate tonic herb no matter where you go. All these years, I have been to China more than 100 times and have stayed there often for months on end. I have been to the White Cloud Taoist Temple (the mother of all Taoist temples in China), to the Shaolin Temple (the mother of all Zen Temples in the world), and to hundreds of herb shops and markets from Mongolia to the Philippines, from Tibet to Heaven Mountain. The temples have innumerable paintings and carvings of Reishi all over their grounds, indicating the importance of Reishi in the attainment of higher consciousness. They even serve Reishi soups and teas in their dining halls and restaurants. The White Cloud Taoist Temple is famous for its large centenarian population and Reishi is its key herbal supplement.



Duanwood Reishi is grown on remote, high mountain plantations. My earliest excursion to Changbai Mountain (1993 – just after China “opened up”) was for the purpose of visiting a Reishi farm. It was a revelation! The mushrooms are cultivated on logs cut from the forest. This is the preferred wood that Reishi grows on naturally in these forests. It is quite beautiful and awe inspiring to visit a Reishi plantation. Our Duanwood Reishi is grown without any fertilizers or chemicals. Only the mountain stream water and rain are used to irrigate the logs.

Reishi is a true natural wonder. It is a profound immune modulator with over 900 active constituents. As a “high order fungus,” it is not the kind of fungus that people are allergic to. It is a double-direction adaptogenic herb that modulates the immune and nervous systems, keeping these functional networks strong and balanced.

Reishi is the herb of wisdom. It is the “herb of good fortune.” It is the one herb that I must take every day of my life. For over 2,000 years, it has been called the “mushroom of immortality.” It is the herb the Chinese gods gave to humans so that they could achieve the most out of life. It is the ultimate Shen tonic.

So, even though there is Reishi in several of my favorite formulas, I take a few Duanwood Reishi capsules every day, no matter where I am or what I'm doing, as a booster. I am 100% compliant with Duanwood Reishi, and that will never change.





# Eternal Jing™

#116

\$45.00

I first created Eternal Jing™ as a broad-spectrum vehicle for deer placenta as a Jing tonic formulation. In all of Chinese herbalism, deer placenta is considered to be the most powerful Jing tonic, even more potent than deer antler. Our deer placenta comes from New Zealand, where it is carefully collected, monitored and prepared to the highest pharmaceutical (nutraceutical) standards. Eternal Jing™ is designed to be taken as a restorative to replenish both pre-natal and post-natal Jing. Pre-natal Jing is the Jing that I was born with, based on my parents' Jing. It is my life-force – my most precious inheritance.

*Pre-natal* Jing is very-very difficult to increase, while *post-natal* Jing can be restored much more easily. If I don't drain my *post-natal* Jing excessively, I won't need to tap into my deep *pre-natal* Jing reserves as frequently or as deeply during my life. This will allow me the chance to age more slowly and live longer. Building and protecting both kinds of Jing determines the power of my life and also determines my potential longevity. It is the true basis of healthy aging. When I finally run out of Jing, I will die. Jing is inner power, brain power, sexual power, athletic power and creative power. It provides the power of my breath and my heart. It supports my will power and my drive, including my will to live and my "will to become." It is the battery that drives my entire being.

Eternal Jing™ is a non-typical type of formula in the Dragon Herbs arsenal in that it is designed to be taken only intermittently. I personally consume 4 bottles per year, one bottle around each equinox and solstice. I consider it to be like recharging my batteries. Some people take it for 100 days to restore Jing, and that is the best way to rebuild a life-time of spent Jing. I did that. Now I've been on the *once-a-season* schedule for some years. I believe it restores my primal power and keeps me feeling young, clear and strong.

*Our life is like a candle.  
Our physical body is like the wax and wick - this is equated to Jing.*



#527

\$22.00

# Goji LBP-40™

What is there not to love about Goji? It is one of the world's most popular and famous tonic herbs for good reason. I have studied Goji in endless detail for fifty years and know that I want and need it every day. Several of my all-time herbal heroes consumed Goji as their main tonic herb - and they lived past 100 years of age. Li Ching Yuen, a great Taoist master and tonic herbalist, ate Goji berries every day for over a hundred years. Sun Si Miao, known as the "Herb King," drank a Goji elixir every day until he died at over one hundred years old. He was so strong and mentally sharp that he wrote one of China's greatest herbal classics *after* he was 100! I eat or drink Goji berries in one form or another every day. But as far as I'm concerned, I want more than I can actually consume.

Goji has several very important active constituents, and the LBPs (*Lycium Barbarum Polysaccharides*) are considered the most important for our immune system functioning, liver health, healthy sugar metabolism (insulin/IGF-1), healthy inflammatory response, healthy aging and longevity. Goji LBP-40™ is a very specific, targeted full-spectrum extraction of our Goji berries. This extract is carefully extracted so that it contains ALL of the active constituents of Goji, including its vitamin C precursor, betaine, and most importantly *precisely* 40% LBPs. There are 5 LBPs and together they protect our cells and our youthfulness. They protect our eyes and skin and prevent bad things from happening throughout the body. Goji is a good-mood tonic. Numerous studies have shown that exactly 40% LBPs is the right balance – too high or too low a ratio diminishes the benefits. I feel that Goji LBP-40™ brightens and strengthens my life force every day.





# Golden Air™

#151

\$23.00

My mother had tuberculosis when she was a young woman. She recovered after a two-year battle for her life. When I was born 10 years later, I tested positive for TB. Though I never had any symptoms, it was a concern during my childhood. To top it off, my father died from lung cancer at a relatively young age (he smoked a pipe). I live in Los Angeles, which is not pristine, though living where I do, in the higher altitude hills surrounded by nature and trees, is helpful. I have always believed that it is best to cover your weaknesses in life. Obviously, my lungs have always been a target of my attention. Furthermore, as I have learned in many ways, "breath is life." Almost all of us have heard of his famous Zen koan: "What is the sound of one hand clapping?" It was the great Zen master Hakuin who created this koan. His practices still form much of the core of Zen Buddhism as it is practiced in Japan and around the world today. Hakuin also taught a meditation routine that included these words:

*"Upon a single breath repeat three times the words: 'Of the essentials of preserving life, nourishing the breath has no peer. When the breath is exhausted the body dies.'"*

All the gurus and masters throughout history have concurred and present the same simple truth. It is clear that every spiritual practice on earth has involved deep breathing, whether it be through breath control, chanting or the singing of hymns or sutras. I believe that mastering one's breath is a key to mastering life. Through our breath, we can control our emotions. As a practitioner of Asian-style "life cultivation," and "Taoist inner yoga," I know that my lungs are the primary organ system that produces Qi in my body. This Qi feeds my consciousness and my life force.

I consciously and proactively nurture my lung health, breathing power and breath-control every day of my life. I do about 15-30 minutes of concerted, focused deep breathing every day, sometimes much more (weekends and vacations). To support this, I take tonic herbs that benefit my lungs every single day. Golden Air™ is my



go-to foundation of tonic herbalism for my lungs and breathing. You might as well know, I originally made this formula for myself. I have a deep appreciation for *Tibetan Rhodiola*, *Schizandra*, *Astragalus* and *American Ginseng*, all of which are profound lung tonic herbs – undoubtedly at the top of the class in the entire world. Tibetan Rhodiola increases oxygen assimilation. Schizandra extracts oxygen from air in my lungs and helps keep my lungs moist, clear, clean and in tip-top shape. Astragalus root enhances breathing power and strengthens my diaphragm. This formula provides me with the herbal sustenance I need to support the tissues of my respiratory system and to protect me. Taking this formula gives me great confidence. I often do my breathing routines 30 minutes after taking Golden Air™. Then I chant: 'Of the essentials of preserving life, nourishing the breath has no peer. When my breath is exhausted my body will die.' Then I take multiple deep breathes.

*Note: Note: sometimes I take a bottle of Young Lungs home with me, especially during the long dry summer months in Southern California, as Young Lungs is slightly more oriented to keeping the lung tissues moist.*





# High Mountain Shilajit™

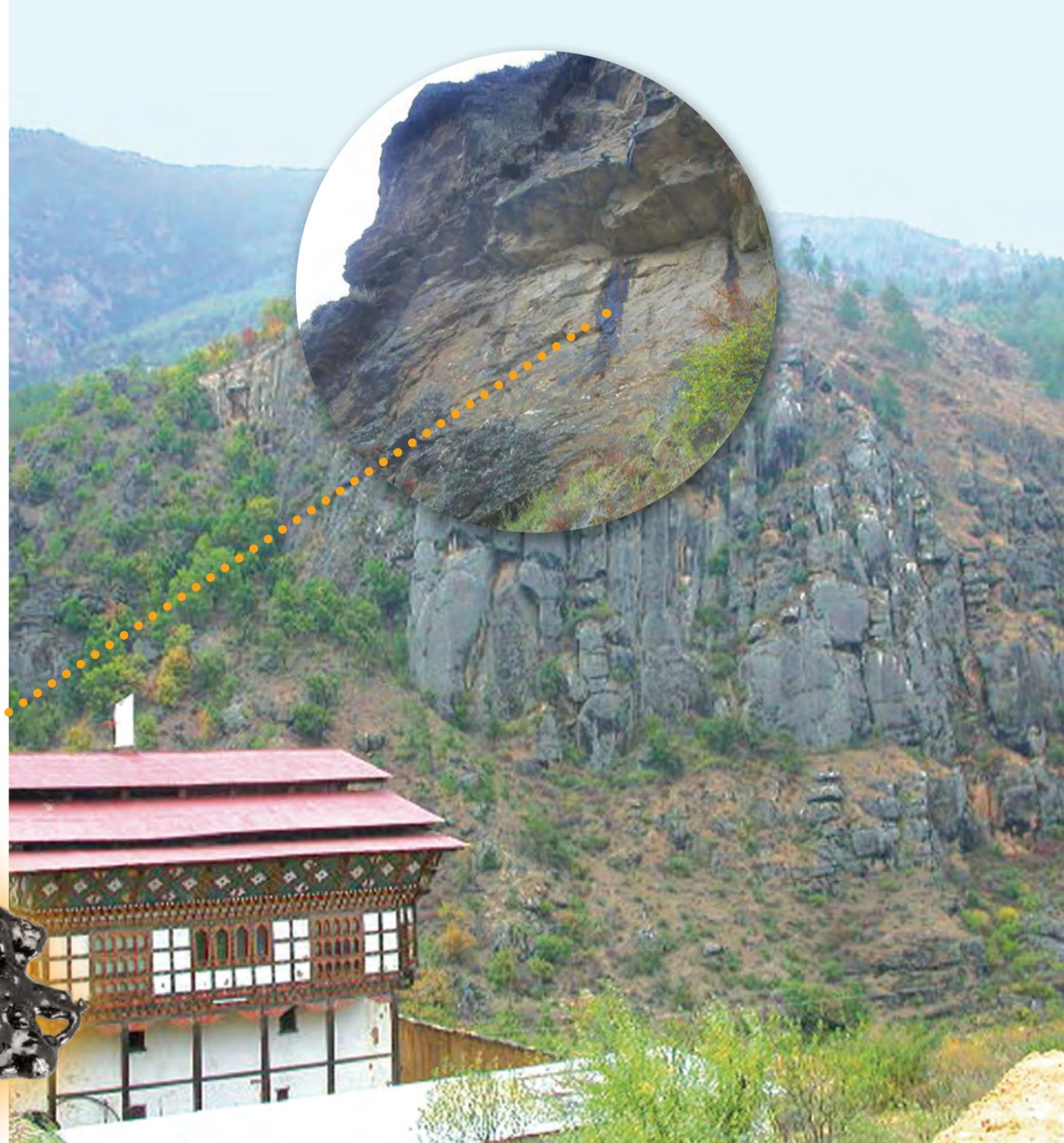
#526

\$39.00

In Ayurvedic, Himalayan and Russian herbalism, Shilajit is considered to be the epitome of life-enhancing substances. It is considered to be the most powerful antioxidant on earth and it detoxifies the body more effectively than any other substance. It activates and enhances all other tonic herbs. I have known about Shilajit for about 25 years now. Of all things on earth, I have probably spent as much time hunting for premium Shilajit as for any other herb or dietary supplement.

The only problems with Shilajit, and of this I am quite an expert, is that much of the Shilajit sold in the world market is bogus, and much of it is impure or contaminated. Shilajit is an exudate that leaks from the earth. Detritus falls into steamy cracks in the earth where it percolates and ferments for hundreds, thousands, or tens of thousands of years, then oozes to the surface, usually a cliff that exposes the treasured veins of Shilajit. High altitude Himalayan or Heaven Mountain Shilajit are considered to be the best in the world, but supplies have been inconsistent due to the danger of collecting it and the huge demand for Shilajit in the domestic Himalayan and Indian markets. Our Shilajit is tested multiple times for authenticity and purity. It is exceptionally potent and clean.

I believe Dragon Herbs has always offered superb Shilajit from very reliable sources, but for one reason or another the supplies have all-to-often stalled. Luckily, for the past 5 years we have had a remarkable source with which I am overjoyed. It is 100% reliable and awesome. I take a couple of capsules of our Himalayan High Mountain Shilajit every time I take my herbs at my home elixir bar, which is every morning and night.





# Super Adaptogen™

#186

\$23.00

This was the first complex *formulation* I ever made in China. Originally, I made this formula for a multi-level marketing company to be sold as a concentrated *liquid* tonic which was known as Emperor's Chi. It contained all 15 of the major longevity tonic herbs from China that were available at the time, 1993. I separated from the multi-level company before the product hit stride, but I am told it sold over several million bottles over the next two years. To say the least, it was very, very popular throughout the United States. And deservedly so - it contained the who's who of tonic herbs in a rich concentration.

Super Adaptogen™ is the exact same product, only now we offer it as a concentrated powder in a capsule. Because it contains virtually every major tonic herb, brewed together into an alchemical blend, I take it several times a week to cover every base.

Back in 1993, while we were developing the Emperor's Chi (Super Adaptogen) blend, I was at our old (first) factory, the "Fuzhou Traditional Herb Factory." These types of formulations are actually made in large stainless steel extraction tanks that hold over a ton of raw herbs, but in those days the test batches were done in small cauldrons (nowadays, test batches are done in modern laboratories with ultra-modern equipment). I had some real fun stirring the pot, literally, of the first test-batch of Super Adaptogen while I explained on video the principles of Chinese tonic herbalism. Yanlin was my cameraperson. We will post the video on our website in weeks to come.



# Super Ant™

#503

\$34.50

I first learned about Mountain Ant as a tonic supplement around 1994. I was in Hong Kong. As I want-to-do every day I have ever spent in Hong Kong, I explored every herb shop that I came across (which, in Hong Kong, means almost every block). I discovered that there were at least a dozen popular products that were Ant-based. With names like "Every Young," and "King Ant," I was very attracted. From the first day I ever took an Ant elixir, I knew I had found something extraordinary. I bought them all, and read all the packing slips which told the story and science of Ant in some detail (there was no internet quite yet).

Ant is a powerful energy tonic that I can really feel on both a short and medium-term basis (I don't know about long-term because I take other great Qi tonics every day). That year, when Yanlin and I went on our first adventure to Changbai Mountain and to its Duanwood Reishi and Ginseng plantations, we found out that the ants used in the tonics are sourced from the Ginseng plantations of Changbai Mountain. The ants live symbiotically with the Ginseng. I arranged to buy 25 kg - and just like that, I was in the Ant trade!

A number of years later, we learned that Ant could be extracted in the same way that herbs were extracted, making it in some ways much more potent. I wasn't sure if I personally wanted to consume my Ant as a raw material or as an extract. I couldn't decide which was better. So we made the Ant extract, which naturally yielded out at a 10:1 concentrate ratio, and combined it 50:50 with raw ground Ant. Ah, this product has no equal! 'Tis perfection! Every day? Absolutely, a couple of capsules, sometimes more.

*"Ginseng is the king of herbs,  
but Ant is the herb of kings"*

- so it is said in Ginseng/  
Ant country.





# Super Pill No. 1™

#104

\$52.00

Super Pills™ are special formulations. They combine cutting edge superior herbalism with advanced nutraceuticals derived primarily from these same supertonics or related plants. I personally consider the Super Pills™ to be the most advanced dietary supplements that can be produced.

There are three official Super Pills™ in the Dragon Herbs line up. I personally take each of our three Super Pills in rotation throughout my week, and sometimes more often. Super Pill №1 allows me to consume several of the strongest tonic herbs in the world, plus the highly active nutraceuticals derived from them. To be specific, Super Pill №1 contains both Gynostemma leaf extract and *Gynostemma leaf saponins*. These saponins, called *gypenosides*, are Gynostemma's version of the *ginsenosides* found in Ginseng, the *eleutherosides* found in Siberian Ginseng, or the *astragalosides* found in Astragalus. Gynostemma saponins have been found to have a particular action that enralls me. The full complex of gypenosides has powerful whole-body anti-inflammatory actions that protect the body against *inflammaging*, that is, the general aging and degeneration of the body due to chronic non-specific low-grade inflammation. These *saponins* are the functional basis of Gynostemma, one of the greatest herbs in the world.

In the areas where Gynostemma is natively collected and consumed, there are more centenarians (100-year-old people) per capita than anyplace else on earth. Gynostemma combats *aging*. Though I drink Spring Dragon Longevity Tea a few times a week, Super Pill №1 is my booster rocket. It also contains Goji extract, Goji LBP-40 (described earlier), Tibetan Rhodiola, and Duanwood Reishi extracts. This is a Super Pill indeed.



#105

\$99.00

# Super Pill No. 2™

For the past few years Super Pill №2™ has been one of Dragon Herbs' most popular tonic capsules. It is special on so many levels. The herbal components (Astragalus, Gynostemma, He Shou Wu and Tibetan Rhodiola) are all made by FITT™ eeTee™ technology. This is the most advanced herbal extraction technology I know of on the planet. It preserves the full range of naturally occurring components exactly as they are in the raw herb as they come from the earth. Of course each herb has been prepared according to traditional means before the FITT extraction so that the components are all there and there are no wrong components. I admire FITT with all my heart and knowledge.

The nutraceutical components in Super Pill №2™ are particularly wonderful: *Astragaloside IV* (described earlier in Astragalus Advanced™), Pure-Trans-Resveratrol™, and *Gypenosides* (described in Super Pill №1). Other companies sell *Astragaloside IV* at many times the price of Super Pill №2, and *Resveratrol* is widely recognized as one of the premier anti-aging/protective nutraceuticals in the world, and ours is naturally derived. I take Super Pill №2™ at least 2 or 3 times a week or more. I also consume Pure-Trans-Resveratrol capsules to boost the amount of Resveratrol I consume.





# Tao in a Bottle™

#161

\$29.00

Tao in a Bottle™ is a novel anti-stress formulation. 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 relaxation and supports mental alertness and focus – a perfect Yin and Yang balance. In other words, Tao in a Bottle™ enhances my mental sharpness and simultaneously helps me stay calm, but does not cause any sense of drowsiness. I take it in the morning and I can take it at night.

The real reason I take it, now that I’ve explained what I consider its happy “side effects,” is that it makes me feel good. I feel balanced and content. I work hard, with lots of people, and I spend my day juggling 100 projects. When I take Tao in a Bottle™ in the morning, I never feel close to getting edgy or short tempered or depressed. Tao in a Bottle™ is an anti-stress formula of the highest order I can

contemplate. It’s not at all like taking a sedative like kava or valerian. It works in a different way. It is mostly made up of world class adaptogenic herbs that have long term benefits on my adrenals and nervous system. Stress can really hurt people, but it’s ultimately not usually the stress that hurts – it’s the *stress response*. Tao in a Bottle™ helps maintain a strong, adaptive, centering stress response even when you don’t know the stress is about to ramp up.

The main active ingredient of Tao in a Bottle™ is the amino acid **L-theanine**, naturally derived from green tea. 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.**

I take Tao in a Bottle™ because it protects me from the silent dangers of chronic stress. Chronic stress can wear you out and make you age. Tao in a Bottle™ mitigates the possible over-response of the adrenals to stress and curtails long term excessive response. So Tao in a Bottle™ reduces the amount of Jing I spend on insipid stress. My Jing is my life force, and I want to preserve it.

Most L-theanine in the American market is not from green tea, but are produced by yeast in fermentation tanks. L-theanine derived from its real source, green tea, 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. And 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.

Tao in a Bottle™ was the first herbal product in America to use L-theanine. Since then many companies have produced L-theanine-based “anti-stress” products. But look at them – they all miss the mark. They’re not working on stress at its fundamental level, only a symptomatic level. They combine the L-theanine with herbs like chamomile, valerian root or kava kava that have a strong sedative action. You shouldn’t take those herbs and drive or use dangerous machinery. Tao in a Bottle™ is the only truly adaptogenic formula I know of that combines L-theanine with adaptogenic herbs, and to me, that’s a super-winner.





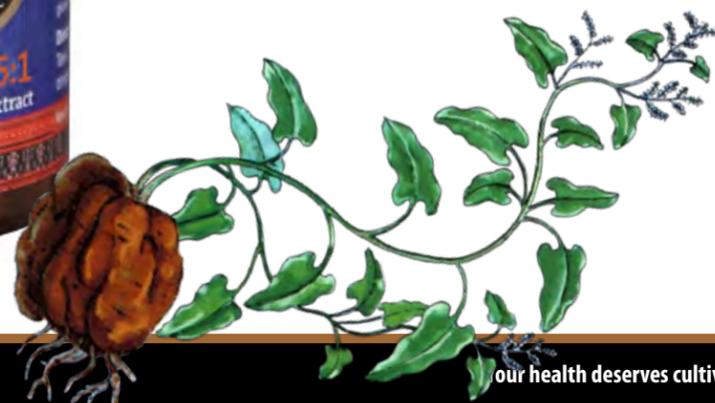
# TomKat™

#560

\$42.25

*Tongkat Ali*, the main ingredient in TomKat™ is an herb from Southeast Asia and Indonesia. It is a very well-known men's sexual tonic and immune modulator. It is a primal formula that I would not recommend to a monk. Sumatran Tongkat Ali is considered the best in the world. Our Tongkat Ali is sustainably grown in the middle of the Sumatran jungle 6 hours away from the nearest civilized outpost. Each 20-year-old tree that is harvested is replaced with a new young Tongkat Ali tree. Our supplier works in harmony with a very ecologically focused university to maintain jungle ecosystems. The Tongkat Ali is extracted to a 125:1 ratio (very powerful), and that extract is combined by us with *Changbai Mountain Ant* and *He Shou Wu* extract. The older the He Shou Wu roots, the better it is. Dragon Herbs' He Shou Wu extract is made from 8-year-old He Shou Wu roots (very mature, and very powerful). Virtually all He Shou Wu sold in America is made from 1-year-old roots (by our standards, immature and weak). When our He Shou Wu roots are harvested, they are prepared by steaming in black bean soup to eliminate the side effects of raw He Shou Wu and to bring out the tonic effects.

I typically take 4 capsules of TomKat™ about 25 days a month, then lay off for 4 or 5 days. That's exactly one bottle a month. TomKat™ has contributed to my life on so many levels! Some people younger than me only take 2 capsules a day. I am so blessed to have found this amazing herb and to have been able to produce TomKat™ for the past 15 years.



#148

\$23.00

# Young at Heart

All of the herbs in this formulation protect the cardiovascular system. They help maintain healthy cardiovascular tissue and promote smooth blood flow. Young at Heart is a tonic formulation for healthy individuals who wish to maintain their healthy heart. I take 2 or 3 capsules most days of the week, sometimes twice. I made this formula for me and gladly share it with you. It contains the greatest herbs I know of for cardiovascular health.



*A tonic formulation for healthy individuals who wish to maintain a healthy heart.*



That's it. I have revealed the contents of my Spinner Number 1 on my home elixir bar. Actually, at my home elixir bar, I have 3 spinners for my encapsulated powdered tonic extracts (Signature Line, Single Herb line, Super Pill™ line), a spinner for my Dragon Drops™, a spinner for other encapsulated formulations, a shelf zone for my eeTee™ powders and a zone for superfoods like Tonic Alchemy™, Brazilian Magic™, Never-Say-Die™, Hydrilla, Cocoa, honey and Activated Curcumin powders, which I use to make blender drinks. And Yanlin has a spinner for her favorite capsules, besides those we share. Here is a picture of my home elixir bar –





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deserves  
cultivation™

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