



ALERT TCM

Clarity / Focus / Energy / Appetite Control



ALERT TCM – Clarity, focus and a calm energy is what you can expect from this combination of natural herbal extracts loaded with anti-oxidants. Experience a variety of healthful benefits in a unique Traditional Chinese Medicine Formula.

INGREDIENTS: *Green Tea Extract, Lion's Tail Extract, Rhodiola Root Extract, Cynomorium Songaricum Extract and Curculigo Rhizome Extract.* 250 mg per capsule.

Green Tea Extract (EGCG):

1. **Powerful Antioxidant** -- EGCG, a Green tea extract contains a powerful antioxidant, 200 times more potent than vitamin E.
2. **Cancer Prevention** -- Tea has long been linked to a lower risk of stomach, colon and breast cancer. Current lab studies find that chemicals in tea actually may stop cancer growth.
3. **Reduces Heart Disease** -- Major studies have found that polyphenols in Green tea extract helps prevent the clogging of arteries and reverses poor arterial functioning which can trigger heart attacks and strokes. A 10-year study showed men who consumed antioxidants called catechins were 50% less likely to die of ischemic heart disease, caused by narrowed clogged arteries. Dr. Joseph Vita of the Boston University School of Medicine, had heart patients drink either plain water or four cups of Black tea daily. Within a month, impaired blood vessel functioning improved approximately 50% in the tea drinkers.
4. **Weight loss & Fat Burning** -- Green tea extract helps the process of thermogenesis, aiding the metabolism of fat. It works without increasing the heart rate that is most often associated with other fat burners. It also works without causing jitters and other unwanted side effect.
5. **Stimulates the Immune System** -- Potent antioxidant strength, Green tea extract is a powerful immune system booster.

Rhodiola Rosea Extract : Rosavin and Salidroside

1. **Boosts Mental State** -- Extracts of Rhodiola Rosea enhance the transport of serotonin precursors tryptophan and 5-hydroxytryptophan into the brain. Serotonin is a widely studied brain neurotransmitter chemical involved in many body functions. An imbalance of serotonin has been linked to various abnormal mental states such as clinical depression.
2. **Improves Overall Performance** -- improves the ratio of muscle to fat and increases hemoglobin and erythrocyte levels in the blood.
3. **Improves Immunity** -- Rosavins stimulate the immune system in two ways: First, by specific direct stimulation of one of the most important types of immune cells, Natural Killer (NK) Cells. NK cells seek and destroy infected cells in the body. Rhodiola extract normalizes the immune system by improving T-cell immunity. It has been shown to increase the body's resistance to toxins that may accumulate during infection development. Secondly, Rhodiola extract can enhance B cell immunity making the body less susceptible to stress. When we are chronically exposed to stress that continually robs energy from other systems, the effect is a lowered immune response and decreased health.
4. **Protects & Strengthens Cardiovascular Function** -- Rhodiola Rosea extract has been shown to moderate stress-induced damage and dysfunction in cardiovascular tissues. Treatment with Rhodiola Rosea extract prevents the decrease in cardiac contractile force secondary to environmental stress in the form of acute cooling and contributes to stable contractility. Pretreatment with Rhodiola Rosea extract appears to create a beneficial adaptive response in this type of stress. Administration of Rhodiola Rosea extract also protects cardiovascular tissue from stress-induced catecholamine release and mitigates adrenaline-induced arrhythmia.
5. **Potent Antioxidant** -- Rhodiola Rosea has potent antioxidant properties. By limiting the adverse effects of free radical damage, it is able to combat diseases associated with aging.
6. **Anti-Cancer Activity** -- Administration of Rhodiola Rosea extract appears to have potential as an anti-cancer agent. Supplementation with Rhodiola Rosea extract inhibits the growth of tumor, decreased metastasis to the liver and extended survival times. Administration of this extract also directly suppressed the growth of and the extent of metastasis from the tumor.
7. **Sexual Enhancement** -- Rhodiola Rosea extract has been used to enhance sexuality for years in Russian and Far East cultures. A clinical trial showed 74% of patients recognized a substantial improvement in sexual function from treatment.
8. **Memory Boost** -- A placebo-controlled study of Rhodiola Rosea extract's effect on intellectual performance employe 120 subjects who took a proofreading test. The Rhodiola Rosea group experienced significant improvement in their scores while the control group did not.

Rhizome Curculiginis:

Curculiginis is used in Chinese formulas as the so-called "yang" tonic formulations to warm up kidney function, **strengthen sexual function**, treat infertility in both men and women, treat urinary incontinence, **low back pain** and weakness in the legs and to strengthen the general constitution of one who is growing feeble. Rhizome curculiginis alcohol extract has been shown to **strengthen resistance to environmental stress** such as high temperature and lack of oxygen while offering calming, anti-oxidant and strengthen immunity and endocrine function.

Lion's Tail Grass:

The active component in Lion's Tail Grass is Leonurine: an **excellent heart tonic** that has been shown to calm palpitations, tachycardia and irregular heartbeats. It is a specific remedy for tachycardia caused by anxiety and may be used in all heart conditions associated with anxiety and tension. Leonurus has a host of special **benefits for women**. For menopausal women, Leonurus will **balance hormones, moderate mood swings and ease hot flashes, depression and heart palpitations**. It is valuable in the stimulation of suppressed or delayed menstruation. Leonurus quiets nervous irritability, helps restore emotional balance when feeling stressed and soothes /strengthens the entire nervous system. Leonurus is a **gentle heart tonic and strengthens the heart and circulatory system**. Tests conducted in China have shown Leonurus' ability to relax the heart and **prevent internal blood clots** that can trigger heart attacks. German tests show Leonurus sedative action and Russian researchers found that it contains elements that **reduce blood pressure**.

Directions: 1 in the am / 1 in the afternoon or as needed. Effective within 30 minutes. Safe, proven herbal extracts. **No stimulants / ephedra!**