



LIFE^{x5} Herbal Blend

One of the most potent formulas of its kind in the world. Formulated with five powerhouse adaptogen herbs backed by years of scientific research on extending the human life span. Assists with and helps support the body with nourishing, toning, and protecting the body, leading to enhanced health and well-being. LIFE^{x5} delivers a peaceful sense of energy throughout your whole body, unlike the energy burst one would get from chemicals or caffeine.

suggested usage

To start, take ½ teaspoon of dry LIFE^{x5} Blend (brewing is not necessary) in preferred carrier method before breakfast for 7 days. See how your body responds to this usage.

If you feel you need more energy, add an additional ½ tsp before lunch for an additional 7 days. If you feel you still need more energy, you can add an additional ½ teaspoon before breakfast.

Do not take after lunch as it produces energy that may interfere with sleep if taken later in the day.

Preferred Carrier Methods

The Shot: Add ½ teaspoon mixed with 1 to 2 ounces of water, fruit juice, or almond or coconut milk.

In a Smoothie: Add ½ teaspoon to a Smooth Vitality or Green Vitality smoothie.

Encapsulated: Pack into a “00” capsule and take 1 capsule 2 to 3 times per day.

The Tea: Place ½ teaspoon into a cup, add boiling water and steep for 7 to 10 minutes.

disclaimer

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.



certified organic ingredients

Ashwagandha Powder, Astragalus Powder, Maqui Berry Powder, Schisandra Berry Powder, and North American Rhodiola Powder

availability

2.5 Ounces



reasonable cautions

Take as suggested. This is an adult blend and is not recommended for children. Do not take after lunch as it produces energy that may interfere with sleep if taken later in the day. Consult Physician or Medical Practitioner before taking this product, especially if pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.

ingredient highlights

Ashwagandha Powder *Withania somnifera*

One of the most powerful herbs in Ayurvedic healing, ashwagandha, has a wide range of activity that promotes physical and mental health, body rejuvenation, and longevity. [1] In 2012, the Faculty of Sports Medicine and Physiotherapy at India's Guru Nanak Dev University conducted an eight-week study in which forty elite cyclists supplemented with ashwagandha. By the study's conclusion, significant enhancements in both cardiovascular and respiratory endurance were reported. [2] Perhaps even more importantly, research out of Malaysia found that when ashwagandha root extract was regularly administered to persons receiving chemotherapy, it had potential to relieve related fatigue and improve their quality of life. [3]

Astragalus Powder *Astragalus membranaceus*

Polysaccharides (complex sugar molecules) found in the root of astragalus contribute to its immune-enhancing effects. The immune-enhancing properties of astragalus seem to be particularly useful in cases in which the immune system has been damaged by chemicals or radiation. A 1988 University of Texas System Cancer Center study of immuno-depressed mice found astragalus reversed T-cell abnormalities caused by radiation. [4]

Maqui Berry Powder *Aristotelia chilensis*

The berries, which are a deep, rich, vibrant purple color, get their color from a pigment called anthocyanin. Much more than just a source of color, anthocyanin is resistant to redness and responsible for much of the antioxidant power in maqui berries. [5]

Schisandra Berry Powder *Schisandra chinensis*

The lignan components in schisandra possess pronounced liver protectant effects. The active principles appear to be the lignans wu-wei-zu C, shisantherin D, deoxygomisin A, gomisin N, and gomisin C. The presence of 1 or 2 methylenedioxy groups appear to be important in hepatoprotection. [6] In China, the berries are used to treat mental illnesses, such as depression. It is also used to treat irritability and memory loss. [7] A phenolic-rich component from *S. chinensis* may be beneficial in the prevention and treatment of neurodegenerative conditions, such as Alzheimer disease, Parkinson disease, and Huntington disease, as noted by a dose-dependent reduction in H₂O₂-induced cell death in SH-SY5Y cells. [8]

North American Rhodiola Powder *Rhodiola rosea*

Soviet scientists have long known that this native herb—particularly the species known as *Rhodiola rosea*—can boost energy and treat mental fatigue, along with other conditions. [12] It is believed that rhodiola enhances the body's tolerance to stress by influencing key brain chemicals, such as serotonin and norepinephrine, and natural feel-good opioids such as beta-endorphins. [13]

References

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