

# Energy Xtra

## Adaptogen formula for physical and mental stamina<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Physical and mental stamina support<sup>†</sup>

### BENEFITS

- Helps promote energy, enhance stamina and reduce mild fatigue<sup>†</sup>

### FEATURES

- Contains adaptogens that support stamina and encourage healthy adaptations to stress<sup>†</sup>
- Made with high-quality ingredients backed by verifiable science

### VERIFIABLE SCIENCE

Adaptogens have long been associated with enhancing stamina and reducing mild fatigue. They encourage both physical work capacity and mental performance. Often referred to as tonics, they have mild and diverse effects on physiology, supporting immune, cardiovascular and endocrine functions.<sup>1-7</sup>

At the same time, they help the body to adapt to and cope with occasional stress, primarily by supporting the hypothalamic-pituitary-adrenal (HPA) axis.<sup>1-3</sup> Panax ginseng promotes endurance and stamina, while also promoting cognitive, cardiovascular and immune function.<sup>4,5</sup>

Ashwagandha is recognized for supporting healthy stress responses and cognitive function.<sup>5</sup> Rhodiola and eleuthero are traditionally associated with rejuvenating effects and the ability to promote endurance.<sup>7†</sup>

### SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with or between meals, or as directed by a health professional.

### STORAGE

Store in a cool, dry place.

### WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

### SOURCE

- Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 2.5% withanolides
- Asian ginseng extract is derived from *Panax ginseng* root and standardized to contain 5% ginsenosides
- Eleithero extract is derived from *Eleutherococcus senticosus* root and standardized to contain 0.8% eleutherosides
- Rhodiola extract is derived from *Rhodiola rosea* root and standardized to contain 3% total rosavins and 1% salidroside

### NOTES

Size 00 caps

Bottle counts 60, 120

Order codes EX26, EX21

Bottle sizes 190 cc, 290 cc

### REFERENCES

1. Bystritsky A, Kerwin L, Feusner JD. *J Altern Complement Med.* 2008 Mar;14(2):175-80.
2. Cooley K, Szczurko O, Perri D, et al. *PLoS One.* 2009 Aug 31;4(8):e6628.
3. Spasov AA, Wikman GK, Mandrikov VB, et al. *Phytomedicine.* 2000 Apr;7(2):85-9.
4. Amato M, Izzo A, Nocerino E. *Fitoterapia* 2000;71:S1-S5.
5. Kim HG, Cho JH, Yoo SR, et al. *PLoS One.* 2013 Apr 17;8(4):e61271.
6. Umadevi M, Rajeswari R, Rahale CS, et al. *The Pharma Innovation.* 2012. 1(9); 102-110.
7. Panossian A, Wikman G. *Curr Clin Pharmacol.* 2009 Sep;4(3):198-219.

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## SUPPLEMENT FACTS

**1 capsule daily, with or between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% ginsenosides)	200 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**Not to be taken by pregnant or lactating women.**



Energy Xtra	Quantity	Order Code
	120	EX21
	60	EX26

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.