



Eleuthero 0.8% E&B

INTRODUCED 1998

What Is It?

Eleuthero, traditionally viewed as a harmonizing herb, may help the body adjust in times of mental, physical, and metabolic stress.*

Uses For Eleuthero 0.8% E&B

Stress Support: *Eleutherococcus senticosus*, or eleuthero, is used as an adaptogen in times of stress. By supporting healthy adrenal hormone function, namely corticosterone, the herb helps the body respond to mental and physical stress. Eleuthero may support physical working capacity, as suggested in clinical studies. In addition, eleuthero supports the immune system.*

What Is The Source?

Eleuthero extract is derived from *Eleutherococcus senticosus* root and standardized to contain 0.8% eleutheroside E and B.

Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At high doses, eleuthero has been associated with fatigue, anxiety, breast pain and uterine bleeding. There have also been rare reports of heart palpitations, tachycardia, and hypertension. Individuals with cardiovascular disorders should be monitored carefully. Long-term use has been associated with nerve inflammation and muscle spasms. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Eleuthero may be contra-indicated with blood thinning medications. There is evidence that eleuthero can affect the way that the liver breaks down medications metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Individuals on anti-diabetes medications may require blood glucose monitoring. Consult your physician for more information.

Eleuthero 0.8% E&B

each vegetable capsule contains  v 2

Eleutherococcus senticosus extract..... 250 mg
(standardized to contain 0.8% eleutheroside E & B)

1-2 capsules per day, in divided doses, between meals.

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

For educational purposes only. Consult your physician for any health problems.