



Energy Xtra

INTRODUCED 2008

What Is It?

Energy-Xtra offers a blend of key adaptogenic herbs for enhancing mental and physical work capacity and stamina.*

Uses For Energy-Xtra

Energy and Stamina: Adaptogens have long been associated with increasing energy, enhancing stamina, and reducing fatigue. They encourage physical work capacity and mental performance. Often referred to as tonics, they have far reaching effects on overall physiological health, supporting immune, cardiovascular, and endocrine functions. At the same time, they help the body to adapt to and cope with stress, primarily by supporting the hypothalamic-pituitary-adrenal (HPA) axis. Specifically, cordyceps is used for strengthening the immune system and promoting longevity. Ashwagandha is recognized for encouraging resistance to environmental stress, immune function, and cognitive function. Rhodiola and eleuthero are traditionally associated with rejuvenating effects and the ability to promote endurance. The invigorating effects of schizandra are attributed to support of mitochondrial function and cellular energy.*

What Is The Source?

Ashwagandha extract is derived from *Withania somnifera* root and standardized to contain 5% withanolides. *Cordyceps sinensis* is derived from certified organic mycelia. *Eleutherococcus senticosus* extract is derived from the root and standardized to contain 0.8% eleutheroside E&B. Schisandra extract is derived from *Schizandra chinensis* berry and typically contains 9% schisandrins. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidroside. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. In rare cases, certain ingredients have caused nausea, heartburn, headache, fatigue or skin rash. Eleuthero has been associated with palpitations, tachycardia or hypertension in individuals with cardiovascular disorders. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Certain ingredients may be contraindicated for individuals taking benzodiazepines or CNS depressants. Ashwagandha and cordyceps are not recommended for individuals taking immunosuppressant medications. Schisandra and eleuthero may alter the metabolism of medications metabolized through the CYP3A4 or CYP2C9 pathways, including blood thinning medications. Consult your physician for more information.

Energy Xtra

two vegetable capsules contain  v 00

ashwagandha (<i>Withania somnifera</i>) extract (root).....	400 mg
(standardized to contain 5% withanolides)	
cordyceps <i>sinensis</i> (mycelia) (certified organic).....	400 mg
eleutherococcus <i>senticosus</i> extract (root)	250 mg
(standardized to contain 0.8% eleutheroside E&B)	
schisandra (<i>Schizandra chinensis</i>) (berry).....	100 mg
rhodiola <i>rosea</i> extract (root)	100 mg
(standardized to contain 3% total rosavins and min. 1% salidroside)	
other ingredients: organic brown rice, hypo-allergenic plant fiber	
2-4 capsules per day, in divided doses, with or between meals.	

Not to be taken by pregnant and lactating women.

*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.