

# Pure Vitality - Sustained Energy Tincture

## DESCRIPTION

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### Sustained, Clean Energy From Nature's Most Powerful Adaptogens

Not all energy is created equal. Stimulants like caffeine deliver a sharp spike followed by a crash. Our **Energy Tincture** works differently — seven of the world's most revered adaptogenic herbs work together to optimize your body's own energy-producing systems, normalize stress hormones, enhance mitochondrial function, and deliver hours of focused, sustained energy without jitters, crashes, or dependency.

This is the formula for those who want to perform at their peak — mentally sharp, physically strong, and emotionally resilient — day after day.

### What This Tincture Is Made For

- Chronic fatigue and low energy
- Stress-induced burnout and adrenal exhaustion
- Athletic performance and endurance
- Mental clarity and focus under pressure
- Hormonal energy support (thyroid, adrenals, reproductive)
- Morning energy and motivation support

### The Formula — Ingredient Breakdown

**Siberian Ginseng (*Eleutherococcus senticosus*)** — One of the most researched adaptogens on earth. Soviet research on thousands of subjects demonstrated its ability to enhance physical endurance, reduce stress errors, and improve recovery time. Unique eleutherosides support adrenal function and stress hormone normalization.

**Eleuthero Root (*Eleutherococcus senticosus*)** — Working synergistically with Siberian Ginseng as the same plant's root preparation, Eleuthero Root specifically improves oxygen utilization efficiency — allowing muscles and the brain to do more work on the same amount of energy.

**Maca (*Lepidium meyenii*)** — The ancient Peruvian superfood used by Inca warriors before battle. Maca provides hormonal energy support through the HPA axis, builds physical stamina, improves mood and motivation, and delivers exceptional nutritional density including complete amino acids, iron, and B vitamins.

**Holy Basil / Tulsi (*Ocimum tenuiflorum*)** — The "elixir of life" in Ayurveda. Holy Basil reduces cortisol while simultaneously improving energy — a unique combination that prevents the adrenal burnout that accompanies high performance. It adapts the body to stress rather than masking it.

**Rhodiola Rosea (*Rhodiola rosea*)** — Arctic Root, studied in over 180 clinical trials. Rhodiola specifically reduces mental fatigue, improves concentration speed, reduces burn-out symptoms, and enhances aerobic capacity. Its rosavins and salidroside are the benchmark active compounds for adaptogenic quality.

**Gotu Kola (*Centella asiatica*)** — The "herb of longevity" from Ayurveda. Gotu Kola improves cerebral circulation, stimulates nerve growth factor, and provides focused mental energy without stimulation. A perfect partner to the adrenal adaptogens — it handles the cognitive energy while they handle the physical.

**Panax Ginseng (*Panax ginseng*)** — The emperor of all tonics. Ginseng is the supreme Qi tonic of TCM, studied for centuries and in thousands of modern studies. It powers up every system in the body — from immune to cognitive to hormonal — making it the cornerstone of any serious energy formula.

## How to Use

Take 1–2 droppers (1–2 ml) in water or juice, 1–2 times daily. Best taken in the morning and early afternoon. Do not take after 4pm as it may affect sleep in sensitive individuals. For best results, cycle 6–8 weeks on, 1–2 weeks off.