









BENEFITS

- Supports the body's ability to adapt to stress
- · Supports healthy circulation
- · Increases stamina
- · Alleviates motion sickness
- · Promotes calmness

Product Fact Sheet Wu Chia Pi (Siberian Ginseng)

A WARMING HERB THAT CAN HELP SUPPORT BONES, JOINTS, STAMINA, AND THE IMMUNE SYSTEM.

For over 2,000 years, Wu Chia Pi has been used in traditional Chinese medicine, where it is valued as a bittersweet "warming herb." This single herb traditionally has been used in various tonics and beverages for its adaptogenic (normalizing) effects on the bones and joints. Other adaptogenic effects include increasing resistance to environmental stress, such as exposure to high temperatures and conditions that cause motion sickness. It has long been used to aid circulation, increase stamina, improve athletic performance, relieve sleeplessness, and support the immune system.

PHILOSOPHY OF REGENERATION®

Sunrider's Wu Chia Pi dietary supplement is based on the Philosophy of Regeneration®—the belief that we should nourish and cleanse the body with expertly formulated, highly concentrated nutrition to reach balance, and thus, optimal health.

INGREDIENT HIGHLIGHTS

ELEUTHEROSIDES (SIBERIAN GINSENG)

This active chemical compound in Siberian ginseng supports the immune system, helps alleviate general fatigue, and helps enhance physical and mental endurance.

FAQS

- Q: Is Siberian ginseng the same as other types of ginseng?
- **A:** No. While different ginsengs can have health benefits, Siberian ginseng is a different herb than American or panax ginseng.
- **Q:** What is an adaptogen?
- A: Siberian ginseng is often called an "adaptogen." This is a nonmedical term used to describe substances that reportedly strengthen the body and increase general resistance to daily stress.

RECOMMENDATION

Take two capsules at mealtimes.

FOR INTERNAL CIRCULATION ONLY