**COMPLETE®**

**ELEUTHERO EXTRACT**

<table>
<thead>
<tr>
<th>Form</th>
<th>300 mg tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily intake</td>
<td>1 tablet with meal, 3 tablets per day</td>
</tr>
<tr>
<td>Active ingredients</td>
<td>Standardized Eleuthero (Siberian Ginseng) Extract 480 mg (equivalent to 1,920 g of root powder)</td>
</tr>
<tr>
<td>Application</td>
<td>Food supplement, additional source of eleutherosides</td>
</tr>
</tbody>
</table>

*Daily intake will provide with 3.84 mg of eleutherosides from Siberian Ginseng (Eleuthero) root. 1 tablet is equal to 640 mg of Siberian Ginseng (Eleuthero) root powder (2 standard capsules)._

<table>
<thead>
<tr>
<th>Item N 1801</th>
<th>60 tablets</th>
<th>20 days supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item N 1802</td>
<td>90 tablets</td>
<td>30 days supply</td>
</tr>
</tbody>
</table>

---

**I. ITEM INTRODUCTION**

**I.I. INGREDIENTS OF ELEUTHERO EXTRACT ARE FOUND TO BE BENEFICIAL FOR THE FOLLOWING:**

- Better physical endurance under stress
- Higher mental alertness
- Higher work output and quality of work
- Greater athletic performance
- Reduced cellular oxygen
- Cardio protection
- Endurance to excessive heat and cold conditions
- Radiation exposure and other toxins such as chemotherapeutic agents and alcohol
- Viral and microbial infections
- Weakened immunity
- Chronic illnesses such as atherosclerosis, acute pyelonephritis, diabetes mellitus, hypertension and hypotension, acute craniocerebral trauma, neuroses, rheumatic heart disease, and chronic fatigue syndrome
- Normal endocrine function
- Visual acuity, color perception
- Hearing acuity

**I.II. PROPERTIES OF ELEUTHERO EXTRACT INGREDIENTS:**

Eleuthero is a “secret weapon” of Soviet Union’s Olympic team. Russian Olympic athletes used Eleuthero successfully to **enhance sports performance and concentration.** Eleuthero has been found to have many **adaptogenic benefits.** Eleuthero has been reported to **increase stamina and endurance** and **protect the body systems against stress-induced illness.** Soviet Olympic athletes used Eleuthero successfully to **enhance sports performance and concentration.** Eleuthero root is an herbal tonic, improving immune function and general well-being. It has been classified as an "adaptogen," meaning **a substance that increases nonspecific resistance of the body to a wide range of chemical, physical, psychological and biological factors (stressors).**

**I.III. ELEUTHERO EXTRACT IS RECOMMENDED TO:**

- For greater sports performance
- For individuals with weakened immune system, especially elder people
- For higher endurance to climate and working conditions, for improving productivity and quality of work
- For individuals with chronic illnesses such as atherosclerosis, acute pyelonephritis, diabetes mellitus, hypertension and hypotension, acute craniocerebral trauma, neuroses, rheumatic heart disease, and chronic fatigue syndrome
- For promotion of normal endocrine function
- Against viruses, microbes, toxins
- To improve visual acuity, color perception and hearing acuity
- The best tonic for sick and healthy individuals, which is able to increase physical performance and the quality of life

II. INFORMATION FOR SPECIALISTS

REPORTED BENEFITS OF ELEUTHERO EXTRACT INGREDIENTS:

Eleuthero is one of the top selling herbal products in the world. It is a member of the ginseng family, but it is of a different genus than other popular ginsengs such as the Panax or American varieties. The use of Eleuthero root dates back 2,000 years in the records of Chinese medicine. It was used for respiratory tract infections, as well as colds and influenza. The Chinese also believed that Eleuthero provided energy and vitality. In Russia, it was originally used by the Siberian people to increase physical performance and to increase the quality of life and decrease infections.

Eleuthero has been studied extensively since the 1940s. The root has been found to have many adaptogenic benefits. Eleuthero has been reported to increase stamina and endurance and protect the body systems against stress-induced illness. Soviet Olympic athletes used Eleuthero successfully to enhance sports performance and concentration.

Eleuthero root is frequently prescribed in Europe and Russia as an herbal "tonic," improving immune function and general well-being. It has been classified as an "adaptogen," meaning a substance that increases nonspecific resistance of the body to a wide range of chemical, physical, psychological and biological factors (stressors). Adaptogens have the unique ability to switch from stimulating to sedating effects based on the body's needs. According to tradition and the literature, Eleuthero possesses this kind of balancing, tonic, antistress action on the body. The chief component in Eleuthero that has the adaptogenic ability has been found to be the eleutheroside content, and high quality preparations are standardized or guaranteed to have a certain amount of this compound.

The adaptogenic properties of Eleuthero have been extensively investigated in Russia. Both animal and human studies have reported the benefits of Eleuthero in different conditions. Eleuthero extract has been administered in Russia to more than 4300 human subjects in studies involving either healthy or unhealthy individuals. Some of the benefits claimed for Eleuthero are:

- Increases physical endurance under stress
- Increases mental alertness
- Increases work output and quality of work; decreases sick days
- Increases athletic performance
- Protects against reduced cellular oxygen
- Cardioprotective
- Protects against excessive heat and cold conditions
- Protects against radiation exposure and other toxins such as chemotherapeutic agents and alcohol
- Protects against viral and microbial infections; enhances immunity
- Aids general health of patients with chronic illnesses such as atherosclerosis, acute pyelonephritis, diabetes mellitus, hypertension and hypotension, acute craniocerebral trauma, neuroses, rheumatic heart disease, and chronic fatigue syndrome
- Promotes normal endocrine function
- Improves visual acuity, color perception, and hearing acuity
**External links:**

**ELEUTHERO**
- University of Maryland Medical Center (UMMC): [http://www.umm.edu/altmed/articles/siberian-ginseng-000250.htm](http://www.umm.edu/altmed/articles/siberian-ginseng-000250.htm)

**References:**