



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

REJUVENATION

Rejuvenation contains herbs that have traditionally been used to assist recovery after a period of shock or illness. In particular, it may assist if you suffer from fatigue, poor memory, lack of concentration, depression, headaches, etc.

New Zealand Herbals Rejuvenation formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Bacopa:** A traditional Ayurvedic herb, often used as a brain tonic to improve memory and learning. However, other benefits include its use in the treatment of epilepsy, insanity, nervous breakdown, and exhaustion.
- **Siberian Ginseng:** This herb helps the body to adapt to changes within the environment and increases resistance to radiation and other stressors (including physical, chemical, and biological). Studies on healthy individuals who have consumed Siberian ginseng have shown that the consumption of this herb tends to improve mental and physical performance (including stamina).
- **Schisandra:** Traditionally used in Chinese medicine to strengthen the lungs, kidneys, and adrenal glands. It is also said to calm the spirit and is used accordingly in the natural treatment of insomnia, palpitations, and forgetfulness.
The lignans found in schisandra help to improve concentration, fine co-ordination skills, and sensitivity in young children. Improvements in vision, hearing, and a reduction in fatigue have also been seen from the consumption of this herb.
Finally, this herb also appears to elevate liver microsomes which in turn increase the liver's ability to detoxify foreign substances within the body.
- **Rosemary Oil:** Rosemary stimulates the circulatory, digestive, and nervous systems. In particular, it has been found that rosemary has a strong effect on the brain, clearing thought and memory (partly due to its positive effect on the blood supply to the brain).
Not only does rosemary have a beneficial affect on a number of the body's systems, it is also a good source of vitamins A and C. It also contains large amounts of calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.
- **Cayenne:** Cayenne can help to stimulate blood flow and strengthen the heart, arteries, capillaries, and nerves. It is also beneficial for the digestive system.
Its benefits to the circulation system can help those who suffer from cold extremities. It may even assist the body to fight off colds and infections.
- **Withania:** Withania has traditionally been used in Ayurvedic medicine as a regenerative tonic particularly for the muscles, marrow, and semen. It is used in all conditions where there is a weakness or tissue deficiency and for those who are overworked, stressed, lack sleep, have nervous exhaustion or sexual dysfunction (which includes low libido (sex drive), impotence, etc.).
Its Sanskrit name is 'Ashwaganda' which means "giving the power and vigour of a horse".

Typical Dose: Five to ten drops three times daily. This remedy is most effective if taken over a period of ninety days or more.