

# Gin-Chia

## Description and Purpose

Gin-Chia combines the powers of ginseng with golden chia to bring you a unique supplement. Golden chia, or North American sage, was used by Southwest indians in the USA at the turn of the 20th Century for its life-sustaining properties. Golden chia contains oestrogen substances. It also acts to improve circulation and is a powerful antioxidant.

Ginseng is legendary, earning the name amongst oriental users of 'king of tonics'. It contains eleven hormone-like saponins, making ginseng an adaptogen (a compound that adapts its effects depending on the state of the body). Ginseng is a potent antioxidant.

The components read like a nutritional catalogue: vitamins A, B1, B2, B12, C and D, calcium, iron, sodium, potassium, zinc, copper, magnesium and manganese. Containing a plant oestrogen that helps supplement low oestrogen, Gin-Chia is a powerful combination for improving stamina and endurance.

### At a glance...

- Powerful antioxidant
- Can support healthy circulation
- Good source of protein
- Increases stamina and endurance



## Formula Ingredients

Oriental ginseng (Panax ginseng as powdered root)	40mg
Siberian ginseng (Eleutherococcus senticosus as powdered root)	20mg
Golden chia (Salvia columbariae as powdered seed)	160mg

## Other Ingredients

Sorbitol, honey, tricalcium phosphate, gum arabic, ascorbic acid, soy protein isolate, microcrystalline cellulose, silica, stearic acid, natural lemon flavour, ascorbyl palmitate, and cayenne.

## Contents

100 tablets.

## Suggested Use

Take 1 tablet 3 times daily as a dietary supplement.



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