



Product Information Sheet

Purple Cushhh Gynostemma

60 Capsules

An adaptogen and antioxidant that supports the adaptive response of a human being, helps to handle stress more efficiently and supports the immune system, Helps improve memory loss, May prevent hair loss, Assists with overall stamina, May improve heart function

Ingredients

Gynostemma Powder

Gynostemma pentaphyllum, also called Jiaogulan, is a herb mostly found in the southern provinces of China. It grows wild and is commonly used in Chinese herbal medicine. Although it isn't botanically related to ginseng it does have properties that are closely related, containing some of the same compounds including saponins. These properties have led to it being used in the same way as ginseng. It also contains sterols, flavonoids and chlorophyll.



Gynostemma may be the most understated of all adaptogens. Adaptogens gain many qualities from saponins and with an average of 36 saponins, ginseng is traditionally thought to contain the most. However, Japanese researchers found that gynostemma contains over 80 different saponins making it by far the most potent. This broad range of saponins give it the ability to regulate a multitude of bodily functions, covering everything from energy, to immunity, weight and cholesterol.

The herb is classified as a gypenoside and is an adaptogenic that helps the body to adapt to stress and may enhance memory, boost immunity and improve sports performance.

Gynostemma pentaphyllum has a growing reputation and studies indicate to help to promote AMPK, a molecule that acts as a 'master switch' for metabolism. AMPK senses and responds to low levels ATP, the energy provider for cells. It turns up processes in cells and mitochondria to enhance the conversion of food into energy. It appears to have an adaptive response to increase ATP capacity not just at the time but also for the future. This action supports healthy ageing and cellular function.

Gynostemma contains an extract known as actiponin. In a study researchers gave 80 obese patients 450mg actiponin or a placebo daily for 12 weeks. The jiaogulan group had increased weight loss and a greater reduction in abdominal fat and general body fat mass.

Gynostemma is believed to promote antioxidant defences and research has associated this antioxidant activity to supporting a healthy liver and contributing towards normal blood sugar levels. It is also believed to promote healthy gut flora.

