



Qore *essentials*

QORE™ Essentials Product Profile

*Supporting and protecting
cardiovascular health,
while soothing stress,
and fighting fatigue**

Qivana's Unveils the Immortality Herb™

Doctors and scientists today are gleaning wisdom from the past to find answers for our future—and Qivana is at the forefront of delivering these natural solutions. Qivana is the first company in the world to build a product system based on the traditional wisdom and power of this legendary herb: the Immortality Herb™. While little is known about the Immortality Herb in the Western World, the Chinese have treasured this botanical for centuries for its therapeutic value. Its benefits in the Eastern World are so widely known and accepted that it is used by doctors and hospitals as a valuable medicine, and it was recently named as one of the ten most important tonic herbs at an International Conference on traditional medicine. As further evidence of its significance, it has been called xiancao, or “immortal grass,” and in the United States it is known as “miracle grass”, or the Immortality Herb. Now, backed by the validation of modern-day research and dedicated scientists, this “miracle grass” has emerged as one of the most preeminent and promising natural solutions for our 21st century health concerns.

The research on the Immortality Herb has exploded in the last few decades and medical experts are now recognizing it as a key component of a modern health regimen. Scientific research is showing the Immortality Herb's rare ability to support multiple systems of the body including the nervous system—brain function, memory, and neuronal re-generation; the cardiovascular system—maintaining healthy cholesterol, blood sugar and fat levels; and balancing metabolic functions—promoting energy and fighting fatigue, and much more*. This herb's extraordinary abilities are in large measure from its abundant supply of saponins. In fact, the Immortality Herb has the largest number and greatest diversity of saponins in the world. Saponins are potent phytonutrients with a host of demonstrated benefits in humans. The PubMed database lists over 8,000 independent research papers that explore and explain the benefits of these saponins.

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Qivana's Revolutionary Approach to Protecting and Energizing the Body

Based on this remarkable discovery Qivana created QORE Essentials, employing the powerful health-promoting properties of the Immortality Herb to serve as the foundation. The exceptional benefits of the Immortality Herb are further extended when combined with White Korean Ginseng and Chinese Skullcap. These three herbs were carefully selected for the QORE Essentials formula because their nutrients have synergistic modulating and biological actions. Their combined benefits complement each other to promote profound healing and exceptional wellness. The QORE Essentials herbal blend directly addresses the most common and preventable health concerns today—cardiovascular health, fatigue, and stress management*. These herbs are delivered using Qivana's Direct Dissolve™ technology, an exclusive microencapsulation process that facilitates the most rapid nutrient delivery of any product on the market.

The Cardiovascular-Stress Connection

Statistically speaking, the chances of dying from cardiovascular disease are 2 out of 5. In the U.S. alone, almost 652,091 people die from this relatively new and preventable disease—that's about 27% of all U.S. deaths. The six risk factors for heart disease and stroke, which fall under the label of cardiovascular disease, include high blood pressure, high cholesterol, diabetes, current smoking, physical inactivity, and obesity. And if there were to be a seventh risk factor added, it should include being stressed out. Approximately 37% of adults reported having two or more of these six risk factors. In 2005 alone, deaths from cardiovascular disease accounted for 30% of the deaths worldwide. By 2015, almost 20 million people will die from cardiovascular disease. These are projected to remain the single leading causes of death.² The good news is that the risk of cardiovascular disease can be reduced by taking steps to prevent and control the adverse risk factors.

Scientific experts are continually learning more about stress and related illnesses. Stress has been proven to cause illness, increase physical symptoms of discomfort and illness, and lengthen recovery time. At the very least, 50 percent of all general medical patients are suffering from stress-related problems. Stress impacts health by lowering our resistance to disease and making us more vulnerable to illness. Our body responds to emotional stress the same way it reacts to physical danger. When we feel the effects of chronic stress, our health can be compromised by our primitive fight or flight response that produces stress hormones even when we are not really in immediate danger. Stress activates the hypothalamic-pituitary-adrenal axis (HPA), initiating events that increase circulating cortisol. Elevated circulating cortisol inhibits the reproductive, growth hormone, and thyroid functions. Normal cortisol secretion peaks in the early morning, then declines with a peak in the afternoon. When this normal cycle is disrupted, symptoms can include low energy between 3 and 4 p.m., difficulty waking in the morning, anxiety, fatigue unrelieved by rest, salt or sugar cravings, dark circles under the eyes, decreased libido, increased effort required for daily tasks, insomnia, and depressed mood.¹ Approximately half of all Americans report that stress has a negative impact on both their personal and professional lives. Experts now confirm that stress is a significant risk factor for cardiovascular disease, particularly in conjunction with one or more other risk factors. Chronic life stress and anxiety increase the risk of heart disease and stroke.

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Natural Benefits for Life

While many Americans often turn to over-hyped “quick fix” pills that rarely deliver, more than 80% of people worldwide continue to use plants and herbs as their primary source of healthcare. Better yet, much of their healthcare is focused on preventative maintenance, and not based on disease care, like our medical system. Botanicals contain concentrated sources of phytonutrients our bodies need to repair, restore, energize, and heal. The most time-honored and traditional medical systems in the world are founded on the use of plants (roots, herbs, leaves, flowers, fruits, and bark), yet western medicine is reluctant to remember and acknowledge that these plants serve as the foundation for our modern pharmaceutical medicines, yes, even today. While conventional medicine may not readily recognize these natural medicines, it is interesting to note that over one-fourth of today’s prescription drugs contain constituents directly derived from irreplaceable plant resources. Roughly 125 chemical substances from appropriately 100 different plants are used in hospital pharmacies, ERs, and surgical units around the globe daily. If chemists could not decipher and reverse-engineer nature’s healing plants in their laboratories, then over 50% of all drug actives would be derived directly from plants even today. The word drug, comes from the ancient Dutch word, to dry plant—and they are still one of the safest, smartest, most gentle way to help encourage our best of health.

At Qivana, we understand and appreciate the role that nature plays for actually growing health, fighting and preventing disease, and renewing vital immunity. We have identified some of the most potent sources of unique nutrients that our body needs to accelerate natural healing, enhance immune defenses, re-new antioxidant support, combat daily stress, and function optimally. These powerful plants have been used for centuries by traditional healers. Now scientific research has uncovered the source of their healing power and is revealing their growing list of potent and beneficial properties.

QORE™ Essentials—a Proprietary and Synergistic Blend

QORE Essentials is a proprietary blend of concentrated, standardized extracts of powerful phytonutrients from the Immortality Herb, Chinese Skullcap, and White Korean Ginseng. This exclusive blend of nutrients was formulated with third-party experts, scientists, and research data, not guesswork. These three herbs were chosen because of their uniquely powerful and well researched healing properties. After extensive research, these three plants were carefully selected and combined to have a synergistic effect—work together to strengthen, enhance, balance, and complement each other. With this extensive research and knowledge base, understand their scientific studies, so we know they can work for you. This synergized botanical blend offers a broad range of health-promoting properties, versus a necessarily more limited, singular “silver-bullet” herbal approach.



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Through world research, it has been discovered that the Immortality Herb contains some of the exact same saponin glycosides that empower Panax ginseng with its host of honored herbal powers. In other words, the Immortality Herb contains some of the exact same nutrients with the identical biochemistry as Panax ginseng. In fact, at least eight of these saponins are identical matches to those found in true ginseng. This discovery is significant because it's the first time that these ginseng saponins have been found in a plant outside of the true ginseng family. Both ginseng and the Immortality Herb derive their therapeutic capabilities in large measure from its saponins; and while ginseng is revered as the King of Herbs, modern science has discovered that the Immortality Herb contains approximately four times the saponin content that is found in Panax ginseng.

As a point of interest, the Immortality Herb historically has also been referred to as Blue Ginseng or Southern Ginseng due to its, blossom color, adaptogenic effects and preferred habitat. Both the Immortality Herb and White Korean Ginseng have earned their place as adaptogenic herbs, a category of herbs that have been proven to help the body respond and repel various stresses. Chinese Skullcap is known to possess adaptogenic properties, while providing many other valuable phytonutrients. The QORE Essentials blend captures and concentrates these adaptogenic abilities to bring nature's most powerful resources to you for fighting stress and fatigue.

The Life-Enhancing Secrets of Adaptogens

Adaptogens are a special class of healing substances that have been shown to support and re-establish a dynamic balance in the body during challenging times and changing conditions. Adaptogens increase the body's resistance to stress, trauma, anxiety, and fatigue. As is accepted by the Swedish FDA, adaptogens are recognized as herbal medicines which can be used in case of decreased performance, like fatigue and sensation of weakness, in order to increase resistance to stresses, including physical, chemical, biological, and even psychological.

The results are your body works better and stronger without working harder. This is great news for anyone living in today's fast-paced, on-the-go society. When taken regularly over time, adaptogens can offer a stress protective effect, comparable to the enhanced overall improvements garnered from regular physical exercise. They induce a non-specific defensive response against a broad category of stressors, such as noise, cold, and altitude. Their beneficial tonic effects of increased overall well-being and improved work capability are fully established with use in those with chronic disease and dysfunctional metabolisms.

The concept of adaptogens dates back thousands of years to ancient India and China. In the past, they have been called rejuvenating herbs, Qi tonics, rasayanas, or restoratives. Adaptogenic herbs are distinct from other substances in their ability to balance endocrine hormones and the immune system, and they help the body to re-establish and maintain optimal homeostasis under stressful circumstances. Adaptogens are considered to have a normalizing effect on the body/mind and to be capable of either toning down the activity of hyperfunctioning systems or strengthening the activity of hypofunctioning systems.



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The QORE Essentials formula utilizes the healing properties of these legendary botanicals with adaptogenic attributes. At the center of the formula lays the Immortality Herb, a singularly unique and incredibly powerful balancing botanical with tremendous benefits. The unparalleled composition of the Immortality Herb makes it the ideal adaptogen, providing an exceptionally broad range of health-promoting properties. The aerial plant parts contain a unique complex of diverse bio-modulating messengers that work with and for your individual biochemistry and metabolism.

Scientific Research has demonstrated in numerous studies that the ingredients in QORE Essentials:

- Promotes energy and protects against fatigue*
- Supports healthy cardiovascular function*
- Helps your body maintain healthy cholesterol levels that are within a normal range*
- Maintains healthy blood sugar levels that are within a normal range*
- Supports blood pressure levels that are within a normal range*
- Supports nitric oxide balance- promoting heart, immune, and circulatory healthy living communications*
- Provides antioxidant (GSH, SOD) support of quenching free radicals and their aging damage*
- Maintains the metabolic functions of the body*
- Supports healthy liver and immune function*

Key Ingredients: Immortality Herb), Chinese Skullcap, and White Korean Ginseng

History and Traditional Uses of Immortality Herb™

For centuries, the Chinese have treasured a remarkable herb known as xiancao, which translates to “immortal grass”; in Japanese it is amachazuru; and in Latin it is *Gynostemma pentaphyllum*. In the United States it is known as miracle grass, the Immortality Herb. Native to Asia, the herb is reverently referred to as the Immortality Herb because its premier adaptogenic properties help to restore metabolic balance and re-establish physiologic harmony throughout the whole body. The Immortality Herb is a creeping vine family member related to the melon, pumpkin, and cucumber.

In China, this plant was first appreciated as a bitter-sweet restorative tea and, in dire circumstances, a safe and nutritious food during scarcity and famine. Traditional uses for this “miracle green” include chronic bronchitis, cough expectorant, anti-inflammatory, detoxification, liver support, hypertension, diabetes mellitus, insomnia, and migraines.

Interestingly, the Immortality Herb was not incorporated into the original pharmacopoeia of traditional Chinese medicine (TCM). It grows predominantly south of the Yangtze River and the Qinling Mountain range in China. Due to this remote location, the herb was geographically isolated from China’s central political and financial power arena in the central and northern realms, where their highly systemized TCM was developed. Therefore the Immortality Herb’s capabilities were not disseminated earlier in history, and its broader use remained unknown and stayed regional compared to the herbs employed by the funded experts archiving their medical model. From the TCM perspective then, it has been utilized since the Ming Dynasty of 1368-1644 AD for bronchitis, hepatitis, ulcers, and tumors. Its traditional lineage is included in the more recent Dictionary of Chinese Materia Medica.



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Modern Research on the Immortality Herb

A Guangxi Ribao newspaper article from the Guanxi Daily News on March 4, 1972, reported that the Chinese government tasked researchers and scientists to investigate the findings from the impressively high number of long lived villagers in the remote mountain provinces of Guizhou, Guangxi, and Shicuan.

Beyond longevity, it was also noted that these folks enjoyed rather exceptional health, with low occurrences of the plagues of aging, like diabetes mellitus, hypertension, cognitive decline, and even cancer. Researchers identified the region's local tea of choice as a causative factor for their ageless perks. Their unique tea was the Immortality Herb.

In 1978, Dr. Jialiu Liu headed a government sponsored research project evaluating the indigenous flora found in the Mount Fanjing Nature Reserve. His team's radar targeted and tagged the Immortality Herb with promising potency. This project resulted in literally hundreds of research investigations which led to the scientific validation of the Immortality Herb, and first introduced its modern health benefits to the world.

As science would have it, research was taking place elsewhere, too. Dr. Masahiro Nagai first researched the Immortality Herb (amachazuru in Japanese) because he was trying to develop a sugar substitute candidate, and amachazuru is sweet. His sweet pursuits resulted in a bitter defeat, but he left an unforeseen legacy to us all. He discovered for the very first time in any plant anywhere, that the Immortality Herb shared exact biochemical brethren found in a totally unrelated plant species. That plant was Panax ginseng. Later, Dr. Tsunematsu Takemoto reviewed Dr. Nagai's research findings on amachazuru and decided to further research the antioxidant properties.

Now hundreds of studies across the globe are unlocking and advancing the mechanisms underlying this botanical phenomena, making it one of the most studied herbs in the world. Scientific investigations are continuing to reveal its biochemical ability to support health in many ways. The Immortality Herb has been shown to support your entire body's vital systems, including the cardiovascular, digestive, immune, nervous, and respiratory systems. As an adaptogenic herb, it possesses the unusual ability to regulate and modulate different systems to help your body work better, function better, and ultimately feel better.

History and Traditional Uses of White Korean Ginseng

Ginseng's use can be traced back nearly 2,000 years with indications of cooling and calming properties, for poor nutritional status, and alleviation of digestive distress. Ginseng's therapeutic value appeared in the oldest comprehensive Materia Medica, Shen Nong Ben Cao Jing, written approximately 2,000 years ago. The word ginseng translated from the Chinese characters, gin (man) seng (essence), translates to "man root" or "the earth essence in human form." Panax, from the Greek word, means cure-all or panacea: pan (all) akos (cure). Panax ginseng root is an herbal tonic that can also rejuvenate and invigorate. It is the most researched and consumed herb in the world. As a Qi tonic, it is used to revitalize and replenish our vital energy. As an adaptogen, it enables system-wide non-specific protection against various mental, physical, and environmental stressors. Panax ginseng is listed in the national pharmacopeias of China, Japan, Russia, Austria, France, Germany, and Switzerland.



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Ginseng is approved in the Commission E monographs and officially in the German Pharmacopoeia, used in geriatric remedies, invigorating and strengthening restoratives, and in tonic preparations. The Commission E specifies powdered root or tea infusions as a tonic for invigoration and fortification in times of fatigue, debility, or declining capacity for work and concentration, and during convalescence.

The World Health Organization monograph section on Uses Supported by Clinical Data re-affirms the above uses, “as a prophylactic and restorative agent for enhancement of mental and physical capacities, in cases of weakness, exhaustion, tiredness, loss of concentration, and during convalescence.”³

Modern Research on White Korean Ginseng

With thousands of studies from all across the globe, ginseng remains one of the most studied and well understood botanicals of all time. There exists substantial evidence to suggest that ginseng may support and restore healthy adrenal function and prevent adrenal atrophy associated with corticosteroid administration. It has known anti-stress, anti-fatigue, and immunomodulatory effects.¹ In animal models, ginseng has been found to inhibit cortisone-induced adrenal and thymus atrophy, thus supporting energy, metabolic functioning, and immunity. Additionally, specific studies also point to ginseng’s abilities in support of:

- *Maintaining blood pressure in patients within a normal range **
- *Supporting the cardiovascular system**
- *Adaptogenic abilities and health support**
- *Promoting energy levels and fighting against fatigue**
- *Enhancing quality of life in persons subjected to high stress*³*

History and Traditional Uses of Scutellaria Baicalensis

Scutellaria baicalensis, Baikal skullcap, or Chinese Skullcap, has been used in traditional Chinese herbal formulas, like ginseng, for over two millennia. Scutellaria baicalensis is named after Lake Baikal in Siberia where it was first discovered. Lake Baikal was known as the “North Sea” in historical Chinese texts. Baikal is the oldest, deepest, and largest freshwater lake in the world, and is home to more than 1,700 species of plants and animals, two thirds of which can be found nowhere else in the world. Lake Baikal was declared a UNESCO World Heritage Site in 1996.⁴

This mint member named Huang Qin, or “yellow gold” is one of China’s most popular and multi-purposed herbs. It is one of the oldest and most well-known of all the herbs in Chinese medicine. In fact, it is considered one of the top 50 fundamental herbs employed in TCM. Historically, it has been therapeutically applied for enteritis, diarrhea, cystitis, inflammation, chronic lung and liver problems, jaundice, fevers, combating allergies, cardiovascular concerns including hypertension, and infections whether bacterial, viral, fungal, or yeast. Its modern uses and continued research show its ability for strengthening the immune system, quenching free-radical oxidation, calming inflammatory conditions, soothing the nervous system, and inhibiting abnormal cellular growth, as well as acting as a potent antimicrobial and antiviral.

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Modern Research on Scutellaria Baicalensis

An in-depth nutrient analysis of Chinese Skullcap revealed that the herb contained more than 2,000 compounds, and an astonishing 781 have been determined through scientific investigation to be of accepted medicinal importance. This speaks volumes to the vital phytonutrient content of this very powerful botanical. Further on-going research will surely uncover additional applications, uses, and natural remedies for this array of compounds.⁵

Researchers in Scotland report that Baicalin, an extract of the Chinese herb *Scutellaria Baicalensis*, can work synergistically to enhance the effects of traditional antibiotics. The flavonoid components of this plant also possess neuroprotective capabilities. Sedative and anticonvulsant effects have been reported using in vivo models.⁶ The bioactive components of *Scutellaria* have been confirmed to be its flavones. The major constituents of *Scutellaria baicalensis* are Wogonin, Baicalein, and Baicalin. These phytochemicals are not only cytostatic but also cytotoxic to various human tumor cell lines in vitro and inhibit tumor growth in vivo. Most importantly, they show almost no or minor toxicity to normal epithelial and normal peripheral blood and myeloid cells. The antitumor functions of these flavones are largely due to their abilities to scavenge oxidative radicals, to attenuate NF-kappaB activity, to inhibit several genes important for regulation of the cell cycle, to suppress COX-2 gene expression and to prevent viral infections.

Direct-Dissolve™ Delivery Technology

Qivana's Proprietary Direct-Dissolve™ delivery system offers an incredibly unique, convenient and flavor-filled way to enjoy the benefits of our proprietary herbal blend without having to endure another pill. Capsules and tablets have been used for decades to mask the unpleasant flavor of bitter nutrients. Qivana has finally created a revolutionary way to micro-encapsulate these powerful phytonutrients at a microscopic level with a proprietary masking technology, coupled with a sweet flavor system that makes for an enjoyable experience. Pouring the QORE Essentials powder directly onto your tongue facilitates more rapid absorption of the nutrients immediately through buccal and sublingual mucous membranes in your mouth and then onward to digestive pathways.

Crystalline fructose was identified as a superior sweetener for this application. Crystalline fructose and high-fructose corn syrup are often mistakenly confused as the same product; however, they are quite different in their composition and their function in your body. Crystalline fructose is at least 98% fructose. High-fructose corn syrup is often mistakenly confused for pure fructose, but it is an entirely different ingredient, usually supplied as a 50/50 mixture of fructose and glucose.⁷ Crystalline fructose, a safe, all-natural sugar commonly found in fruit and vegetables, adds the perfect amount of sweetness and bulk. It has a comparatively very low glycemic index, so as not to contribute to temporary blood sugar spikes that are associated with other sweeteners. Several health benefits have been associated with moderate amounts of fructose including improved blood sugar control, lipid metabolism, appetite control, and metabolic control.⁸⁻¹¹

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Wild-Crafted Herbs

QORE Essentials is a proprietary botanical blend of the highest quality standardized extracts which includes pure, six-year-old Korean Ginseng with wild-crafted Immortality Herb leaf and Chinese Skullcap roots. Wild-crafting of herbs is the traditional method for ethically and sustainably harvesting plant materials from their indigenous habitats, whether for food or medicine. As nature would have it, plants do thrive in their own self-selected territories and develop potent medicinal values from their surroundings. These native plants or plant parts are chosen and collected in a way that preserves the local ecology and environment and leaves it essentially unchanged. The local experts ideally harvest the best crops in their optimal season, and leave adequate representative members undisturbed to thrive for yet another season. This time-honored practice allows and helps ensure continued growth and supplies year after year, generation after generation. These uncultivated, non-GMO natural plant species flourish as nature intended, without human intervention or added chemicals. Wild crafted herbs can provide some of the most potent, most pristine, truly natural products we can consume, whether food, spice, or medicine.

Quality Control and Potency Guarantee

At Qivana, we are committed to safety, and your good health. We are active and vigilant in providing the highest quality products, made with the finest ingredients available. Because many of the benefits we can derive from plants are a result of their “active” nutrients, plants are not all created equal; they are only as effective as their active nutrient content levels. Surprisingly, the nutrient content of plants can vary dramatically from season to season and field to field based multi-factorial issues, including the region of the world, the quality of the soil, and local growing conditions.

To overcome this natural variation, QORE Essentials is made from high-potency, standardized nutrient extracts that are able to ensure each serving consistently and reliably contains an efficacious level of these powerful phyto-nutrients. Qivana has formed relationships with highly experienced partners that have the most advanced technologies available to guarantee each dose of QORE Essentials contains 400 mg of our powerful phytonutrient blend.

As a final check, we have formed partnerships with several third-party agencies that are able to reliably certify the authenticity and the potency of each batch of QORE Essentials. High Performance Thin-Layer Chromatography is used as an extra measure to quantify the exact level nutrients in each batch. In this manner, any non-conforming or out-of-spec material is rejected. In addition to nutrient content validation, they put each batch through rigorous screening and testing to verify that the material is authentic, unadulterated, and free of toxins, pathogens, heavy metals.

Suggested Use – Take one or two packets daily as needed. Pour a small amount directly onto your tongue, allow it to moisten naturally, swirl around as desired, and then swallow.

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Safety and Contraindications

As always, please consult with a licensed health care provider before taking dietary supplements. This will ensure that you and your doctor stay informed and aware of your condition, and it supports effective health monitoring. This is especially important if you are being prescribed any drugs. From a scan of the literature and science, here is an encapsulated review of the literature on the safety and contraindications.

Scutellaria is considered safe; the American Herbal Products Association has given Scutellaria a class 1 rating, which means that it can be safely consumed when used appropriately.

The Memorial Sloan-Kettering Cancer Center Herbal Database reports, “Baicalein supplementation at therapeutic doses appears to be safe, with no reports of significant side-effects or toxicity. Baicalein or Chinese Skullcap is not known to be contraindicated for any health conditions.”⁶

Early research data suggests baicalin increases the activity of the organic anion-transporting polypeptide 1B1 (OATP1B1), which transports various medications and substances, which includes HMG-CoA reductase inhibitors, commonly referred to as statins, into the liver. If these early indications are proven by clinical study, this may mean that while Baicalin could possibly decrease plasma concentrations of the statins, it may increase their concentration in the liver where it performs its action.¹²

Please note that scutellaria, in general, is not recommended for people who have the TCM diagnosis of blood deficiency pattern of illness.

Early research suggested that patients use caution when taking the cyclosporine drugs and scutellaria simultaneously. Cyclosporine is an immunosuppressant drug given to prevent rejection of transplanted organs. It is metabolized in the body by CYP 3A4 liver enzymes and by P-glycoprotein. Some early research, though limited, suggested that scutellaria may decrease the absorption of cyclosporine along with drugs known to be metabolized by CYP 3A4 and P-glycoprotein.¹³ Despite these early reports, experts from more recent animal (dog model) studies have determined that these effects are highly unlikely.^{14, 15}

Some studies suggest that the herbal ingredients in QORE Essentials could have additive effects with anticoagulants and antiplatelets and these people should consult with their health care professional prior to use.^{16, 17} The potential additive effect by all accounts would be modest and within normal limits, but you should inform your prescribing doctor for full disclosure and effective monitoring.

The Commission E Monograph states that in their numerous findings on Ginseng, side effects are very rare and it is usually tolerated by most people. They further concluded that many misperceptions and warnings regarding side effects of pure panax Ginseng is often overstated and even unwarranted.¹⁸ Data from clinical trials suggest the incidence of adverse events with ginseng is similar to a placebo.¹⁹



As it relates to the Immortality Herb™, information provided by Ankang Pharmaceutical Institute of the Beijing Medical University indicates total gypenoside extracts are safe, without side effect and without toxicity. The Dictionary of Chinese Medicine describes *Gynostemma pentaphyllum* as having 'no toxicity'. In the Practical Chinese Herbal Preparations Handbook, it was stated that gypenoside extract tablets and capsules have no contraindications. If patients felt any discomfort after taking a large dosage, the medicine should be stopped.²⁰

Pregnant or breastfeeding women are always advised to consult their health care professional prior to taking supplements.

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