

## ATHLETICS AND TONIC HERBS



Training the body and mind for peak performance is the goal of every athlete, whether you are an Olympic

athlete, a weekend warrior, or a dedicated yogi. One of the most effective ways to achieve your personal athletic goals is to protect, nourish, and balance the Three Treasures, Essence (Jing), Energy (Qi), and Spirit (Shen) with tonic herbs.

Athletic performance requires many systems in the body to operate at high levels for extended periods.

All power of the body is derived from Kidney Essence (Jing), but it is the Kidney Yang aspect which supports athletic power.

Endurance is derived from the Heart being able to deliver blood to the muscles and from the Lungs being able to deliver oxygen to the blood.

Yin tonics, Essence tonics, and Adaptogens supply the building blocks necessary for repair and recovery.

Essence (Jing) and Spirit (Shen) tonics help to develop the necessary attitude and strength of mind to achieve peak performance.

Jing Herbs, which has its headquarters in Los Angeles, California, is a formulator and manufacturer of the finest and most authentic tonic herb formulas available in the world.

“Jing” was chosen as the company name from ancient Taoist text simply because it means the source, the foundation, the primal “essence” of human beings. That is how we want our clients to regard our products; as the foundation and source of health and longevity.



The entire staff at Jing Herbs has a long and proud tradition of teaching, guiding, and improving the lives of thousands of clients through the use of tonic herbs. Our herbs are sourced from the authentic regions of their origin and we personally travel to China to inspect, select, and approve the raw ingredients. Our dedication to authenticity, integrity, and efficacy is unparalleled in the industry.

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 **JING HERBS**<sup>TM</sup>  
LEGENDARY TONICS & TEAS

EST. 2002

## ATHLETIC TONICS



*The Supreme Elixir has three distinctions;*

*Essence (Jing),  
Energy (Qi),  
and Spirit (Shen).*

*-The Jade Emperor*



# ATHLETIC TONICS



## TOTAL ATHLETE

- Provides Energy & Power
- Increases Endurance
- Supports Physical Structure
- Facilitates Flow of Energy
- 90 Capsules 450 mg each



Total Athlete is a fine tuned formula constructed with the world class and weekend athlete in mind. Athletic power is rooted in the Kidney Yang energy of the body, while athletic endurance is housed in the Lungs. This powerful formula nourishes and tonifies both those energies to provide you with the capacity to achieve your full athletic potential.

The herbs in this formula strengthen core energy thus increasing power, strength, and endurance. Cordyceps and Astragalus have been shown to increase lung capacity for oxygen uptake. Eleuthero root, well known to high altitude mountain climbers, is also known to increase the oxygenation of the blood.

We have included four powerful Kidney Yang tonic herbs to provide the power of the formula while the Kidney Yin herbs nourish and replenish. In addition, the formula includes herbs that help to release tension and facilitate the free flow of energy.

**Ingredients:** Cordyceps mycelium, Eleutherococcus root, Eucommia bark, Morinda root, Deer Antler tip, Red Chinese Ginseng root, Prepared Astragalus root, Lycium fruit, Cinnamon cassia twig, Chinense Pueraria root, Chinese White Peony root, Uncaria gambir herb.

## DEER ANTLER ESSENCE

- Builds Athletic Power
- Ultimate Jing tonic
- Kidney Yang and Yin tonic
- Replenishes and Vitalizes
- Builds blood and nourishes marrow
- 2 oz. Liquid extract



Deer Antler Essence is the ultimate tonic for the rejuvenation of Yang Essence, Yin Essence, and blood. It is the finest Jing tonic in the world.

Deer Antler Essence is a premiere tonic formulation for the rejuvenation of Yin Essence, Yang Essence, and blood. Deer Antler is a prized tonic in the East that provides deep nourishment of Jing Essence. Considered a Yang tonic, it provides physical, sexual, and creative energy by nourishing our primordial Essence. It also is extremely powerful for nourishing bone marrow and building blood as well as helping to build strong bones, tendons, and ligaments.

He shou wu (*Polygonum multiflorum*) and Lycium are both powerful Yin Jing restorative herbs that nourish blood, replenish Essence, tonify fertility, and promote longevity. Together, these three herbs deeply nourish and vitalize root energy for those whose lifestyles demand nothing but the best.

**Ingredients:** New Zealand Deer Antler Tips, Lycium fruit, Prepared *Polygonum multiflorum* (He shou wu) root.

## THREE BROTHERS

- Supports Lung Energy (Qi)
- Runner's formula
- Builds Lung Yin
- Strengthens Essence (Jing)
- 2 Fluid oz. Liquid extract



Three Brothers is a powerhouse of Energy (Qi) and Essence (Jing), delivering power, endurance, and vitality. It is perhaps one of the most potent Lung Energy (Qi) tonics available in liquid form.

Three Brothers utilizes three super tonic herbs that strengthen Lung function, increase Energy (Qi), and nourish Essence (Jing). Each herb is a superstar in its own right, and together combine to provide you with the ultimate Qi experience.

Cordyceps is renowned as a longevity tonic as it strengthens Lung function, supports immune function, nourishes Kidney Essence, and provides physical and sexual energy.

Astragalus is perhaps the finest Lung Energy (Qi) tonic known to man. It supports immune function, reduces fatigue, and assists with digestion.

Codonopsis root is a Energy (Qi) tonic that strengthens Spleen and Stomach function, thus helping digestion. It provides energy to the body, helps metabolism, stimulates the production of blood, and enhances lactation.

All told, Three Brothers will supply you with the daily energy you require.

**Ingredients:** Cordyceps (Mycelium & Wild), Astragalus root, Codonopsis root.