Since the recent health and longevity findings, more than 300 scientific papers on jiaogulan have been published in respected journals. Here are 54 scientifically validated reasons why you should start drinking a high quality jiaogulan tonic today:

1. Get saponin power! Saponins exert powerful effects on health by balancing hormonal activity. Experts proclaim that jiaogulan contains a broader and more powerful range of saponins than any other plant in nature!

2. Find balance with the premier adaptogen. Jiaogulan works by balancing the body's energies, making you more resistant to stress, disease, and the aging process.

3. Protect yourself from stress. Jiaogulan helps to balance hormone levels in both men and women. Jiaogulan helps to normalize cortisol levels.

4. Protect against side effects of corticosteroids. Jiaogulan has been shown to protect against the harmful side effects of drugs such as prednisone.

5. Balance hormone levels. Jiaogulan helps to balance hormone levels in both men and women.

6. Help normalize cortisol levels. Hyposensitization of the stress hormone cortisol can result in obesity, diabetes, high blood pressure and heart disease. Jiaogulan helps to balance cortisol levels.

7. Protect against side effects of corticosteroids. Jiaogulan has been shown to protect against the harmful side effects of drugs such as prednisone.

8. Fight chronic fatigue. Jiaogulan has been shown to have a pronounced anti-fatigue effect.
Who drink jiaogulan look younger than their years. Extending capabilities. Research has been conducted showing jiaogulan's life-

Studies have shown a nearly 300% increase in SOD, the body’s most important antioxidant enzyme.

11. Decrease free-radical damage. By jiaogulan significantly reduces toxic free-radical activity in the body.

12. Extend your life. Since the recent discovery of “longevity pockets” of villages in Southern China where jiaogulan tonics are taken daily, much research has been conducted showing jiaogulan life-

13. Look younger. In China, it is said that those who drink jiaogulan look younger than their years.


15. Extend your life. Since the recent discovery of “longevity pockets” of villages in Southern China where jiaogulan tonics are taken daily, much research has been conducted showing jiaogulan life-

16. Increase your energy levels. Jiaogulan increases production of cellular energy molecules ATP and creatine phosphate.

17. Protect your brain. By inhibiting lipid peroxidation, jiaogulan protects against damage to brain cells and helps with repair functions.

18. Improve your mental health without drugs. Japanese studies have shown usefulness in mental and neurological conditions including depression, anxiety and schizophrenia.

19. Increase stamina and endurance. Jiaogulan has been traditionally used in the morning before work to increase endurance and strength, and after work to relieve fatigue.

20. Feel more alert. Jiaogulan facilitates a smooth transition of the brain from deficient patients.

21. Get better sleep. Research has shown up to 95% effectiveness rate in improving the quality of sleep.

22. Restore youthful mental function. Jiaogulan has been shown to have significant benefits for the mind, including improvements in focus, concentration, and mental sharpness.

23. Improve your memory. Scientific studies have confirmed jiaogulan's traditional use as a potent memory tonic.

24. Improve athletic performance. Testing on professional athletes has shown increased vigor and alertness, with quicker reflexes and enhanced recovery.

25. Fight pain. Jiaogulan has been recommended for the treatment of pain in China for generations, and it still enjoys wide use today.

26. Maintain electrolyte balance. This is necessary for optimal muscle function and fluid balance.

27. Enhance libido and sexual function. Jiaogulan has been shown to have a similar effect to drugs like Viagra, helping to increase blood flow to critical areas.

28. Reduce blood sugar levels and manage diabetes. A study on jiaogulan showed an 89.1% improvement of diabetes symptoms.

29. Increase insulin sensitivity. Jiaogulan helps the body to use insulin better, improves glucose tolerance and stimulates insulin production.


31. Lower your cholesterol. Jiaogulan has been clinically shown to be up to 93% effective in improving cholesterol.

32. Improve your blood lipids. Clinical studies on jiaogulan have shown up to 85% improvement in blood lipids.

33. Strengthen your heart. Jiaogulan has been shown to improve the strength of the heart muscle.

34. Normalize your blood pressure. Jiaogulan has shown a 92% effectiveness rate for blood pressure improvement.

35. Prevent heart attacks. Jiaogulan helps keep arteries open and clear and improves heart strength, blood pressure, and cholesterol.

36. Prevent dangerous blood clots. Jiaogulan prevents blood clots by making blood cells less sticky.

37. Protect against stroke. Jiaogulan protects against clots and plaques.

38. Manage and fight cancer. Jiaogulan prevents cells from turning cancerous. It improves white cell count, antibody levels, and T- and B-lymphocytes.

39. Inhibit tumor and cancer cell growth. Tests have confirmed that jiaogulan can inhibit or prevent malignant growths from forming, even after prolonged exposure to carcinogens. It also inhibits growth of existing tumors.

40. Kill cancer cells. Jiaogulan has shown activity against esophageal, lung, breast, uterus, prostate, brain, kidney, thymus and skin cancer.

41. Protect your DNA. Jiaogulan protects against DNA damage.

42. Enhance overall immunity. By activating lymphocytes and antibodies, jiaogulan has been shown to enhance immunity.

43. Strengthen your resistance. White cells are essential for recovering from illness and disease. Jiaogulan has been shown to double the count in white cell deficient patients.

44. Strengthen your memory. Jiaogulan has been shown to improve the strength of the brain.

45. Protect your immune system during chemotherapy or radiation. Jiaogulan works several ways to enhance immune response, even after extensive radiation treatment.

46. Protect against toxic side effects of drugs and chemicals. Jiaogulan has displayed protective effects against toxicity from harmful chemicals and toxic drugs.

47. Fight inflammation and arthritis. Jiaogulan fights against free radicals, the prime causes of inflammation and arthritis.

48. Protect against stomach ulcers. Jiaogulan saponins display anti-ulcer effects, even reversing gastric ulcers induced by Helicobacter pylori.

49. Protect against gallstones. Because of its ability to lower cholesterol in blood and bile, jiaogulan can inhibit the formation of gallstones.

50. Improve digestive function. Jiaogulan is renowned in China as a digestive tonic.

51. Treat liver damage and hepatitis. Jiaogulan is used in China to treat hepatitis and reverse liver damage.

52. Detoxify your body. Jiaogulan maintains healthy bowel function and aids the body of accumulated toxins and wastes.

53. Prevent and treat chronic bronchitis. Modern case studies have shown 93% effectiveness for chronic bronchitis.

54. Get other wide-ranging benefits. Jiaogulan is currently being used clinically in Asia to treat 54 health problems, including many not mentioned above, such as migraines, the common cold, gum inflammation, gastritis, hemorrhoids, neuregias, enlarged prostate, pneumonia, acne, warts, fungal infections, goit, varicose veins, asthma, ear infections, chronic bronchitis, premature graying of the hair, and even hangover.