**Wu Chia Pi (Siberian Ginseng)—Strengthens Joints, Ligaments, and Tendons...**

So many people hold this plant in so much awe! It is loved and cherished in all countries of the Far East. For the Chinese it is the “single most powerful and beneficial herb” for almost seven thousand years. They claim it gives endurance, energy, resistance and stamina. Some claim it helps with metabolism, strengthening the circulatory system. Also, that it nourishes and strengthens the liver, bone marrow and adrenal glands. It has long been used to improve athletic performance and occasional sleeplessness. This spiny shrub is not in the same family as Asian and American ginsengs and is less costly than these varieties. It helps your body “adapt” to stress; it is often used to improve athletic performance. It contains precursors to human anabolics that build muscle. It helps all connective tissue, muscle, ligaments, bones, and joints. *Wu Chia Pi, also sometimes called Siberian Ginseng,* according to pharmacological research, improves rheumatic and arthritic conditions, relieves fatigue, and improves resistance.¹ Enhances mental activity and physical endurance. (Included in SportCaps and JOI.) Great before and after workouts with SportCaps, Sunrise and JOI!

**Herb Cal Tab—A Unique, Assimilable Combination of Calcium and Herbs...**

What makes Sunrider’s Herb Cal Tabs better than other calcium supplements? First of all, Herb Cal Tabs include three forms of calcium: calcium carbonate, calcium citrate, and calcium gluconate. Each type of calcium has different absorption characteristics. This makes it easier for the body to assimilate and utilize the calcium for maximum benefit. For example, calcium citrate requires less hydrochloric acid for absorption, which makes it a good choice for the elderly who often have lower levels of hydrochloric acid in their stomachs. Secondly, calcium carbonate, from coral calcium, has a high amount of elemental calcium. Unlike other calcium tablets on the market, Sunrider’s Herb Cal Tab is formulated with concentrated calcium-rich dandelion and alfalfa, flaxseed oil, and enzymes, such as papain (from papaya) and bromelain (from pineapple), which aid in digestion by breaking down protein into amino acids. Herb Cal Tab contains 250 mg of calcium with 40 IU of Vitamin D and magnesium, which both aid calcium absorption. Sharon Farnsworth suggests Herb Cal Tab if one is hurting anywhere (5 per day). Great nourishment for 1) muscles and joints, and 2) bone density. Recommended: 4 Herb Cal Tabs a day, eaten with meals, delicious with Citric C.

¹ Healthway Plant Issues, Chinese Herbal Medicine, Natural Health, June 2000