REHMANNIA ENDURANCE™
and
REHMANNIA VITALIZER™

- **Increases energy and endurance**
- **Provides energy support for kidneys**
- **Ancient Chinese formula for stamina**

Our energy reserves can be drained with the stress of daily life, poor diet or lack of rest. Finding healthy, effective products that support our energy needs is important. While many in the West are familiar with the legendary Chinese energy tonifier, ginseng, few know about the equally valued tonifier, rehmannia. Rehmannia forms the basis for numerous classic formulas used to foster energetic well-being.

Planetary Herbals offers two rehmannia formulas suitable for specific constitutional differences and personalities. REHMANNIA ENDURANCE provides sustained energy enhancement for people exhausted from overwork and lack of sleep. REHMANNIA VITALIZER is for people who are slow and sluggish, have trouble getting out of bed, and are prone to feeling cold. Some people will alternate between these formulas, depending on the climate, time of year, or how they feel that day. Whichever you choose, these two rehmannia formulas are powerful choices to support your energy needs.

PLANETARY™
❧ HERBALS ❧

Expert Formulations – *Exceptional Results*

Premier Herbal Tonifier of China

Modern scientific studies about rehmannia support what the ancients knew all along. Studies have shown rehmannia supports healthy blood sugar levels and strengthens libido, as well as increasing energy. In ancient times, rehmannia formed the basis for a series of formulas designed to support the kidneys, which Chinese herbalists considered the most important organ for energy production. It was often referred to as the "root of life." Ginseng was often offered to older people, while rehmannia was more often recommended for those tired from stress, work and lack of rest.

REHMANNIA ENDURANCE: For Type-A Personalities

REHMANNIA ENDURANCE is a modified version of the famed Rehmannia Six formula. This formula is for people with high energy levels who tire due to overwork, irregular meals and lack of sleep. These individuals require deep tonifiers that foster steady, nourishing energy—as opposed to the warm, stimulating, ginseng-like tonics. REHMANNIA ENDURANCE is ideal for business people, and for athletes seeking sustained energy.

REHMANNIA VITALIZER: For Type-B Personalities

REHMANNIA VITALIZER is based on the Rehmannia Eight formula. This formula invigorates the vital fire in people whose vitality has waned, who are cold, and who have difficulty getting up in the morning. The formula includes Asian ginseng, the adaptogen, schisandra, and the Western tonifier, saw palmetto. REHMANNIA VITALIZER is ideal for rekindling warmth and vitality.

Choosing the correct rehmannia product for your body type is vital to receiving the most benefits. The breakdown of characteristics for each type is in the chart below.

You may need a different product at different stages in your health and life. Both products provide you with deep energy tonifiers to assist your body with maximum endurance and vitality.

REHMANNIA ENDURANCE and REHMANNIA VITALIZER are part of the Planetary Herbals line, which offers the best of classic herbal traditions, integrating formulas used continuously for literally hundreds or thousands of years with the latest findings of clinical, pharmacological research.

	REHMANNIA ENDURANCE	REHMANNIA VITALIZER
Body temperature	warm to hot	prone to chills
Complexion	ruddy or flushed	pale
Diet	consumes animal protein	predominantly vegetarian
Emotional state	outgoing and joyful	introverted and melancholy
Movements	quick	slow and methodical
Body type	toned and muscular	frail, lacks tone
Energy level	very high	very low
Personality type	Type A	Type B

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