



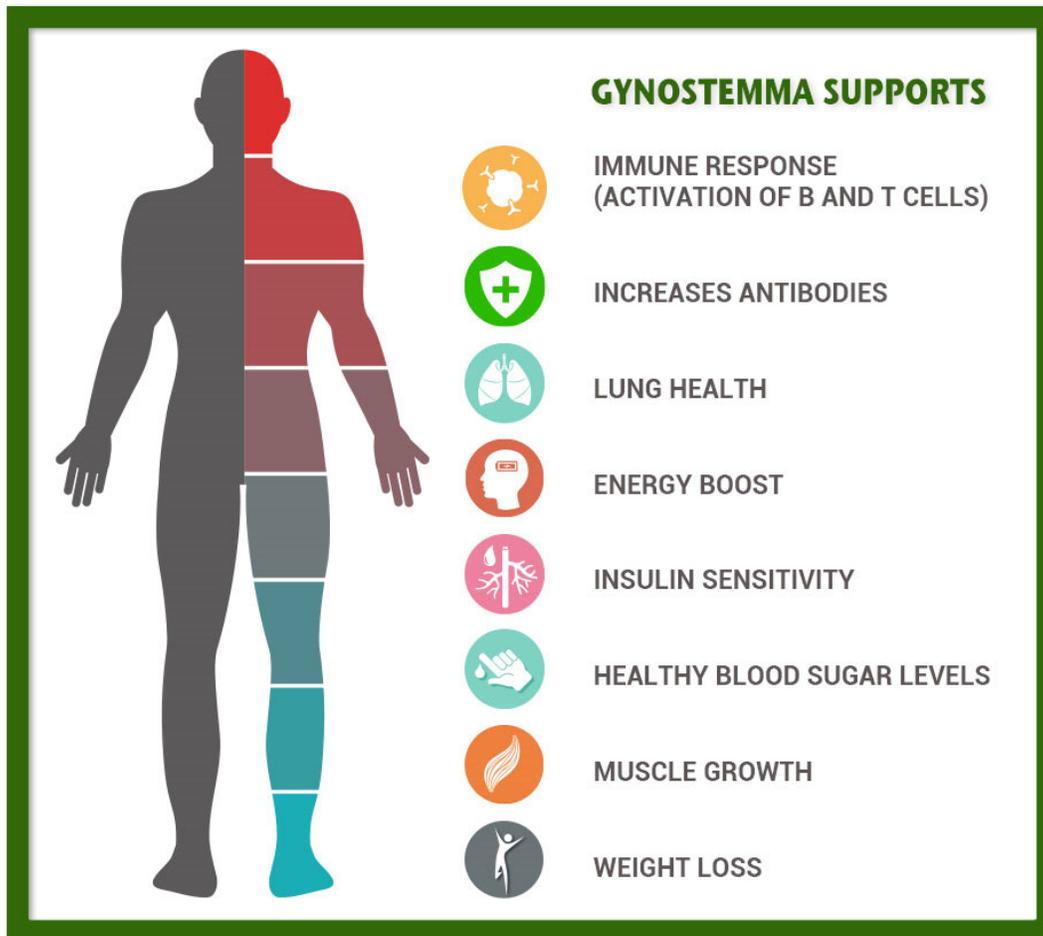
Draco Natural Products

SUPERHERB GUIDE

APR 2020

GYNOSTEMMA

AN ADAPTOGENIC HERB FOR IMMUNE HEALTH



The COVID-19 pandemic has led to much uncertainty and change globally. Despite strong efforts around the world to flatten the curve and keep everyone safe, there are unavoidable concerns about staying healthy. Besides keeping up with safe habits and a clean lifestyle, incorporating herbs - especially adaptogens - into a diet would provide good preventative support for any immune system. In Asia, **gynostemma** is known as Jiaogulan or “Southern Ginseng” because of its **immune, energy and adaptogenic** effects, even though it is from the squash family and not related to ginseng. Its leaf has become popular as a refreshing, lower-cost herbal tea and alternative to ginseng.

Supporting the immune system is the key to fighting off a viral infection, making the difference between mild symptoms and struggling with a severe case. When the body senses an invader, it mounts an immune response. If the invader is a virus, it will secrete large amounts of interferon which will “interfere” with the ability of the virus to infect cells or replicate. It can greatly reduce the ability of the virus to gain a major foothold while allowing the immune system the time to create antibodies which are the key to completely neutralizing and eradicating the infection.

A study has shown that gynostemma extract enhances the production of antibodies, interferon-gamma, and IL-2 in mice (Huang, 2007), promoting a **stronger, more effective immune response**. This was through the activation of T and B lymphocyte cells. The B lymphocytes increased the production of antibodies measured in blood serum as the immunoglobulins, IgM and IgG. Serum IgA and IgG1 were also increased at doses of 0.05 or 0.50 g/kg/day. This was from activated spleen cells, derived from the spleen organ which is vital for a healthy immune response.

If you experience shortness of breath when feeling anxious, especially during these uncertain times, gynostemma can help support your **lung health**. Consistent with theory in TCM, it tones the lungs and helps with shortness of breath, chest congestion, and is used in the treatment of chronic bronchitis.

As an adaptogenic herb, gynostemma also exhibits synergistic **energy-enhancing** effects with a couple of different bioactives. Gypenosides in gynostemma may help to increase energy by improving glucose uptake and by antidepressant effects. Polysaccharides in gynostemma were shown to increase the length of time that rats could swim and anti-fatigue indicators increased as well. Gynostemma saponins turn on a fuel-sensing enzyme (AMPK) present in all mammal cells, which stimulate energy-generating processes such as glucose uptake and fatty acid oxidation to enhance weight loss and increase energy during exercise.

For **diabetes** control, gynostemma significantly improves insulin sensitivity and reduces blood sugar levels according to human clinical studies. In a study of bioactives in gynostemma, phanoside extracted from gynostemma was able to stimulate insulin release by 10-fold when given at a very low concentration. The effect was 5 times more potent than the anti-diabetic drug glibenclamide.

Although not from the ginseng family, gynostemma contains active compounds known as gypenosides which have similar effects, as well as smaller amounts of actual ginsenosides. Gypenosides and ginsenosides have been shown to strongly increase **nitric oxide** production, which helps to improve **blood circulation, reduce blood pressure, and is beneficial for muscle growth**.

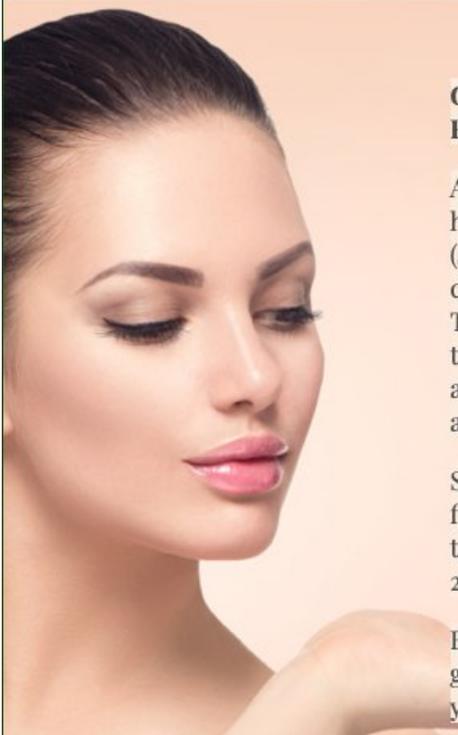
Draco's unique extraction process pulls the beneficial bioactive compounds out of gynostemma, so you can simply enjoy its benefits through easy ways such as an instant tea. Gynostemma extract combined with a healthy diet and a careful lifestyle can help you stay safe during this unprecedented crisis.

[More Technical Information](#)



**GYNOSTEMMA
EXTRACT
APPLICATIONS**

- **SUPPLEMENTS**
- **CUSTOM BEVERAGES AND TEAS**
- **COSMETIC PRODUCTS**



Cosmetic Corner

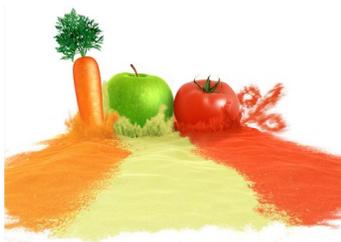
Gynostemma Counteracts Aging Effects of UV on Skin Fibroblasts

As an essential component of skin, dermal fibroblasts help produce and organize the extracellular matrix (structural makeup) of the dermis and are involved in cellular communication for regulating skin physiology. The extracellular structural matrix compounds include the collagen strands, glycosaminoglycan, elastin fibers, and glycoproteins – all important for the skin firmness and strength.

Studies have shown that gynostemma extract kept fibroblasts cells more viable after UVC light exposure that normally causes oxidative stress injury (Lobo, 2014).

By protecting these important dermal fibroblast cells, gynostemma can help preserve the health and youthfulness of your skin.

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Questions?

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