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Aum Tea Company

Jiaogulan is recommended in China, Japan and Thailand for the following:

Regulates cholesterol
Regulates blood pressure
Improves circulation
Stimulates liver function
Strengthens the immune
Strengthens the nervous system

Reduces blood sugar
Calmative effects
Relaxing spasms
Increase stamina and endurance
Prevent heart attack and stroke
Cancer inhibition

Scientific Studies that may support the effectiveness of Jiaogulan

The list below includes a partial composite of previous studies on Jiaogulan and its chemical components:

1. **Antioxidant.** This herb has been shown in tests to lower the amount of Superoxide radicals and hydrogen peroxide in certain white blood cells, an excellent indicator of antioxidant activity. Jiaogulan also has the remarkable property of increasing endogenous SOD (Superoxide Dismutase) in the body. SOD is one of the body's most important antioxidants and studies show that charting SOD levels in various animal species is a reliable indicator of their longevity. Trials in humans showed that SOD levels returned to youthful levels after taking 20 mg of Gypenosides (active elements in Jiaogulan) daily for one month.
2. **Adaptogen.** Jiaogulan modulates the nervous system. It calms an overexcited nervous system and stimulates a depressed one. 300 professional athletes were the subjects of a study. All the athletes reported that taking this herb before competition made them vigorous and alert with quick reflexes. Yet it also made them less nervous.
3. **Insomnia.** 112 cases of insomnia reported a sleep improvement of 89 to 95 percent.
4. **Blood Pressure.** 223 patients were divided into three groups. One group took Ginseng, the next took Jiaogulan and the last took the blood pressure medication, Indapamide. The effectiveness was rated at 46% for Ginseng, 82% for Jiaogulan and 93% for Indapamide. This herb modulates blood pressure, lowering it when it is too high and raising it when it is too low.
5. **Cardiac function.** Jiaogulan increases cardiac function. In a study combined with some other herbs, heart stroke volume increased 37% and cardiac output increased by 21% on the average. Ejection fraction increased by 13%. Subjects had normal blood pressure which did not change although heart rate decreased by 10%.
5. **Cholesterol.** Jiaogulan lowers total cholesterol, LDL cholesterol (the bad stuff), and raises HDL cholesterol (the good stuff). More than 20 papers have been published on the subject with effectiveness reported as ranging from 67 to 93%. It also inhibits platelet aggregation, which lessens the chance of a stroke or heart attack.
6. **White blood cells.** Jiaogulan increases the production of white blood cells in white cell deficient patients such as those who have recently undergone chemotherapy or radiation treatments.

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7. **Immunostimulant.** This herb modulates lymphocyte formation and increases lymphocyte activity. It was also found to greatly enhance the activity of NK (Natural Killer cells) in cancer patients.

8. **Diabetes.** A study of 46 patients with Diabetes Mellitus showed an improvement of 89% in their condition. Another study also showed satisfactory results.

9. **Hepatitis B.** 100 patients were given Jiaogulan for 3 months. Effectiveness was rated at 89%. Another study of 200 patients yielded similar results. Other studies showed the ability to protect the liver from various toxic chemicals such as carbon tetrachloride.

10. **Bronchitis.** A study of 86 cases of chronic bronchitis had an effectiveness rate of 93%. Another study of 96 cases had a 92% effectiveness rate.

Finally: **No toxic effects** have been noted at any doses level. It does not over stimulate like Ginseng.

Published Material on Jiaogulan and Antioxidants

Jiaogulan, The Chinese Immortality Herb: Michael Blumert and Dr. Jioliu Liu (China's most famous Jiaogulan expert) have assembled the best source of information concerning the research of Jiaogulan and its components. This book, available at amazon.com or our website, contains analysis of over 10 years of study at leading universities and institutes in China, Japan and the United States.

Natural Foods Merchandiser: Bright Future for Chinese Mountain Herb

"Jiaogulan has no known side effects. Unlike ginseng, it is not a stimulant. A typical dose is 1,000 mg per day in the form of tea or in capsules, but much higher doses appear to be safe and effective. Bulk Jiaogulan is not commonly available in America (*we are trying to change that!*), but it can be found prepackaged. Because of its natural sweetness, it is delicious as a tea."

UC Berkeley: Oxidants, Antioxidants, and the Degenerative Diseases of Aging

The degenerative diseases associated with aging include cancer, cardiovascular disease, immune system decline, brain dysfunction, and cataracts. Small molecule dietary antioxidants such as Vitamin C, Vitamin E, carotenoids, (*ed. and Jiaogulan*) have generated particular interest as anticarcinogens and as defenses against degenerative diseases.

Antioxidants therefore can decrease mutagenesis, and thus carcinogenesis, in two ways: by decreasing oxidative DNA damage and by decreasing cell division.

For FAQ's on Jiaogulan and other healthy teas see www.aumtea.com.

For a listing of Published Articles about Jiaogulan on the Internet see www.aumtea.com/link.htm.

For a listing of Scientific Studies see www.aumtea.com/scientific-studies.htm.