



▼ INGREDIENTS

Supplement Facts	
Serving Size: 3 capsules	
Amount Per Serving	% Daily Value
Vitamin C (Magnesium Ascorbate) 40 mg	67%
Calcium (Carbonate) 100 mg	10%
Proprietary Blend 1150 mg	*
Achyranthos (Root); Atractylodes (Rhizome); Sweetgum (Fruit); Angelica (Root); Drynaria (Rhizome); Cistanche (Stem); Rehmannia (Root); Morinda (Root); Ligustrum (Fruit); Teasel (Root); Barrenwort (Leaves); Eucommia (Bark); L-Methionine; Astragalus (Root); Hesperidin, Allantoin	
*Daily Value is not established.	
Other Ingredients: Gelatin and Leucine	

▼ DOSAGE

- Capsules: 1-3 caps, up to twice a day, or as directed.

▼ PACKAGING

- Capsules: 60 capsules/eco-bottle.
- Upon request, eco-teabags are included with instructions on how to convert capsules to tea for liquid administration.

▼ PERSPECTIVE

The Chinese 5-Element system provides for the tonification (strengthening support) and sedation (relaxing support) of the five elements: Earth, Fire, Water, Metal, and Wood which relate to different body organs' energy and cycles that all function as a collective whole. Working in harmony with the 5 Elements are two energy channels: The Triple Warmer and the Pericardium which can be supported with tonifying and sedating influences to help the body maintain its innate natural balance.

▼ LIFESTYLE



#775 WATER TONIFY (Strengthen Bones)

The Water Element is correlated to our inner reserves, strength, and confidence. The energy to rest and conduct the healing processes is part of this element. The grit or will power stems from Water, as does the ability to go with the flow. The Chinese believe that the genetic traits of our parents are inherited via the Water Element. Excesses or deficiencies result in imbalances characterized by inability to accomplish goals and be restricted in life by fears.

The Water Element supports the health of bones, kidneys, spleen, digestive system, and connective tissues. The bone matrix is an aspect of the Water Element, and is the foundation of healthy bones. This formula helps the body to use its own resources to stay healthy, supports healthy and thick hair and smooth skin, and supports normal healthy sex functions for men and women. Emotionally, the Water Element supports the deep well of conserved energy reserves required to carry a person through life. In Chinese Medicine it is said to boost the essence, enrich the kidneys and nourish yin.

The kidneys and urinary bladder are the organs of the Water Element. The kidneys store the essence for the entire body, and are responsible for growth, development, and reproduction; produces the marrow to fill the brain and maintains water metabolism. The ancient Chinese state that the kidneys are the root of the congenital constitution. The water element is weakened through aging, over taxation, inadequate rest and relaxation, trauma (surgeries, accidents), numerous pregnancies, late life pregnancies, excessive sex, alcoholism, various drugs/medications. Essence is also depleted due to lack of daily support with proper vitamins, nutrients, water, clean air, and moderate exercise.

▼ INDICATIONS

- Support normal bladder function
- Support normal development in children
- Support good vital energy
- Support good bone health
- Support normal, healthy libido
- Support innate vitality
- Support normal kidney function

▼ KEY COMPONENTS

- **Eucommia** – *Eucommia ulmoides*. Du Zhong. Is strongly associated with the kidneys and to a lesser extent with the liver. In Chinese medicine, the kidneys store *jing*. *Jing* is an essential life source and associated with whole body growth and development, as well as normal sexual and reproductive functioning. The kidney and liver *jing* also affects the bones, ligaments, and tendons.
- **Achyranthos (Root)** – *Huai Niu Xi*. Contains saponins. Supports normal kidney and water processes.
- **Rehmannia** – *Dihuang*. Rich in amino acids, Vitamins (A, B, C), cerebroside, melittoside, dammelittoside, and rehmaglitiin, rehmannia is known as a blood tonic and purifier – thanks to its astringent properties provided by the chemical content. A kidney yin tonic also supportive of the kidneys' neighboring endocrine glands, the adrenals.
- **Glossy Privet (Fruit)** – *Ligustrum lucidum*. Cited in the Divine Husband's Materia Medica in 190 CBE, this cooling, yin-supportive fruit contains tanins; oleanolic, betulinic, and urosolic acids; and saponins. Clears heat and emotional tension.
- **Teasel (Fruit)** – *Dipsacus fullonum*. Affiliated with the Liver and Kidney meridians, and has bitter, pungent and warm properties. Its functions are to tonify the liver and kidneys, promote blood circulation, and strengthen the bones and tendons.
- **Angelica (Root)** – A Native American herb associated with supporting the body's normal blood purification processes including liver, gall bladder and kidney activities.
- **Astragalus (Root)** – *Radix astragalii*. Huang Qi. An adaptogen and tonifying (bu fa) factor said to lend strength (qi) to normal tissue function. Provides

protective polysaccharides and processes dampness.

- **Barrenwort (Leaves)** – *Epimedium*. Yin Yang Huo. Enhancer of kidney ch'i. Historic use includes supporting normal erectile processes and modern science finds that it supports nitric oxide metabolic activity. Contains icariin supportive of normal bone osteoblast processes.
- **Sweetgum (Fruit)** – *Fructus liquidambaris*. Lu Lu Tong. Used to support blood flow, kidneys, bladder, and urination.

▼ CONTRAINDICATIONS

None when used as directed.

▼ CLINICIAN CONSENSUS

- Bone Strengthening Program:
#775 Water Tonify
#120 CAL - Calcium Plus
#2 Builder
#850 MoRS - Methylation Donor

▼ BACKGROUND

Doc Wheelwright tested Chinese patent formulas and improved their bioenergetic resonance with the inclusion of rain forest botanicals and other nutritional factors. The formulas provide a desperately needed "causative" level impact to the constitutional states that allow symptom expression.

▼ SYNERGISTIC CONSIDERATIONS

- **#56/#2056** K - Kidney
- **#58/#2058** Ks - Kidney-s
- **#870/#871/#872** SPECTRA One & Two - Whole Food, Cell, Multi-Vit/Min/Oil
- **#2/#2002** Builder
- **#6/#2006** Restore
- **#31/#2031** Ga - Adrenal
- **#120** CAL - Calcium +
- **#192** CALMD - Bone Support + VitD
- **#129/#199** DV₃ / VitD₃^{LO} - VitaminD₃ + K₂

▼ INFORMATION RESOURCES

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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