



Naka Products

Energy Boost: Available in 60 Caps

Product benefits by category:

- GOLD** Athletic Performance, **Fatigue & Low Energy**, General Prevention.
- SILVER** Anti-aging, Mood, Women's Health.
- BRONZE** Weight Management.

Uplift your lifestyle plus enhance sport and work performance with Naka's Energy Boost! This caffeine free formula can help increase energy, mental alertness, memory and attention span, plus strength and mobility. It can also improve mood and aid weight management.



Recommended use: Adaptogen and energy booster.
Recommended dose: (Adults) Take one capsule once daily 1/2 hour before breakfast or lunch.

Medicinal ingredients: Each capsule contains:
 Rhodiola (Rhodiola rosea) [Root] Extract standardized to 5% rosavins50 mg
 Cordyceps (Cordyceps sinensis) [Fungus] Extract standardized to 7% cordycepic acid)..... 150 mg
 Siberian Ginseng (Eleutherococcus senticosus) [Root] Extract standardized to 0.8% eleutheroside 100 mg
 Panax Ginseng (Panax ginseng) Extract [Root] Extract standardized to 8% ginsenosides) 100 mg
Non-medicinal ingredients: Magnesium Stearate, Gelatin (capsule ingredient). Contains no artificial preservatives, colours, sweeteners, eggs, fish, dairy products, corn, soy, starch, wheat or yeast.

Warnings:

- Consult a health care practitioner prior to use if you are taking antibiotics, antihypertensives, anti-psychotics and/or blood thinning medication.
- Consult a health care practitioner prior to use if you are undergoing therapy for diabetes.
- Use with caution in individuals with a history of bleeding, hemostatic disorders or drugrelated hemostatic problems.
- Use with caution in individuals taking anticoagulant medications including warfarin, aspirin, aspirin containing products, NSAIDs, antiplatelet agents.
- Discontinue use prior to dental or surgical procedures.

Garlic Plus Formula: Available in 150 Caps

Product benefits by category:

- GOLD** Antioxidant, Detoxification, Heart Health.
- SILVER** Athletic Performance, Fatigue & Low Energy, General Prevention, Varicose Veins.
- BRONZE** Anti-aging, Digestion Aid, Immune System.

Are you easily tired? Do you become short of breath after minor exertion? Try Garlic Plus and feel the difference. Herbalists recommend this combination of Garlic, Ginger, Guggul, Parsley, Capsicum, Hawthorn and Fennel for greater health benefits than Garlic alone is able to provide.

Directions:

Take 1 or 2 capsules three times daily with each meal or as directed by a professional.

Ingredients:

Each gelatin capsule contains 600 mg:
 Pure Garlic powder 8000200 mg
 Guggulipid extract (2.5%) 75 mg
 in a base of Parsley, Fennel, Hawthorn Berry extract (4:1), Hawthorn Berry powder, Ginger Root and Cayenne.

