

Q. What is Jiaogulan?

A. Jiaogulan (scientific name *Gynostemma Pentaphyllum*), is a member of the cucumber family. As the name implies, it grows in characteristic five leaf clusters and is a low lying vine or ground cover. Jiaogulan leaves have been used for centuries in China and is a refreshing and healthy tea.



Q. What are Adaptogens?

A. Russian scientist N. V. Lazarev coined the term adaptogen in 1947 to describe herbs that have "a normalizing action on various bodily functions regardless of the direction of the pathological condition." In other words, an adaptogen is an herb that helps the body self-regulate. If something is out of balance, either too much of something or too little of something, an adaptogen helps the body return to the ideal state.

Q. What are Jiaogulan's Benefits?

A. Jiaogulan may have a direct strengthening effect on the heart, possibly causing the heart to beat more powerfully. It may also have a number of secondary cardiovascular effects in promoting healthy blood pressure, healthy digestion, strength and endurance. In addition, *Gynostemma* has been shown in laboratory studies to widen blood vessels.

Q. Is Regenerations Jiaogulan Tea Organic?

A. Yes!, Regenerations Jiaogulan Tea is cultivated Organically meaning no chemicals or pesticides are used along the entire harvesting process.

Q. Can I prepare Jiaogulan as an Ice Tea?

A. Yes!, Jiaogulan is a refreshing iced tea. Just prepare the tea as normal and then chill.

Q. What Drug interactions should I watch out for?

A. In studies, Jiaogulan has been shown to increase the time blood needs to clot. When it is taken with antiplatelet or anticoagulant drugs, the effect of the drug may be increased, resulting in uncontrolled bleeding. Antiplatelets include clopidogrel and Ticlid. Anticoagulants include heparin and warfarin. Because it can affect immune system function, *Gynostemma* may interfere with the effects of drugs used to suppress the immune system after organ transplants or in other conditions. Taking *Gynostemma* is not recommended for patients who take drugs such as: azathioprine (Imuran), CellCept, cyclosporine (Neoral, Sandimmune), Prograf, Rapamune, Zenapax.

Q. How should I brew Jiaogulan Tea?

A. Jiaogulan is a delicate tea. Heat the water, then turn off the heat just prior to the water coming to a boil. Steep the tea for 2-3 minutes until a light golden color.

