

SUMA Combination

SUMA Combination supplies nutrients that support the body's regenerative functions. It is a blend of six powerful adaptogenic herbs that bolster the immune system and provide energy and emotional support. Adaptogenic means it helps your body adapt to changes and handle stress better.

Suma root is referred to as "Para Todo" in South America, meaning "for everything." Suma is not a true ginseng, but it shares many of ginseng's properties. Suma root helps to heal and prevent "dis ease" in the body. The second herb in SUMA Combination is Astragalus root. Astragalus root is a Chinese herb that also shares many properties of ginseng and is known as an energy-booster. Many herbalists have used Astragalus to help prevent mutation of organisms and to kill various types of infection.

SUMA Combination also assists in increasing circulation to your brain. It helps to support and nourish brain tissues with the herb Ginko Biloba. Ginko works to insure there is sufficient amount of blood supply to the brain and extremities. I have also found it as a good augmenting herb (an herb that helps other herbs) when mixed with Gota Kola, another herb in SUMA Combination that helps to increase endurance and mental alertness.

Another supportive herb in this popular combination that works on focus, clarify and concentration is Siberian Ginseng or as it is now more correctly known, Eleuthero. Eleuthero is a cousin of Panax Ginseng. Another adaptogenic herb, it has been used historically for immune deficiency, hypoglycemia and to improve memory.

Many of our customers call SUMA Combination their "happy pill" because it relieves stress and helps the body to adapt to psychological stresses. Many of our clients find taking the combination of these six herbs together in the SUMA Combination is very effective in clearing your mind of stress, supporting your adrenals so you have something to pull from, and to get more focused and grounded. It is often used by people going through challenging times (divorce, death of loved one, students, new parents, etc.) with success.

Ingredients: Echinacea aerial parts, suma bark, astragalus root, eleuthero root, ginkgo leaves concentrate, and gotu kola root and rhizome concentrate.

Recommended Use:

Take 2-3 capsules with a meal three times daily or as needed for stress

NOTE: Pregnant or lactating women should consult their health care professional prior to taking this supplement.