

Perform X



Clinical Applications

- May Help Promote Sense of Inner Calm*
- Supports Physical Reserves and a Healthy Response to Stress*
- Concentrated Form of a Traditional Chinese Botanical Formulation
- May Support Healthy Endocrine and Neurological Function*

*Perform X is a concentrated form of a traditional Chinese botanical formulation designed to help maintain balance between body systems and promote a sense of inner calm. Used historically and in present-day China, this combination of herbs helps support endocrine function and a healthy response to stress. This herbal blend is often used by individuals having difficulty resting or those with exhausted physical reserves.**

All Accelerate Sports Nutrition Formulas Meet or Exceed cGMP Quality Standards

Discussion

Herbs have been used traditionally and are used currently across a wide range of cultures to support health and well-being. The synergistic blend of herbs in Perform X has a long history of use in Traditional Chinese Medicine (TCM). This blend has been used for supporting peace of mind and serenity in the face of everyday stressors and circumstantial stressors that individuals may experience later in life.*

Rehmannia root (*Rehmannia glutinosa*) and **Scrophularia root (*Scrophularia ningpoensis*)** are two closely related herbs with similar supportive uses. Rehmannia is a prized herb in TCM and an extensively studied plant in modern pharmacognosy. Research studies suggest that this valuable herb supports several vital systems in the body, including the cardiovascular, immune, endocrine, and nervous systems.^[1] It has been used specifically to support adrenal function, hormone balance, and a healthy journey through menopause. Chinese herbalists utilize it to nourish yin, invigorate the kidney, restore vital force, and help the body adapt to and endure physical and environmental stress.^[2] Rehmannia is among a select list of herbs that have been officially approved in China for the support of blood glucose levels already within the normal range.^[3] Scrophularia is present to complement the positive effects of rehmannia. According to Subhuti Dharmananda, PhD, director of the Institute for Traditional Medicine, rehmannia and scrophularia are similar in their “cold” nature and provide a number of similar benefits, including supplementation of adrenal chi.*^[4]

Schisandra fruit (*Schisandra chinensis*) is an extensively studied adaptogen used for increasing energy and supporting the body’s natural resistance to stress. By definition, an adaptogen can decrease sensitivity to stressors while promoting stress resistance and systemic equilibrium. In vitro and animal studies suggest that schisandra has a stimulating effect on the central nervous system, enhances learning and memory, and is considered neuroprotective, hepatoprotective, cardioprotective, and gastroprotective.^[5] Human studies suggest it plays an effective role in supporting physical and mental stamina.*^[5]

Jujube (*Zizyphus spinosa*) is used in TCM for sustaining a healthy appetite, supporting healthy energy levels, and promoting a sense of inner calm.^[6] **Biota seed**, also called oriental arborvitae seed, is combined in TCM with jujube and schisandra fruit to support a sense of tranquility, normal heart rhythm, and healthy sleep patterns.*^[7]

Don Quai root (*Angelica sinensis*) is considered a valuable herb in TCM; it has been used for centuries to support female health and promote robust energy levels.*^[8]

Chinese asparagus root (*Asparagus cochinchinensis*) is considered very cold in TCM. It is used to moisten dryness, nourish yin, and promote normal gastrointestinal (GI) transit time.*^[9]

Ophiopogon root (*Ophiopogon japonicus*) is known as *mai men dong* in TCM. This herb, often combined with others, is used to address healthy sleep patterns, promote a sense of calm and tolerance to stress, support normal heart rhythm, and promote healthy energy levels.*^[10]

White Panax root (*Panax ginseng*) is used as a general tonic to strengthen the body and restore vitality. It is used traditionally to support the body’s normal response to stress, maintain robust energy and alertness, support neurological health and balance, and promote healthy sleep patterns. Ginseng stimulates the pituitary to secrete adrenocorticotropic hormone (ACTH), which stimulates adrenal activity.*^[11-13]

Chinese salvia root (*Salvia miltiorrhiza*) is a member of the *Salvia* genus of the *Lamiaceae* family. Members of the *Salvia* genus have been used medicinally across a variety of cultures for their relaxing effect on the central nervous system. The root of *Salvia miltiorrhiza* has been used specifically for support of cerebrovascular health, healthy sleep patterns, menstruation issues, and liver and kidney health.*^[14]

Poria fungus (*Poria wolfiporia*) is a mushroom that has been used in TCM to “quiet the heart and calm the spirit” and support healthy sleep patterns.*^[15]

Platycodon root (*Platycodon grandiflorum*) is an ancient Chinese herb associated with increased tolerance to foreign irritants, maintenance of healthy capillary permeability, and promotion of an inner sense of calm.*^[16]

Acorus rhizome (*Acorus gramineus*), or Japanese sweet flag, has a long history of use in Asia for supporting health and balance in the body. Contemporary research on herbs suggest that *Acorus gramineus* (AG) may play a role in supporting neuronal health and memory.^[17] Animal studies suggest that the asarone essential oil in AG has a specific, neuroprotective effect.*^[18]

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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650.787.1119

Perform X



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%Daily Value
5:1 Herbal Extract Blend	1g	**
Rehmannia Root (<i>Rehmannia glutinosa</i>), Schisandra Fruit (<i>Schisandra chinensis</i>), Jujube Fruit (<i>Ziziphus jujuba</i>), Biota Seed (<i>Biota orientalis</i>), Chinese Asparagus Root (<i>Asparagus cochinchinensis</i>), Ophiopogon Root (<i>Ophiopogon japonicus</i>), Scrophularia Root (<i>Scrophularia ningpoensis</i>), Dong Quai Root (<i>Angelica sinensis</i>), White Panax Root (<i>Panax ginseng</i>), Chinese Salvia Root (<i>Salvia miltiorrhiza</i>), Poria Fungus (<i>Poria wolfiporia</i>), Platycodon Root (<i>Platycodon grandiflorum</i>), Acorus Rhizome (<i>Acorus gramineus</i>)		

** Daily Value not established.

Other Ingredients: HPMC (capsule), microcrystalline cellulose, magnesium stearate, and silica.

Directions

Take two capsules two to three times daily, or as directed by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not take Perform X if you have any condition to which these botanical ingredients would be contraindicated. Do not use if tamper seal is damaged.

References

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Does Not Contain

Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or preservatives.

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