

# Biotonic™

## DAILY ADAPTOGENIC ELIXIR

### DIGESTION & VITALITY\*

AVAILABLE IN 2 OZ (59 mL) LIQUID

We are all about botanicals – and we usually talk about them from a Western perspective. But sometimes changing your lens brings additional benefits. That's why Founder and Formulator Rachel Fresco, L. Ac., used inspiration from two Traditional Chinese Medicine (TCM) formulas to create our adaptogenic elixir, Biotonic™.

Biotonic™ is based on two of the most commonly used TCM herbal formulas, "Tonify the Middle and Lift the Qi" (Bu-Zhong-Yi-Qi-Tang) and "Decoction of the Six Gentlemen" (Liu-Jin-Zi-Tang). They have been used by healers for centuries to address common complaints including digestive issues (like bloating and nausea), fatigue, poor assimilation, and weak immune response.

Sound familiar? These complaints continue to be a daily stressor for many – almost every person who walks through the clinic door.

The addition of Artemisia strengthens the formula's microbial balancing activity and promotes a healthy inflammatory response\*<sup>1</sup> Biotonic™ also contains Fo Ti root. According to the *Chinese Herbal Medicine: Materia Medica*, Fo Ti boosts kidney Qi, and supports liver function – making it useful for restoration after illness.\*

By relying on ancient wisdom for modern challenges, Rachel Fresco created a synergy that provides a gentle yet powerful addition to our line. An adaptogenic companion product designed specifically to augment the activity of Biocidin®. Biotonic™ tonifies digestion, immune activity, and vitality – and it's available to us every day.

<sup>1</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3017680>

## RESTORE

**Restore. Bring balance and healing.** Undesirable microbes create imbalances, even disorder. The effort to restore harmony requires ongoing renewal – and that's where our botanicals and nutrients shine. Offering needed provisions, they allow the body to establish balance. Plants unite with the body to revive and strengthen – cultivating microbial diversity, healthy digestion, nutrient absorption, and sustained well-being.



**Biocidin  
Botanicals™**



## Tonify

To increase the available energy of an organ, part, or system of the body

## Benefits

- Helps maintain vitality and healthy energy levels\*
- Supports healthy digestion\*
- Provides nutritional support for the adrenals and liver\*
- Promotes immune health\*
- Assists in microbial balance\*
- Supports healthy inflammatory response\*
- Can be used daily for ongoing benefits

## Features

- Fresh, professional-grade Chinese herbs
- Slow percolation extraction
- Full-spectrum extract of phytochemicals
- No heat or chemical solvents
- Delicious flavor with a hint of spice



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

# Biotonic™

## DAILY ADAPTOGENIC ELIXIR

### Clinical Focus: Who's It For?

- Those seeking to support vitality and healthy energy levels\*
- Those looking for gentle digestive support for nausea or diarrhea\*
- Those seeking to restore weakened kidney or liver Qi\*
- Those looking to support immune health\*
- Those seeking to strengthen the nervous system\*
- Those seeking daily support for healthy stress management\*

### Suggested Use

Take 20 drops, 2-3 times per day, or as directed by your healthcare professional.

Warning: Not recommended for use during pregnancy. Consult your physician before using any supplement, especially if you are nursing, have a medical condition, or are taking medication. Discontinue use should adverse reactions occur. Keep out of reach of children. **Store in a cool, dry place.**

### Supplement Facts

Serving Size: 0.66 mL (approx. 20 drops)

Servings Per Container: Approx. 88

#### AMOUNT PER SERVING

**Proprietary Herbal Blend:** 219 mg†

Astragalus root‡ (Huang Qi), Eleuthero‡ root (Wu Jia Shen), Black Bean-prepared Fo Ti root (He Shou Wu), Sweet Wormwood‡ herb (Qing Hao), Atractylodes‡ root (Bai Zhu), Chinese Peony‡ root (Bai Shao), Chinese Yam root (Shan Yao), Codonopsis‡ root (Dang Shen), Ginger‡ root (Gan Jiang), Poria sclerotium (Fu Ling), Tangerine rind (Chen Pi), Turmeric‡ root (Yu Jin), Honey-prepared Licorice root (Zhi Gan Cao)

**Other Ingredients:** Vegetable glycerin‡, deionized water, ethanol‡ (sourced from potato and/or sugar cane)

†Daily value not established

‡Organic ingredient

This product is made without dairy, gluten, corn, soy, artificial coloring or flavoring.



### Ingredient Mechanisms of Action

Scientific literature shows that the individual botanicals in Biotonic™ have multiple activities. Below are highlights that may account for the outcomes seen in a clinical setting.

**Enhancing Digestive Activity** – Atractylodes, Codonopsis, and Ginger support digestion and eliminate bloating.

**Tonifies Qi** – Herbs such as Astragalus, Atractylodes, Chinese Peony, Codonopsis, Eleuthero, Fo Ti, Licorice, and Poria restore weakened kidney and liver Qi, supporting increased vital force and energy levels.

**Adaptogenic** – Herbs like Astragalus, Licorice, and Eleuthero help balance the HPA Axis and assist the body in moderating the effects of stress.

**Supports Elimination of Unwanted Passengers** – Sweet Wormwood is well documented for its ability to assist in addressing “bad players” that otherwise cause harm.

**Hepatoprotective** – Licorice, Eleuthero, Chinese Peony, and Turmeric support healthy liver function.

**Immunomodulatory** – Astragalus is one of the best-known and researched herbs for immune system regulation. Atractylodes, Codonopsis, Eleuthero, and Fo Ti also help restore immune balance.

**Supports Microbial Balance** – Several of the botanicals in Biotonic™ are known for their ability to modify the microbiome. These include Atractylodes, Licorice, Codonopsis, Eleuthero, Fo Ti, Tangerine, and Turmeric.