



# JIAOGULANEX™

A NuLiv Science proprietary *Gynostemma pentaphyllum* extract (98% Gypenosides)

## What is Jiaogulan?

Jiaogulan is a member of the gourd family and grows in the Eastern regions of the world in China, Japan, India, and Korea. It's often referred to as "Southern Ginseng" due to its nutrient components - even though it's technically not a ginseng plant.

In 1976, Japanese scientists first isolated the key compounds in Jiaogulan, the gypenosides. From these investigations, scientists identified 82 unique gypenosides with 4 of those displaying the same structures as Rb1, Rb3, Rd, and F2 ginsenosides in ginseng.

## Safety

JiaogulanEx™ consistently passes all California Prop 65 heavy metal requirements. Prop 65 has the most stringent heavy metal requirements in the USA.

**Recommended Dosage:** 200mg



**4X SAPONINS  
AS PANAX GINSENG**



**100%  
PLANT-BASED**

## Key Benefits

JiaogulanEx™ is a versatile adaptogen ingredient that may:

**ACTIVATE AMPK & SUPPORT  
HEALTHY WEIGHT MANAGEMENT<sup>1</sup>**



**SUPPORT STRENGTH & PHYSICAL  
ENDURANCE<sup>2</sup>**



## References

1. Gauhar, R., Hwang, S.-L., Jeong, S.-S., Kim, J.-E., Song, H., Park, D. C., Song, K.-S., Kim, T. Y., Oh, W. K., & Huh, T.-L. (2012). Heat-processed *Gynostemma Pentaphyllum* extract improves obesity in OB/ob mice by activating AMP-activated protein kinase. *Biotechnology Letters*, 34(9), 1607–1616. <https://doi.org/10.1007/s10529-012-0944-1>
2. Lin-Na, S., & Yong-Xiu, S. (2014). Effects of polysaccharides from *gynostemma pentaphyllum* (thunb.), Makino on physical fatigue. *African Journal of Traditional, Complementary and Alternative Medicines*, 11(3), 112. <https://doi.org/10.4314/ajtcam.v11i3.17>

\* These statements may not comply with your country's laws and regulations or with Reg. EC n. 1924/2006 and have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure, or prevent any disease. Marketers of finished products containing this ingredient are responsible for ensuring compliance with the applicable legal framework.