

Fact Sheet



FOS™ RESILIENCE & ENERGY

- Supports adrenal function
- Adaptogenic—increases resilience to stress and fatigue
- Enhances physical and cognitive performance
- Supports wellness and healthy aging

Fos™ is ideal for the on-the-go executive, athlete, busy parent, and others who require physical and mental strength for work, play, and competition. Fos™ fights fatigue without the side effects of caffeine, supplying sustainable energy, and increased resilience to life's stresses. Fos™ supports the body and nervous system, healing, and recovery from injury and illness.

Zoi Medicinals™ tinctures are alcohol (27%) and vegetable glycerin (10%) extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

How to use Fos™

- Use standard dose daily for consistent energy support and to improve the body's ability to handle stress.
- Use standard dose daily for injury and illness recovery.
- Use standard dose every 2 hours in times of stress and when extra energy is required.

Dosage

Liquid tinctures are rapidly absorbed by the body and may be taken directly by mouth or in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.5%.

The standard, adult dose is three droppers full (1.5 ml) three times a day, or as directed by your health care professional. A dropper full is drawn by full compression of the dropper bulb (the dropper may not appear "full").

- Standard adult dose (100-150 lb) – 3 droppers full (1.5 ml), three times a day.
- Standard adult dose (>150 lb) – 4 droppers full (2.0 ml), three times a day.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), three times a day.

For some, it may take several weeks to notice an effect. Consistency is more important than dose, so we encourage you to take some tincture each day even if you can't keep to a regular schedule. As your body responds to the tincture, you may decrease the dose, accordingly.

Cautions

- Consult a medical professional if pregnant or breastfeeding.
- Not to exceed five droppers full at a time.
- Discontinue use if any new symptoms appear, including symptoms of allergic reaction.
- May cause palpitations at high doses (ginseng).
- If experiencing minor headache or digestive discomfort, reduce the dosage to 1/3 of starting dose. Gradually

increase the dosage each day until you reach to the desired dosage.

- Every body is different and herbs alter internal processes, so your best dosage may change while you're using the product or between uses (always stay within the recommended dosage range).

Biomedical Details

Fos™ is comprised largely of adaptogenic herbs, which studies have shown to have **neuro-protective, anti-fatigue, anti-depressive, anxiety-reducing, nootropic (cognitive-enhancing), and CNS stimulating** activities. A number of clinical trials demonstrate that anti-fatigue herbs in Fos™ support mental work capacity and enhanced attention, particularly with a background of stress and fatigue. One study with ginseng tested over 6000 individuals with stressful occupations, aged 19 to 72, and observed improvement in the capacity for physical and mental work in all cases (1). Other herbs in Fos™ have been shown to relieve inflammation, protect muscle tissue during exercise, and enhance recovery from injury (1, 2, 5). Studies have shown ashwagandha to decrease inflammation better than hydrocortisone (2). Fos™ also supports healthy aging. Studies have shown that adaptogens protect and increase the lifespan of cells, improve mitochondrial function, and increase the body's resistance to the adverse effects of physical, chemical, and biological stress agents. Fos™ contains herbs known for their antioxidant, radical scavenging and immune regulating properties (3), and wolfberry specifically supports the liver, health of the eye, and healthy weight management (4).*

Ingredients & Traditional Chinese Medicine View

- **Ci Wu Jia (Siberian Ginseng Root, *Eleutherococcus senticosus*)** is warm, enters the SP, HT, and KI channels; tonifies Qi of the Spleen and Stomach, warms the Kidney, augments the Heart, calms the Shen, invigorates Blood and unblocks the collaterals.
- **Huang Qi (Astragalus Root, *Astragalus propinquus*)** is slightly warm, enters the LU and SP channels; tonifies Qi and Blood, strengthens Spleen, raises Yang Qi of the Spleen and Stomach, tonifies Wei Qi and the Lungs, stabilizes the Exterior, promotes urination and reduces edema, promotes discharge of pus, generates flesh and expels toxins, generates body fluids, and relieves numbness and pain.

- **Wu Wei Zi (Schisandra Fruit, *Fructus schisandrae*)** is warm, enters the HT, KI and LU channels and all five Zang organs; tonifies Qi, astringes Lung Qi leakage and stops coughing, tonifies Kidney and binds Essence, astringes sweat and generates fluids, quiets the Spirit, and calms and contains Heart Qi.
- **Hong Jing Tian (*Rhodiola, Rhodiola rosea*)** is cold, enters the HT, KI, LIV, SP and LU channels; tonifies, clears Lung heat, nourishes Lung Yin and relieves cough, and invigorates the Blood.
- **Gou Qi Zi (Ningxia Wolfberry, *Lycium barbarum*)** is warm and enters the KI and LIV channels; tonifies the Liver and Kidney, strengthens the sinews and bones, expels Wind-Damp, and warms and stabilizes the Kidney.
- **Nan Fei Zui Jia (Ashwaganda, *Withania somnifera*)** enters the LU, HT and SP channels; tonifies Qi and Wei Qi, tonifies Lung Qi, Spleen, and Jing, and calms the Shen.
- **Da Zao (Jujube, Chinese Date, *Ziziphus jujube*)** is warm and enters the SP and ST channel; tonifies the Spleen and Stomach, augments Qi, and nourishes Blood and calms the Spirit.

References

1. Panossian, A., Wikman, G. 2010. Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity. *Pharmaceuticals*. Jan 3(1):188-224. <https://doi.org/10.3390/ph3010188>.
2. Mishra, L., Singh, B.B., Daagenais, S. 2000. Scientific Basis for the Therapeutic Use of Withania somnifera (Ashwagandha): A Review. *Alternative Medicine Review*. (5, 4):334-346. <http://anaturalhealingcenter.com/documents/Thorne/articles/Ashwagandha.pdf>.
3. Huang, W.M., Liang, Y.Q., Tang, L.J., Ding, Y., & Wang, X.H. 2013. Antioxidant and anti-inflammatory effects of Astragalus polysaccharide on EA.hy926 cells. *Experimental and Therapeutic Medicine* (6):199-203. <https://doi.org/10.3892/etm.2013.1074>.
4. Benzie IFF, Wachtel-Galor S, editors. 2011. *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition. Boca Raton, FL: CRC Press/Taylor & Frances. <https://www.ncbi.nlm.nih.gov/books/NBK92756/>
5. Romm, A., MD. 2010. *Botanical Medicine for Women's Health*. St. Louis MO: Churchill Livingstone (Elsevier, Inc.). ISBN: 978-0-443-07277-2.

***This product is not intended to diagnose, treat, cure, or prevent any disease.**