

Increases oxygenation  
and energy efficiency at  
the cellular level

- HORMONE BALANCE
- ENHANCES IMMUNITY



**Suma** (*Pfaffia paniculata*), also known as Brazilian ginseng, is native to the Atlantic rainforest region of Brazil. This wild perennial, belonging to the family Amaranthaceae is an adaptogenic herb, similar to Chinese ginseng. This product is a top grade, fine, milled root powder.

Scientists have discovered several anti-cancer and anabolic effects of the constituents of the root. Three principal active ingredients have been identified in Suma: pfaffic acid, phytosterols (mainly beta-ecdysone), and pfaffosides (saponins). Other elements have been found, including germanium, allantoin, and various vitamins, minerals, and amino acids.

The root of *Pfaffia paniculata* (suma) has been used by native Brazilians for three centuries as a tonic, aphrodisiac, and as a remedy for diabetes, ulcers, cancer, and general wound healing. Recently suma extracts have been used for muscle building and the treatment of chronic fatigue syndrome. Suma is known as an adaptogen because of its ability to promote endurance and increase vitality through its overall physiological effects. Adaptogens such as suma and ginseng help the body achieve balance, resulting in improved resistance to infections and increased resistance to stress. Among the many ingredients found in suma, the most notable is ecdysterone. Also known as B-ecdysterone, this phytosterol or plant hormone is very similar in use to alpha-ecdysone.

Suma is considered to be one of the richest sources of B-ecdysterone. Ecdysones and plant sterols in general, have been the focus of a great deal of research all over the world for their anabolic effects and a variety of applications.

Other phytosterols found in suma include beta-sitosterol, polypodine B and stigmasterol. There are many other nutrients found in this plant, including a broad spectrum of vitamins, minerals and amino acids. Allantoin, a cell-building compound, and trace amounts of germanium are also found. Other active constituents include six unique saponins called pfaffosides (pfaffosides A-F), as well as pfaffic acid. As much as 30% (by weight) of the whole root consists of dietary fiber.

Traditional native uses and contemporary research studies have shown that the use of suma can result in increased endurance, stress resistance, enhanced immune function, decreased inflammation, accelerated wound and fracture healing, decreased cholesterol levels and increased synthesis of protein.

**Each vegetable capsule contains:**

Suma (*Pfaffia paniculata*) Premium grade ..... 520 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Artificial preservative, flavour, colour, sugar, milk, starch, wheat, corn, soy or yeast.

**Suggested use:**

As a dietary supplement, take 1 to 2 capsules 2 times daily with a large glass of water.

**Keep out of reach of children.**

**Manufactured under strict GMP (Good Manufacturing Practices)  
New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)**