

# Botanabol®

**Builds Strength & Endurance\***  
**Optimizes Recovery Time\***

- Encourages muscle density, strength, and endurance\*
- Optimizes recovery time from exercise or stress\*
- Promotes bone health\*
- Supports muscle tissue maintenance in aging populations\*

Botanabol® is Natura's strongest anabolic support formula. The word "anabolic" refers to processes in the body that build complex materials from simpler substances. This activity includes protein synthesis and the creation of storage forms of nutrients to be utilized for energy. Botanabol® features a concentrated herbal extract of Rhaponticum standardized to 5% ecdysteroids. When combined with a proper diet and essential amino acids, these compounds optimize energy levels, encourage lean muscle growth, reduce muscle fatigue and support healthy levels of anabolic hormones.\*



## FEATURING

### Rhaponticum

Russian athletes use ecdysteroids to optimize their performance. These naturally occurring compounds of Rhaponticum offer a wide spectrum of anabolic support. Rhaponticum enhances stress resistance, optimizes energy levels and supports normal function of the cardiovascular and the central nervous systems. This concentrated extract supports strength and endurance in physical activity and healthy recovery from muscle fatigue.\*

### Shilajit

Used for thousands of years in European folk medicine, Shilajit (also known as Mumie) is an adaptogen and rejuvenative herb. It was traditionally used to support the healthy function of the immune, nerve, and excretory systems and to help maintain bone growth. Over the last century, it has been studied in Russia where it is known for its anabolic activity and tonic effects.\*

### ActiCissus®

Cissus is an ancient medicinal plant native to Ceylon, India and Africa. ActiCissus® is a standardized extract of Cissus that supports bone health and strength. In classical Ayurvedic medicine, Cissus was used to support healthy bones, ligaments and tendons. Along with Vitamins C and A, Cissus contains ketosterones which enhance healthy anabolic metabolism.\*

### Cordyceps

Cordyceps, highly revered in Chinese medicine, is traditionally used to support deep energy reserves, endurance and physical vitality. For these reasons, Chinese athletes in modern times have used Cordyceps to optimize their performance.\*

\*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.

## Supplement Facts

Serving Size: 2 capsules  
Servings Per Container: 50

	Amount Per Serving	%Daily Value
<i>Rhaponticum carthamoides</i> Root Ext.	350 mg	*
Shilajit Ext.	50 mg	*
<i>Cissus quadrangularis</i> Aerial Parts Ext. (ActiCissus®)	50 mg	*
<i>Epimedium spp.</i> Stem and Leaf Ext.	50 mg	*
<i>Cordyceps militaris</i> Fruiting Body Ext.	25 mg	*

\* Daily Value Not Established

Other Ingredients: Microcrystalline Cellulose, Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Magnesium Stearate, Silicon Dioxide.

DOES NOT CONTAIN: Wheat, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, sesame.

Available in 100 capsules

SUGGESTED USE: 2 capsules 2 times daily or as directed by your healthcare practitioner.

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Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).



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