



GET THE TRAINING EDGE

Use the Shaolin Tiger Fighting Elixir, a powerful training formula that increases strength, stamina and agility.

Muscular strength is your ability to exert maximum force (using maximum or near maximum resistance) during limited repetitions. When focusing on strength improvements, you work to increase your power and muscle mass, with gains in muscular endurance being secondary. **Muscular endurance** is your ability to exert sub-maximal force (using less than maximum resistance) during repeated repetitions. When focusing on endurance improvements, you work to increase your muscle's ability to work over a period of time, with gains in power & muscle mass being secondary. **Strength and endurance training** should never be just a one-dimensional improvement program, and by combining them with training formulas such as Shaolin Tiger Fighting Elixir, as well as mental conditioning, you will develop into a total martial artist.

Shaolin Tiger Fighting Elixir is 100% pure — made from the highest quality organically grown Chinese herbs and we guarantee it's efficacy.





What can you expect to experience while using the Shaolin Tiger Fighting Elixir?

If muscular strength and endurance training is your objective, and you haven't given any thought to using an herbal formula to enhance your training, perhaps you should. This formula above all others is truly amazing in how it strengthens the body and increases stamina.

It's a formula that originates from the Shaolin Temple, and legend has it that its use made a warrior powerful, agile, swift of movement, and capable of *fighting like a tiger*... hence the name.

The Tiger Fighting formula is especially useful when training requires arm and leg strength like for stance work, holding heavy jars, weighted weapons, for iron mountain Chi Kung, and for advanced level training in Karate and Kung Fu styles.

This famed herbal prescription contains 16 herbs, lead by heavy doses of high quality Ren Shen and Lu Rong (that's ginseng and deer antler if you don't already know); both herbs are renowned for their ability to increase strength and power.



How to best use this formula?

Shaolin tradition recommends preparing this herbal formula into a medicinal wine (yao jiu), which must age for a minimum of 90-days, to allow the herbal properties to be properly extracted. Daily dosage would be to drink one 50ml shot glass full, and treatment is recommend for a minimum of 90 days or as long as necessary for training enhancement. Once prepared the yao jiu can be safely stored for many years; as a matter of fact, the longer it continues to age the more powerful its abilities will become.

Not interested in making a wine?

For those who don't have the time to wait for a yao jiu to age or prefer not to drink alcohol; we will powder the herbal formula and the powder can be added to capsules, or a smoothie or juice and drunk that way. There will be a \$10.00 extra fee applied for powdering.

Daily dosage (for capsules) is 3 caps 3 x daily, when adding the powder to juice/smoothie, mix one heaping teaspoon into 8 ounces of juice/smoothie and drink that 2-3 x daily. However, we would be remiss if we did not state that while effective when used this way, a medicinal wine does make a more potent brew and the formula's effects are more powerfully felt. Whether you decide to prepare the traditional medicinal wine or use the powdered herb in capsules or a smoothie, we will provide easy-to-understand processing instructions.

HOW TO ORDER

The overall health and training benefits of the **SHAOLIN TIGER FIGHTING ELIXIR** are legendary. Perhaps, you owe it to yourself to discover the reason for the legend surrounding this Shaolin training formula? For immediate access to this product, click:

http://seaofchi.com/Martial%20Training-305/Training%20Formulas%20-%20Chi%20Tonics-315?product_id=3447



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Once aged the yao jiu or medicinal wine should last the user about 90-120 days, or when powdered the herb pack should last about 90-120 days.



COST

One herb kit is \$74.99 and we discount on four packs @ \$288.99