Claims

1. A tablet or capsule for lowering blood pressure in a human in need thereof consisting essentially of therapeutically effective amounts of amla extract, Amaranth extract, green tea extract, pomegranate extract, turmeric extract and star anise extract.

2. A tablet or capsule for increasing physical endurance in a human in need thereof consisting essentially of therapeutically effective amounts of amla extract, Amaranth extract, green tea extract, pomegranate extract, turmeric extract and star anise extract.

3. A tablet or capsule for increasing swimming endurance in a human in need thereof consisting essentially of therapeutically effective amounts of amla extract, Amaranth extract, green tea extract, pomegranate extract, turmeric extract and star anise extract.

4. A tablet or capsule for increasing running endurance in a human in need thereof consisting essentially of therapeutically effective amounts of amla extract, Amaranth extract, green tea extract, pomegranate extract, turmeric extract and star anise extract.