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(54) Title: HERBAL COMPOSITIONS AND METHODS FOR ENHANCING VITAL ENERGY AND ATHLETIC PERFORMANCE

(57) Abstract: Compositions, kits and methods are provided for enhancing vital energy and athletic performance, improving or restoring blood circulation, promoting mental acuity, reducing fatigue, and improving aerobic performance. In one embodiment, the composition comprises the herbal extracts of *Rhodiola crenulata* (root) and *Ginkgo biloba* (leaf). The composition can be used as a pharmaceutical or nutraceutical to promote mental concentration, and to promote aerobic and anaerobic performance by enhancing strength, endurance, muscle tissue oxygenation, and optimal oxygen consumption.



WO 2010/119346 A3