

ZEMBRIN®

SUPPORTS MENTAL WELL-BEING



The modern world is full of challenges that can throw us off balance. Fortunately, nature has given us ZEMBRIN®, an extract of *Sceletium tortuosum*. This herb has been traditionally used by the San people of South Africa for over 300 years to support healthy emotional and mental well-being. ZEMBRIN® comes in a small tablet and is taken once daily.*

ZEMBRIN® is a standardized extract from a native herb grown by the San community, to guarantee composition and avoid depletion of wild plant stocks. ZEMBRIN® is the first product with a benefit-sharing agreement disbursing royalties to benefit the San people and ecologically sustainable cultivation in Africa. By using this product, you are helping to sustain one of the oldest living cultures in South Africa.*



Strategies for Wellness™

*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.

Scelletium tortuosum

Scelletium tortuosum is a species of succulent that can be characterized by its skeletonized venation pattern visible on dried leaves, and its flowers that range from white to light yellow and pink. Traditionally, native healers have used *Scelletium tortuosum* to decrease thirst and hunger, to help with occasional sleeplessness in adults, and for occasional stomach discomforts in children. It is known to produce many alkaloids responsible for its effects on the body. These are primarily mesembrine, mesembranol, mesembrenone and mesembrenol. ZEMBRIN® is made from entire plant to capture its active constituents.*

Secrets of Survival

The San people, also known as Bushmen, live in a vast dry land in sub-Saharan South Africa. They are traditionally nomadic, following migrating herds and gaining sustenance from their ancestral land. Their very survival has depended on what the earth can provide. Knowledge of the local edible plants can nourish the tribe through a drought year. San people with a physical or emotional issue would consult with traditional healers who would provide herbal support. Many herbs used for centuries by indigenous cultures have only recently been used in the West. And now *Scelletium tortuosum* from South Africa is the latest discovery available to Western culture.*

Keeping a Culture Alive

ZEMBRIN® is an environmentally sustainable and socially responsible botanical. Cultivation for commercial purposes has been granted endorsement by *The South African San Council* on behalf of the San people. ZEMBRIN® is the first product with a prior informed consent benefit-sharing agreement to have been signed with an indigenous group of South Africa. By using this product you not only benefit from knowledge that has been handed down over centuries, but you are helping to sustain one of the oldest living cultures in South Africa as well.*



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Educational Resources

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Strategies for WellnessSM
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