Super Ginseng Tonic

A simple two-root tonic — traditionally used as a steady energy boost that works with the body rather than against it, supporting stamina and focus without adding stress to the endocrine system, particularly the adrenals.

This Herbal Combination



Siberian Ginseng (Eleuthero) — an adaptogen herb, traditionally used to help the body adjust to physical and mental stress and support steady stamina, without the stimulating jolt of caffeine.



American Ginseng — a gentler, cooling ginseng, traditionally valued for restoring energy and supporting mental clarity without overstimulating the system.

How It Works

Super Ginseng Tonic pairs Siberian Ginseng (Eleuthero) with American Ginseng in equal parts. Together they're traditionally used as an energy tonic — one that builds stamina and supports focus steadily, rather than forcing a quick lift the body has to pay for later. The goal is energy without adding stress to the endocrine system, particularly the adrenals, which is why this is a formula meant to be taken consistently over time rather than reached for only in a pinch.

Suggested Use

Use 1 to 2 droppers full (35 to 70 drops), 3 times a day. As with most tonic herbs, this works best used consistently — plan on 1 to 2 bottles to really feel the difference. As always, use your own best judgment with any herbal tonic.

Pairs Well With

This blend is also included in our Male Formula and our Adrenal Formula, and many people take it alongside our Brain Formula for extra support with mental clarity and focus.

From Dara's Practice

I take Super Ginseng Tonic myself every day, along with our Brain Formula and a cup of ginger tea, to help with brain fog — it works wonderfully for me. That said, there's rarely just one right answer for something like brain fog; what works beautifully for one body may not be the best fit for another. Our Energy formula was also developed with brain fog support in mind, so if this combination isn't the one that clicks for you, it's worth trying that instead.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Two Ginsengs for Steady Energy" at www.daradietz.me.