

Trust in Synergy – Ingredient Validation Data Sheet (Final Formula)

Product Overview

Trust in Synergy is a complete daily wellness formula supporting immunity, detoxification, emotional balance, and full-body resilience. Each herb in this formula has been historically used in traditional medicine systems and supported by scientific studies for its safety and efficacy in long-term wellness.

Documented Ingredient Validity

Ingredient	Evidence of Efficacy	Source Type
Eleuthero Root	Adaptogen supporting endurance and adrenal resilience	Traditional Chinese Medicine; clinical adaptogen research
Astragalus Root	Supports immune function and physical stamina	Traditional Chinese Medicine; NIH immune studies
Turmeric Root	Contains curcumin; reduces inflammation and supports liver detox	Ayurveda; anti-inflammatory clinical trials
Holy Basil Leaf	Balances mood and stress hormones; supports immunity	Ayurveda; cortisol and mood studies
Milk Thistle Seed	Protects and regenerates liver tissue	Greek and Roman herbal texts; liver detox studies
Rhodiola Root	Improves cognitive function and stress resistance	Siberian herbal tradition; European Medicines Agency monographs
Schisandra Berry	Supports liver detoxification and emotional balance	TCM; pharmacological adaptogen reviews
Olive Leaf	Antiviral and immune-modulating effects	Mediterranean herbal medicine; phytochemical studies
Oregon Grape Root	Supports microbiome and liver health via berberine content	Western herbalism; gut/liver detox research
Dandelion Root	Gentle liver and kidney detoxifier	European folk medicine; diuretic and liver support monographs
Ginger Root	Stimulates digestion and circulation; enhances bioavailability	Ayurveda and TCM; digestive tonic research
Hawthorn Berry	Supports cardiovascular and emotional wellness	European herbal tradition; ESCOP monographs
Rose Hip	Rich in vitamin C; supports immune and skin repair	European folk use; antioxidant and skin studies

Baobab Leaf	High in antioxidants and prebiotics; nourishes gut and immune function	African traditional medicine; superfood nutrition research
Barberry Root	Contains berberine; supports microbial balance and liver detox	Persian and European herbalism; antimicrobial research
Myrrh	Traditionally used for immune stimulation and purification	Biblical and Middle Eastern use; natural antiseptic studies
Frankincense	Reduces inflammation and enhances systemic balance	Biblical medicine; essential oil and gum resin studies
Ravintsara Leaf	Antiviral and respiratory-supportive	Madagascan traditional medicine; antiviral essential oil research
Hyssop Leaf	Biblical cleansing herb for respiratory and immune support	Biblical texts; European folk medicine
Black Mustard Seed	Stimulates detoxification and immune activation	Ayurveda and folk traditions; stimulant and detox herb research