



# Energy Release Supplement

## Product Instructions & Information

### Directions for use

Take two capsules in the morning, with breakfast, and two capsules with lunch (ideally a meal or substantial snack), or as advised by your healthcare practitioner. Taking supplements with food helps maximise absorption. For many people, it helps to develop a routine. If you find Energy Release too strong or suffer from a sensitive stomach, you can reduce the dosage to one capsule, twice a day. For people who struggle to swallow capsules, they can be opened and the powder taken with a little water.

We would not recommend taking them in the afternoon or evening, in order to promote a relaxed night.

### Advisory information

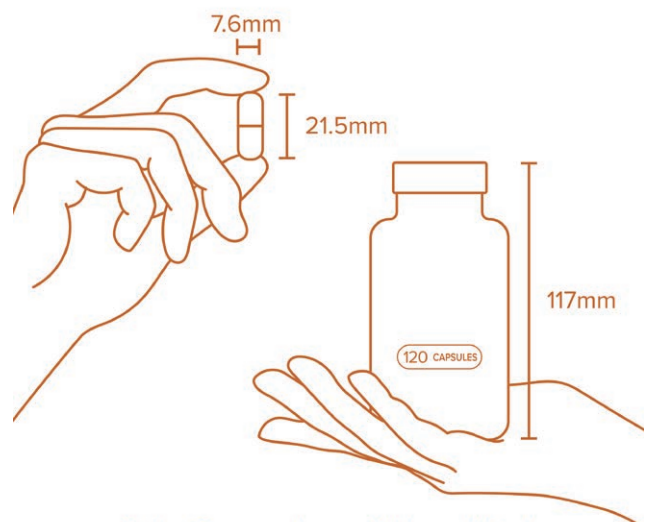
Do not exceed the recommended daily intake. Food supplements do not replace a balanced diet and health lifestyle. Please consult your healthcare practitioner if you are on any medication, have an existing health condition or are pregnant/breastfeeding. Store in a cool dry place, out of sight and reach of young children.

### Ingredient details

Additionally, the product is made in England, to the highest manufacturing standards (GMP), not overseas.

### Existing health conditions

Usage of Energy Release for people with existing health conditions depends on the nature of the condition, medical history and type of current medications taken. As such, it is not possible to generalise. If you are unsure whether Energy Release can be combined with your prescription medication or taken with certain existing health conditions, we strongly advise you consult with your medical practitioner, providing them with a full list of ingredients and related scientific information (see overleaf) to allow them to provide considered advice.



Take 2 capsules with breakfast,  
and 2 capsules with lunch.



# Energy Release Supplement Fact Sheet for Healthcare Professionals

This fact sheet outlines evidence from scientific research on the nutrients used as ingredients in this product and, as such, is intended only for use by qualified healthcare professionals. All ingredients are linked to specific health benefits published in well recognised, peer-reviewed medical and research journals, details of which are provided. The Energy Release formula combines a range of quality ingredients that contribute to provide sustained energy, boost the metabolism, and reduce tiredness and fatigue. The specific forms of vitamins, minerals, botanical extracts and probiotics in Energy Release were selected according to the latest evidence and provide more broad, holistic support for energy systems.

## B Vitamins

B vitamins play a critical role within our energy metabolism. All B vitamins, except for folate, are involved in at least one, or often several steps of the energy-production system within our body's cells. That's why it's important to get enough of each B vitamin to ensure optimal functioning of our energy metabolism. A shortfall in any one of them will ultimately affect our internal energy production, with a negative impact on our health and wellbeing. Several B-vitamins, namely Pyridoxine, Folic Acid and Vitamin B12, are also crucial in regulating and transporting oxygen throughout the body, and their deficiencies lead to various forms of anaemia.

The European Commission has recognised this, by authorising the following health claims for B Vitamins:

- Riboflavin, Niacin, Pantothenic Acid, Pyridoxine, and Vitamin B12 contribute to the reduction of tiredness and fatigue, and to normal energy-yielding metabolism
- Thiamine contributes to normal energy-yielding metabolism, and normal psychological function
- Biotin contributes to normal energy-yielding metabolism
- Folic Acid contributes to the reduction of tiredness and fatigue

A recent systematic review has highlighted that vegan diets, which have gained popularity over the past decade, are associated with low intakes of Vitamins B2 (Riboflavin), B3 (Niacin) and B12, among others<sup>1</sup>. That's why our Energy Release formula has been designed to be suitable for vegans.

## Vitamin C

Vitamin C is a critical anti-oxidant with anti-inflammatory and immune supporting functions. According to the EU health claims register, Vitamin C contributes to the reduction of tiredness and fatigue, to normal energy-yielding metabolism, and the normal function of the immune system, to name a few.

Several studies investigating Vitamin C supplementation in different populations have shown significant improvements vs. placebo on perceived fatigue scores and other symptoms<sup>2</sup>.

Vitamin C also enhances iron absorption, which is of particular benefit for those with low iron intakes, or on a plant-based diet, to avoid iron-deficiency anaemia.

Our Energy Release formula contains the Ester-C form of Vitamin C, which is absorbed faster, lasts longer, and is better tolerated than Ascorbic Acid<sup>3</sup>.

## Vitamin D

Vitamin D contributes to normal muscle function, and the normal function of the immune system, according to the European Commission.

In fact, Vitamin D has been found to regulate the physiological behaviour of over 36 different cell types in the body. It's important role in immunity can be demonstrated by the discovery of vitamin D receptors on almost all cells of the immune system<sup>4</sup>.





## Magnesium

According to the EU register, Magnesium contributes to normal muscle function, normal energy yielding metabolism, and a reduction in tiredness and fatigue, among others. Known to mediate inflammation and pain signalling, magnesium is also involved in Vitamin D metabolism. Without adequate Magnesium, Vitamin D metabolism could be compromised.

In a double-blind placebo controlled trial in College students, Magnesium supplementation significantly improved muscle soreness and perceived recovery after exercise<sup>5</sup>.

Our Energy Release formula contains Magnesium Glycinate, which is easily absorbed and well tolerated, and may offer calming effects in relation to anxiety and depression<sup>6</sup>.

## Lactobacillus Plantarum

We are all too familiar with the importance of good gut health for overall health, both physical and mental. Yet stress has been shown to disrupt the balance of our gut microbiome, causing mental health problems like anxiety and depression.

A double blind placebo controlled trial of stressed adults supplemented with Lactobacillus Plantarum for 12 weeks showed significant improvements in stress and anxiety scores, as well as memory and cognition, versus a placebo<sup>7</sup>. These results were consistent across other studies using Lactobacillus Plantarum, while also demonstrating reductions in pro-inflammatory cytokines and enhancing serotonin (a.k.a “happy” hormone) pathways<sup>8-9</sup>.

## Rhodiola Rosea

Rhodiola (Rhodiola rosea) is a plant from Europe and Asia with a long history of use in traditional medicine. It is considered an adaptogen, a natural substance that is believed to stimulate the body's resistance to physical, environmental, and emotional stressors.

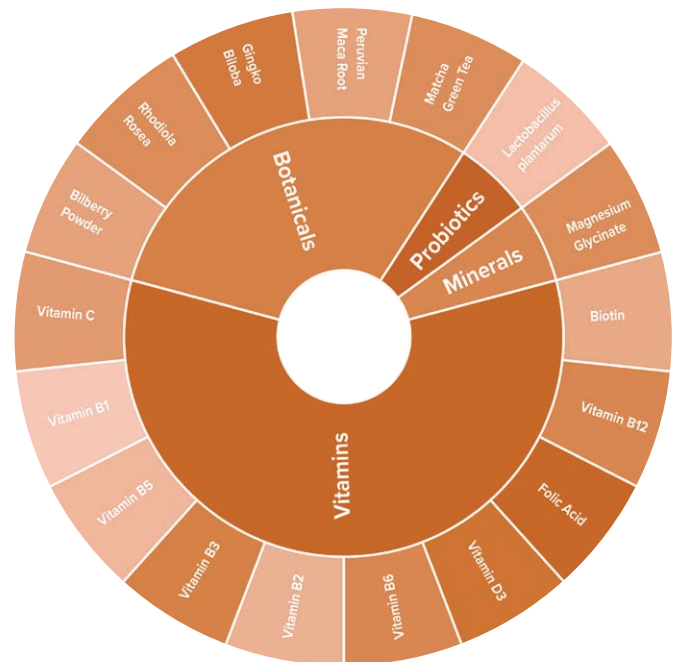
A double-blind placebo controlled crossover study of healthy physicians on night duty supplemented with Rhodiola rosea for 2 weeks reported statistically significant improvements in their Fatigue Index, which measured mental fatigue, cognitive brain function, short-term memory, and concentration, among others<sup>10</sup>.

Rhodiola rosea's positive effect on fatigue and stress-related symptoms has been observed in other studies, as recognized by a systematic review of clinical trials. It concludes that R. rosea may have beneficial effects on physical performance, mental performance, and even certain mental health conditions, and encourages further research<sup>11</sup>.

## Ginkgo Biloba

Ginkgo Biloba is one of the most ancient living trees, native to China, and has been used in Chinese medicine for thousands of years. It contains high levels of flavonoids and terpenoids, compounds known for their powerful antioxidant potential.

A number of studies have investigated the benefits of Ginkgo Biloba extract on various conditions, with systematic reviews demonstrating improvements in anxiety, cognitive function and/or other behavioural & psychological symptoms, in older adults with or without Dementia and Alzheimers<sup>12-14</sup>.



In younger adults with generalized anxiety, a randomized, double blind, placebo-controlled trial demonstrated significant improvements in anxiety scores, at two different dosages of G. Biloba supplementation. The group treated with the higher dose reported a 45% greater reduction in symptoms of anxiety compared to the placebo group<sup>15</sup>.

## Matcha Green Tea Powder

Matcha comes from the same plant as green tea, but because it's made from the entire leaf, it is more concentrated in antioxidants and other beneficial plant compounds. Matcha is particularly rich in potent natural antioxidants called catechins. In fact, estimates suggest the number of certain catechins in Matcha are up to 137 times greater than in other types of green tea.

In clinical trials, short and medium-term Matcha supplementation were shown to improve attention, memory, reaction time and anxiety in consumers and healthy students respectively<sup>16-17</sup>. It also contains caffeine and L-theanine, which according to research, can improve several aspects of brain function<sup>18-19</sup>.

## Peruvian Maca Root

Maca is a Peruvian plant that grows exclusively in the central Andes at high altitude and has been cultivated for more than 2000 years. Its root has been used for centuries in the Andes to support nutrition and fertility.

A review of randomized clinical trials concluded that maca shows favorable effects on energy, mood, anxiety and libido<sup>20</sup>. In post-menopausal women, a randomized double-blind placebo-controlled trial demonstrated that 6-weeks supplementation with Maca root led to significant decreases in blood pressure and depression<sup>21</sup>. Other studies have also found significant improvements in menopausal symptoms with Maca supplementation versus placebo<sup>22-23</sup>.

## Bilberry

Bilberry is the European relative of the North American blueberry, and has been used for medicinal purposes since the Middle Ages. Like most berries, bilberries are a nutrient-rich fruit, and are considered one of the richest natural sources of anthocyanins – a potent natural antioxidant. Bilberries have been reported to have anti-inflammatory and antioxidant effects, while also reducing oxidative stress.

In a randomized, double blinded, placebo-controlled trial in an elderly population, 3 months' supplementation led to significantly improved memory performance<sup>24</sup>. These findings were consistent with a recent systematic review, concluding that blueberries can improve some measures of cognitive performance, in particular short-term, long-term and spatial memory<sup>25</sup>. Another study also found significant improvements in eye fatigue in office workers, with 8 weeks' bilberry extract supplementation<sup>26</sup>.

### Nutritional Information

Serving Size: 4 Capsules. Servings Per Container: 30.

	Amount Per Serving	% NRV
Vitamin D	27.5µg	550%
Vitamin C as Ester-C®	120mg	150%
Vitamin B1 - Thiamin	30mg	2727%
Vitamin B2 - Riboflavin	20mg	1429%
Vitamin B3 - Niacin	20mg NE	125%
Vitamin B6 - Pyridoxine	8mg	571%
Folic Acid	400µg	200%
Vitamin B12 - Cobalamin	330µg	13200%
Biotin	220µg	440%
Vitamin B5 - Pantothenic Acid	20mg	333%
Magnesium	188mg	50%
Matcha Green Tea Powder	200mg	†
Ginkgo Biloba	6000mg	†
Rhodiola Rosea Extract	80mg	†
Peruvian Maca Root	2000mg	†
Bilberry	1000mg	†
<i>Lactobacillus Plantarum</i>	1 billion CFU	†

CFU = Colony Forming Units. NRV = Nutrient Reference Value.

NE = Niacin Equivalent. † Nutrient Reference Value Not Established.

**Ingredients:** Magnesium Glycinate, Capsule Shell (Hydroxypropyl Methylcellulose), Bilberry Extract, Matcha Green Tea Powder, Peruvian Maca Root Extract, Vitamin C, Ginkgo Biloba Extract, Rhodiola Rosea Extract, Thiamin Hydrochloride, Rice Extract Prep (Rice Extract, Rice Hulls, Gum Arabic, Sunflower Oil), Vitamin B5, Niacin, Riboflavin, Vitamin B6, Vitamin D3, *Lactobacillus Plantarum*, Methyl Folate, Methylcobalamin, Biotin.

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