

EPICATECHIN

Cardiovascular Support & Muscle Function*



Epicatechin, a flavanol compound found in sources like cocoa, green tea, and berries, offers a range of potential health benefits. With its antioxidant properties, epicatechin neutralizes harmful free radicals and supports cellular health. It stimulates the production of nitric oxide, promoting improved blood flow and cardiovascular health. Epicatechin also enhances insulin sensitivity, positively impacting glucose metabolism and reducing the risk of insulin resistance. Perhaps most notably, epicatechin aids muscle growth through myostatin inhibition, increased nitric oxide production, and enhanced protein synthesis. By harnessing these mechanisms, epicatechin may support overall cognitive function, metabolic health, and muscle performance and recovery.



DEMOGRAPHIC & CLINICAL APPLICATIONS

MEN & WOMEN



PATIENTS REQUIRING

- Workout Endurance & Stamina Support
- Muscle Recovery Support
- Exercise-Related Muscle Soreness Aid
- Lean Muscle Mass Maintenance Support



BENEFITS



Strength Gains



Stamina & Endurance



Nitric Oxide Support



Antioxidant & Metabolic Support



Muscle Protein Synthesis & Muscle Recovery

DIRECTIONS:

Take 2 capsules daily with water or as directed by your healthcare practitioner.

SUPPLEMENT FACTS

Serving Size: 2 Capsules | Servings Per Container: 30

| | Amount Per Serving | %DV |
|-------------|--------------------|-----|
| Epicatechin | 500 mg | * |

* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hyromellose, Titanium Dioxide)



MUSCLE GROWTH, PERFORMANCE, & RECOVERY

Epicatechin's effects on muscle growth, performance and recovery are attributed to several mechanisms. Myostatin is a protein that regulates muscle growth by suppressing muscle fiber size and number. Epicatechin has been found to inhibit myostatin signaling, thereby allowing for greater muscle protein synthesis and hypertrophy. By blocking myostatin's inhibitory effects, epicatechin promotes muscle growth and development.¹

It also supports protein synthesis, a process by which new proteins are built within muscle cells. By promoting the rate of protein synthesis, epicatechin promotes the growth and repair of muscle tissue. This effect is particularly beneficial during periods of resistance training or exercise, as it helps optimize muscle adaptation and recovery.² It supports skeletal muscle contractility and force production via calcium release from the sarcoplasmic reticulum. Epicatechin also promotes mitochondrial biogenesis and function, leading to improved energy production and endurance.³

NITRIC OXIDE PRODUCTION

Epicatechin supports the body's ability to produce nitric oxide (NO) via endothelial nitric oxide synthase (eNOS). NO functions as a potent vasodilator, relaxing the smooth muscle cells in blood vessels and improving blood flow. Increased NO production supports endothelial function, and may contribute to cardiovascular health and overall cognitive function.⁴

ANTIOXIDANT ACTIVITY

Epicatechin exerts its antioxidant effects through multiple mechanisms. It acts as a free radical scavenger, directly neutralizing harmful reactive oxygen species (ROS) and reactive nitrogen species (RNS). Additionally, epicatechin upregulates endogenous antioxidant defense systems by enhancing the activity of enzymes such as superoxide dismutase (SOD) and catalase.⁵

REFERENCES

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