

EP-11®

AGE-RELATED MUSCULAR SUPPORT SUPPLEMENT

DIETETIC MYOSTATIN INHIBITOR TO SUPPORT AGE-ASSOCIATED MUSCULAR CHALLENGES

INDICATED USE

Specially formulated to support muscular maintenance in ageing adults.

SUITABLE FOR

Individuals experiencing the natural muscle challenges associated with ageing. EP-11® is perfect for those seeking to optimise muscle maintenance and support muscular health. Whether you're looking to enhance physical performance, maintain an active lifestyle, or manage age-related muscular decline, EP-11® offers a targeted solution.

SUPPLEMENT PURPOSE

EP-11® is a dietetic health supplement designed to optimise your daily intake of the bioactive nutrient epicatechin. Epicatechin has been clinically proven for its efficacy in supporting crucial muscular pathways necessary for maintaining muscle health as we age. The specific formula of EP-11® ensures that your body is provided with sufficient amounts of epicatechin essential for supporting muscular maintenance in ageing adults.

SUPPLEMENT BENEFITS

EP-11® is expertly formulated to specifically address the dietetic management of age-associated muscular challenges, providing targeted support for muscle vitality and overall wellness. As a part of

your daily regimen, EP-11® offers multiple benefits to enhance your quality of life as you age:

- **Recover Lost Strength:** EP-11® helps in regaining strength that often diminishes with age, empowering you to continue leading an active and fulfilling lifestyle.
- **Restore Lost Muscle:** As we grow older, muscle mass naturally decreases. EP-11® is designed to combat this loss, aiding in the restoration of muscle tissue to maintain physical independence.
- **Improve Muscle Function:** Ageing can affect various hormones that are crucial for muscle function. EP-11® improves the levels and activity of these muscle function hormones, enhancing your muscular health and capabilities.

MECHANISM OF ACTION

EP-11® works by blocking the negative effects that myostatin has on our muscles. Myostatin is a muscle hormone that blocks muscle growth and increases as we age. This age-associated increase in myostatin contributes to a decline in strength and vitality. By blocking myostatin, we help promote muscle growth and resilience.

Supported by extensive research, including our thorough meta-analysis of 11 human clinical trials, EP-11® has been shown to be effective in revitalising muscle health. Our findings underwent peer review and were published in the British Journal of Biology Studies. EP-11® is a trusted solution for anyone looking to maintain and improve their muscular strength and function.

DIETETIC PURPOSE

EP-11® is specifically developed for the dietary management of conditions related to ageing muscles, such as:

- **Age-Associated Muscular Challenges:** EP-11® supports the management of the general challenges that come with ageing muscles, aiding in maintaining strength and functionality.
- **Age-Related Sarcopenia:** This supplement plays a crucial role in the management of age-related sarcopenia, an involuntary muscle-degenerative condition associated with ageing, helping to slow down its progression and mitigate its effects.

UNRIVALLED FORMULA

EP-11® stands out as the premier epicatechin supplement on the market, largely due to its innovative delivery system and commitment to safety and efficacy. The supplement utilises a complex blend where epicatechin is coupled with cyclodextrin, a substance known to enhance the solubility and stability of its guest molecules. This pairing is encapsulated in an emulsifying delivery system known as phytomulsionTech®, which is activated upon shaking the supplement. This advanced system is designed to improve the bioavailability of epicatechin significantly, enhancing absorption up to tenfold.

Delivering a highly bioavailable 120 mg of pure epicatechin per day, EP-11® ensures that users receive an optimal dose that aligns with dietary guidelines, ensuring both safety and legal compliance. This sophisticated formulation allows for a maximised uptake of epicatechin into the bloodstream, making it far more efficient than conventional epicatechin supplements. The uniqueness and effectiveness of this delivery system are so groundbreaking that a patent has been filed, marking it as a one-of-a-kind innovation in the world of dietary supplements. This positions EP-11® as the best choice for those seeking the benefits of this powerful bioactive nutrient, providing unparalleled support for maintaining muscle health as we age.

Including EP-11® in your daily routine can significantly contribute to managing and overcoming the muscular challenges associated with ageing, enabling a more active and healthful ageing journey.

SERVING DIRECTIONS

SHAKE WELL BEFORE USE. Use the included spill-less oral syringe for hassle-free liquid measurements.

There are two different ways to use this product, either for optimal results, or for convenience:

- **For Optimal Results:** Serve 2 mL twice a day; morning and evening.
- **For Convenience:** Serve 4 mL in one go; preferably pre-exercise or in the evening.

INGREDIENTS

- **Bioactive Ingredient:** epicatechin [naturally sourced from green tea (*Camellia sinensis*)]
- **Delivery System:** phytomulsionTech® [coconut oil, sequestrant (hydroxpropyl-beta-cyclodextrin), water, thickener (1520), emulsifier (vegetable glycerin), stabiliser (433, 432), emulsifier (433)]
- **Vitamins and Minerals:** magnesium gluconate, iron gluconate, vitamin B₂, vitamin B₁
- **Excipients:** preservative (211), flavour [sherbert flavouring compounds, sweetener (955)]

SAFETY

KEEP OUT OF REACH OF CHILDREN. Not recommended for children under 18, unless directed by a health practitioner. **PREGNANCY.** Do not use if pregnant or breastfeeding. Not suitable as a sole source of nutrition. **PRECAUTIONS.** Do not exceed the daily recommendation of 4 mL unless directed by a healthcare professional. If taking medications or have a health condition, seek advice from a health practitioner before taking this product. This product is a Food For Special Medical Purposes. Do not use if tamper seal is broken or open. **ALLERGEN.** Flavours are manufactured in a facility that produces products containing milk, soy, wheat, gluten, and sulphites. **STORAGE.** Keep closed in a cool, dry place, away from sunlight.