

## **ActiGin**

### **Senactiv**

#### **Introduction**

ActiGin is also known as Senactiv, since it falls under the category of senolytic compounds. Senolytic compounds help to replace old, less functional, dying cells with new, more functional ones (1). ActiGin is a natural plant-based supplement containing potent bioactive ingredients derived from Panax ginseng root and Rosa roxburghii fruit extract. Patented by NuLiv Science, ActiGin is a nutraceutical compound clinically proven to increase exercise to exhaustion times, reduce muscular inflammation during exercise, replace aged muscle cells with new ones, and support a continuous supply of glucose to the muscle during intense exercise (2,7).

#### **ActiGin Benefits**

ActiGin increases the production of citrate synthase by 47%. Citrate synthase is an enzyme involved in the citric acid cycle, which catalyzes the conversion of oxaloacetate into citrate. The citric acid cycle, or Krebs cycle, is an energy-producing pathway. Therefore, it's no surprise that ActiGin gives you more energy, allowing you to undergo prolonged periods of intense exercise without becoming fatigued. This, however, isn't the only mechanism by which ActiGin acts as an ergogenic to improve physical performance. ActiGin supports skeletal muscle membrane insulin receptors and glucose transporters, to maintain a continuous supply of glucose to the muscle during intense exercise (7). Further, ActiGin improves glycogen stores, giving you more energy for your next workout.

The benefits of ActiGin extend beyond supporting energy production. ActiGin has been proven to reduce exercise-induced inflammatory markers such as IL-6 (interleukin-6) or MDA (malondialdehyde). Thus, ActiGin promotes faster recovery and reduces exercise-induced muscle soreness (3). Namely, a 24% reduction in TBARS (Thiobarbituric Acid Reactive Substances), a 44% reduction in MDA, a 35% reduction in IL-6, and a 69% decrease in creatine kinase has been achieved with ActiGin supplementation (4).

ActiGin provides key nutrients that promote the endogenous production of glutathione: the master antioxidant in the human body, hence combating free radicals and oxidative stress.

ActiGin might even promote longevity, as it triggers the removal of senescent muscle cells and the generation of new-healthier muscle cells. ActiGin eliminates senescent muscle cells through macrophage phagocytosis. Specifically, one study demonstrates a decrease of SA- $\beta$ -gal and collagenase, reverse apoptotic DNA fragmentation, and leukocyte infiltration (4).

#### **Dosage and Side Effects**

The recommended dosage, and that which has shown promise for providing the aforementioned benefits in human clinical trials, is 50mg. ActiGin is considered safe, and no consistent or significant side effects have been reported with ActiGin supplementation. The patented form of

production yields a highly concentrated extract of the Rg1 notoginseng portion of ActiGin, making for a highly active-absorbable ginsenoside. Hence, enabling the relatively small dosage of 50mg to be extremely effective (6).

This, along with the fact that 50mg is the widely accepted effective dose for ActiGin supplementation and little if any additional benefit has been shown with a higher dosage, is why we opted for the 50mg dosage in SUPER U.

## **Our sourcing**

At Wend Wellness we use only fully natural ingredients in all our products. Our sourcing of ActiGin is no different, as we provide you with a non-GMO, gluten free, vegan, pure, patented form of the product. Created and patented by NuLiv Science, ActiGin is standardized to contain two highly purified and fractionated extracts from Panax notoginseng and Rosa roxburghii, which are responsible for the benefits of ActiGin (5). All of our products are third party tested for purity, and all Wend Wellness products are held to the highest standard of quality and efficacy.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease.

## **References**

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