

AstraGin

Introduction

AstraGin improves nutrient absorption by reducing intestinal wall inflammation. AstraGin is a natural compound composed of purified saponins from Astragalus root and Panax notoginseng root extract, both of which have been used in traditional Chinese medicine for centuries.

Ginseng has traditionally been used in Chinese medicine to reduce pain and swelling (1). The flowering plant, astragalus, is another Chinese medicinal favorite, and is one of the 50 fundamental herbs used in the traditional practice (2). Astragalus boasts antioxidant and anti-inflammatory properties, while supporting the immune system, lowering blood pressure, and has even been used to treat diabetes (3). Combine these two all-star ingredients, and it's no surprise that you're left with one amazing supplement.

AstraGin was patented for the purpose of increasing the absorption of other nutrients, ranging from amino acids like creatine, to omega-3s, vitamins, and phytonutrients.

AstraGin Benefits

Just how much does AstraGin improve the absorption of other supplements? Studies show that when combining AstraGin with amino acids & vitamins, their absorption improves by an average of 62% and 50% respectively. Further, AstraGin has been shown to improve the absorption of other supplements like arginine, agmatine, β -alanine, citrulline, creatine, leucine, peptides and tryptophan by 67%, 36%, 25%, 45%, 33%, 58%, 41% and 53% respectively (4).

Here are a few other examples of its efficacy extrapolated from studies:

- Increases curcumin absorption by 92%.
- Increases folate absorption by 50%.
- Increases polyunsaturated fatty acid (derived from flax oil and fish oil) absorption by 58% and 100%.
- Increases glucosamine absorption by 23%.
- Increases omega-7 fatty acid (Palmitoleic acid) absorption by 39%.
- Increases ATP production in the liver by 18%.
- Reduces intestinal wall inflammation by 73% (4).

In addition to improving nutrient absorption, AstraGin helps to repair ulcerated and damaged intestinal wall cells and supports a healthy gut microbiome (5). This may further improve the absorption of nutrients over time, even after ceasing supplementation with AstraGin, not that there's any reason to. Additionally, AstraGin is well known to augment glucose absorption, insulin sensitivity, ATP production, muscle glycogen levels, and to reduce blood sugar levels by 57%, 38%, 18%, 60%, & 19% respectively (6).

That being said, we proudly include AstraGin in SUPER U, and see it as a must-have ingredient.

Dosage Rationale & Side Effects

50 milligrams (mg) of AstraGin has been clinically proven to provide the aforementioned benefits (5). AstraGin is considered safe, and no consistent or significant side effects have been reported based on human clinical trials.

The patented form of processing to yield a highly concentrated extract of Rg1 notoginseng portion of AstraGin, makes for a highly active and absorbable ginsenoside, which enables the relatively small dosage of 50mg to be extremely effective (8). Since 50 mg is the widely accepted effective dose for supplementation and there's likely little if any additional benefit conferred with higher dosages, we opted for the 50 mg dose in SUPER U.

Our sourcing

At Wend Wellness we only use fully natural ingredients in all of our products. Our sourcing of AstraGin 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, AstraGin is standardized to contain greater than or equal to 1.5% saponins: the compounds majorly responsible for the benefits of AstraGin. Saponins in general are anti-carcinogenic, anti-microbial, immune-modulating, anti-inflammatory, and reduce cholesterol (7). 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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