

Energy Max™

Energy Max™ contains a total of two active **B.E.E.®** ingredients to help promote enhance energy and vitality in the body.

How Energy Max™ Works:

Energy Max™ is uniquely designed to promote the cellular production of energy while supporting the normal function of the hypothalamic-pituitary-adrenal axis. **Energy Max™** also plays an immuno-modulating role, thereby boosting energy to combat fatigue and stress and enhancing intellectual and physical performance.

Applications:

Energy Max™ has been used to:

- Promote the cellular production of energy
- Support the normal functioning of the hypothalamic-pituitary-adrenal axis
- Combat fatigue and stress
- Modulate and enhance the immune system
- Enhance intellectual and physical performance
- Improve concentration and mental alertness
- Improve the muscular use of oxygen enabling longer aerobic exercise and quicker recovery/increase stamina and endurance
- Act as an adaptogen in the body
- Help the body produce ATP (Adenosine Triphosphate) - the immediate source of cellular energy
- Build muscular density and increase muscular strength
- Minimize sore muscles after physical exertion and preserve muscle fibers

Eleuthero Root B.E.E.®: Eleuthero contains phenolics, polysaccharides and eleutherosides A-G. Eleutherosides B, B1, and E are representative of three classes of compounds collectively called eleutherosides. Other constituents include phenylpropanoids, lignans, coumarins, polysaccharides and sugars. Eleuthero's eleutherosides and complex polysaccharides (complex sugar molecules) function as an adaptogen, which means that it helps the body adapt to any situation, which normally would alter its function and helps the body to adapt to various kinds of stress such as heat, cold, exertion, or sleep deprivation. The eleutherosides have been shown to be responsible for the adaptogenic properties of the plant. The eleutherosides are the active components in Eleuthero and are a range of glycosides with aromatic alcohol aglycones. The glycosides appear to act on the adrenal glands, helping to prevent adrenal hypertrophy and excess corticosteroid production in response to stress. The eleutherosides additionally help reduce the exhaustion phase of the stress response, and return the adrenals to normal function faster. As a result, Eleuthero Root has a beneficial effect on the heart and circulation. It has been shown to increase energy and

stamina, and to help the body resist viral infections, environmental toxins, radiation, and chemotherapy. Used as a tonic for invigoration and fortification in times of fatigue and debility or declining capacity for work and concentration, also during convalescence. Eleuthero is a proven stress fighter. Taking the herb has been shown to boost the body's capacity to handle stresses ranging from heat exposure to extreme exertion. Eleuthero also has been shown to boost disease resistance and overall energy level. Eleuthero optimizes the adrenal secretion of stress-fighting hormones. Eleuthero has been shown to enhance mental acuity and physical endurance without the letdown that comes with caffeinated products. There is little doubt that Eleuthero can heighten mental alertness and improve concentration. It may be helpful in the early stages of Alzheimer's. Eleuthero has been shown to improve the muscular use of oxygen, enabling longer aerobic exercise and quicker recovery. It can relieve chronic fatigue syndrome and Fibromyalgia. Together with complex polysaccharides, Eleuthero is extremely helpful in promoting energy as it spares glycogen while utilizing fatty acids for energy in the body. It also improves the use of oxygen in a working muscle to help maintain activity for longer periods of time, while shortening recovery. Additionally, preliminary research has shown Eleuthero binds to estrogen, progesterin, and mineralocorticoid receptors, and stimulates T-lymphocyte and natural killer cell production to enhance immune activity. In Chinese Medicine, it has been used to prevent bronchial and other respiratory infections, as well as viral infections. The Chinese used the root to provide energy & vitality, to increase resistance, and to treat rheumatic diseases and heart ailments. Eleuthero Root has also been used in cardiovascular & neuro-vascular conditions to help restore memory, concentration, and cognitive abilities, which may be impaired from poor blood supply to the brain. Additionally, Eleuthero Root is a popular herbal remedy for debility, depression, fatigue, and nervous breakdowns. There is a relatively small number of controlled clinical trials performed with eleuthero. A single-blind, placebo-controlled, crossover trial lasting eight days investigated the effect of eleuthero extract on working capacity and fatigue of six male athletes, ages 21–22. Oxygen uptake, heart rate, total work, and exhaustion time were measured. Significant results were observed in all parameters, particularly the 23.3% increase in total work noted in the eleuthero test group compared with 7.5% of the placebo group. A randomized, placebo-controlled, double-blind, crossover study compared cognitive function measurements in 24 subjects who took eleuthero or a placebo. At the end of each three-month dose period, concentration, selective memory, cognitive function, and well-being were measured. Significant improvements in selective memory of the eleuthero group versus the placebo group were demonstrated.

Ginseng Root B.E.E.®: is uniquely extracted from Asian Ginseng by a certain proportion that has stronger effects than any single extract. Asian Ginseng's actions in the body are thought to be due to a complex interplay of constituents. The primary group is the ginsenosides, which are believed to counter the effects of stress, enhance intellectual and physical performance and have anti-inflammatory, antioxidant and anticancer properties. Thirteen ginsenosides have been identified in Asian ginseng. Two of them, ginsenosides Rg1 and Rb1, have been closely studied. Other constituents include the panaxans, which may help lower blood sugar, and the polysaccharides (complex sugar molecules) and eleutherosides, which are thought to support the

immune and the hypothalamic-pituitary-adrenal function. It improves the use of oxygen by the muscles, thus maintaining longer endurance during exercise and helping to aid in a quicker post-workout recovery. In addition enhancing physical endurance, it also enhances mental acuity and counter effects the symptoms of stress. Because the root has a human-like shape, it is considered by Orientals to be an overall body tonic. Traditionally, the wild root was consumed to vitalize, strengthen, and rejuvenate the entire body. Widely cultivated, Asian Ginseng is now used as a natural preventive, restorative remedy and valued for its adaptogenic properties. Used for centuries in China, Asian Ginseng was believed to be an anti-aging herb. Today, Ginseng is a favorable herb because of its ability to be used long-term without toxic effects on the body. Asian Ginseng contains adaptogens that have been known to return the body's system levels back to normal. By equalizing the system levels in the body, Asian Ginseng has been used to lower cholesterol, balance the metabolism, increase energy levels, and stimulate the immune system. It has also been used to alleviate fatigue and reduce nervousness and stress on the body. Asian Ginseng also increases oxygenation to the cells and tissues, promoting detoxification, and stimulating the regeneration of damaged cells. Asian Ginseng also enhances the feeling of overall well being by stimulating the nervous system, brain, and heart, as well as healthy liver functions. Long-term intake of Asian ginseng may be linked to a reduced risk of some forms of cancer. In addition, a double-blind trial found that 200 mg of Asian ginseng per day improved blood sugar levels in people with type 2 (non-insulin-dependent) diabetes. One preliminary trial suggests it may help those in poor physical condition to tolerate exercise better. In combination with some vitamins and minerals, 80 mg of ginseng per day was found to effectively reduce fatigue in a double-blind trial. Another double-blind trial also found it helpful for relief of fatigue and, possibly, stress. Although there are no human clinical trials, adaptogenic herbs such as Asian ginseng may be useful for people with chronic fatigue syndrome. This may be because these herbs are thought to have an immuno-modulating effect and also help support the normal function of the hypothalamic-pituitary-adrenal axis, the hormonal stress system of the body. Asian ginseng may also prove useful for male infertility. A double-blind trial with a large group of infertile men found that 4 grams of Asian ginseng per day for three months led to an improvement in sperm count and sperm motility. Asian ginseng may also help men with erectile dysfunction. A double-blind trial in Korea found that 1,800 mg per day of Asian ginseng extract for three months helped improve libido and the ability to maintain an erection in men with erectile dysfunction. This finding was confirmed in another double-blind study, in which 900 mg three times a day was given for eight weeks.

CoQ10: is present in the mitochondria, which are the energy factories within cells that convert food into energy. It plays a crucial role in the generation of cellular energy, because it carries into the cells the energy-laden protons and electrons that are used to produce Adenosine Triphosphate (ATP), which is the immediate source of cellular energy. ATP increases energy and stamina, builds muscular density, increases muscular strength, buffers lactic-acid buildup (the reason for sore, achy muscles after physical activity), delays fatigue and preserves muscle fibers. CoQ10 is also a powerful antioxidant that is beneficial for the enhancement of the immune system and the protection of the cardiovascular system. It is an enzyme found in all cells of the body. It

occurs naturally, and is the co-factor in the electron transport chain between cells. If it is lacking, the body's most important source of cellular energy is depleted, and many medical conditions are aggravated. It is most concentrated in the heart and liver, and is a vital component of the mitochondria, the body's metabolic factories. And although our bodies can make CoQ10, its production tends to decline as we age.

Beta 1, 3 Glucan: is a polysaccharide (a complex type of carbohydrate molecule) with immune-stimulating properties. It is useful for treating many bacterial, viral and fungal diseases that are common problems for people with Chronic Fatigue Syndrome (CFS). As CFS often results in serious damage to the immune system, beta glucan is thought to provide very effective protection for the immune system.

Vitamin B Complex (Pyridoxine, Folic Acid, Cyanocobalamin): is a natural energy booster and essential for increased energy levels and normal brain function. It is responsible for providing energy to the body during the conversion of glucose, from carbohydrates. It is also critically required for the metabolism of both fats and proteins, as well as the health and maintenance of the body's nervous system.

SUGGESTED USE:

Take 1-4 capsules as needed. Please take **Energy Max™** during daytime hours only in order to avoid wakefulness at night