

Enerpo plus



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Ingredients:

Maltitol Syrup; Purified water; Honey; Glycerol; Ginseng (Panax ginseng C.A. Meyer) root d.e. tit. 10% Ginsenosides; Blueberry (Vaccinium myrtillus L.) fruit juice conc; Arginine hydrochloride; Potassium gluconate; Magnesium gluconate; Dimethylglycine hydrochloride; Royal jelly freeze-dried; Preservatives: Potassium sorbate, Sodium benzoate; Sweeteners: Sucralose, Neohesperidin DC; Vitamin B6 hydrochloride; Vitamin B2; Vitamin B1 hydrochloride; Vitamin B12.

Average contents Per 1 vial

Ginseng d.e.	400 mg
of which ginsenosides	40 mg
Arginine hydrochloride	100 mg
Dimethylglycine	100 mg
Lyophilized Royal Jelly	30 mg
Equal to fresh Royal Jelly	88 mg
Concentrated blueberry juice	333 mg
cranberry juice	2000 mg
B1	1.1 mg
B2	1.4 mg
B6	1.4mg
B12	2.5 mcg
Magnesium	5.5 mg
Potassium	15 mg

The recommended dose is 1 vial daily, in the morning.

References:

<https://pubmed.ncbi.nlm.nih.gov/23613825/>
<https://pubmed.ncbi.nlm.nih.gov/28120856/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5487425/>
<https://jissn.biomedcentral.com/articles/10.1186/s12970-021-00423-7>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5637834/>



Gluten free
Naturally lactose free



Marketing Authorisation holder:
PHARMILANO S.R.L Via Carlo Poma no. 32. Milano, italy
www.pharmilano.it



Enhancing athletic performance and endurance.



Promoting energy levels.



Reducing fatigue.

Ginseng, Arginine,
Dimethylglycine,
Royal jelly,
Group B. Vitamins



Made in Italy

10 Vials

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Enerpo plus is a food supplement based on Ginseng extract, Dimethylglycine, Arginine, Royal Jelly and Blueberry juice. Ginseng performs a tonic adaptogenic action, moreover Ginseng and Blueberry are known for their antioxidant activity.



Ginseng:

Panax ginseng components like polysaccharides and oligopeptides have been linked with lower oxidative stress and higher energy production in cells, which could help fight fatigue. A 4-week, study explored the anti-fatigue effect of panax ginseng or placebo in 90 people, those given Panax ginseng experienced less physical and mental fatigue, as well as reductions in oxidative stress, than those taking the placebo.

Arginine:

It's an amino acid necessary for the production of nitric oxide helping blood flow regulation, mitochondrial function, and cellular communication. A 2017 randomized study in 56 male soccer players found that treatment with L-arginine daily for 45 days significantly increased sports performance, compared with a placebo group.

Dimethylglycine:

Non-protein amino acid, chemically and physiologically, it is similar to water-soluble vitamins it was known as Vitamin B15. increase the energy process in the body, improve glucose metabolism, improve oxygen utilization, and stimulate the immune response. DMG can improve physical performance and helps ease stress and increase the body moles recovery and regenerative processes.

B vitamins act as a coenzyme and are essential for processing carbohydrates, lipids, and proteins in order to generate energy. When exercising, it is the energy source substance ATP (adenosine triphosphate) that becomes the driving force for moving the muscles. For the body to be able to break down carbohydrates and lipids, and continue ATP production, it is very important to get a good balance of B vitamins.

Lyophilized Royal Jelly:

Lyophilization is a process during which royal jelly is frozen and then dried. Royal jelly is a gelatinous substance produced by honey bees to feed the queen bees and their young. It is rich in amino acids, vitamins and minerals. Therefore, it is a natural tonic that gives a boost both to physical and mental activity. It has been observed that royal jelly has an immunomodulatory effect.



Blueberry juice:

Blueberry are concentrated with anthocyanins possessing antioxidant properties. These properties counter fatigue. Blueberry supplementation may improve performance and recovery, particularly in hypoxia, where oxidative stress is elevated.

Mg

Magnesium:

Magnesium is involved as a cofactor in more than 300 enzyme systems and is required for such fundamental processes as energy production and nucleic acid synthesis. It plays a pivotal role in the synthesis of ATP (adenosine triphosphate) from ADP (adenosine diphosphate) and inorganic phosphate.

K

Potassium:

the body needs potassium for proper nerve transmission and muscle contraction. potassium deficient patients might experience muscle soreness, cramping, or pain from minor physical exertion.



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