

## Energy Maximus

### Peaceful Strength



ENERGY MAXIMUS works in two different ways: first it uses herbs that tone and stimulate, second it contains extracts that detoxify and depurate. This combination gives faster and longer lasting recovery. The draining component, in fact, helps us find our correct metabolism, indispensable for good recovery. Asian ginseng, a plant that is famous for its adaptogene properties, also appears among the tonics. Adaptogenes help the organism re-establish its own balance without over-exciting, which means that the formula contains herbal extracts that aid in total recovery.

### Ingredients

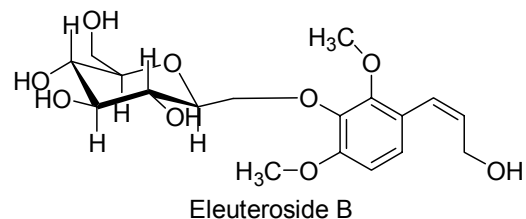
Water  
 Asian Ginseng (*Panax ginseng*) root  
 Muira Puama (*Ptychopetalum olacoides*) bark  
 Cow Parsnip (*Heracleum maximum*) grass  
 Witch Hazel (*Hamamelis virginiana*) bark  
 Eleuthero (*Eleutherococcus senticosus*) root  
 Guarana (*Paullinia cupana*) seed  
 Arabica Coffee (*Coffea Arabica*) fruit  
 Anise (*Pimpinella anisum*) seed  
 Licorice (*Glycyrrhiza glabra*) root  
 Artichoke (*Cynara scolymus*) leaf  
 Radish (*Raphanus sativus*) root  
 natural flavors  
 natural caramel color (strictly to control slight variations in product appearance due to seasonal and geographic variations in natural herbs)

### Herb Discussion

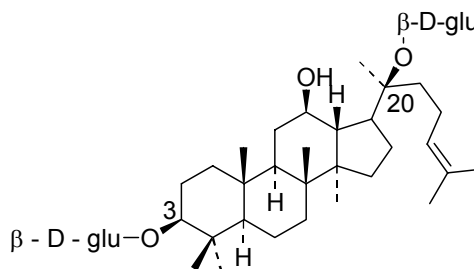
All plants used by Balestra & Mech are either wild or have not been treated with chemical agents. All products contain no alcohol, no sugar and no preservatives.

The majority of the extracts in this formula have a stimulating and tonic effect, aimed at giving back energy and vigor by beating stress and tiredness. These extracts include Eleuthero, Muira Puama, Cow Parsnip, Witch Hazel, Asian Ginseng, Guarana and Arabica coffee.

**Eleuthero** is a key extract in the preparation because it is a toner and adaptogene. This plant originated in the Siberian steppe and shares many characteristics with the Ginseng family. Eleuteraside B, which carries out the adaptogene activity, was identified in this plant thanks to the presence of a phenylpropenic type

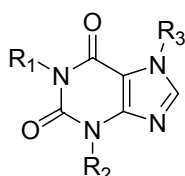


substructure. It helps the organism re-establish its homeostasis without over-stimulating. **Asian Ginseng** is a root that comes from Asia and is rich with numerous biologically active substances: vitamins, mineral salts and glucosides. The glucosides, in fact, are given the name ginsenosides, and generate the plant's activities. The extract tones and stimulates, two useful actions against psychophysical stress. It also regenerates at a hepatic level, improving the metabolism particularly of sugars and



An example of Ginsenoside

lipids. The plant is not harmful. **Witch Hazel** is a shrub that is commonly found in Central and South America. It was originally thought to be an aphrodisiac, and in fact many compounds (among which steroid derivatives) have been found in its composition. The extract is useful because it tones and stimulates, and some studies noted a certain cholagogue activity. **Muir Puama** is an oleaceous plant that grows in the Amazon forests and in other areas of northern Brazil. The molecules responsible for its activity are free fatty acids in long chains, essential oils, phytosterols, coumarin and an alkaloid, "muirapuamine". This plant tones and stimulates, and also balances the central nervous system. It is not harmful. Similar stimulating activity is tied to **Cow Parsnip**. **Guarana** and **Arabica coffee** are defined as caffeinic plants because of the presence in their composition of a purinic base: caffeine. In addition to caffeine, which is most abundant, theophylline and theobromine are also present.



	R <sub>1</sub>	R <sub>2</sub>	R <sub>3</sub>
Caffeine	CH <sub>3</sub>	CH <sub>3</sub>	CH <sub>3</sub>
Theophylline	CH <sub>3</sub>	CH <sub>3</sub>	H
Theobromine	H	CH <sub>3</sub>	CH <sub>3</sub>

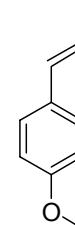
Caffeine and theophylline have a notable stimulating effect on the central nervous system. They carry out a positive chronotropic action, relaxing the bronchial muscles, and theophylline is a bland diuretic. Both plants are not harmful when taken in the recommended doses.

The second group of extracts detoxifies, drains, is anti-inflammatory and reactivates the metabolism.



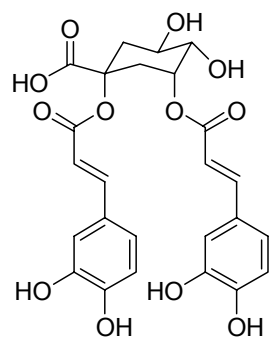
Anise

**Anise** is also a good detoxifier of the gastrointestinal apparatus. The extract was used for the first time in Ancient Chinese medicine. A particularly important component of this herb is anethole, which can be found in its essential oil. The extract is useful against problems tied to bad digestion because it improves the digestive process and increases the gastric emptying speed. A secondary but still very interesting effect is on headache, sickness and

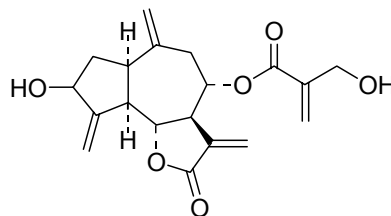


Anethole

palpitations linked to gastric problems. The **Artichoke** belongs to the Asteracea family and has common ancestral roots with thistle. Its activity comes from the presence of caffeic and flavonic derivatives in its extract. Both chlorogenic acid and cinaropicrine are among the caffeic acid derivatives.

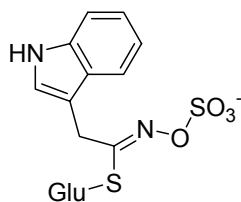


Cinarine



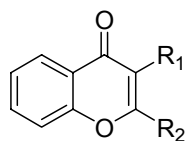
Cinaropicrine

The **Artichoke** acts mainly as a hepatic depurator, and works in two distinct ways. First, it increases the synthesis of the biliary acids, second it reduces the synthesis of the cholesterol. Its choleric and cholagogic activities make the artichoke an unequalled stimulant of the hepatic functions: the former favors and stimulates the production of bile while the latter favours the flow of bile from the liver to the intestine. **Radish** also works in two ways: hepatobiliary and diuretic. Sulphide glucosinolats compounds, the most important of which is glucobrassicine, are present in this root. As already mentioned, this plant works at a kidney level where it favors the elimination of urates, and at a hepatic level where the biliary secretion of bile is stimulated. It is not harmful if taken over long or short periods. **Licorice** is one of the most important plants in traditional Chinese Medicine, where it was used for many types



Glucobrassicine

of pathology. Glycirizine and flavonoids can be found among its main components. Flavonoids are important natural molecules and are characterised by their flavonic, flavonolic, isoflavonic and flavononic substructures that have a prevalently anti-oxidising and protective effect on the cell walls.



$R_1=H, R_2=Ph$  Flavone

$R_1=OH, R_2=Ph$  Flavonol

$R_1=Ph, R_2=H$  Isoflavone

$R_1=2H, R_2=H+Ph$  Flavonone

This activity is very important not only at a gastrical level, but also at a hepatic level, enough to support the use of licorice in cases of hepatitis.

### Recommended Use

We recommend taking one/two measures diluted in half a glass of water in the morning on an empty stomach and after lunch.

**Nutrition information - per 10ml serving**

Energy: 1.3 Kcal – 5.0 kJ  
Protein: 0.007 g  
Carbohydrate: 0.08 g of which sugars: 0.00 g  
Fat: 0.060 g of which are saturated: 0.00 g  
Fiber: 0.004 g

**Bibliography**

- Chemother 1995; 35:421-4.Hahn FE, Ciak J. Berberine. Antibiotics 1976;3:577-88.
- Duke JA. CRC Handbook of Medicinal Herbs. Boca Raton, FL: CRC Press, 1985, 256.
- Tyler VE. Herbs of Choice: The Therapeutic Use of Phytomedicinals. Binghamton, NY: Pharmaceutical Products Press, 1994, 76-7
- Lust JB. The Herb Book. New York: Bantam Books, 1974, 401
- Da Legnano L.: Le piante medicinali nella cura delle malattie umane, Ed. Mediterranee.
- Della Loggia R.: Piante medicinali per infusi e tisane, Ed. OEMF.
- Pedretti M.. : L'erborista moderno, Ed. Erboristeria Domani.
- Various articles from Internet

This product should not be used to replace prescribed medicine.

TECHNICAL SHEET FOR PROFESSIONAL USE ONLY