

BIBLIOGRAPHY

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Aging is a progressive process, that is intrinsic and universal and occurs over time in all living beings as a result of the interaction between the genetics of the individual and their environment. As well as stress, a hectic pace of life means that our **energy levels** decrease considerably, thereby causing exhaustion.

ERGYOX is an anti-aging supplement with energising properties. We could see it as a nutricosmetic with benefits that can be seen in the healthier appearance of skin although it also benefits internal health.

Properties:

- **Resveratrol:** renews the cell processes, delays the speed of aging and prevents the development of multiples diseases associated with age. It improves the oxygenation of the body's cells, and is particularly useful for preserving and improving the body and the skin. Various studies suggest that a diet rich in resveratrol **improves longevity** and reduces the development of chronic diseases.
- **Pomegranate:** increasing interest is being shown in pomegranate as a contributing beneficial factor in diseases such as atherosclerosis the development of which depends on the oxidative stress of the individual. The fruit is rich in hydrolysable **tannins**, including **punicalagin, punicalin** and **ellagic acid** with great antioxidant properties.
- **Grape vine:** long-term treatment of chronic venous insufficiency and its symptoms, it is used as a **venotonic** and vasoprotector. Tests have shown an anti-inflammatory and vasoprotector effect, preventing the degradation of elastin and collagen. They have a significant **antioxidant effect**, characterised by inhibiting the superoxide radical, as well as the lipid peroxidation process.
- **Cacao:** cacao seeds are rich in polyphenols like **catechins** and **epicatechins**. This gives it a powerful antioxidant effect that can be used to reduce the risk of cardiovascular diseases, prevent the oxidation of low-density lipoproteins and DNA oxidative damage.
- **Rhodiola:** an energising **adaptogen** this is used as a remedy to increase the body's resistance to physical and mental stress. As an antioxidant supplement, it reduces stress and anxiety, and helps to increase energy levels, increasing **resistance**.
- **Maca:** acts as a physical tonic, it increases energy and physical and mental resistance, as well as boosting sexual function as it increases the **libido** in men as well as women.
- **Coenzyme Q₁₀:** acts on the electron transport chain, specifically on the inner membrane of the mitochondrion, in the synthesis of ATP, therefore, it helps to **produce energy**. It is also considered an anti-aging element.
- **Vitamins C y E** are known for their **antioxidant** power, i.e., they are able to counteract the damage caused by free radicals.
- **Zinc** regulates numerous endocrine functions, it is an essential mineral for the development of all the skin appendages like hair and nails, and is involved in the **synthesis of DNA/RNA**.
- **Selenium:** numerous studies have shown that this is the most powerful nutrient for **prolonging life** in the animals studied.
- **Chromium:** is called the trace element to combat obesity and stimulate longevity. Indicated in cases of **premature aging**, diabetes, sportspeople to improve their muscle performance.
- **Iron:** combats the symptoms of **fatigue, tiredness**, lack of energy, problems regarding learning and concentration and **anaemia** (lack of red blood cells).

Indications:

- **Anti-aging:** prevents aging, dietary supplement associated with anti-aging creams.
- **Antioxidants** to prevent and combat the oxidation caused by stress and exercise.
- **Physical and mental tonic:** energising to reduce fatigue, increase physical resistance and performance during exercise.
- Increase in **sexual libido**.
- Maintains good **health**.



Ingredients per capsule:

Standardised nebulised extracts of:

<i>Polygonum cuspidatum</i>	100 mg (50 mg resveratrol)
Pomegranate (<i>Punica granatum</i> L.)	50 mg
Grape vine (<i>Vitis vinifera</i> L.)	50 mg
Rhodiola (<i>Rhodiola rosea</i> L.)	50 mg
Maca (<i>Lepidium meyenii</i> Walp.)	50 mg
Cacao (<i>Theobroma cacao</i> L.)	20 mg

Coenzyme Q ₁₀	60mg
Vitamin C	80 mg (100% *NRV)
Vitamin E	12 mg (100% *NRV)
Zinc	10 mg (100% *NRV)
Iron	14 mg (100% *NRV)
Copper	1 mg (100% *NRV)
Selenium	55 µg (100% *NRV)
Chromium	40 µg (100% *NRV)

*NRV: Nutrient reference value

Presentation:

Packet with 30 capsules.

Directions for use:

Take 1 capsule a day.