

BODYSMART SOLUTIONS ENERXAN[®]

Energy Support for Weight Management[◇]



What is Enerxan? Enerxan is a unique energy supporting formula[◇] designed to be an integral part of the Bodysmart Lifestyle Management Program. In addition to the green tea leaf, guarana seed, and yerba maté leaf extracts, Enerxan contains Dutch cocoa extract, and cinnamon bark along with the amino acid L-tyrosine and the trace-mineral chromium. These synergistic ingredients help support feelings of energy and vitality.[◇]

Green tea has been used in Asia for at least 4,000 years. It contains volatile oils, vitamins, minerals, and caffeine, but the primary constituents of interest are the polyphenols, particularly the catechin called epigallocatechin gallate (EGCG). The polyphenols, which are potent antioxidants, are believed to be responsible for most of green tea's roles in supporting good health.[◇]

Guaraná is an evergreen vine indigenous to the Amazon basin, and the crushed seeds of the plant have long been used as an energy supporting beverage or extract.[◇] Caffeine and the closely related alkaloids theobromine and theophylline make up the primary active components in guaraná. The resinous extract of guaraná seeds releases these components much more slowly into the system than do coffee and tea.

Cinnamon is a widely used spice, also known to be rich in antioxidant polyphenols, particularly procyanidin dimers and oligomers (OPCs). One of the polyphenols in cinnamon, known as methylhydroxy chalcone

polymer, provides particularly strong nutritional support for the body's ability to furnish a steady fuel supply to the brain and body.[◇]

Yerba Maté is the most popular energy supporting herbal drink in South America, particularly in Brazil and Argentina. More than 190 compounds have been identified in this complex plant. Yerba maté is naturally teeming with nutrients: 24 vitamins and minerals, 15 amino acids, and potent antioxidants, as well as caffeine and theobromine.

Chromium, an essential mineral (i.e. it must be supplied in the diet), is a trace mineral important to one's health. It is found in a concentration of 20 parts per billion in the blood. Chromium nutritionally supports the activity of important enzymes in the body.[◇] Chromium is poorly absorbed from the intestinal tract. Less than 3% of dietary intake is retained. The amount of chromium stored in the body decreases with age. Diets high in sugars and other refined carbohydrates increase utilization and excretion of chromium from the body. Enerxan contains

a proprietary blend of chromium picolinate and chromium polynicotinate, which are among the most bioavailable and expensive forms of chromium supplements.

Cocoa, in which scientists have identified over 300 compounds, including all the major vitamins, minerals, and amino acids, as well as saturated, monounsaturated, and polyunsaturated fatty acids, is a particularly rich source of the mineral magnesium, and the amino acid L-tryptophan which helps support healthy moods.[◇] Other substances found in cocoa powder, such as phenylethylamine, theobromine, and anandamide, have also been associated with supporting healthy moods.[◇]

L-tyrosine is an amino acid (protein building block) that is important to the structure of almost all proteins in the body, and also supports healthy moods and energy.[◇] In addition, it is needed by the thyroid, which is one of the key regulators of energy and metabolism for nearly all cells of the body.

Each tablet of Enerxan contains about 50 mg of caffeine. Four average cups of coffee contain about 300 mg of caffeine, though a “double shot” of espresso can provide as much as 200 mg.

Enerxan contains many hundreds of phytochemicals besides caffeine, but its caffeine content needs to be understood and respected. Most people should not consume more than 6 tablets a day (300 mg of caffeine), unless they have been heavy users of coffee (heavy long term use results in tolerance to caffeine).

If you have not been using any caffeine containing beverage or product, you should start with only 1 tablet of Enerxan, as you may be more sensitive to caffeine than people who have been using it. Most people will find that their desire for coffee or other caffeine containing drinks decreases after taking Enerxan, and that the energy boost is “smoother” than that from coffee, tea, or colas. You should decrease your intake of other caffeine containing products while using Enerxan, so as not to become overstimulated. People who are sensitive to the effects of caffeine should not take Enerxan later than

early afternoon, or it may interfere with sleep. Excessive use, as with all caffeine containing products can result in difficulty sleeping, nervousness, irritability, or other negative effects associated with overconsumption of caffeine.

Most people who drink 1–4 cups of coffee a day will find that 1–2 Enerxan before breakfast and 1–2 before lunch, as part of a sensible program of diet and exercise, as outlined in the Lifeplus Bodysmart Lifestyle Management Program, will provide good, stable energy levels throughout the day.

REFERENCES:

1. Dulloo AG, Duret C, Rohrer D, et al. Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *Am J Clin Nutr* 1999;70:1040–1045
2. Kono S, Shinchi K, Ikeda N, et al. Green tea consumption and serum lipid profiles: A cross-sectional study in Northern Kyushu, Japan. *Prev Med* 1992;21:526–531.
3. Banderet LE, Lieberman HR. Treatment with tyrosine, a neurotransmitter precursor, reduces environmental stress in humans. *Brain Res Bull* 1989;22:759–62.
4. Deijen JB, Wientjes CJ, Vullings HF, et al. Tyrosine improves cognitive performance and reduces blood pressure in cadets after one week of a combat training course. *Brain Res Bull* 1999;48:203–9.
5. Dillinger TL, Barriga P, Escarcega S, et al. Food of the gods: cure for humanity? A cultural history of the medicinal and ritual use of chocolate. *J Nutr*. 2000 Aug;130(8S Suppl):2057S-72S
6. Small DM, Zatorre RJ, Dagher A, et al. Changes in brain activity related to eating chocolate: from pleasure to aversion. *Brain*. 2001;124(pt 9):1720-1733.
7. I-Min Lee, Ralph S Paffenbarger Jr. Life is sweet: candy consumption and longevity. *BMJ* 1998;317:1683-1684.
8. Qin B, Nagasaki M, Ren M, Bajotto G, et al. Cinnamon extract prevents the insulin resistance induced by a high-fructose diet. *Horm Metab Res*. 2004 Feb;36(2):119-25.
9. Khan A, Safdar M, Ali Khan MM, et al. Cinnamon improves glucose and lipids of people with type 2 diabetes. *Diabetes Care*. 2003 Dec;26(12):3215-8.
10. Vera Garcia R, Basualdo I, Peralta I, et al. Minerals content of Paraguayan yerba mate (*Ilex paraguariensis*, S.H.). *Arch Latinoam Nutr*. 1997 Mar;47(1):77-80.
11. Bracesco N, Dell M, Rocha A, Behtash S, et al. Antioxidant activity of a botanical extract preparation of *Ilex paraguariensis*: prevention of DNA double-strand breaks in *Saccharomyces cerevisiae* and human low-density lipoprotein oxidation. *J Altern Complement Med*. 2003 Jun;9(3):379-87.
12. Andersen T, Fogh J. Weight loss and delayed gastric emptying following a South American herbal preparation in overweight patients. *J Hum Nutr Diet*. 2001 Jun;14(3):243-50.

Supplement Facts			
Serving Size / 2 Tablets			
Servings Per Container / 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	6	Cinnamon Bark	100 mg **
Total Carbohydrate	1 g 0%	Damiana (<i>Turnera aphrodisiaca</i>) Whole Herb Extract	100 mg **
Chromium (as Chromium Picolinate)	48 mcg 40%	Yerba Maté Leaf Extract	100 mg **
Green Tea Leaf Extract (30% Polyphenols)	500 mg **	Caffeine (Total)	94 mg **
L-Tyrosine	400 mg **		
Cocoa (Processed With Alkali)	20 mg **		
Guarana Seed Extract	200 mg **		

*Percent Daily Values are based on 2,000 calorie diet.
**Daily Value not established.

INGREDIENTS: Green Tea Leaf Extract (30% Polyphenols), L-Tyrosine, Guarana Seed Extract, Microcrystalline Cellulose, Cinnamon Bark, Damiana (*Turnera aphrodisiaca*) Whole Herb Extract, Yerba Maté Leaf Extract, Croscarmellose Sodium, Stearic Acid, Cocoa (Processed With Alkali), Magnesium Stearate, Caffeine, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Blueberry, Carrots, Broccoli, Spinach, Cauliflower, Kale, Asparagus, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Watercress, Zucchini, Lima Beans, Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), Silica, and Chromium Picolinate.

US.SF.MOD 5D

CAUTION: Not intended for use by persons under 18. As with all dietary supplements consult your doctor prior to taking if you are on any prescription medication, under a doctor’s care or have any disease or medical condition. Do not use if you are pregnant or nursing, or attempting to become pregnant, taking neuroleptic medication, or are suffering from hypertension or severe liver disease. Contains caffeine. This product is unsuitable for young children or those sensitive to caffeine.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegans.

DIRECTIONS: For energy support, take 1–2 tablets before breakfast, wait 3 to 4 hours, and take 1–2 tablets before lunch.◊

KEEP OUT OF REACH OF YOUNG CHILDREN.

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Lifeplus International • P.O. Box 3749, Batesville, Arkansas 72503 • 800-572-8446 • www.lifeplus.com

This information is for use and distribution only in the United States.