



### The metabolism booster



Scientific material for health professionals only

### who needs to restore and

# re-energize?

### **Pregnant and breast** feeding women

For increased metabolism needs





Sporty people
To overcome fatigue and improve performance, enabling faster recovery time



For harmonious growth and build healthy musculoskeletal tissue
To counter lack of appetite



### **Convalescents**

To overcome fatigue and reactivate the metabolism, enabling faster recovery from illness



**Teenagers**To restore altered metabolic balance due to hormonal changes



in menopause To counteract bone weakening or loss, decalcification and osteoporosis

Women



**Elderly** To counteract asthenia and fatigue, supplementing nutritional deficits due to monotonous diets



To support normal metabolic functions



### People with food intolerances

To supplement nutritional deficiencies due to intestinal malabsorption and regulate immune response

## the ideal ingredients to restore and

# re-energise

### **Activating energy metabolism action**

To stimulate cellular metabolism, mobilising the body's energy reserves

Group B vitamins
- Iron - Copper
- Phosphorus - Magnesium

Vitamin B<sub>2</sub> - Vitamin B<sub>6</sub> - Folic acid - L-Citrulline - Magnesium - Zinc

### **Anabolic tissue action**

To promote macronutrient metabolism, amino acid, glycogen and blood components synthesis

### Anti-asthenic action

To counteract fatigue, weakness, stress

Group B vitamins
- Iron
- Calcium - Magnesium



Vitamin D<sub>3</sub> - Zinc

Vitamin K<sub>2</sub> - CalciumHorsetail - Copper

- Phosphorus - Magnesium - Spirulina

### Action on locomotor system

To promote healthy musculo-skeletal growth and stimulate calcium metabolism

## Supporting and boosting actions

To support the organism, boosting resistance to fatigue and stimulating appetite

Acerola - Spirulina - Iron

Spirulina - Folic acid - Acerola - Zinc - Copper - L-Citrulline - Vitamin E - Iron

### Body defences stimulating action

To stimulate the immune response and defend against oxidative stress

enerliv

a balanced mix of vitamins, minerals and plant extracts to always keep the body in top form, at any age

# ener LIV The metabolism booster

## Supports calcium metabolism, and growth and development

#### Vitamin D<sub>3</sub>

- Increases PTH's (parathormone) ability to reabsorb calcium in the kidney
  - Maintains phospho-calcium homeostasis
- Rebalances remineralisation processes and osteoblast stimulation, helping normal bone formation

#### Vitamin K<sub>2</sub>

• Activates GLA protein or osteocalcin, needed for bone remodelling

+ Iron + Copper + Zinc

### **Unleashes energy production**

**Group B vitamins** are enzyme cofactors involved in the Krebs cycle

Thiamine (B1) acts in oxidative decarboxylation processes

**Riboflavin** (B<sub>2</sub>) takes part in carbohydrate metabolism, very important for mucous membranes and lining epithelia integrity

Niacin (B<sub>3</sub>) is involved in circulatory, cellular respiration and nervous system activities

Pantothenic acid (B<sub>5</sub>) is part of the CoA involved in the fatty acid oxidation mechanism

**Pyridoxine** (B<sub>6</sub>) stimulates the release of glycogen from the liver and muscles. Helps maintain sodium-potassium balance, supporting normal functioning of the nervous and muscular systems

**Folic acid (B9)** essential for DNA and haemoglobin synthesis and neuronal formation in the foetus



## Supports nutritional balance, stimulating the metabolism

#### **Spirulina**

- Contains essential amino and fatty acids, carbohydrates (rhamnose)
- Reduces the feeling of hunger due to its phenylalanine content
- Supports the immune system improving physical endurance, promoting recovery after illness and prolonged efforts

#### Citrulline

- Facilitates protein anabolism, unaltered by splenic uptake
- Plays a role in homeostasis of nitrogenous substances
- Improves blood circulation and tissue oxygenation
- Increases levels of nitrogenous substances in the bloodstream
- Increases the size of skeletal muscle cells, protecting muscles and countering atrophy

#### L'Acerola (vitamin C)

- Known for its booster and immune system stimulating properties
- It counters oxidation damages and has powerful hypoglycemic and cardiovascular protective actions

#### La vitamin B3 (Niacin)

• Contributes to carbohydrates, fatty and amino acids metabolism



ENERLIV<sup>TM</sup> is a Vitamin, Plant extract and Mineral based food supplement. Group B Vitamins, Iron and Copper: contribute to normal energy yielding metabolism. Group B vitamins (B2, B3 and B6), Iron and Folic acid: help reduce tiredness and fatigue. Acerola and Spirulina: support and boosting action. Zinc, Vitamins D and K: help maintain normal bones. Vitamin D: contributes to normal blood calcium levels and aids its normal absorption and utilisation.

Nutritional declaration	Per dose (10 g)	% NRV*
Acerola conc. juice powder	60,0 mg	-
Spirulina powder	50,0 mg	-
Horsetail dry extr.	50,0 mg	-
L-citrulline	50,0 mg	-
Vit. B1	0,83 mg	75%
Vit. B2	1,05 mg	75%
Vit. B3	12 mg	75%
Vit. B6	1,05 mg	75%
Folic acid	100 µg	50%
Vit. D	5 µg	100%
Vit. K	37,5 µg	50%
Zinc	1,5 mg	15%
Iron	2,1 mg	15%
Copper	0,75 mg	75%
Biotin	25,0 µg	50%



Gluten-free

Pleasant tasting, to encourage daily consumption

Jar: powder, 350 g

\*% NRV = percentage of Nutrient Reference Values (Reg. UE 1169/2011)

Ingredients: Sucrose; Anti-caking agents: Silicon dioxide, Calcium phosphates; Flavourings; Magnesium citrate; Maltodextrins; Acerola (*Malpighia punicifolia* L., fruits) conc. juice powder; Horsetail (*Equisetum arvense* L., aerial parts) d.e.; Spirulina (*Spirulina platensis* (Gomont) Geitler, thallus) powder; L-citrulline; Niacin (Nicotinamide); Thickener: Xanthan gum; Zinc gluconate; Ferrous bisglycinate; Cupric gluconate; Vitamin K (Menaquinone); Vitamin D (Cholecalciferol); Vitamin B6 (Pyridoxine hydrochloride); Vitamin B2 (Riboflavin); Vitamin B1 (Thiamin hydrochloride); Antioxydant: Alpha-tocopherol; Folate (Pteroylmonoglutamic acid); Biotin (D-biotin).

**ENERLIV™** is suitable for vegetarian diets. Gluten free and naturally lactose-free.

Instructions for use: take 2 teaspoons per day, 1 teaspoon (5 g) with lunch and 1 teaspoon (5 g) with dinner. Can be consumed directly, as it is or dissolved in a glass of water.

- Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.
- Keep the product out of the reach of young children.
- Do not exceed the stated recommended daily dose.
- The "Best Before End" date applies to the correctly stored and unopened product.

Storage conditions: store below 25°C, in a dry place. Avoid exposure to heat sources, sunlight and contact with water.

May contain traces of soy.

#### REFERENCES

Bashandy SAE et al. Antioxidant Potential of Spirulina platensis Mitigates Oxidative Stress and Reprotoxicity Induced by Sodium Arsenite in Male Rats. Oxidative Medicine and Cellular Longevity 2016. Bourre JM. Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 1: micronountients. J Nutr Health Aging 2006 Sep-Oct;10(5):377-85. - Carabelli G, Fiore L. Enerliv: il futuro in un integratore. Omeopatia Oggi 2016 Set;56:53-55. - Chen YE et al. Well tolerated Spirulina extract inhibits influenza virus replication and reduces virus-induced mortality. Scientific Reports 2016. - Daoud HM, Soliman E.M. Evaluation of Spirulina platensis extract as natural antivirus against foot and mouth disease virus strains (A, O, SAI2). Vet World 2015 Oct;8(10):1260-65. - De Assis SA et al. Antioxidant activity, accorbic acid and total phenol of exotic farius cocurring in Brazil. Int J Food Sci Mutr 2009 Aug.;60(5):439-48. - Depeint E et al. Mitochondrial function and toxicity: role of the B vitamin family on mitochondrial energy metabolism. Chem Biol Interact 2006 Oct 27;163(1-2):94-112 - Ham DJ et al. Licitudline Protects Skeletal Muscle Cells from Cachectic Stimuli through an iNOS-Dependent Mechanism. Plos One 2015 Oct 29;10(10):e0141572 - Kennedy DD. B vitamins and the brain: Mecanism, Dose and efficary - A review. Nutrients 2016 Feb;8(2):68. - Koni Kwo K et at J. Anticoncer effects of bluegreen alga Spirulina Platensis, a natural source of bilirubin-like tetrapyrrolic compounds. Hannols of Hepatology 2014 Mar-Agr;13(2):273-83. - Khundaminir SJ et al. PTH and Vitamin D. Compr Physiol 2016 Mar 15;6(2):561-601. - Hamid MS et al. Vitamin K and bone health. J Clin Densitom 2013 Oct-Dec;16(4):409-13. - Johnson PD. Acerola (Malpighia glabra L., M., punicifolia L, M. emarginata D.C.): agriculture, production and nutrition. World Rev Nutr Diet 2003;91:67-75. - Liu Q. et al. Medical Application of Spirulina platensis berived C-Phycocyania. Evidence-Based Complemen