

Red Ginseng Energy from EuroMedica®

For physical energy, strength, & endurance*

Study of HRG80™ Red Ginseng Preparation for Relieving Muscle Pain/Soreness and Supporting the Neuromuscular Performance of Elite Weightlifters in Intense Resistance Exercise:**
An Open-Label, Randomized, Crossover Trial.

Hovhannisyan AS, Mosinyan DN, Hayrumyan SA, Panossian AG. Phys Med Rehabil Int. 2022; 9(3): 1207.

BACKGROUND: This study aimed to assess the efficacy of *Panax ginseng* C.A. Meyer preparation of increased bioavailability in fatigue assessed as relief of muscle soreness and improving the neuromuscular performance of healthy subjects following a bout of intense resistance exercise.*†

METHODS: The effects of the hydroponically cultivated red ginseng root powder HRG80 (RG) γ -Cyclodextrin-based chewable tablets and cyclodextrin-free RG capsules were compared in an open label, randomized, crossover trial on 20 elite weightlifters. The RG treatments for 10 days have a statistically significant effect on the relief of the muscle's soreness compared to the control.*†

RESULTS: No statistically significant difference was observed in the effects of two capsules vs. one tablet suggesting that γ -Cyclodextrin-based chewable tablets of HRG80 red ginseng preparation are almost 4-fold active of cyclodextrin-free HRG80 capsules.

Furthermore, the effect of tablets vs. control was significant on the 5th day of the treatment, while the effect of capsules vs. control was observed three days later—on the 8th day. However, in push-ups on the uneven bars (PUB) test of neuromuscular performance, the capsule intake results in increased physical performance compared to tablets or control with maximal effect on the 7th day of treatment.*

CONCLUSION: The results of this study provide evidence for the efficacy of γ -Cyclodextrin-based chewable tablets containing 100 mg of HRG80 red ginseng for relief of muscle soreness and supporting the neuromuscular performance of healthy subjects in intense resistance exercise.*†

Help Your Patients Stay Energized, Active, and Strong*



Whether your patients are professional athletes, simply have a regular workout routine, or just want to enhance their physical endurance and experience better recovery from activity, Red Ginseng Energy should be part of their daily regimen.*

This clinical study conducted with elite weightlifters illustrates the great value in this unique supplement. Internationally recognized adaptogen and natural medicine expert, Alexander Panossian PhD, was involved in this research, which provides insights into both our Red Ginseng Energy and Red Ginseng Energy Chewable professional strength supplements that your patients will appreciate.



†Occasional muscle pain due to exercise or overuse. *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

EuroMedica®

Red Ginseng Energy—For physical energy, strength, & endurance*

What This Means for Your Patients:

**More energy
and endurance***

**Improvement in stamina
and physical performance***

In this study, 20 members of the Armenian national weightlifting team, including Olympic athletes, performed intense resistance exercises, including pushups on uneven bars and barbell squats. Participants took either two Red Ginseng Energy capsules (400 mg daily dose), or one Red Ginseng Energy Chewable tablet (100 mg dose with GammaSorb® gamma cyclodextrin). Both showed significant support of muscular performance and post-exercise fatigue.*

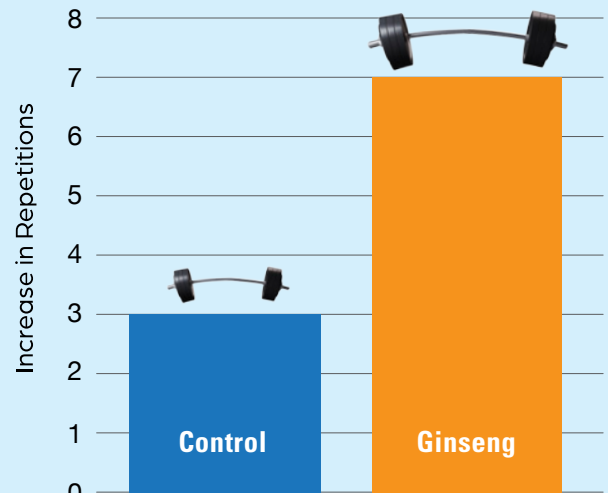
In only seven days, athletes **more than doubled** their performance level compared to their baseline scores.* These rapid results may be due to the way HRG80 red ginseng is cultivated. Hydroponically grown, the plants develop seven times more noble ginsenosides compared to conventionally grown, standard ginseng. These beneficial compounds are better absorbed so they are more likely to support mental and physical energy and endurance, and the healthy cortisol, serotonin, and GABA levels required to meet the challenges of a rigorous workout.**

If Red Ginseng Energy can do this for elite athletes, imagine what it can do for your patients who want to support an active lifestyle, or for *any* patient that needs more energy on an every-day basis.

There's no doubt that occasional muscle fatigue can make workouts or daily physical jobs tough, even for the fittest individuals. Although not all of your patients may be Olympic athletes, this clinical study showed that Red Ginseng Energy and Red Ginseng Energy Chewable can support dramatic improvements in stamina and physical performance—and that is something anyone can appreciate.*



PERFORMANCE IMPROVEMENT BARBELL SQUATS



RED GINSENG ENERGY more than **DOUBLED** the performance improvement versus control!*

Effects on Post-Exercise Fatigue & Fitness in Elite Athletes*

PARTICIPANTS: Elite athletes – men and women from the Armenian National Weightlifting Team, including Olympic athletes

SUPPLEMENTS: Red Ginseng Energy capsules (400 mg) or Red Ginseng Energy Chewable (100 mg) for 10 days each

MEASUREMENTS: Fitness (barbell squats & pushups); Endurance or time to muscle fatigue (muscle soreness)†

RESULTS:

- Both forms of Red Ginseng Energy effectively reduced the occasions of fatigue (measured as muscle soreness); participants reported faster effects with the chewable†
- Both forms of Red Ginseng Energy supported fitness, energy, and endurance*
- By day 7, athletes taking Red Ginseng Energy saw **double the boost in performance***

†Occasional muscle pain due to exercise or overuse. **Supports healthy levels already within normal range.

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