

**BLEND OF INGREDIENTS FOR ENDURANCE, VITALITY AND NATURAL ENERGY  
OF THE BODY**

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**ABSTRACT**

The blend of mentioned ingredients supports the body's natural energy as well as its endurance and vitality. It provides benefits to the body by means of the activation of its own strength and vitality. The key advantages are that they help to keep the body's endurance, energy, and vitality at normal levels. It also promotes a healthy metabolism, mental and physical stamina, a good mood, and natural cellular vitality.

*Index Terms*—Energy, cancer, diseases.

**INTRODUCTION**

FOR the body to be able to perform its daily tasks, it is important to make sure that the individuals take care of the strength and vitality of the body. If it is not adequately cared for, there is a good probability that exhaustion and weakening will prevent it from doing the regular challenging activities. Hence, it can be quoted that it is essential to take complete care of the body for it to keep functioning as desired.

**II. Benefits of Ingredients**

All the elements work together to provide a specific benefit to the human body. The combination of all these all-natural ingredients ensures that the body's strength and stamina are maintained. The advantages of these ingredients are listed below.

**1. Green Tea (leaf)**

One of the main ingredients used for its composition is the green tea leaves. It contains active caffeine compounds along with theophylline and theobromine. These are also members of the Xanthin class of chemical compounds. Three of these substances work together to enhance blood flow within the human body via the coronary arteries, relax the bronchi, and function as stimulants for the heart muscle and brain system.

Green tea contains a number of EGCG (Epigallocatechin gallate), EGC (epigallocatechin), EC (epicatechin) and ECG (epicatechin gallate). The flavonoids, serving as antioxidants, act as hypocholesterolemia, cariostatic and are anti-carcinogenic. Several studies demonstrate that green tea can also be used as a tonic, hypoglycemic agent, and to prevent atherosclerosis.<sup>[1]</sup>

**2. Siberian Ginseng (root)**

Eleutherococcus Senticosus is the botanical name for Siberian Ginseng or Siberian Eleuthero. It belongs to the Araliaceae family. It is the same class as that of the Korean ginseng. The Siberian Ginseng is quite different due to the presence of Eleutherosides. It has been claimed that the Siberian Ginseng offers a lot of health benefits such as improvement in memory and learning abilities, enhancement in stress durability and the reduction of Bronchitis' symptoms. The active constituent in Ginseng is claimed to be ginsenosides. It is an exclusive compound that is found in Ginseng. In terms of class, ginsenoside shows a wide range of difficulties to characterize in isolated studies. It is observed that these ginsenosides are capable of increasing antioxidant enzymes and so it shows that they possess antioxidant features. These also operate as scavengers of free radicals. Panax, according to studies, can fulfill a variety of functions. For almost 2,000 years, it has been administered and holds a major place in the use of substitutive medications in Chinese medicine. It is clear that its popularity has grown dramatically in the modern era as well. It has been discovered that Siberian Ginseng, in conjunction with Eleutherosides, has a significant influence on the improvement of abilities connected to learning and memory. This has not been observed with any other type of Ginseng.<sup>[2]</sup>

**3. Magnolia-Vine (fruit)**

The Chinese fruit, magnolia vine, was initially used for the treatment of multiple diseases related to cardiovascular system, gastrointestinal tract, and respiratory failure, specifically in case of insomnia, weakness, fatigue, and excessive sweating. This fruit has been popularly known in Russian conventional medicine.

It was used to cure weariness in this particular field. It was renowned as a tonic for resolving hunger delay, improving mental health, and increasing vigor. Different investigations and studies carried out on its properties have showed the biological activity from the extracts of this fruit, specifically regarding the main component of this fruit, dibenzo [a,c]cyclooctadiene lignans, shows capability towards these activities.<sup>[3]</sup>

#### 4. Water Hyssop (leaf)

One of the distinguished benefits achieved from water hyssop is the reduction in beginning of cognitive disorders as an individual start to age, such as Alzheimer's disease and dementia. According to studies, its consumption is an excellent approach for boosting the formation of neural connections and lowering oxidative stress in the brain, which enables the mind to stay well and bright even in old age.<sup>[4]</sup>

Water hyssop has a distinguished position in the field of Ayurvedic medicinal purposes due to its ability of mind stimulation, specifically in terms of concentration and memory. It helps to increase focus and retention. Some of the organic constituents of water hyssop are responsible for cognitive pathways' stimulation for boosting the cognitive ability in the brain.<sup>[5]</sup>

In addition to the issues mentioned above, it can be used to treat other health issues and is highly beneficial for reducing stress, acting as an anti-inflammation and antioxidant agent, improving respiratory system health, boosting immunity, treating epilepsy, treating digestion issues, lowering blood sugar, and skin care.<sup>[6]</sup>

#### 5. Ashwagandha (root)

Several studies have been undertaken to demonstrate the diverse qualities of Ashwagandha, proving that it can be employed as a multi-purpose therapeutic substance. Some studies, for example, have discovered anti-inflammatory effects in dunal, sitoindoside, withaferin, winter cherry, Solanaceae, and Indian ginseng.

Ashwagandha, *Withania Somnifera* or WS, is mostly used for making Ayurvedic medicines, a conventional medical system implemented in India. It is used for formulation of a number of different medicines for the improvement of musculoskeletal conditions, including rheumatism and arthritis. It is used as a general source of increasing energy and improvement of overall longevity and health. It is also highly effective for the prevention of various diseases in elderly, athletes and during pregnancy.<sup>[7]</sup>

#### 6. Pineapple

Pineapple is regarded as one of the most commercialized and important fruit crops in the world. It is commonly referred to as the queen of fruits due to its flavor and taste that is adored all over the world.<sup>[8]</sup> It is a seasonal and perishable fruit. When in its mature condition, it consist of 14% sugar bromelain, vitamins A and B, malic

and citric acid along with digesting enzyme specifically for proteins.<sup>[9]</sup> The overall composition of its juice is dependent on the season, geographical location, time as well as the process implemented for the harvest. The balance between the acid and sugar attributes to the refreshing flavor of the fruit. The main producers of pineapples that are responsible for producing about 50% of the total fruit output are China, Philippines, Thailand, and Brazil. It is an amazing tropical fruit that has exceptional vibrant flavor and juiciness compile with extreme healthy benefits. It contains a large amount of all the important nutrient such as carbohydrates, potassium, calcium, Vitamin C, water, crude fiber as well as various other minerals that help to maintain the ideal nutrition and weight and helps in the digestion process. In Bangladesh, it is a quite common fruit. It has relatively little sodium and fat. It also has 10 to 25 mg of vitamin.<sup>[10]</sup>

It is particularly good for an individual's personal health, and it can also be used as a supplementary nutrition. It is an exceptional source of minerals and vitamins. One matured pineapple contains 16.2% of Vitamin C required on daily basis.<sup>[11]</sup>

Vitamin C is especially important for the body being a soluble antioxidant against free radicals that can damage or attack the healthy cells. Vitamin C, being a strong antioxidant, can support for the formulation of collagen in the cartilage, muscle, blood vessels and for iron absorption. It also reduces the risk of UTIs (urinary tract infections) during pregnancy and can lower the risk of numerous cancers such as stomach, colon, and esophageal.<sup>[12]</sup> The total acidic content of a pineapple is composed of about 13% of malic acid. It is important for the health of a human body as it is responsible for promoting firm and smooth skin, boosts our immunity, reduces the toxic metal poisoning as well as helps to maintain oral health.

Drinking its juice can keep the body hydrated as well as restore immune system and build healthier bones. This fruit is rich with manganese. It is a mineral that is required by the body in order to build connective tissues and bones. One cup of its juice can provide 73% of manganese content that is required each day. Its benefits also include the healthy growth of bones in younger individuals and strengthen them in older ones.<sup>[12]</sup> It is a fruit that acts an inflammatory agent as well as aids in the digestion process. Pineapples contain a considerable amount of bromelain that is used for meat tenderizing. Bromelain also shows reduces inflammation and it is also used for reducing swelling in the condition of inflammation that includes arthritis, sore throat, acute sinusitis, gout as well provides recovery from surgery and injuries.

The enzymes of pineapples are also used for the treatment of rheumatoid arthritis and for quick repair of tissues that may be a result of ulcers, surgery, or injuries.

It also maintains our kidneys clean and aids in the removal of worms from our intestines. Pineapple is also effective for the prevention of diseases in gums and plaque formation. As a result, it plays a key role for keeping teeth healthy. The flesh of the fruit is intentionally consumed for the treatment of venereal diseases. The powdered root is also used for the treatment of edema. Its crushed peel is also applied on the fractures. By means of decoction with rosemary, rind is smeared on hemorrhoids. Indians used the juice of leaf as vermifuge, emmenagogue, and purgative.<sup>[9]</sup>

### 7. Gooseberry

Gooseberry proves to be highly effective for the reduction of cholesterol levels along with triglycerides, fatty acids. It does not affect the good cholesterol levels that is called HDL (High density lipoprotein). According to various studies, consuming gooseberry for up to four weeks helps to lower LDL (low density lipoprotein) or bad cholesterol in people who have high cholesterol.

It has also been observed that taking supplements containing gooseberry, together with other components, is as effective as taking the drugs celecoxib or glucosamine sulfate for relieving acute pain in people with knee osteoarthritis.<sup>[13]</sup>

### 8. Apple

It is evident that eating vegetables and fruits can assist to reduce the risk of chronic diseases such as cancer and cardiovascular disease. The phytochemical including carotenoids, flavonoids and phenolics from vegetables and fruits play a vital role for reducing risk of chronic disease. Apples contain a large quantity of phytochemicals and as per the epidemiological studies, by consuming apples, the risk of cancer can be reduced along with prevention of diabetes, asthma, and cardiovascular diseases. When tested in laboratories, it has been found out that these possess high antioxidant activity for the inhibition of cancer cell proliferation and lowering of cholesterol. Some strong antioxidants such as chlorogenic acid, catechin, quercetin and phlorizin are variety of phytochemicals, and all are possessed by apples.<sup>[14]</sup>

Apple is attributed to provide a number of various health benefits that includes the risk reduction of stroke, diabetes, high blood pressure, obesity, some types of cancers as well as improves gut health. It consists of 4.4 gm of fiber that accounts for the 16% of DV (Daily Value). Apples can also provide the consumer with 8.4 mg of Vitamin C and provides up to 9% of the DV also while including small quantities of various minerals and vitamins. Numerous benefits can be attained through its consumption such as obtaining antioxidant and nutrition content. But the quantity of these nutrients may vary from type to type of apple.

The soluble fibers of apple prevent the cholesterol building up in the blood vessel walls and so it also

lowers the probability of heart diseases as well as atherosclerosis, which is the restriction of blood flow due to buildup of plaque in arteries. It also plays a vital role for lowering blood levels. According to research, it was reported that the higher the consumption of soluble fiber, the lower the risk of cardiovascular diseases. According to research, eating apples on a regular basis can help reduce the risk of stroke by 52%. Apples also contains vitamin C that helps to boost the immune system. As per a review published in the "Nutrients" journal, in November 2017, vitamin C helps the immune system to perform all its functions that includes strengthening of epithelial, that is a tissue acting as a barrier for pathogens. It also guards against a number of oxidative stresses of environment that includes pollution to radiation. The soluble fibers of apples also slows down the sugar absorption in our bloodstream and helps for the improvement of blood sugar levels. A healthy diet that

includes enough insoluble fiber can help to reduce the risk of type 2 diabetes in a human body.

In today's world, where there is no precise and certain method for cancer prevention, apples can play an important role. Apples can effectively reduce the risk of cancer, and these advantages are due to the presence of antioxidants in apples. According to research, apples contain a high concentration of antioxidants, which can assist to prevent the proliferation of cancer cells.<sup>[15]</sup>

### Nutrition Facts

Serving Size: 1 drop

Servings per container: 30

Amount Per Serving: %DV %VD

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Calories 6

Carbohydrate 2g 1%\*

Total Sugars 1g †

Includes 1g Added Sugars 2%\*

\*Percent Daily Values are based on 2,000 calorie diet.

†Daily value not established

### III. CONCLUSION

Stamina can be defined as the energy and strength that permits an individual to perform his mental and physical tasks for longer periods of time. By increasing stamina, it becomes easier to bear discomfort while performing an activity. It also helps to reduce exhaustion and fatigue. When an individual has higher stamina, he can perform a lot of his tasks easily while utilizing low amount of energy. The term "stamina" refers to both physical and mental capacities to sustain activities for extended periods of time. In general, stamina is referred to as feeling energetic while performing any particular task. On the other hand, endurance is referred to as the physical ability for sustaining an activity for prolonged periods. It is composed of two major components such as muscular and cardiovascular endurance. Cardiovascular endurance means the ability of lungs and heart to fuel the human body with the required amount of oxygen. While

on the other hand, muscular endurance refers to the muscular ability of working continuously.

All the ingredients listed above help the human body sustain stamina. To keep the body's energy levels up, it is recommended that people exercise often, eat a balanced diet, and live a healthy lifestyle that includes getting enough sleep. But on the other hand, it is also worth mentioning that keeping all these things in place is near to impossible especially when life is demanding. So, these supplements can help an individual gain the required strength and stamina to carry out his demanding routine tasks.

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