



## **E + M + A**

### **Medicinal ingredients:**

**Panax Ginseng:** Used in herbal medicine to help increase physical performance, maintain cognitive function and / or reduce mental fatigue. Stimulates the immune system.

Powerful antioxidant and anti-inflammatory, improves recovery of the body (convalescence and great fatigue).

Ginseng has been described as an adaptogenic plant, capable of stimulating the non-specific resistance of the body in overwork situations. The classification of a substance as adaptogen involves its action on different organs and systems: it stimulates the central nervous system with a general tonic effect, increases the non-specific resistance to diseases with an anti-stress action and has effects on the heart, the gastrointestinal tract, metabolism, blood, etc. This activity is due in large part to the complexity of its composition, confirmed by many pharmacological tests in vitro and in vivo.

**Ginkgo Biloba:** Helps improve cognitive function and memory in adults, helps maintain peripheral circulation.

Ginkgo biloba is one of the oldest trees on the surface of the earth. Its leaves are among the most studied in botany and are the most used for medicinal purposes.

Ginkgo biloba is used to treat problems with blood circulation and to improve memory and concentration.

Ginkgo biloba extract has shown benefits in treating neurodegenerative diseases such as Alzheimer's disease, cardiovascular disease, stress, memory loss, tinnitus, vertigo, age-related macular degeneration, psychiatric disorders such as schizophrenia.

**Turmeric:** Provides antioxidants for the maintenance of good health. Used as a hepatoprotective agent, to help stimulate the secretion of bile, as an anti-inflammatory to help relieve joint pain.

Turmeric longa L., is a plant of Asian origin commonly used as a spice in Asian culture. Since antiquity, many properties have been described for extracts of Curcuma longa and for curcumin.

Its antibacterial, antifungal and antiparasitic activity is well known. Turmeric has been shown to have anti-inflammatory, immunomodulatory and lipid-lowering activity, lowering cholesterol, triglycerides and plasma phospholipids as well as LDL.

Numerous studies demonstrate the ability of turmeric to prevent the establishment, progression and complications of many pathologies such as hepatic, renal, cardiovascular, neurodegenerative, diabetes and cataracts. The latest research on the biological effects of turmeric extracts and curcuminoids aims to study their anticancer activity, mainly against skin, colon and duodenum cancer.

**Resveratrol:** Provides antioxidants. Resveratrol belongs to the family of polyphenols, known to fight against free radicals that accelerate the aging of the skin and organs. Resveratrol has the ability to penetrate deep into the cell nucleus to repair the damage caused by free radicals and cross the blood-brain barrier to help protect the brain and the nervous system.

Because resveratrol is also effective at protecting many of the diseases associated with aging, it is often referred to as a "fountain of youth" that can prolong life.

**Spirulina:** Source of antioxidants. Spirulina (so named because of its spiral shape) belongs to the family of filamentous cyanobacteria or microalgae blue-green, is a dietary supplement rich in proteins, vitamins, minerals, essential fatty acids, phycocyanin and antioxidant compounds, among other nutrients, it is therefore considered as a natural product with a very effective therapeutic action.

Spirulina is considered by the World Health Organization (WHO) as the best and most complete food for humanity in the 21st century.

**Maca:** Provides antioxidants, helps maintain a healthy balance of mood during menopause, helps support the emotional aspects of sexual health.

Maca, a plant grown in Peru, is a supplement and food at a time. It is an aphrodisiac also known as Peruvian Ginseng.

The reviewed research ensures that Maca is a good antioxidant, an excellent energizer that improves growth rate and sexual desire.

**Alfalfa:** Traditionally used in herbal medicine as a nutritive tonic.

The name Alfalfa comes from the Arabic al-fac-facah which means "father of all foods". Its high protein content and abundant vitamin reserves make it a good source of nutrition and is appreciated for its remineralizing and nutritious properties. It's a very good general stimulant.

**Choline:** Helps maintain hepatic functions and maintain good health.

Acetylcholine is a neurotransmitter essential to the proper functioning of the brain essential for our memory. Acetylcholine is made from choline.

Choline is used to treat liver diseases, Alzheimer's and bipolar diseases.

Dietary deficiency of choline can cause health problems, such as liver dysfunction and impaired memory and other brain functions. It is also linked to high cardiovascular risk and circulatory problems, hypertension, respiratory distress and infertility. In addition, other data confirm that changes in choline in the diet alter levels of choline in the cerebrospinal fluid.