

## EnJuvenate™ - An Enhanced Anti-Aging Drink For Overall Health

Many of you have been waiting for the “elixir of life” to come to you on a silver platter and I honestly think that you may have actually gotten what you wished for with this new product that I found that is called “EnJuvenate™”.

EnJuvenate™ is a thrice-weekly product from an excellent and very reputable company called Unicity International (makers of Bios Life Complete™). While many purport it to increase Human Growth Hormone, I am not as impressed with that claim as I am with all of the other things that are in it. It is a powder that is mixed in water or soy milk and taken at bedtime three times a week.

Here is what is in it and I have highlighted some of the ingredients that are in it and explain why the ingredients are good for your health.

**Super Protein Complex:** A complex protein blend from eight protein sources for an optimal blend of amino acids. Sources include whey, rice, beet, pea, soy, egg white and casein. This rich blend of amino acids is the building blocks for protein repair in your body. One serving contains 21 grams of protein.

**Regenerative Complex:** Contains antioxidants that help protect against free radical damage and promote immune and skin health. Oxidation by free radicals is a major contributor to degenerative conditions we see as we age. To prevent some of these conditions, we need to increase consumption of antioxidants.

This complex includes:

- Grape Seed Extract
- Green Coffee Extract
- Colostrum

**Green Coffee Extract:** Green coffee beans have been shown to possess *in vivo* antioxidant activity against lipid peroxidation<sup>1</sup>. Green coffee contains high levels of chlorogenic acid and this acid is shown to aid in preventing the oxidation of LDL cholesterol which commonly happens as we age and may contribute to heart disease<sup>2</sup>.

**Cognitive Complex:** Provides targeted nourishment that promotes mental performance and memory. This complex includes:

- Rhodiola rosea
- Cordyceps sinensis
- American ginseng
- Schizandra chinensis

**Rhodiola rosea** is commonly known to be an adaptogenic herb<sup>3</sup>. Adaptogenic herbs are botanicals with the ability to aid the body in coping with many different forms of stress by maintaining homeostasis in the face of stress and regulating the body’s adaptive reactions. This reduces most signs of the alarm stage of the stress response and delays or promotes the avoidance of the exhaustion stage. Through these mechanisms, adaptogens aid in making the stress response less damaging both physically and mentally<sup>4</sup>.

Double-blind placebo controlled pilot study showed improvement in physical fitness, mental fatigue and neuromotor tests in students during an examination period <sup>5</sup> . Another placebo-controlled

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<sup>1</sup> Agric Food Chem 1989; 2: 433-7.

<sup>2</sup> FEBS Letters 1995; 368:188-192; Free Rad Biol & Med 1995; 19: 541-52.

<sup>3</sup> Phytomedicine 2000; 7: 85-89.

<sup>4</sup> Ibid. 85-89.

<sup>5</sup> Ibid. 85-89.

study showed improved accuracy of movement versus speed in maze test (neuro-motoric fitness)<sup>6</sup>. Finally, another study demonstrated improved mental performance and had anti-fatigue properties in healthy physicians during night duty<sup>7</sup>.

Used in traditional Chinese Medicine to enhance the body's resistance against fatigue and to extend human life.

**Cordyceps sinensis** is a mushroom belonging to the genus *Cordyceps* within the family *Clavicipitaceae*. It is traditionally only grown in very small quantities in its natural habitat in remote areas of China. Some studies done by Numico in Europe have shown increased oxygen use during exercise. However, it is more used for resistance to stress-induced intensive exercise and enhances immune system functioning and also exhibits an anti-fatigue effect.

**American ginseng** is marketed to maintain natural energy levels and increase general well-being. A review of studies showed an improvement in quality of life, including energy, mental and physical abilities, mood, and general health<sup>8</sup>. American ginseng contains antioxidants, which prevents age-associated oxidative damage, enhances immune function and contains anti-stress properties.

Berries of **Schizandra chinensis** have been used extensively in traditional medicine in China and Russia as an anti-fatigue agent and for increasing energy and physical endurance, two luxuries often lost through age. The active compound is schizandrin. Schizandrin is be-

lieved to increase resistance to a wide range of physical, chemical, and emotional stressors, while promoting improved overall regulation of physiological processes.

One study on race horses showed that *S. chinensis* facilitates the recuperation of the cardiovascular and respiratory system in horses subjected to different kinds of exercise<sup>9</sup>.

Double-blind controlled randomized study showed it may help people endure stressful situations short-term, particularly heavy exercise<sup>10</sup>.

**Pituitary Complex:** Supports the body's natural growth activity for youthfulness and longevity. This complex includes the following free-form amino acids:

- L-Glutamine
- L-Glycine
- L-Tyrosine
- L-Lysine
- L-Arginine

Finally, it contains *Lepidium meyenii*, also known as maca. This is a botanical ingredient used to aid in sexual desire. It is a nutritious tuber which grows in the harsh environment of the Peruvian highlands and it has a mythical reputation for promoting energy and stamina, enhancing sexual potency and libido. It has been shown in rats to enhance sexual function as evidenced by an increase in the number of complete intromissions and the number of sperm-positive females in the study. It also showed a decrease in the latent period of erection in male rats with erectile dysfunction. Strong aphrodisiac activity was noted from this plant.

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<sup>6</sup> Spasov et al. 2000

<sup>7</sup> Darbinyan et al 2000.

<sup>8</sup> J Clin Pharm Ther 2003; 28:5-15.

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<sup>9</sup> Fioterapia 1994; LXV (2):113-8.

<sup>10</sup> Herbal Research Review Spring 2000; 7(1): 16-17.

A common negative consequence of aging is a decrease in libido as well as sexual desire, energy and endurance.

So is EnJuvenate™ the “final word” in anti-aging products? Hardly...it is only just one of the pieces of the puzzle that you should add to your daily regimen of nutritional supplementation. Cost is \$85 per month (plus tax) when it is shipped to your home on an autoship program. If you are interested, just ask the front desk and they will be glad to order it for you.