

4 Super Supplements

to Fight Stress, Improve Energy and Lift Mood



1. GREEN TEA EXTRACT

Literally hundreds of studies have investigated the benefits of green tea and its various health-promoting compounds. Scientists have assessed the plant and discovered that it possesses powerful antioxidant, anti-inflammatory and anti-aging nutrients. Studies suggest that green tea drinkers experience lower rates of cancer, heart disease and other lifestyle conditions.

Additionally, several studies indicate that green tea extract helps regulate lipid balance and may also support healthy weight loss.

Nutrient Highlights

- Polyphenols
- Catechins
- Epigallocatechin gallate (EGCG)

Potential Benefits

- Provides potent antioxidant support*
- May enhance fat loss*
- May stimulate metabolism*
- Supports endocrine function*

What the Science Shows

A 2009 study by Chinese researchers measured the effects of green tea against psychological stress in rats. The findings show that consumption of green tea lessened the cognitive impairment resulting from psychological stress, and that antioxidant protection in the brain was evident.



2. CITRUS PEEL EXTRACT

Extract from the peel of *Citrus sinensis* contains an especially high concentration of flavonoids. Flavonoids are a common class of polyphenols found in nature that possess powerful health-promoting properties, including anti-allergic, anti-inflammatory, anti-microbial and anti-cancer properties. Widely considered very important to human health, flavonoids were once called "vitamin P" by some researchers. Now, scientists know that citrus peel contains a special class of flavonoids called polymethoxylated flavones (PMFs). PMFs effectively block the activity of the HSD enzyme linked to cortisol activity in the cell.

Nutrient Highlights

- PMFs (polymethoxylated flavones)
- Tangeritin
- Sinensitin
- Nobiletin

Potential Benefits

- Balances HSD enzyme to help block production and activity of cortisol within the cell*
- Lowers cholesterol levels*
- May moderate blood-sugar levels*
- May promote healthy weight loss, especially abdominal fat*

What the Science Shows

In a 2009 study, British researchers again tested the efficacy of citrus flavonoids on inhibiting the activity of HSD enzyme. The researchers found that the flavonoids were effective in limiting HSD activity, thereby leading the scientists to state that regulating HSD production "constitutes a promising treatment for metabolic and cardiovascular diseases."



3. L-THEANINE

L-theanine is an amino acid that can cross the blood-brain barrier. L-theanine has been shown to reduce mental and physical stress, produce a state of natural relaxation, and improve mental cognition and mood without being a stimulant. Other research suggests it can improve sleep quality.

Nutrient Highlights

- Key amino acid
- Increases brain serotonin levels

Potential Benefits

- Provides natural mental energy without stimulation*
- Enhances cognition*
- Produces natural relaxation*
- Improves mood*
- May improve quality of sleep*
- Increases ability to focus/concentrate*

What the Science Shows

A study by Dutch scientists analyzed the effects of L-theanine on mental function. The researchers measured the effects of L-theanine on 35 participants and found that the theanine group experienced a "significant" effect on their general states of mental alertness and arousal.

Additionally, scientists from Northumbria University in England assessed the effects of L-theanine on human participants. They found that the theanine improved the visual information processing and alertness ratings, and decreased the mental fatigue, "headache" and tired ratings.



4. EURYCOMA LONGIFOLIA

Also known as "Malaysian ginseng" for its various tonic properties, eurycoma enjoys a lofty position among traditional healers in Southeast Asia and has been used for centuries in traditional medicine. Modern research now indicates that it may be able to positively affect the amount of testosterone available for use by the body, leading to improved mental and physical energy and enhanced sexual function.

Nutrient Highlights

- Glycosaponins
- Eurypeptides
- Alkaloids
- Glycosides

Potential Benefits

- May optimize testosterone utilization*
- Helps maintain balance between testosterone and cortisol*
- Enhances physical and mental energy*
- May improve libido*
- May help support efforts to achieve healthy weight loss*
- May offer cell-protective effects*
- Bolsters the body's antioxidant reserves*
- Helps restore youthful vigor and vitality*

What the Science Shows

Researchers from Malaysia investigated the effects of eurycoma on sexually sluggish and retired breeder rats. The researchers found that a 10-day eurycoma regimen significantly increased different behaviors indicative of sexual arousal.