

**Golden Life™**



# Energe-**X**

**Men's Multivitamin & Mineral**

30 - 60 Film Coated Tablets



## Damiana

The herb is used as a general tonic that increases a sense of well-being. It also boosts sexual potency.



## Milk thistle

The main content of the herb is a flavonoid called silymarin that protects the liver from toxins. Silymarin has antioxidant and anti-inflammatory properties. And it may help the liver repair itself by growing new cells.



## Presentation:

30 - 60 Film Coated Tablets

## Administration:

Oral, take one tablet with meal.

## References:

- Bradly P Jacobs, Cathi Dennehy, Gilbert Ramirez, **Milk thistle for the treatment of liver disease** *The American Journal of Medicine, Volume 113, Issue 6, 15 October 2002, Pages 506-515*
- Emilia Nocerino, Marianna Amato, **The aphrodisiac and adaptogenic properties of ginseng**, *Department of Experimental Pharmacology, University of Naples "Federico II", 2000. 49, 80131 Naples, Italy*
- Paul F. Smith, Karyn Macleennan, **The neuroprotective properties of the Ginkgo biloba leaf**, *Journal of Ethnopharmacology* Volume 50, Issue 3, March 2001, Pages 131-139



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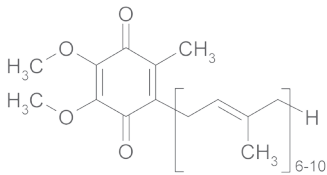
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Supplement Facts		
Composition per tablet		RDA%
Vitamin B1	10 mg	>100
Vitamin B2	10 mg	>100
Vitamin B3	50 mg	>100
Vitamin B5	70 mg	>100
Vitamin B6	30 mg	>100
Vitamin B12	50 mcg	>100
Vitamin C	100 mg	>100
Vitamin E	50 IU	>100
Vitamin D3	400 IU	66
Ca (Calcium carbonate)	200 mg	20
Zn (Zinc gluconate)	15 mg	>100
Mg (Magnesium oxide)	50 mg	12
Se (Selenomethionine)	50 mcg	90
Mn (Manganese sulphate)	2 mg	87
Iodine (Potassium iodide)	764 mcg	>100
Co-Enzyme Q10	30 mg	*
Korean Ginseng	100 mg	*
Gingko Biloba	10 mg	*
Tribulus	120 mg	*
Damiana	20 mg	*
Milk Thistle	57 mg	*

\*Recommended daily allowance (RDA) not Established.

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However, CoQ-10 levels decrease with age so as we get older, supplementation with CoQ-10 becomes important. Smoking and Statin drugs uses up the body's store of CoQ-10. It can enhance exercise tolerance, strengthen the immune system and protects cell membranes against free radicals.



### Korean ginseng (Panax)

This herb belongs to family *Araliaceae*. It improves physical and mental responses particularly where there is fatigue and low energy. It also enhances libido, helps cope with stress and boosts immune system.



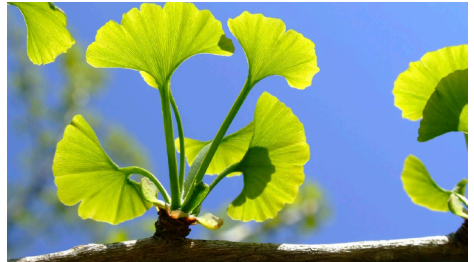
### Siberian ginseng

*Eleutherococcus senticosus*, commonly known as Siberian ginseng, is an herb used in traditional medicine to combat fatigue and improves body stamina and mental responses. It is an adaptogen compound that helps in relieving stress. It can also improve physical performance during periods of high intensity exercise and boosts immune system.



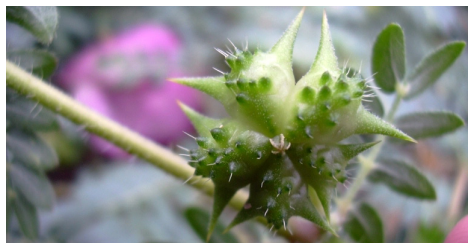
### Ginkgo biloba

The herb is one of the oldest living tree species. It is also one of the best-selling herbal supplements in the United States and Europe. Ginkgo is best known today as way to potentially keeps the memory sharp. It helps normalize peripheral circulation, boosts immune system, increases libido and also is an antioxidant.



### Tribulus terrestris

It is a flowering plant belongs to the family *Zygophyllaceae*, *T. terrestris* steroid saponins possess neither direct nor indirect androgen-increasing properties and also found to increase the levels of testosterone. It increases energy level and stamina. Tribulus also enhances libido and sexual function.



# Energe-**X**

## Men's Multivitamin & Mineral

Our body cannot absorb all the nutrients found in the food we eat, so a daily multivitamin mineral is much like a nutritional insurance policy. It ensures the recommended daily allowance (RDA) for specific vitamins and minerals are obtained. Our specially formulated Men's Multivitamin Mineral provides support for men's hectic lifestyle by helping to fill nutritional gaps in the diet and boost everyday nutrition levels.

### Indications:

- Supports energy production
- Assists exercise performance
- Supports immune system
- Relieves stress, Assists male sexual performance
- Supports liver detoxification and helps regenerate hepatic cells
- Improves mental power and memory



### Ingredients:

#### B vitamins

Play an important role in the metabolic processes of all living cells by serving as coenzymes in the metabolism of carbohydrates, proteins and fats to produce energy. Also the normal function and maintenance of the nervous system relies on the presence of the B-group vitamins for the production of hormones and neurotransmitters. They promote muscle building along with enough amino acids intakes.

#### Vitamin C and E

The most important antioxidants that Protect body against free radical damages and prevent from cardiovascular disease and cancer. They boost immune system and enhance men's fertility.

#### Calcium and Vitamin D3

Keep bones and teeth strong, support skeletal structure and function.

#### Magnesium and Manganese

The two vital minerals which are important in more than 300 chemical reactions that keep the body working properly including: energy production, protein synthesis, muscle and nerve function. Magnesium regulates blood pressure and controls blood glucose. It also Promotes hair and bone health, relieves muscle spasms and helps beat stress.

#### Zinc and Selenium

Two antioxidant minerals that are essential for the effective operation of the immune system, support exercise performance, improve hair growth, keep healthy bone, enhance libido and fertility and have an essential role in men's reproductive system and prostate health. Thyroid function depends on Selenium, it catalyzes the conversion of the prohormone thyroxine (T4) to the active form of triiodothyronine (T3). Selenium also protects cells against oxidative stress-induced pro-inflammatory gene expression and helps reduce symptoms of arthritis, lupus, psoriasis and eczema.

#### Co-Enzyme Q10

CoQ-10 is a vitamin-like substance from ubiquinon family found throughout the body in every cell mitochondria where it is needed to generate energy in form of ATP. It involves in electron transport and energy production. The human body can naturally make CoQ-10.