

Lohas Program

Sangeng club stick



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Lohas Program – Sangeng club stick	
Composition Maca, L-arginine, Fenugreek extract, L-cysteine, bilberry extract, ionized calcium	
Capsule composition Gelatin, sodium lauryl sulfate, titanium dioxide, purified water, glycerin, Food Red No. 6, Food Blue No. 1, Food Yellow No. 5	
Content 600 mg per capsule; 10 capsules/card, two cards per pack	
Advice on usage Two capsules a day, after a meal; taking more does not help.	
Primary Features and Purposes 1. Replenishes energy and physical strength 2. Corrects sexual dysfunction	
Precautions 1. Keep in a place away from direct exposure to sunlight and high temperatures or humidity. 2. Use in pregnant or lactating women and children under the age of 3 is not recommended. 3. Consult a doctor and healthcare professional prior to use in someone with special disease or on medication.	

Nutrition Facts		
Per serving	1.2 g, (2 capsules)	
This package contains	10 servings	
	Per serving	Daily reference
Calories	4.4 Kcal	0 %
Protein	0.5 g	0 %
Fat	0 g	0 %
Saturated fat	0 g	0 %
Trans fat	0 g	*
Carbohydrates	0.6 g	0 %
Sugar	0.1 g	*
Na (sodium)	0 mg	0 %

Maca

Maca's scientific name is *Lepidium meyenii*, also known as Peruvian ginseng; it is the only cruciferous plant that lives at an altitude of 4000 meters and above in the Peruvian Andes and an annual or biennial herbal plant. It has storage roots and short stems and leaves that grow against the ground and the inflated "storage roots" underground are the primary edible portion. It contains multiple important elements that are conducive to humans in terms of physiological activity.

Maca has been edible in South America for more than 5800 years. Traditionally, it was used to make one physically more powerful, enhance fertility, improve sexual performance, fight against depression and anemia, among other signs. For the past few years, scholars have gradually proven that Maca plants exercise effects in regulating the endocrine system, enhancing anti-oxidation and anti-fatigue performance, enhancing fertility, improving sexual performance, treating menopausal syndrome, abating anxiety, boosting memory and attention, among others.

Dried Maca roots contain abundant protein (10.2%), carbohydrates (59%), fatty acids (2.2%), 20 kinds of amino acids, 7 kinds of minerals, 8 kinds of vitamins, and multiple alkaloids, glucosinolates, sterol, polysaccharides, taurine, plant polyphenol, and saponin, among other active ingredients.

The content of amino acids in dried Maca roots is relatively high for the "branched amino acids" that demonstrate important physiological activity. In terms of minerals, the contents of potassium, calcium, iron, and zinc are particularly outstanding. Maca does not contain much fat. The ratio of unsaturated fatty acids (such as linoleic acid) in fatty acids, however, can reach over 52%. In addition, the Maca extract is capable of promoting sexual performance.

✓ **Enhances fertility and improves sexual performance**

It has been found in studies that feeding with the Maca powder for the short term or long term could enhance the sexual performance of laboratory mice (mating latency, ejaculatory latency, mating frequency, mating interval, and mating performance), effectively enhancing the flows and quantity of sperm. Gonzales

et al. (2002) studied men aged 21-56 by supplementing Maca over a period of 12 weeks (1500-3000 mg/day) and found that sexual desire and the quantity of sperm could be effectively improved by Week 8 of supplementation. Although the concentrations of hormones such as testosterone did not show significant variation, it was found in the clinical study that supplementing Maca helped reduce anxiety and depression felt by subjects, improve their vigorousness and physical strength. Animal and human studies showed that Maca is positively significant in enhancing fertility and improving sexual performance.

✓ **Abates menopausal syndrome in women**

The alkaloids contained in Maca act on the lower hypothalamus and pituitary gland and work to regulate endocrine glands, such as the adrenal gland, thyroid gland, pancreas, and ovary. They can balance hormones to accordingly improve the functionality of endocrine glands. Zhang et al. (2006) studied rats with their ovaries removed and found that Maca extract could reduce the condition of bone mass loss as a result of estrogen deficiency. Scholars hence explored the efficacy from the study findings and traditional usage and inferred that Maca would be able to correct the issue of bone mass loss as a result of reduced estrogen after a menopause and accordingly improve the menopausal syndrome among women.

✓ **Enhances anti-oxidation**

Hyper-triglyceridemic rats were given dried Maca powder and it was found that the activity of superoxidedimutase (SOD) and the concentration of glutathione (GSH) in the livers of the rats significantly increased while the plasma lipid and cholesterol levels obviously dropped, indicating that Maca could bring down blood lipid and enhance anti-oxidation. The polysaccharides in Maca could obviously inhibit carbon tetrachloride (CCl₄) in inducing lipid peroxidation in the liver. Scholars inferred that the anti-oxidation action of polysaccharides in Maca might have been related to the direct elimination of free radicals and the inhibition of lipid peroxidation caused by free radicals.

✓ **Enhances anti-fatigue ability**

It has been found in studies that Maca could obviously extend the duration of swimming for loaded mice during the test, reduce the concentration of urea nitrogen in the serum of the mice while they were exercising, and was conducive to the elimination of lactic acid in the blood after exercise, indicating that Maca is capable of fighting against fatigue.

L-Arginine

For healthy adults, arginine is a non-essential amino acid; for growing people, however, the amount synthesized internally is insufficient to meet the physical demand. Without arginine, growth is inhibited and hence it is a semi-essential amino acid. When traumatized or under pressure, arginine inside the body drops significantly, making it conditionally essential amino acid at a time like this. Supplementing arginine hence helps abate dissimilation inside the body and boost immunity.

Arginine is present in foods that are rich in protein. The animal sources include dairy products, beef, pork, chicken and seafood while botanical sources are wheat, nuts, seeds, among others.

Arginine is the precursor to the synthesis of NO, ornithine, proline, glutamine, polyamines, creatine, agmatine, and protein. It plays an important role in nutrition and physiological metabolism.

Synthesis of Nitric Oxide (NO)

Most of the physiological features of arginine originate from the action of NO. NO is a cell signaling molecule. It is generated from arginine going through several different types of nitric oxide synthases (NOSs). It exercises different functions depending on where it is generated:

- When it is generated in the endothelium of the blood vessel, it relaxes the smooth muscle and accordingly dilates the blood vessel. Therefore, it can bring down high blood pressure - when applied to the corpus cavernosum penis, on the other hand, it boosts penile erection.
- When it is generated at the synapse, it serves as the neurotransmitter and is related to learning and memory in the brain.

- When it is generated in macrophages, it can damage tumor cells, kill them, or inhibit their growth.

- ✓ **Helps boost the quantity and activity of sperm**
Arginine has been proven in studies to be capable of correcting sexual dysfunction and of effectively increasing the quantity and activity of sperm. Multiple clinical studies conducted among infertile couples due to undesirably active and insufficient sperm have revealed that daily intake of 3-5 g arginine that lasted for half a year contributed to around 20 ~ 35% of the participating couples successfully getting pregnant.

Fenugreek extract

Fenugreek's scientific name is *Trigonella foenum-graecum*. It was originally grown in the Mediterranean. History of its cultivation is also found in China and India. From the perspective of Chinese traditional medicine, its seed tastes bitter and has mild properties. It reaches the kidney and the liver. Besides being used as seasonings in cuisines, it can help regulate the body composition and boost vitality. It is both a medicinal and dietary ingredient.

Fenugreek extract contains multiple types of saponins. The key one, protodioscin, can regulate the concentration of testosterone and exercises multiple benefits in keeping one healthy. In addition, Fenugreek contains trigonelline, which is a type of alkaloid that helps bring down the blood sugar and increase tolerance with glucose. It exercises optimal benefits in the treatment of Type 1 and Type 2 diabetes.

According to the data provided by the Taiwanese Association of Andrology, the concentration of testosterone in the blood of a healthy man reaches the peak at around 20-30 years old (400-1200 ng/ml) and it drops at an annual ratio of 1%-2% thereafter. Low testosterone, which is referred to medically as hypogonadism, the so-called andropause, and related physiological functions accordingly deteriorate.

- ✓ **Corrects hypogonadism**
Low concentration of testosterone might result in decreased sexual desire, erectile dysfunction, emotional upset, deteriorated physical performance, reduced muscle mass, loss of bone mass, night sweat, hot flush, among others. Studies

have shown that Fenugreek saponin can modulate 5- α -reductase and stimulate conversion of testosterone into dihydrotestosterone and also promote the secretion of hormones by hypothalamus and pituitary gland, increasing the content of testosterone.

✓ **Abates symptoms of discomfort associated with diabetes**

Fenugreek is an optimal source of dietary fibers. It contains 19.2% of mucilaginous fibers and 32.5% of neutral fibers. The overall fiber content adds to 51.7%. Studies have shown that dietary fibers delay gastric emptying and inhibit the release of gastric inhibitory peptide (GIP) and insulinotropic hormones. By supplementing dietary fibers, it helps slowly bring down the peak glucose value after a meal and maintain normal blood sugar levels for a relatively long period of time to ensure sufficient energy without the need to eat frequently.

Advice on usage

Indication

- People wishing to boost their physical strength
- People with sexual performance disorder

Suggested dosage

Two capsules a day, after a meal; taking more does not help.

- **To replenish energy and physical strength:** It is advised to take 1 capsule in the morning and in the evening, respectively.
- **To correct sexual performance disorder:** It is advised to take 2 capsules 30 minutes prior to sleep.

Contraindications and Side Effects

1. 1. Ingredients of this product (Maca, Fenugreek) are likely to exercise anti-coagulating effects. Use in people with coagulation disorder or on related anti-coagulants is not recommended.
2. Do not use in people with hormone sensitive disorders or on anti-hormone-related medication.

Precautions

1. Keep in a place away from direct exposure to sunlight and high temperatures or humidity.
2. Use in pregnant or lactating women and children under the age of 3 is not recommended.
3. Consult a doctor and healthcare professional prior to use in someone with special disease or on medication.