



Solstic Energy

Stock #6521-2 (30 packets)

Fatigue is a common symptom reported by nearly 40% of U.S. workers nationwide, according to a 2007 study published in the *Journal of Occupational and Environmental Medicine*. Common causes of fatigue include B-vitamin deficiency anemia (a shortage of red blood cells), as well as deficiencies of nutritional co-factors involved in the production of adenosine triphosphate (ATP), the molecule that provides energy for the cells.^{1,2}

Solstic Energy is a convenient energy drink packet that is low in calories, contains no sugar, and provides a natural, herbal source of caffeine. Solstic Energy contains all-natural ingredients, including B-vitamins and herbal extracts, that have been shown to boost energy levels, improve mood and mental function, promote healthy weight control, and even help prevent cardiovascular disease. Solstic Energy provides:

Thiamine (vitamin B₁) plays an essential role in carbohydrate metabolism (a major source of cellular energy) and is needed by every cell in the body to form ATP. Thiamine has also been termed the "morale vitamin" as a result of its beneficial effect on mental attitude. Studies have demonstrated a positive association between improved thiamine status and elevated mood and energy.³⁻⁷

Riboflavin (vitamin B₂) functions as a necessary component for the metabolism of fats and helps convert carbohydrates into ATP. Riboflavin is also necessary for thyroid hormone metabolism, which influences energy production. Research suggests that exercise may increase the body's need for riboflavin, especially given that riboflavin deficiency can result in a lack of stamina and vigor, due to disrupted energy production.^{3,4,8,9}

Niacin is required for releasing energy from carbohydrates and for assisting in the metabolism of fats. Niacin also helps improve circulation, raises HDL cholesterol levels, and exhibits other cardiovascular benefits. In addition, niacin may help reduce muscle tension and soreness resulting from exercise by improving mitochondrial energy metabolism and increasing blood flow and oxygenation to the muscles, thus reducing lactic acid accumulation.^{3,4,8,10,11}

Vitamin B₆ plays an important role in regulating mood and mental function and is also necessary for energy production. Research suggests that exercise may increase the body's need for B₆. In addition, B₆ may help with weight control. A recent study of overweight/obese women found that those with higher levels of plasma B₆ had higher increases in fat-free mass.^{9,12,13}

Vitamin B₁₂ is best-known for its role in healthy blood formation, repair of damaged cells, and the prevention of anemia and associated symptoms such as fatigue, weakness and lightheadedness. Recent evidence suggests that even subtle B₁₂ deficiency can cause metabolic and neurologic symptoms, including depression, a decline in cognitive (brain) function, and hyperhomocysteinemia (a risk factor for cardiovascular disease).^{4,9,14,15}

Pantothenic acid is involved in energy production and is essential in producing, transporting and releasing energy from fats. Pantothenic acid also participates in the production of adrenal hormones that control the body's reactions to emotional and physical stress and the "fight-or-flight response."^{3-6,8}

Potassium is an essential mineral required for healthy energy metabolism and cellular functions and is vital for normal blood pressure. Potassium also assists with muscle contraction, regulates fluid and mineral balance, and works in conjunction with sodium to normalize the heartbeat.^{3,4,12,16,17}

Short-chain Fructooligosaccharides (scFOS) are naturally-occurring simple carbohydrates that encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria. ScFOS also suppress the growth of potentially harmful pathogens (disease-causing organisms) in the colon. In addition, scFOS help relieve constipation and enhance intestinal immunomodulation.¹⁸⁻²⁰

Guaranaseed extract (*Paullinia cupana*) - Guarana has been recognized for its ability to control appetite and assist in weight loss. Guarana seeds, which contain more caffeine than any other plant in the world, contain approximately four times as much caffeine as coffee. Caffeine has been shown to increase energy expenditure, as well as reduce body weight and body fat. Guarana has also been shown to improve memory performance and enhance alertness and mood in humans.²¹⁻²⁴

Korean ginseng root extract (*Panax ginseng*) - Modern clinical studies have confirmed that Korean ginseng is

effective for combating fatigue and improving brain function, as well as enhancing blood sugar regulation and promoting immune function. Research indicates that Korean ginseng also provides anti-obesity effects by enhancing energy expenditure through thermogenesis—an important calorie-burning mechanism whereby the body burns fat to produce energy.²⁵⁻²⁷

Grape skin extract (*Vitis vinifera*) is a rich source of polyphenols—antioxidant substances that protect the body's tissues against free radical damage. One such polyphenol, resveratrol, is regarded as a powerful antioxidant that also exhibits anti-inflammatory, neuroprotective (brain-protecting), antiviral, wound-healing, and cardioprotective (heart-protecting) effects.^{8,28-31}

Green tea leaf extract (*Camellia sinensis*) - Green tea is highly regarded in Traditional Chinese Medicine as an energizer and promoter of health and wellness. Green tea leaves contain active components, including caffeine, which help stimulate wakefulness, decrease fatigue, and promote mental function. Animal studies have confirmed that green tea provides anti-fatigue effects and increases endurance and exercise performance. In addition, green tea extract has been shown to increase weight loss through diet-induced thermogenesis, an important calorie-burning mechanism whereby the body burns fat to produce energy.³²⁻³⁷

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