



Rhodiola crenulata & Ginkgo biloba leaf - Herbal supplement for vital energy, physical & joint health

PHYSICAL EXERCISE, JOINT HEALTH AND VITAL ENERGY

Chinese Medicine believes movements of the muscles, joints, tendons and the four limbs depend on the support and nourishment of the vital energy — Chi. If the internal vital energy is deficient, however, the limbs, muscles, joints and tendons become weak, resulting in feelings of tiredness and general malaise.

During relatively intense periods of physical activities, especially endurance types, there are great demands on muscle energy and also cardiovascular and pulmonary functions. In Chinese Medicine, these are all closely related to the vital energy - Chi of the body. Lung Chi is responsible for pulmonary function while heart Chi is responsible for cardiovascular function. Physical activities including the limb movements, on the other hand, are mainly coordinated by spleen Chi. Therefore, the body's physical performance is closely linked with an adequate amount of vital energy so that the organs can communicate and work efficiently with one another.

CIRCULATORY, BRAIN AND MEMORY HEALTH

The brain plays the most vital role in the body. Being the major part of the central nervous system, it controls many important activities. Thoughts, memory, logic deduction and induction, cognitive functions are all activities performed by brain cells. Brain cells are very sensitive cells and susceptible to damage when there is poor blood circulation supplying oxygen and nutrients. In fact, brain cells always need a constant oxygen and nutrient (especially glucose) supply from the blood circulation. Therefore, **it is essential to pay attention to circulatory health in order to maintain normal and healthy brain activities.**

Our BLOOD AND BRAIN

Our blood is rich in nutrients and its main function is to nourish our body. All parts of our body including the organs, orifices, limbs and bones need nourishment from blood for normal functioning. Blood nourishment is also needed for a healthy "spirit" which incorporates our intellectual, cognitive and mental activities. Therefore, when there is sufficient nourishment from the blood with good ruling of the "spirit" by the heart, you will look healthy and fit with rosy cheeks and have a wise, clear and fast mind. When blood nourishment is insufficient, or when there is disharmony with the "blood and spirit ruling", signs like forgetfulness, poor self esteem, and slow thought processes or reactions occur.

INDICATIONS

SportChi® Tablets nourish chi (vital energy), promote healthy blood circulation, remove blood stasis; clears the lungs, calm the mind and help relief pain. They are indicated for chi deficiency and lack of energy and can be used for health maintenance in high altitudes. In Traditional Chinese Medicine, healthy chi and blood flow are essential elements in maintaining active brain and organ functions as well as keeping muscles and joints in working order.

INGREDIENTS

Rhodiola – supports vital energy recovery

Rhodiola crenulata has a long history of use as a medicinal plant in Tibet. The herb usually grows in the harsh environment in the mountain regions of more than 3,500 meters high. *Rhodiola crenulata* is sweet in taste and cold in nature. It can re-enforce vital energy-Chi, promote blood circulation and clear the lungs to relieve coughing. Rhodiola is a well-known adaptogen that helps the body adapt to and resist various physical, chemical and environmental stresses. It is used for increasing energy, stamina, strength and mental capacity. It also helps reduce fatigue and prevent high altitude sickness. Pharmacological studies have also shown that Rhodiola may activate the synthesis or resynthesis of ATP in mitochondria and stimulate reparative energy processes after intense exercise⁷. These may help explain the health benefits of Rhodiola in the support of vital energy recovery.



Ginkgo biloba leaf – supports memory & circulatory health

Ginkgo biloba leaf is a well-known herbal supplement for memory and circulatory health. Our extract has been standardized to contain not less than 24% flavones and not less than 6% terpene lactones. *Ginkgo biloba* leaf is commonly used for enhancing memory and concentration¹. Several clinical studies have demonstrated that *Ginkgo biloba* leaf can improve some measures of cognitive functions including memory and cognitive processing^{2,3,4}. It is also shown that *Ginkgo biloba* leaf might benefit the central nervous system and vascular condition by improving blood flow and circulation^{5,6}. Additionally, *Ginkgo biloba* leaf possesses antioxidant and free radical scavenging properties. By helping removing these free radicals (highly active substances that causes oxidative damage to various tissues in the body), *Ginkgo biloba* leaf can help prevent or reduce cell membrane lipid peroxidation, decrease oxidative damage to red blood cells and protect nerve cells⁶. These mechanisms might help explain the circulatory health and memory health benefits of *Ginkgo biloba* leaf.



SPORTChi® - Clinical Study

Recently, the researchers from School of Chinese Medicine of the University of Hong Kong in collaboration with College of Exercise and Sports Science, Shanghai University of Sport completed a double-blind, placebo-controlled study aimed at testing endurance-improving effects of SportChi® formula in 70 healthy male volunteers. The study has found that subjects ingesting SportChi® formula for 7 weeks displayed a significant increase in exhaustive time and lower fatigue-associated biochemical indices compared to subjects ingesting placebo, suggesting beneficial effects of SportChi® on improving endurance performance. The study was sponsored by our company group⁸.

Effects on endurance exercise VO_{2max}

7-week administration of SportChi® significantly changes the maximal oxygen uptake (VO_{2max}) during the maximal incremental test on treadmill ($P<0.05$)⁸.

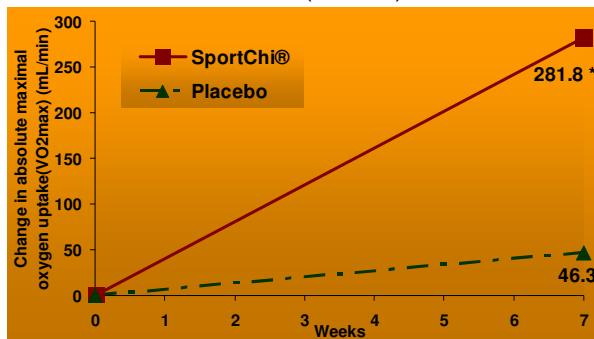


Figure 1: Effect of 7-week Administration of SportChi® on Changes in Absolute Maximal Oxygen Uptake (VO_{2max}) in Healthy Male Volunteers.

* $P<0.05$

These results suggest that SportChi® can facilitate recovery from accumulative fatigue and ensure the maximum strength available in sports training or competition. Thus, SportChi® promotes the strength endurance and allows sustainable optimum power and speed (explosive force) in athletes⁸.

Precautions

Consult a healthcare provider before taking this product if you are pregnant, or giving the product to your children or if you are taking anticoagulant (e.g. coumadin) or antiplatelet medication (e.g. aspirin). Avoid taking this product before bedtime or on an empty stomach.

Important note

SportChi® Capsules are a completely natural supplement. The special properties of Rhodiola are such that it cannot have prolonged exposure to air or it will absorb moisture. Make sure you keep the lid sealed tight on your bottle and discard any capsules that may harden due to prolonged exposure to air.

References

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Integrated Chinese Medicine Holdings Ltd.

The customer services offered by Integrated Chinese Medicine Holdings Ltd. ("ICM") (www.icm.com.hk) embody Chinese medicine's holistic approach to health. This is accomplished through education, clinical consultations and the use of Chinese herbal supplements. Education is carried out through Shen-Nong Ltd. (www.shen-nong.com) and the distribution of herbal supplement products is undertaken through HYY (BVI) Ltd. (www.hyy.com.hk). Chinese specialty clinics are located throughout Asia. ICM's shareholders affiliated with ICM and the management are committed to furthering its development and modernization.

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