

Holofit Gamer's Support 50 Caps

EAN: 8436612680040 FABRICANTE: EQUISALUD



Holofit® Gamer's Support is designed to meet the needs of gamers and anyone looking for extra brain activity that requires attention and mental acuity.

DESCRIPTION

What is Holofit® Gamer's Support and what is it for?

It is a food supplement formulated with galangal, long-acting caffeine, American ginseng and sage. Increases performance and physical resistance.

The components of this formulation have multiple benefits for the brain, as they support mental alertness and concentration, stimulate concentration on specific tasks, support memory, and may improve locomotor activity and coordination. In addition, they increase the production of acetylcholine and dopamine, which leads to an increase in brain activity. It has also been shown that the components of Holofit® Gamer's Support can increase resistance to effort and performance in physical activities, which can help burn excess fat.

The formulation also has a positive effect on the production of brain antioxidants, such as SOD, catalase and glutathione and decreases the activity of the MAO enzyme, resulting in less lipid peroxidation. Plus, it amplifies the nootropic benefits of caffeine.

The action of this formula lasts approximately eight to ten hours, without a rebound effect, thanks to the presence of EnXtra® and long-acting caffeine. In addition, the specific extract of Panax quinquefolius and Salvia ofcinalis, both with proven scientific efficacy, combine to act as a great adaptogen and a mental stimulant, maintaining brain activity and preventing fatigue.

What is the composition of Holofit® Gamer's Support?

Xtra™ (Alpinia galanga (L.) Willd.) 100 mg/cap.

CaffXtend® (Long Acting Caffeine) 100 mg/cap.

Caffeine 50 mg/cap.

American ginseng (Panax quinquefolius L.) 70 mg/cap.

Sage (Salvia or cinalis L.) 30 mg/cap.



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ENXTRATM (ALPINIA GALANGA EXTRACT)

Greater galangal (*Alpinia galanga*) is a plant native to Southeast Asia that has been used as a food and medicinal plant for thousands of years. In convents, it has been considered a miraculous plant to support various ailments such as osteoarthritis, rheumatism, muscle pain, sprains, digestive problems, exhaustion, fatigue, stimulating appetite and circulation, among others. It is an adaptogenic plant with a complex composition that resembles ginger, both in appearance and in its penetrating flavor reminiscent of black pepper and pine. The part used is the rhizome and, due to its similarity to ginger, it is known as 'Thai ginger'. EnXtraTM is an *Alpinia* extract that has been scientifically studied, in-depth and standardized. No side effects and no rebound effect. Produces effective and studied synergies with caffeine. It contains 3% total polyphenols, 4% flavonoids, 20% polysaccharides and 1% pyrocatecholic tannins. This extract is sustainably sourced and grown in the mountains without pesticides, being hand-picked. Its botanical identification is based on the study of the species' DNA and it is cultivated in India.

The effects of this compound are diverse and are described below:

- Cognitive function: Supports mental alertness, attention and helps improve memorization ability. In addition, it has no rebound effect and no adverse effects have been observed.
- Brain function: It has a brain neuroprotective effect. It is a stimulant of the central nervous system. Supports locomotor activity and coordination. It regulates the decrease in acetylcholinesterase, which increases acetylcholine and, therefore, brain activity. It regulates the decrease in monoamine oxidase (MAO), which implies greater mental activity. It stimulates dopamine by blocking its absorption, which results in mental clarity, greater performance and better alertness.
- Antioxidant defenses: Stimulates antioxidant enzymes in the brain, such as superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GPx). Replenishes glutathione levels. Reduces lipid peroxidation.
- Other effects: Supports healthy cardiometabolic parameters. It has immunostimulating activity.
- Synergies: In combination with caffeine, *Alpinia galanga* supports sustained attention. In combination with caffeine, *Alpinia galanga* supports sustained attention.

A placebo-controlled study was conducted to evaluate the long-term safety and benefits of *Alpinia galanga* on mental acuity. The study involved 68 young, healthy individuals over a 12-week period. Various parameters were evaluated, such as cardiovascular safety, changes in alertness and calmness, sleep disturbance, daytime sleepiness, cycling physical exertion, hand grip strength, and metabolic parameters. The results of the study showed that there were no changes in hemodynamic parameters, while alertness and calmness increased significantly. Additionally, daytime sleepiness was reduced and sleep quality was



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maintained. No changes in heart rate or blood pressure were observed.

CAFFXTENDTM (LONG-ACTING CAFFEINE)

It presents positive effects similar to those of caffeine without prolonged release, but without rebound effect such as headache, anxiety, insomnia and nervousness, among others. Time-release caffeine is released slowly over a period of eight to ten hours, peaking at four hours. In scientific studies, it has been observed that slow-release caffeine better maintains alertness, reduces the feeling of tiredness, improves general mood, reduces feelings of nervousness and tension, among other positive effects. In addition, it does not produce side effects, rebound effects, or subsequent fatigue. It has also been shown to help the loss of excess fat mass. In conclusion, the combination of Alpinia galanga with extended-release caffeine presents effective synergies to support sustained attention and improve various aspects related to mental acuity and general well-being.

AMERICAN GINSENG (PANAX QUINQUEFOLIUS)

American ginseng or red ginseng (*Panax quinquefolius*) has an action, both cerebral and general, different from Asian ginseng. In this case, American ginseng is used for its calm-inducing and stress-reducing effect, in addition to its notable inotropic effects. Its use is supported in three scientific studies and numerous bibliographic reviews. The conclusions of these studies are the following: It improves the stimulating activity of memory and learning, as well as attention and fatigue. It also improves self-esteem and increases resistance as a good adaptogen. It has neurotrophic and neuroprotective effects due to its improvement in cholinergic activity. Increases choline uptake in central cholinergic endings. It inhibits acetylcholinesterase, which causes increased memory and concentration. Improves gut microbiome health by increasing short-chain fats in the gut. The bidirectional interaction between the intestine and the central nervous system suggests that this increase in short-chain fats may be an indirect cause of increased cognitive function and modulation of neurotransmission. Ginsenosides regulate GABAergic neurotransmission and increase glucose utilization, thereby reducing lactate and pyruvate, demonstrating increased efficient brain metabolism. Likewise, it increases dopamine and norepinephrine in the cerebral cortex, improving nerve transmission. Among the benefits of American ginseng are a decrease in reaction time and memory speed, as well as a reduction in mental fatigue, stress and an improvement in mood, both in the short and long term from the first hour.

SAGE (SALVIA OFFICINALIS)

Sage (*Salvia officinalis*), a plant historically used in European culture for multiple conditions, has recently



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been shown in a scientific study to have powerful nootropic effects. Consuming extracts of this plant can improve memory, attention and cognitive processing speed. In addition, Salvia officinalis extracts have been observed to have antioxidant and anti-inflammatory properties that could contribute to their protective effects on the brain. These findings support the traditional use of Salvia officinalis to improve cognitive function and suggest that it could be a safe and effective option to complement other approaches to cognitive care.

What are the benefits of Holofit® Gamer's Support?

Holofit® Gamer's Support supports mental alertness and concentration, stimulates concentration on specific tasks, supports memory and can improve locomotor activity and coordination.

The combination of Alpinia galanga with extended-release caffeine presents effective synergies to support sustained attention and improve various aspects related to mental acuity and general well-being.

American ginseng is used for its calm-inducing and stress-reducing effect.

How to take Holofit® Gamer's Support?

Take 2 or 3 capsules before starting the activity, taking into account that the action lasts about 8-10 hours.

PRECAUTIONS, CONTRAINDICATIONS WARNINGS

Consult your doctor or pharmacist if you are taking diabetes treatment. Contains caffeine (150 mg in 3 capsules). Not recommended for children or pregnant women.

