

## Holomega Extended Action Caffeine 50 Capsules

EAN: 8436612680088    FABRICANTE: EQUISALUD



*Long-acting Holomega Caffeine helps reduce fatigue. It contains caffeine, widely used to, in its various forms, increase concentration and attention.*

### DESCRIPTION

#### What is Holomega Caffeine and what is it for?

Long-acting caffeine is a food supplement that helps reduce tiredness and fatigue.

#### What is the recommended dose of Holomega Caffeine?

#### Instructions for use and recommended quantity

Take one capsule a day, preferably in the morning, taking into account that the action lasts about 10-12 hours. Do not take more than one capsule a day.

#### What is the composition of Holomega Caffeine?

- CaffXtend™ (Coffea robusta) 400 mg/cap.
- Caffeine 200 mg/cap.
- Pantothenic acid 9 mg/cap.
- Vitamin B6 2 mg/cap.

### CAFFXTEND™ (LONG-ACTING CAFFEINE)

Caffeine, in its various forms, is used by most people as a product to increase their concentration and attention. Nowadays, most people start their day with a cup of coffee whose caffeine is absorbed quickly and completely. Furthermore, it reaches maximum plasma concentration between 15 minutes and two hours. The half-life of caffeine is four to six hours and produces widespread dose-dependent activation of the central nervous system (CNS). Because of its short half-life, many people consume multiple doses of caffeine to maintain its effects throughout a day, such as a morning cup of coffee and other caffeinated beverages. This often leads to an overdose and an increase in adrenaline, causing insomnia, anxiety, headaches and nervousness. This component helps prevent overdoses, jitters, and the dreaded 'caffeine crash,' as the caffeine we use is Ca Xtend™ and is encapsulated in microspheres that gradually release

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caffeine over a 12-hour period. Ca Xtend™ is obtained naturally without the use of synthetic or artificial additives. The target audience includes students, workers, athletes, or parents, that is, essentially everyone who wants to conveniently and safely increase their alertness during the day in their daily activities or jobs.

### PANTOTHENIC ACID

Pantothenic acid is necessary for the intermediate metabolism of carbohydrates, proteins and lipids. In addition, it is a precursor of coenzyme A (CoA) that is required in the acetylation reactions in gluconeogenesis, also in the release of energy from carbohydrates, in the synthesis and degradation of fatty acids and in the synthesis of sterols, hormones, steroids, porphyrins, acetylcholine and other compounds.

### VITAMIN B6

Vitamin B6 is necessary for amino acid metabolism. It is involved in the metabolism of carbohydrates and lipids. In the body, vitamin B6 is converted to the coenzyme pyridoxal phosphate for a wide variety of metabolic reactions. These reactions include the transamination of amino acids, the conversion of tryptophan to niacin, the synthesis of gamma-aminobutyric acid (GABA) in the CNS, the metabolism of serotonin, norepinephrine and dopamine. Also in the metabolism of polyunsaturated fatty acids and phospholipids, as well as in the synthesis of the heme component. Vitamin B6 deficiency in adults mainly affects peripheral nerves, skin, mucous membranes and the hematopoietic system. Its deficiency can occur in people with uremia, alcoholism, cirrhosis, hyperthyroidism, malabsorption syndromes, congestive heart failure and in those receiving certain medications.

