



## DR. SHADE'S ULTRA ENERGY



### Supplement Facts

Serving Size: 1 mL (2 Pumps) Servings Per Container: 50	Amount Per Serving	% Daily Value
Phospholipids (from purified sunflower seed lecithin)	50mg	**
Sun Horse Proprietary Adaptogenic Liquid Herbal Blend	400mg	**
Acai Berry, Gynostemma rhizome (Jiaogulan), Goji berry, Maca root, American Ginseng root, Schisandra fruit, Chinese Licorice root, Rhodiola root, Astragalus root, Reishi fruiting body, Catuaba Bark, Guarana seed, Ashwagandha root, Maple sap Syrup		
**Daily Value not established		
<b>Other Ingredients:</b> Water, ethanol, glycerin, tocopherols, acacia gum, natural mixed tocopherols		

**Ultra Energy** is a liposomal blend of thirteen adaptogenic botanicals from diverse reaches of the globe, including China, Siberia, and South America. Adaptogenic herbs, also known as “adaptogens,” are botanicals that support the body’s response to daily stressors while boosting overall health and vitality. They have long been used by traditional medical systems, such as Ayurveda and Traditional Chinese Medicine (TCM). Modern-day research shows that adaptogens act on multiple systems to fortify the body under stressful conditions and support long-term health.<sup>1</sup>

Ultra Energy is much like Sun Horse Energy’s original and immensely popular adaptogenic formula, NanoMojo®. Both formulas draw on a classic selection of adaptogens, including Asian ginseng, Gynostemma, maca root, goji berry, Chinese licorice root, Schisandra berry, and more. However, two NanoMojo® herbs that uniquely support male hormones, Tribulus and Epimedium, have been removed to produce Ultra Energy, creating a universal blend supportive to both men and women.

### HELP YOUR PATIENTS THRIVE IN THE MODERN WORLD

Modern-day life is rife with stressors and demands on our time and energy. While our bodies are equipped with an intrinsic system for mediating our response to stress, this system works best under acutely stressful situations. When stress is chronic, the system quickly becomes overwhelmed, “short-circuiting,” which causes deteriorating effects on our health. Conventional medicine offers no solutions for chronic stress other than anti-anxiety and antidepressant drugs, which do little to help the body adapt and thrive in the context of chronic stress. Adaptogens are ancient, time-tested tools uniquely poised to fill this gap in our healthcare system that can help our bodies not only survive, but thrive, in the hectic modern world.

The term “adaptogen” was first proposed by Soviet scientists in the 1940’s to describe botanicals that help the body maintain homeostasis under stressful conditions, while also enhancing health and vitality.<sup>2</sup> Adaptogens bolster our health by modulating the HPA axis, a network of signaling molecules and endocrine organs that mediate the physiological stress response;<sup>2</sup> improving mitochondrial function and cellular energy production;<sup>3,4</sup> enhancing sleep quality;<sup>5,6,7</sup> modulating brain function;<sup>1</sup> and upregulating molecules that help the body adapt to stress, such as heat shock proteins (HSP).<sup>8</sup>

### 13 POTENT ADAPTOGENS FOR RESILIENCE AND VITALITY

Ultra Energy is a synergistic blend of thirteen adaptogenic botanicals that support resilience in the face of daily stressors, recovery from exercise, and rejuvenate the mind and body.

#### Acai Berry

Acai berries are dark purple, grape like fruits that grow on acai palm trees native to the tropical rainforests of South America. Acai is rich in antioxidant phytochemicals called anthocyanins. Acai anthocyanins have been found to protect the brain against oxidative stress, strengthen cognition, and alleviate exercise-induced muscle damage, making this little berry a powerful tool for supporting the body’s innate antioxidant defense systems.<sup>9,10</sup>

### BENEFITS & APPLICATIONS:

- Enhances resilience to daily stressors by regulating the immune system and stress response<sup>19,27,29,30,32</sup>
- Alleviates anxiety<sup>6,35</sup>
- Reduces fatigue<sup>11</sup>
- Supports brain health and optimizes cognition<sup>9,34,40</sup>
- Decreases sleep latency and improves sleep quality<sup>5,37</sup>
- Boosts mitochondrial biogenesis and cellular energy production<sup>4,42</sup>
- Promotes recovery from exercise<sup>20</sup>
- Protects against modern-day environmental stressors<sup>16,18,28</sup>
- Balances hormones and boosts libido<sup>23,24,25,39,41</sup>

## **Gynostemma rhizome (Jiaogulan)**

Gynostemma (*Gynostemma pentaphyllum*) is a time-honored staple in TCM for remedying “Spleen Qi deficiency,” a condition characterized by fatigue, muscle atrophy, and generalized weakness.<sup>11</sup> Today, research indicates that Gynostemma rhizome has potent blood-sugar-lowering effects; Gynostemma thus helps support metabolic health, a critical component of physical health and resilience.<sup>12</sup>

Gynostemma rhizome also contains polysaccharides with anti-inflammatory, anti-fatigue, and neuroprotective properties.<sup>13</sup> Recently, Gynostemma triterpenes have been found to enhance muscle cell synthesis, supporting the traditional applications of this botanical as a tool for strengthening the body.<sup>14</sup>

## **Goji Berry**

Goji berry (*Lycium barbarum*) are small ruby-colored berries with a rich history of use in TCM, and an ever-expanding collection of modern research supports their health benefits. Goji enhances the storage of muscle and liver glycogen, providing a ready supply of fuel for exercising muscles and reducing exercise-induced fatigue.<sup>15</sup> Goji polysaccharides protect the body against man-made stressors, such as ionizing radiation and toxic chemicals, and natural stressors like ultraviolet light.<sup>16,17,18</sup> Goji can also modulate the immune system and boost levels of antioxidant enzymes such as superoxide dismutase and glutathione peroxidase.<sup>19,20</sup> Interestingly, goji may be most effective for enhancing immune function when administered in a liposomal delivery system.<sup>21</sup>

## **Maca Root**

Maca root (*Lepidium meyenii*), also referred to as “Peruvian ginseng,” is an herbaceous plant native to the high, forbidding Andes mountains of Peru. It has traditionally been used by Andean people as a tonic for stress, fatigue, fertility, and libido.<sup>22</sup> Research shows that maca can increase sperm count and motility, thereby boosting male fertility, while also inhibiting abnormal prostate cell proliferation.<sup>23,24</sup> In women, maca may alleviate menopausal symptoms, such as low mood and anxiety, by balancing sex hormone levels.<sup>25</sup>

Maca appears to support hormonal balance by enhancing the expression of estrogen receptor-beta (ER $\beta$ ), thereby counteracting hyperandrogenism. Maca also promotes the optimal function of the hypothalamus and pituitary glands, balancing the entire hormonal system.

## **American Ginseng Root**

American ginseng (*Panax quinquefolius*) is an herbaceous plant native to the lush forests of eastern North America. Like its cousin, Asian ginseng, *Panax quinquefolius* is a member of the ginseng genus. However, while Asian ginseng is energizing and activating, American ginseng offers cooler, more calming effects. Historically, American ginseng was utilized by Native American tribes and early American eclectic physicians for rejuvenating the nervous system and supporting energy and strength.

While scientific research on American ginseng is still in its infancy, the primary bioactive constituents of the plant, ginsenosides, are believed to exert their benefits by elevating levels of cAMP, a signaling molecule involved in cellular energy production.<sup>26</sup>

## **Schisandra Fruit**

Schisandra berries (*Schisandra chinensis*), referred to as the “Five Flavored Fruit,” have long been used in TCM for supporting liver function and hormonal health. Schisandra reduces the expression of c-FOS, a marker of neuronal activity associated with psychological stress and excessive HPA axis activity.<sup>27</sup> Schisandrin B, a primary constituent of schisandra berries, upregulates the Nrf2 and MAPK antioxidant signaling pathways thereby increasing the body’s defenses against environmental stressors. Finally, schisandra has been shown to improve physical endurance and cognitive function.<sup>28</sup>

## **Chinese Licorice Root**

Chinese licorice root (*Glycyrrhiza uralensis*) has a host of physiological effects, one of the most pronounced is its impact on cortisol levels. Glycyrrhizic acid, a principal constituent of licorice root, inhibits the activity of the enzyme 11 $\beta$ -hydroxysteroid dehydrogenase, preventing the conversion of cortisol into the inactive hormone cortisone.<sup>29</sup> By supporting optimal levels of cortisol, neither too little nor too much, licorice root acts as a mild tonic for resilience and vitality.

## Rhodiola Root

Rhodiola rosea is a perennial flowering plant that grows in the Arctic regions of Asia, Europe, and North America. The root of this plant packs a powerful adaptogenic punch, boosting energy and fortifying the body against daily stressors.

Rhodiola extract attenuates the corticosterone response under conditions of acute mild stress, preventing excessive stimulation of the stress response system. It also alleviates physical and mental fatigue, enhancing stamina.<sup>30,31</sup> Finally, Rhodiola also offers gentle immune system support, bolstering the body's endogenous defenses against microbial stressors.<sup>32</sup>

## Astragalus Root

Astragalus root (*Astragalus membranaceus*) is a time-honored member of the TCM herbal compendium, traditionally used as a medicine for convalescent individuals and for strengthening the whole body. Research indicates that Astragalus can alleviate stress-induced deficits in learning and memory, boost cognition, and regulate immune function, a crucial facet of the body's stress-response system.<sup>33,34</sup>

## Reishi

Reishi (*Ganoderma lucidum*) is an adaptogenic mushroom that has been used to support wellbeing for thousands of years in China and Japan. In traditional herbal medicine, it is used to support energy, mood, and concentration. Recent research suggests it may support brain health throughout the lifespan and promote optimal immune system activity.<sup>35,36</sup>

## Ashwagandha Root

Ashwagandha (*Withania somnifera*) is one of the most celebrated adaptogens, used for millennia in Indian Ayurvedic medicine. It is well-studied in human clinical trials, where it has been found to reduce serum cortisol levels, improve sleep quality, and decrease anxiety.<sup>37,38</sup> Exciting research suggests Ashwagandha may also support thyroid health when stress has compromised the function of the thyroid gland and may improve cognition.<sup>39,40</sup>

## Catuaba Bark and Guarana Seed

Last but not least, our adaptogen formula is rounded out with Catuaba bark from the Amazonian Catuaba tree, and Guarana seed, extracted from the ruby red seed pods of the Amazonian plant *Paullinia cupana*.

Catuaba bark (*Erythroxylum catuaba*) is popularly used as an aphrodisiac and central nervous system stimulant in Brazil; these applications are attributed to its stimulatory effects on nitric oxide production.<sup>41</sup> Guarana seed, on the other hand, is a potent caffeine-containing stimulant that also boosts mitochondrial biogenesis and cellular energy production.<sup>42</sup>

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