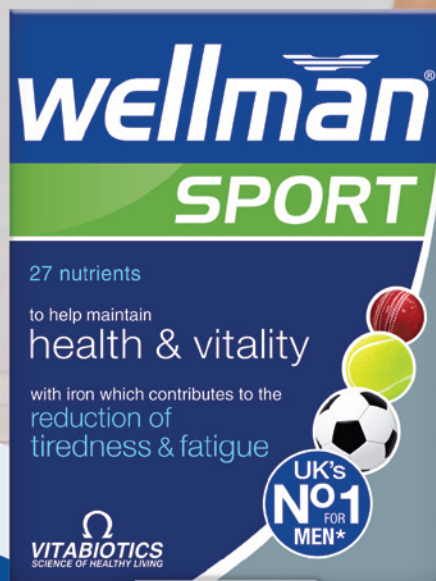


wellmān[®] SPORT

A specialist supplement
developed for men involved in
Sports, Fitness and Gym

The UK's No.1 men's supplement brand.




VITABIOTICS
SCIENCE OF HEALTHY LIVING

UK's
No.1
FOR
MEN*

Wellman Sport multivitamin tablet is specialized for men involved in sports, fitness, and gym. This unique formulation provides vitamins and minerals necessary for athletes and energy needed for daily activities and during exercise. **This supplement especially contains Octacosanol, Siberian ginseng, L-carnitine, citrus bioflavonoids, L-arginine, L-tyrosine, L-lysine, and carotenoids which**

- **Improve men's sports performance**
- **Help to provide energy**
- **Strengthen the immune system**
- **Reduce the feeling of fatigue during exercise**

Moreover, this supplement has no gluten, no preservatives, and no artificial colors.

Siberian Ginseng

Siberian ginseng contains unique steroidal saponins named **Eleutherosides** which appear to be structurally similar to Panax ginsenosides and contain phenolics and polysaccharides. Panax has been demonstrated to have ergogenic effects. **A small amount ≤ 200 mg/day of Panax ginseng (root powder or root extract with standardized Ginsenoside content), allows greater improvements in cognitive performance and anaerobic performance in untrained young or older subjects⁽⁸⁾. It was reported that this herb improved muscular strength, fatigue resistance, and exercise recovery in 35 weightlifters and wrestlers, 36 gymnasts, military personnel, 60,000 factory workers, and 52 laborers⁽⁹⁾.**

Octacosanol

Octacosanol (OCT) is a regular monohydric high-grade saturated linear aliphatic alcohol and an important component of a natural wax extracted from multiple plants and animals. It has a diet of interest due to its excellent biological activities. **OCT was identified as a functional antifatigue agent (1 mg/day), which could enhance endurance and energy. In addition, OCT has anti-Parkinsonian effects, anti-aggregatory properties, anti-inflammatory and antinociceptive effects and also leads to lowering blood cholesterol and regulating cardiovascular functions^(2,1).**

Octacosanol supplementation significantly adjusted the messenger RNA (mRNA) and protein expression levels related to fatigue performance.

L-Tyrosine

Tyrosine is an important non-essential amino acid and acts as the precursor of epinephrine, norepinephrine and dopamine. Tyrosine can be found in protein-rich foods such as dairy, meat, eggs, and nuts.

Supplementation with tyrosine could potentially hold ergogenic value for athletes in sports requiring rapid and accurate movements⁽⁵⁾.

g of fatigue during exercise



L-Lysine

Lysine is an essential amino acid. In the sense that the body does not make it and it must be received through food sources. **Lack of lysine intake in athletes leads to protein production disruptions and lack of natural adaptation to stress in strength and endurance trainings.** This amino acid alone had little effect on plasma growth hormone concentrations while in combination with L-Arginine plasma levels of growth hormone was increased. It is believing that the release of growth hormone during exercise will promote greater gains in muscle mass and strength ⁽⁶⁾.

L-Carnitine

L-carnitine is synthesized endogenously in the liver, the kidney, and the brain from the essential amino acids lysine and methionine or ingested via animal-based food products. L-carnitine synthesis is catalyzed by vitamin C, vitamin B6, niacin, and reduced iron as cofactors. Biosynthesis of L-carnitine accounts only for 25% of the daily needs. Thus, supplementation either in the diet or as a nutritional supplement is required. The link between L-carnitine levels, particularly in the plasma and the muscle, and enhanced exercise capacity has been reported in many trials. During low to moderate exercise, long chain fatty acids represent the main source of energy. **L-carnitine has been suggested to spare muscle glycogen and promote fat oxidation during exercise, and a proposed conversion of fat into energy seems likely to be reflected by a reduction in body weight ⁽⁷⁾.**

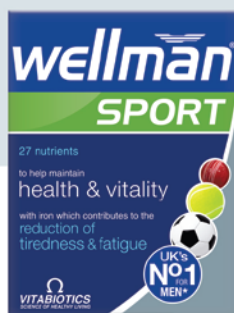


L-Arginine

The amino acid L-Arginine contributes to the regulation of energetic metabolism in cells by participating in the Krebs cycle. In this reaction, the signaling molecule nitric oxide (NO) is also produced, which can participate in the contractility and metabolism of muscles, as well as in the potentiation of neuronal activity and immune response. NO induces vasodilation and increases tissue perfusion, thus ameliorating the delivery of oxygen and nutrients for the production of ATP. Moreover, NO availability improves muscle mitochondrial respiration and biogenesis. **It was reported chronic L-Arginine consumption is safe and effective in ameliorating the oxidative metabolism and increase the sport performance of professional athletes, through a mechanism of enhanced mitochondrial function ⁽³⁾.**

This compound had no effect on anthropometric measurements, including BMI, BFM and LBM ⁽⁴⁾.

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Nutritional Information	Av. per Tablet	%EC NRV [†]	Nutritional Information	Av. per Tablet	%EC NRV [†]
Siberian Ginseng Extract eq. to	50 mg	—	Riboflavin (Vitamin B2)	5 mg	357
Co-enzyme Q10	10 mg	—	Niacin (Vitamin B3)	24 mg NE	150
L-Carnitine	50 mg	—	Vitamin B6	10 mg	714
Citrus Bioflavonoids	10 mg	—	Folic Acid	400 µg	200
L-Arginine	20 mg	—	Vitamin B12	15 µg	600
L-Tyrosine	50 mg	—	Biotin	75 µg	150
L-Lysine	20 mg	—	Pantothenic Acid	10 mg	167
Octacosanol	3 mg	—	Magnesium	60 mg	16
Betacarotene	2 mg	—	Iron	6 mg	43
Vitamin A (2500 IU)	750 µg RE	94	Zinc	15 mg	150
Vitamin D (as D3 600 IU)	15 µg	300	Copper	1000 µg	100
Vitamin E	30 mg α-TE	250	Manganese	0.5 mg	25
Vitamin C	60 mg	75	Iodine	150 µg	100
Thiamin (Vitamin B1)	12 mg	1091			

[†]NRV – Nutrient Reference Value
µg – microgram, mg – milligram, IU – International Units

DIRECTIONS ONE TABLET PER DAY WITH YOUR MAIN MEAL.

Swallow with water or a cold drink. Not to be chewed. Do not exceed the recommended intake. To be taken on a full stomach. This comprehensive formula replaces other Wellman® multivitamins. There is no need to take an additional multivitamin.

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Vitamin E and zinc contribute to the protection of cells from oxidative stress. Vitamin B2, B6, and B12 contribute to normal energy release and red blood cell formation. Copper, iron, zinc, and vitamins C and D contribute to the normal function of the immune system. Folate, iron, pantothenic acid, and vitamin C contribute to the reduction of tiredness and fatigue. Selenium is one of the constituents of glutathione peroxidase, which protects the body from oxidative damage. This element is essential in thyroid hormone production, immune system function, and reproductive system.

1. Dietary-Supplementation-of-Octacosanol-Improves-Exercise-Induced Fatigue-and-Its-Molecular-Mechanism
2. Effects-of-acute-caffeine-theanine-and-tyrosine-supplementation-on-mental-and-physical-performance-in-athletes
3. Effects-of-Chronic-Supplementation-of-L-Arginine-on-Physical-Fitness-in-Water-Polo-Players
4. Herbal-medicine-for-sports-a-review
5. L-Carnitine-Supplementation-in-Recovery-after-Exercise
6. Long-term-therapy-with-policosanol-improves-treadmill-exercise-ECG-testing-performance-of-coronary-heart-disease-patients
7. Octacosanol-in-human-health
8. Selected-herbals-and-human-exercise-performance-
9. Selenium-and-human-health
10. The-effect-of-l-arginine-supplementation-on-body-composition-and-performance-in-male-athletes-a-double-blinded-randomized-clinical-trial
11. Use-of-amino-acids-as-growth-hormone-releasing-agents-by-athletes



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