



TOTAL ENERGY CAPSULES

00154



GLUTEN FREE



VEGAN



DESCRIPTION

Total Energy is a dietary supplement designed for psychophysical well-being, with its main components being MACA, DAMIANA, GANODERMA, and GUARANA.

Maca is a plant native to the Andes, and its root is rich in carbohydrates, proteins, calcium, iron, selenium, and zinc, making it nutritionally valuable. It is used for its adaptogenic, immunostimulant, and aphrodisiac properties.

Damiana is traditionally used as a tonic and neuromuscular stimulant and as an aphrodisiac.

Active components include essential oils, glycosides, resins, fatty acids, tannins, and polysaccharides.

The tonic and stimulating action can be helpful in cases of physical and mental fatigue, stress, and anxiety.

Ganoderma can assist in preventing metabolic alterations, regulating the immune system, reducing allergies and intolerances, and acting as an adaptogen.

Guarana contains guaranine, an analogue of caffeine (Green Coffee). Catecholamines promote increased body metabolism, heart rate, and respiration.

In athletes, it is useful for improving psychophysical endurance.

Total Energy, in both ampoules and capsules, can support athletes in neuromuscular activity and psychophysical stress. The adaptogenic action can also be useful for coping with everyday stress and fatigue.

INDICATIONS

Guarana: Tonic, for mental and physical fatigue. It helps boost your metabolism and lipid metabolism. Normal body weight balance. Green Coffee: Tonic action and metabolic support. Antioxidant. Ganoderma: body's natural defenses every day. Damiana: Tonic (physical exhaustion, mental). Regularity of intestinal transit. Digestive function. Drainage of body fluids and functionality of the urinary tract. Maca: Tonic-adaptogen. Tonic (physical, mental fatigue). Tonic action and metabolic support.

INGREDIENTS

Guaranà (Paullinia cupana Kunth) seeds Dry extract tit. 10% in caffeine; Green coffee (Coffea arabica L.) seeds Dry extract tit. 45% in chlorogenic acid and 5% in caffeine; Ganoderma lucidum (Curtis) P. Karst. Sporophorum fungal fruiting body Dry extract tit. 10% in polysaccharides; Maca (Lepidium meyenii Walp.) roots Dry extract 4/1; Damiana (Turnera spread Wild. ex Schult.) leaves Dry extract 4/1; Anhydrous caffeine; Maltodextrin

HOW TO USE

3 capsules per day with plenty of water.

PACKAGE

90 capsules of 500 mg.

STORAGE

Store in a cool, dry place away from heat sources.
The expiry date refers to the unopened product, properly preserved.

NUTRITIONAL VALUES

	mg for 3 capsules
Guarana (Paullinia cupana Kunth) Dry extract tit. 10%	500 mg
of which Caffeine	50 mg
Green coffee (Coffea arabica L.) Dry extract tit. 45% and 5%	200 mg
of which chlorogenic acid	90 mg
of which Caffeine	10 mg
Ganoderma lucidum (Curtis) P. Karst. Sporophorum Dry extract tit. 10% in polysaccharides	200 mg
of which polysaccharides	20 mg

Damiana (Turnera spread Wild. Ex Schult.) Dry extract	100 mg
Maca Dry extract	100 mg
Anhydrous caffeine	80 mg
Total caffeine	140 mg

WARNINGS

Do not exceed the recommended daily dose. Keep out of the reach of children under three. Supplement should not be considered as substitute for a varied and balanced diet and healthy lifestyle. **It contains caffeine: not suitable for children, during pregnancy or breastfeeding.** The product must be consumed within an adequate hypo-caloric diet and healthy lifestyle and good physical activity. For long-term diet, over 3 weeks, please, it is recommended to consult your doctor.

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