

enXtra™
FOCUS • ENERGY • PERFORMANCE

Introduction:

EnXtra™ from *Alpinia galanga* is a DNA-authenticated, stim-free energy ingredient that provides fast, effective and safe energy with no crash. In a 53-person, double-blind, double-dummy human clinical trial. EnXtra™ was shown to improve Mental alertness and acuity for up to 5 hours without increasing heart rate or blood pressure. EnXtra™ can be used as a replacement for caffeine or used with caffeine to prevent crash and prolong benefits. EnXtra™ is easy to formulate with, water soluble and has a pleasant taste profile.

- Is the only DNA-authenticated galangal extract that delivers fast, effective and safe results for improving mental alertness and acuity.
- Does not increase heart rate or blood pressure and is safe and effective for 5 hours without the caffeine “crash”.
- Is water soluble and can be formulated with or without caffeine.

Effects:

The functionality is based on 3 key points:

- Blocks the activity of adenosine, which makes the alert and focus up to 5 hours.
- Helps the release of dopamine, so it generates a feeling of wellness without increasing blood pressure or heart rate.
- Increases blood flow, so that amplifies the benefits of caffeine without the feeling of the “crash”.

Suggested dose: 300 mg/day.

Bibliography:

Srivastava S, Mennemeier M, Chaudhary JA. A Randomized Placebo Controlled Clinical Trial Demonstrating Safety & Efficacy of EnXtra® in Healthy Adults J Am Coll Nutr. 2021 Mar-Apr;40(3):224-236. doi: 10.1080/07315724.2020.1753129. Epub 2020 May 15

Shanmugasundaram D. Subchronic toxicological evaluation of EnXtra™ (standardised extract of *Alpinia galanga* rhizome) in rats. J Complement Integr Med. 2022 Feb 3. doi: 10.1515/jcim-2021-0526.