

# GUARANA ENERGIZER™

*Increases Stamina and Motivation*



Deep in the exotic Brazilian rainforest grows a small, red berry called guarana. Named after the Amazonian tribe who discovered it—the Guaranis—guarana is the energy secret of Brazil. For centuries, natives in the Amazon regions of the Brazilian rainforest used guarana for increasing physical stamina and positive motivation. It is as popular a beverage in Brazil as coffee is in America. Science soon discovered the secret of guarana—its naturally occurring caffeine that releases slowly and maintains a steady supply of natural energy. Now people

the world over are waking up to guarana's special ability to keep them going throughout their day without the toxic chemicals in coffee and other energy drinks.

Source Naturals offers a potent and natural guarana source in GUARANA ENERGIZER. GUARANA ENERGIZER is a natural stimulant, free of any artificial processing, yet provides a powerful daily boost of energy. Source Naturals health system, SystemiCare™, details the twelve fundamental body systems and their importance to human health. GUARANA ENERGIZER is one of the products featured in SystemiCare's Energy category.



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## Discovering Guarana

While natives used guarana for centuries, it took science a while longer to discover its many useful properties. In the 1700s, the German botanist Theodore von Martius isolated a bitter, white crystalline substance that stimulated a remarkable physiological action. Von Martius named this substance *guaranine*, which later became *caffeine*. Guarana seeds contain up to 4-8% caffeine (25,000 to 75,000 ppm). They also contain large quantities of alkaloids, terpenes, tannins, saponins and flavonoids. Amazonian villagers had always used guaraná as a health tonic for everything from mental alertness to digestive discomfort to energy stimulation. Now science was beginning to understand just how powerful guarana is in so many ways.

## The Science of Guarana

Studies revealed how guarana works to enhance vigor. The alkaloids are believed to contribute significantly to guarana's activity. In clinical studies, the alkaloids in guarana stimulated the myocardium and central nervous system, enhancing alertness and reducing fatigue. Further, it was found that guarana seeds are fatty; even when ground to a powder, guarana seeds are not readily water soluble and therefore not quickly absorbed by the body. The result is that the caffeine is released very slowly throughout the day, as the body metabolizes the guarana. This makes guarana a superior energy product. The energy boost guarana offers is continual, not short, nervous and abrupt like coffee, which then has a sudden energy drop-off. Another feature is the tannic acid in guarana, which is astringent and probably accounts for its use as a digestive tonic by rainforest natives.

Other scientific studies showed that the saponins in guarana may contribute to long-term energizing effects because they act as 'energy agents,' or carriers of energy throughout the body.

## Multiple Benefits

Unlike caffeine alone, which overheats the body and delivers a quick energy burst, guaranine has a different effect—a cooler action that revitalizes and relaxes. This is because guarana contains other components such as flavonoids and alkaloids, which modify the activity of this substance. The end result is more beneficial to the body than tea or coffee. Guarana promotes thermogenesis through nutritional stimulation of the body's  $\beta$  receptor pathway. This then breaks down stored fat, which stimulates lipid migration and allows the fats to be turned into energy. Another benefit comes from the xanthines in guarana, which studies show enhance physical and mental performance.

The Guarani Brazilians went deep into the rainforests to find the substance they needed to boost energy, increase mental alertness and reduce fatigue—guarana. Source Naturals learned from the natives and took the best of nature and combined it with modern scientific methods to formulate a superior energy product—GUARANA ENERGIZER. It contains 900 mg of standardized guarana seed extract per tablet. Each tablet contains approximately 200 mg of naturally occurring caffeine, one to two times more than the amount in a cup of coffee. GUARANA ENERGIZER is recommended for use by adults only.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.