

Agel OHM

The fast-paced environment of everyday living is stressful and at times overwhelming. Lacking the nutrients to provide both sustained energy and that “burst of energy” often needed, modern diets frequently require supplements to fill the gap.

Agel OHM, is a blend of vitamins, minerals, and herbs that complements a proper diet and regular exercise to support the body by providing the “extra energy” required to meet everyday demands. It does not rely upon chemical stimulants like caffeine or ephedra. Rather, it looks to a B-complex vitamin-based formula that acts as a coenzyme to facilitate the body’s own metabolic processes required to convert carbohydrates into energy. Panax Ginseng is included, a strong antioxidant helping the body to resist stressful influences. Panax Ginseng has also been associated with beneficial effects on motor performance, cognitive behavior and overall Quality of Life. Likewise, OHM contains Rhodiola rosea to help improve physical endurance and mental performance, and to reduce stress-induced fatigue in humans. Schizandra, grown in China and Korea is another premium herb found in OHM, used historically and today to help improve concentration, strength, stamina, endurance, and alertness, without causing nervousness like caffeine related stimulants.

Although nothing can replace a healthy diet and regular physical activity, Agel OHM may be an excellent source of additional energy during a stressful day.

Agel OHM Benefits

Agel™ OHM is the Gelceutical™ designed to boost your energy when you are feeling tired, fatigued or lazy. An added benefit of OHM is to provide focus when you are lacking motivation or stressed by life’s circumstances. Therefore, OHM can be summed up in 2 words: 1) energy and 2) focus.

Health Benefits

Energy Increased energy is obtained from OHM by providing key nutrients that either 1) generate more energy from your food or 2) are direct sources of energy to the body. The first category (helping to generate energy from food) is a collection of water-soluble B-vitamins. B-vitamins are enzyme cofactors that generate more energy from your diet of carbohydrates, fats and proteins. The second category (direct sources of energy) is D-ribose. D-ribose is the quick energy the body uses for bursts of speed.

Focus There are 3 natural herbal ingredients that help provide you focus. Helping to reduce stress, provide feelings of motivation, increase cognitive functions (memory & learning), and enhance physical work & endurance can be wrapped up in a single word – focus. These benefits are provided by the synergistic action of Schizandra fruit, Ginseng root and Rhodiola root.

Agel OHM

Who and When

Recommended for healthy adults (including older teenagers) and athletes. Consume during the morning or afternoon (for those who sleep at night). Consume one Agel OHM packet a day. Some individuals may want to “rip ‘n’ sip” two packets in a day when energy levels are extremely low.

Precautions

Not recommended for children or pregnant/nursing women. Those with very high blood pressure or high intracranial pressure should use caution. May cause sleeplessness if consumed too soon before bedtime.

Signs of Low-Energy and Lack of Focus

- Afternoon fatigue
- Lack of daily focus
- Doing low-priority tasks first
- Tired after a full night’s sleep
- Eating too much junk food
- Easily cross or angry
- Complain about lack of energy
- Complain about others’ energy levels’
- Move around slowly
- Feel inadequate as a parent
- Have to stop between flights of stairs
- Eat enough, but do not feel energetic
- Not motivated to work
- Prefer to sit and watch TV
- No zest for life
- Feel stress from work or home
- Feel like too many tasks to do
- Feel like all tasks have equal priority
- Easily stressed by the unexpected
- Always feel overworked
- Never feel like receiving adequate rest
- Frequently sick
- Have memory lapses
- Problems focusing on learning
- Difficulty learning new concepts

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

Agel OHM Ingredients

Vitamin C (Ascorbic acid)

an essential water-soluble vitamin, a powerful antioxidant against free radicals, is helpful for neurotransmitters synthesis (helping with coordination) Vitamin C helps you receive energy by efficiently metabolizing amino acids (from protein). Vitamin C is found in citrus, berries, fruits, & green vegetables. Early signs of deficiency are usually in elderly, alcoholics, and infants. Vitamin C may guard against colds and help your immune system.

Vitamin B₁

an essential water-soluble B-vitamin. Thiamin is an enzyme cofactor (with TPP) for efficient conversion of protein, carbohydrate and fat into energy. Thiamin is important for proper functioning of nerve membranes. It is needed for the metabolism of many sugars. Thiamin is found in whole grains, meats, greens & beans. Early signs of deficiency are depression, muscle weakness (after only 10 days), apathy, confusion, irritability and rapid degeneration of nervous system activity.

Vitamin B₂ (Riboflavin)

an essential water-soluble B-vitamin. Riboflavin is an enzyme cofactor (with FAD and FMN) for many energy metabolism reactions involving dietary proteins, carbohydrates and fats. Riboflavin is found in dark, green, leafy vegetables & dairy products. Early signs of deficiency are that minor injuries do not heal because new cells cannot replace old cells, confusion, greasy skin, inflammation of the eyes, lips, or tongue.

Vitamin B₃ (Niacin)

an essential water-soluble B-vitamin. Niacin is an enzyme cofactor (with NAD and NADP) for rapid metabolism of protein, carbohydrate and fat to energy in every cell. Niacin is found in dairy products, meats & whole grains. Early signs of B3 deficiency are fatigue, decreased appetite, indigestion that can lead to diarrhea, dermatitis, dementia and death.

Vitamin B₅ (Pantothenic acid)

an essential water-soluble B-vitamin. Pantothenic acid is an enzyme cofactor (with CoA) for energy metabolism from all food sources. Pantothenic acid is found in meats, mushrooms, broccoli and whole grains. Early signs of deficiency include fatigue, vomiting, nausea, stomach cramps, insomnia, depression, irritability and apathy.

Vitamin B₆ (Pyridoxine)

an essential water-soluble B-vitamin. Pyridoxine is an enzyme cofactor (with PLP & PMP) converting amino acids & fatty acids into energy. Some pyridoxine can be stored in muscle tissue. Vitamin B6 influences immune system activity and cognitive performance. Vitamin B6 is found in bananas, potatoes, chicken, fish, and meats. Early signs of B6 deficiency include anemia, depression, confusion, fatigue, headaches, nerve damage and dermatitis.

Vitamin B₁₂ (Cobalamin)

an essential water-soluble B-vitamin. Vitamin B12 activates folate activity and is activated by folate. Vitamin B12 helps DNA synthesis for new cells, protects nerve cells, and promotes normal growth & bone cell activity. B12 found in meats & dairy products. Early signs of B12 deficiency include fatigue, hypersensitivity of skin, anemia, sore tongue & degeneration of nerves.

Chromium

an essential mineral. Chromium enhances insulin action, is involved in the conversion of carbohydrate and fat into energy. Chromium is found in meats, nuts and vegetable oils.

Vanadium

a trace mineral. Vanadium is involved in normalizing blood glucose, strengthening teeth and bones. Vanadium is found in grains, mushrooms and seafood.

Inositol

a key portion of phospholipids that make up cell membranes. Inositol allows for proper neurotransmission, metabolic regulation and normal growth. Inositol is found in seafood (krill).

Taurine

a semi-essential amino acid. Taurine is necessary for metabolism - energy production. Taurine helps in normal functioning of heart muscle, skeletal muscle, white blood cells & the central nervous system. Taurine is found in dairy products, meats and fish.

D-ribose

an integral part of DNA and RNA. D-ribose is “instant energy”, “liquid energy”, the body’s own form of quick energy.

Focus Ingredients

Schizandra fruit

— In China, Schizandra fruit, *Schizandra chinensis*, is known as wu–wei–zi meaning “five taste fruit” (sweet, salty, spicy, sour and bitter). Schizandra is a nutritional food source in Asia where people eat a couple of dried berries every day to enhance their energy levels. Traditional use of Schizandra in China helped build wei–chi, the defense energy of the body to resist infection. Scientific studies demonstrate its use to rebuild liver tissue, help improve work performance, build strength and reduce fatigue. In China, berries are chewed for 100 days to improve physical coordination and mental concentration. Schizandra berries enhance oxygen usage, thereby improving overall endurance during times of stress, study and work.

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Ginseng root

Ginseng root, *Panax ginseng*, has been used for millennia in Asia as a tonic for health, long–life and vitality. Ginseng research shows cognitive benefits, immune health and reduced signs of stress. Ginseng improves cognitive performance, secondary memory performance, speed of performing memory tasks, attentiveness and auditory reaction time. Korean Ginseng supports immune system health by increasing antibody levels (the guardian soldiers of the immune system) and increasing activity of natural killer cells (the exploding bombs of immune system). Ginseng helps reduce signs of stress by increasing accuracy of attention–priority tasks, facial recognition and improved social functioning. Ginseng helps you focus by supporting mental concentration, enhancing learning and by maintaining consistent, long–term health.

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Rhodiola root

Rhodiola, *Rodiola rosea*, grows in the northern portions of Europe and Russia. Rhodiola root “possesses a clear anti-fatigue effect without any reported adverse reactions or side-effects when used in a situation of moderate levels of fatigue and stress”. Rhodiola helps reduce signs of stress, enhances physical work & endurance, and helps to minimize the effects of fatigue “under nearly realistic work situations”. Rhodiola increases beta-endorphins (helping you relax and feel good) and neurotransmitters by nourishing the cerebral cortex, brain stem and hypothalamus.

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