# **EnergyPress**®

## Triple Ginseng + Rhodiola

Blend of plant adaptogens for immune and energy support

## For Professional Use (in integrative oncology or other areas of practice)

Adaptogens exhibit neuroprotective, immunomodulating, anxiolytic, and central nervous system–stimulating activities. Adaptogens help to balance physiological stress responses and may be able to optimize hormone balance.<sup>[1][2]</sup>

Within the context of oncology, adaptogens are considered normalizing agents, and important herbal adaptogens in chemoprevention include rhodiola, ashwagandha, siberian ginseng, and *Panax ginseng*.<sup>[3][4][5]</sup>

## Rhodiola

*Rhodiola rosea* is an herb with antistress, antiaging, and immunostimulating properties for cancer chemoprevention. Rhodiola extracts and salidroside's proposed mechanisms include the inhibition of the mTOR pathway and the reduction of angiogenesis through the downregulation of HIF-1 $\alpha$ /HIF-2 $\alpha$  expression. In contrast to many other agents, salidrosides are highly bioavailable, water-soluble, concentrate in the urine and kidneys, and have particular affinity as an agent in bladder cancer chemoprevention.<sup>[6]</sup>

In an eight-week uncontrolled, open-label, multicentre clinical trial, 100 subjects with prolonged or chronic fatigue symptoms were treated with 400 mg *Rhodiola rosea*. Significant improvements were measured in the Sheehan Disability Scale (SDS), Recent Perceived Stress Questionnaire (PSQ-R), Pittsburgh Sleep Quality Index (PSQI) and Beck Depression Inventory II (BDI-II). Rhodiola's role as an adaptogen was highlighted by 83% of subjects reporting "very much" or "much" improved conditions at week 8 on the Clinical Global Impressions (CGI) scales.<sup>[7]</sup>



## Ashwagandha

In a 60-day, double-blind, placebo-controlled study, 60 participants were randomly assigned to receive 240 mg of a standardized ashwagandha extract or placebo once daily. The treatment group was associated with a statistically significant reduction in the Hamilton Anxiety Rating Scale (p = 0.040), a reduction in the Depression, Anxiety, and Stress Scale of -21 (p = 0.096), and a significant reduction in morning cortisol (p < 0.001) and DHEA-S (p = 0.004) compared to placebo. This clinical trial supports ashwagandha's stress-relieving effects via the modulation of the hypothalamus-pituitaryadrenal axis.<sup>[8]</sup>

An open-label, prospective, nonrandomized comparative trial involving 100 breast-cancer patients examined the effect of chemotherapy alone or in combination with oral ashwagandha root extract at a dose of 2 g every 8 hours throughout the course of chemotherapy. Participants in the control group experienced statistically significant higher estimated marginal means of fatigue score compared with the ashwagandha group (p < 0.001 Piper Fatigue Scale, *p* < 0.003 Schwartz Cancer Fatigue Scale). Quality of life, as evaluated by the EORTC QLQ-C30, was statistically significant in 7 out of 18 symptoms in the ashwagandha group compared with the control group (p < 0.001). The authors concluded that ashwagandha has potential against cancer-related fatigue, in addition to improving the quality of life of breast-cancer patients.<sup>[9]</sup>

The first company in the industry to have invested in an ISO 17025–accredited laboratory to test for identity, potency, oxidation, disintegration, purity, and more.





## Panax ginseng

In a double-blind controlled trial, 438 colorectalcancer patients who received mFOLFOX-6 were randomly assigned to either 2000 mg/d Korean red ginseng or placebo for 16 weeks. Korean red ginseng led to improved cancer-related fatigue in the Global Brief Fatigue Inventory score compared to placebo (p = 0.019). Of note were the improvements in "Fatigue right now," "Mood," "Relations with others," "Walking ability," and "Enjoyment of life" at 16 weeks (p = 0.045, p = 0.006, p = 0.028, p = 0.003, p = 0.036,respectively).<sup>[10]</sup>

Ginsenosides may also have positive effects on myelosuppression induced by chemotherapy or radiotherapy.<sup>[11]</sup> In a prospective trial involving 26 patients who underwent curative resection for bile duct or pancreatic cancer followed by 5-fluorouracil/ leucovorin or gemcitabine chemotherapy, patients were randomized to receive either ginseng or placebo. After chemotherapy, the percentage of CD4<sup>+</sup> T lymphocytes and the ratio of CD4<sup>+</sup>/CD8<sup>+</sup> T lymphocytes were significantly higher in the treatment group compared to the control group (42.01% vs. 33.69%, p = 0.048; and 2.03 v. 1.28, p = 0.027respectively).<sup>[12]</sup>

#### Each vegetable capsule contains:

Ashwagandha ( <i>Withania somnifera</i> ) root extract,	
5% withanolides 2	00 mg
Siberian ginseng (Eleutherococcus senticosus)	
root extract, 0.8% eleutherosides B and E 1	00 mg
Red ginseng (Panax ginseng) root extract,	
20% ginsenosides	66 mg
Roseroot (Rhodiola rosea) root extract,	
5% rosavins, 1.9% salidrosides 1	00 mg

Nonmedicinal ingredients: Vegetable magnesium stearate and silicon dioxide in a vegetable capsule composed of carbohydrate gum and purified water.

**Directions of use: Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

**Duration of use:** Please consult your health-care practitioner or naturopathic doctor (ND) for use greater than 1 month.

**Cautions and warnings:** Consult a health-care practitioner if symptoms persist or worsen, or if sleeplessness persists for more than 4 weeks (chronic insomnia). Avoid taking with alcohol or products that cause drowsiness. Consult a health-care practitioner prior to use if you are pregnant or breast-feeding; if you are taking antidepressant medication or hormone replacement therapy; if you have any type of acute infection, diabetes, benign prostate hypertrophy, or prostate cancer; if you are taking blood thinners or digoxin; if you have been diagnosed with hypoactive sexual disorder, sexual dysfunction, or erectile dysfunction; or if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression.

**Contraindications:** Do not use if you have high blood pressure, bipolar disorder, or bipolar spectrum disorder.

Known adverse reactions: Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness. Discontinue use in case of insomnia, anxiety, headaches, irritability, or insomnia.

Product #2685 · 90 vegetable capsules · NPN 80111607

## References

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The following graphs are summaries of the surveillance data collected by naturopathic doctors in the NDMAPS<sup>™</sup> on the use of their product formulations in practice.



## EnergyPress<sup>®</sup>—Number of Cases per Cancer Type (March 2021—November 2021)

This graph shows the number of cases that are being followed, and the distribution of cancer types. There were a total of 7 cases.



**EnergyPress®**—**Number of Cases per Duration of Utilization (March 2021**—**November 2021)** This graph demonstrates the distribution of duration of utilization.



## EnergyPress<sup>®</sup>— Quality-of-Life Reports

This graph demonstrates 3 subjective ratings of QOL, sleep, energy, and mood throughout treatment in 7 oncology cases. Ratings were poor, less than 5 out of 10, or good, greater than 5 out of ten.



## EnergyPress<sup>®</sup>— Vitality Evolution

This graph demonstrates the subjective observation in overall vitality as assessed.