



Effects of a Traditional Asian Medicine (TAM) on Profile of Mood States (POMS)

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Purpose

To evaluate the effects of a dietary supplement (GoYin) based on traditional Asian Medicine (TAM) on perceptions of mood, energy, tension, and fatigue in stressed individuals.

Causes of “Imbalance” (Stress)

- Emotional stress (deadlines, bills, traffic...)
- Physical stress (over/under exercise, sleep deprivation...)
- Environmental stress (air/water pollution, heat, cold...)
- Non-Optimal Diet (processed foods, inadequate nutrients, few phytonutrients...)
- Sources of Imbalance (stress) are:
 - Internal
 - External
 - Everywhere!
 - Unavoidable!!

GoYin “Juice”

- Contains sixteen TAM ingredients:
 - Longan, Lycium (Goji), Astragalus, Jujube date, Gac, Cili, Hawthorn, Seabuckthorn, Coriolus, Rhodiola, Schisandra, Tangerine peel, Ginger, Mangosteen, Durian, and Litchi (Lychee)
- Claims made for:
 - Healthy Energy
 - Mood Enhancement
 - Maintaining “Balance”
- Does it work?

Background

- Each ingredient in the TAM formula is known to possess various individual effects, including antioxidant, anti-inflammatory, vasodilatation, etc...
- Logical mechanism exists for effects on mood, energy, & related psychological parameters:



- Longan fruit contains polyphenols¹ and cerebrosides² known to induce anxiolytic & analgesic effects in rodents³
 - ¹J Agri Food Chemistry, 2005
 - ²Arch Pharmacol Res, 2003
 - ³Planta Media, 1999

Methods

- We recruited 2 groups of “stressed” subjects:
- 100 “Healthy Stressed”
 - POMS (pre/post)
 - Supplementation for 4 weeks
- 39 “Over-Stressed” (marathon runners)
 - POMS (pre/post)
 - Supplementation for 2 weeks

“Healthy-Stressed” Subjects

- N=100 (32 men, 68 women)
- Age range = 16 – 68 years old
- Screened for “moderate” levels of psychological stress

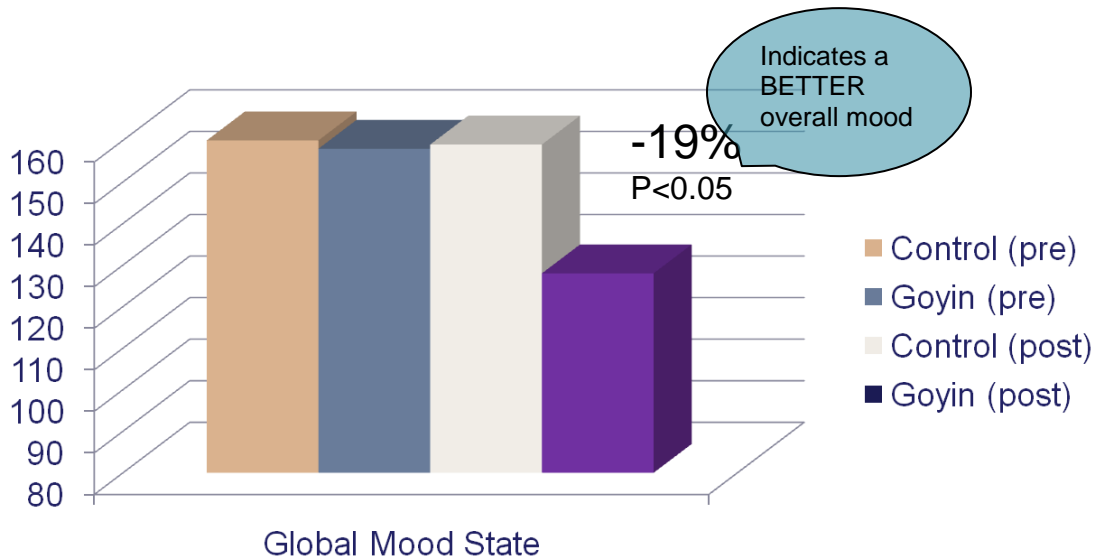
“Over-Stressed” Subjects

- N=39 (17 men, 22 women)
- Age range = 16 – 53 years old
- Participants in a marathon run (26.2 miles)
 - Accepted research model for high-stress, fatigue, depression (excess physical stress)

Stress = Fatigue / Depression

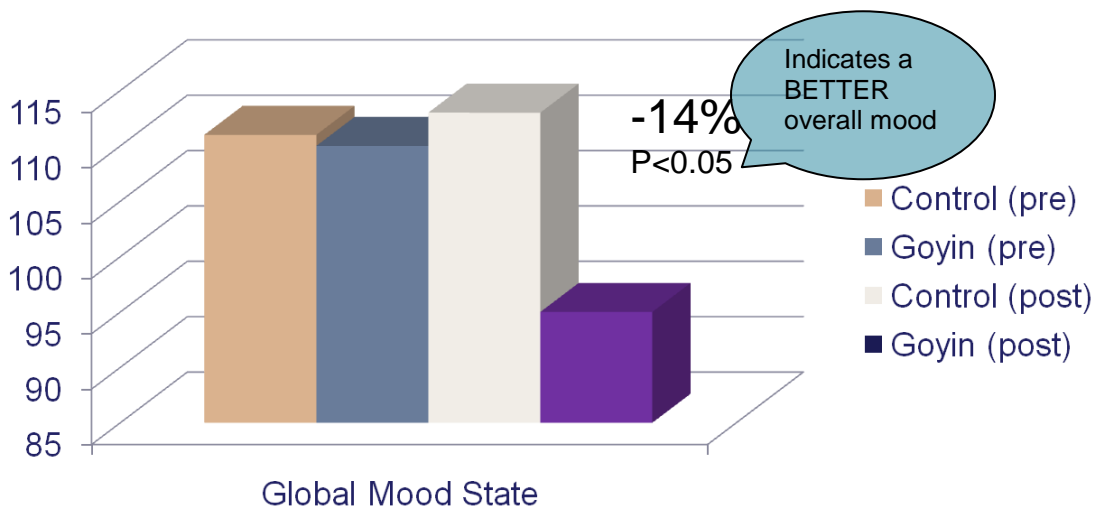
- Profile of Mood States (POMS)
 - Tension
 - Depression
 - Anger
 - Vigor (mental/physical energy = “Qi”)
 - Fatigue
 - Confusion

Global Mood State (Healthy-Stressed)



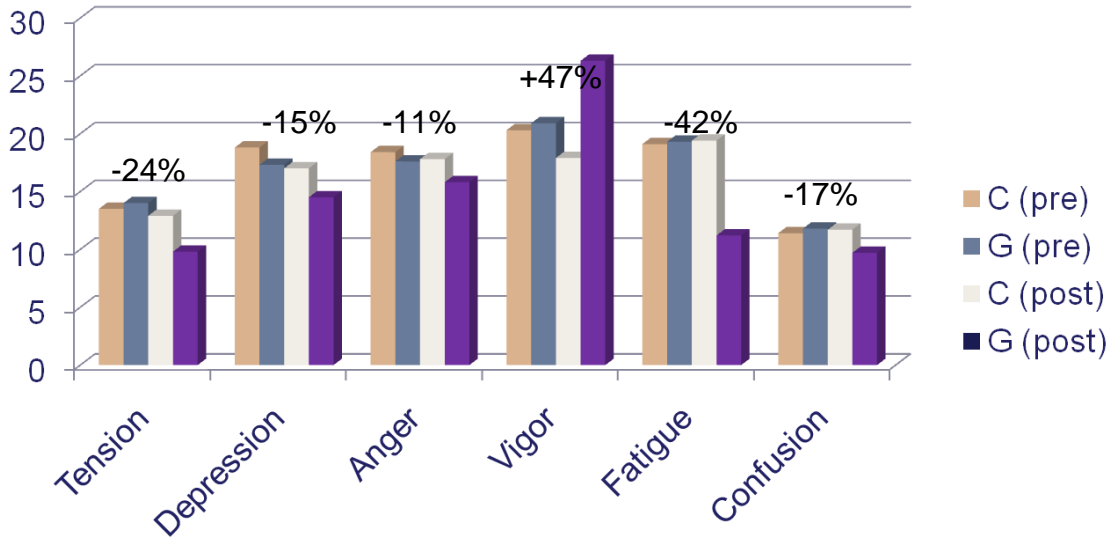
GoYin group had 19% better overall mood

Global Mood State (Over-Stressed)



GoYin group had 14% better overall mood

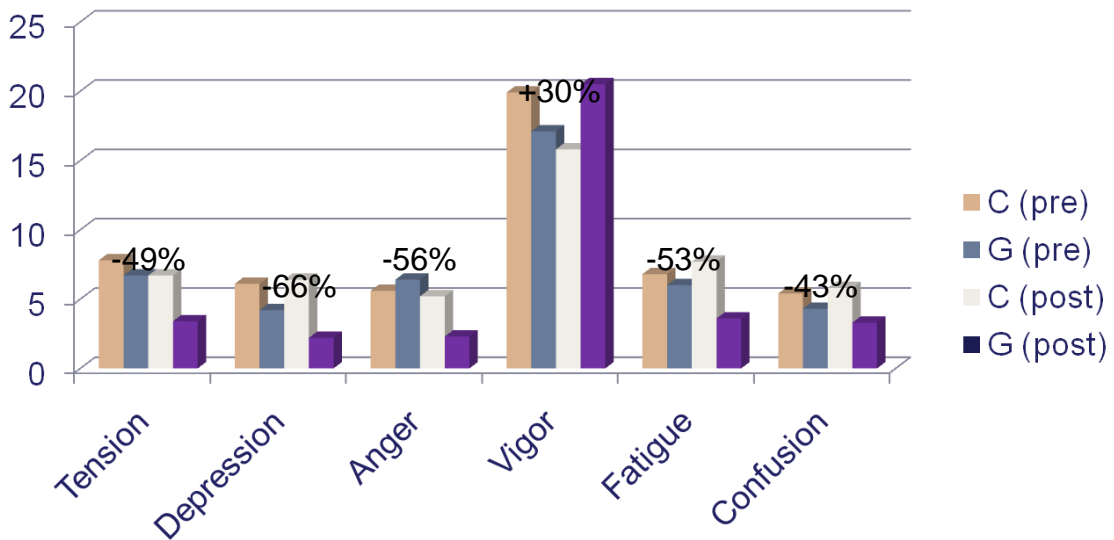
POMS Subscales (Healthy-Stressed)



G (post) significantly higher ($p < 0.05$) for Vigor

G (post) significantly lower ($p < 0.05$) for Tension, Fatigue, & Confusion

POMS subscales (Over-Stressed)



G (post) significantly higher ($p < 0.05$) for Vigor

G (post) significantly lower ($p < 0.05$) for Tension, Fatigue, & Confusion



Conclusions

- Top reasons for a visit to a primary care practitioner are:
 - Stress, Fatigue, Depression
- The *magnitude* of overall effect (14-19% Global Mood State) is roughly equivalent to:
 - Pharmaceutical treatment (Prozac, Celexa, etc)
 - CBSM program (cognitive behavioral stress management)
- GoYin (an all-natural “balance blend”) is effective in maintaining healthy levels of energy and mood ...
 - In humans...
 - At recommended usage levels...
 - Under conditions of elevated physical & psychological stress...