
ERYBOL ...boost your energy



Idea

The idea for ERYBOL was developed by the Sherpas of the Himalayas. Many people living in the Chinese province Szechuon began moving toward the high mountains of Nepal to earn their living as Sherpas. Over the last 500 years these people have accustomed themselves to the living conditions in an elevation of more than 4000 m in terms of reduced oxygen supply. However, “competition in the workplace” made these high performance athletes inventive. In order to bear the weight of 50 kg a combination of roots and herbs had proved to be very helpful. European mountaineers took this idea with them and in the course of time cross-country skiers, cyclists, track and field athletes etc. mixed their own “endurance potion”. Today's ERYBOL arose within the context of this tradition. It is the same natural product as it had been in former days; changes have only been made to improve its taste.

Research/Development

Over the years various Austrian coaches gained first-hand experience with this combination of roots. Not only Austrian athletes believed in the “root brew” but also Scandinavian and Russian cross-country skiers learned about the positive effects it has on endurance performance and used it to their advantage.

Consequently the finished product ERYBOL was tested. Several benchmark tests proved an increase of erythrocytes, haemoglobin and haematocrit (parameters responsible for the circulation of oxygen). Furthermore, professional cyclists successfully participated in a spiro-ergometric performance test, which showed that the oxygen intake had increased by 6 – 9 per cent.

VO₂max-tests (maximum oxygen intake)

A spiro-ergometric test (VO₂max) measures the respiratory gases during physical training. These tests were carried out with professional cyclists. The prescribed dose was one 250 ml bottle daily over a period of 5 days. The tests qualified for scientific studies only. A variety of other tests followed, especially comparative lactate testing.

A maximum dose of 17.5 ml a day should not be exceeded!



Expert opinion

ERYBOL is a dietary product specifically geared towards the needs of athletes as well as physically active people in general.



Anti-doping product analysis

Every batch of the product ERYBOL has to undergo a product analysis in an anti-doping lab accredited by the IOC. The batch number 08051603 was tested 22 July 2008 in the “Austrian Research Center” Seibersdorf. The batch is clear of steroids and its derivatives, clear of illegal stimulants and pro-hormones.

This test report for chemical analysis in the Austrian Research Center was received as LC962/08. The institute refuses its publication – not even in extracts – to prevent fraudulent use. Inspection though is allowed by specific request at ERYBOL-Sports stores.



Formula

Ingredients

Astragalus, Chinese asparagus root, ginkgo biloba, white ginseng, red ginseng, green tea, ginger, iron, peppermint, salvia root, Siberian milkwort-root, taurin, vitamin C



Astragalus

This plant's ingredients possess immune system strengtheners, antioxidants, cardiogenic and liver protecting properties. It has also been proven to provide an inotropic effect on the heart.

Chinese Asparagus Root

The extract from this root gently regulates weight and blood pressure. The natural presence of Saponine has a purifying effect on the body and is said to prevent the formation of kidney stones.

Ginkgo Biloba

This herb aids in the circulation of the blood and has a demonstrative positive effect on the bronchi.

Ginseng

Research has found that ginseng, in general, stimulates physical and mental activity in tired and weak individuals. Ginseng enhances blood flow and improves the clotting of blood. This root also heightens sexual vitality and promotes mental acuity.

Green Tea

Green tea wards off tiredness and fatigue and encourages alertness. It is rich in antioxidants.

Ginger

This root has an antibacterial effect, promotes blood circulation and improves bile function.

Iron

This mineral is an irreplaceable component of haemoglobin. Haemoglobin, through the help of iron, is responsible for adequately transporting oxygen through the blood.

Peppermint

This extract from the green leaves of the peppermint plant does not only have a refreshing taste, but also has a cooling effect and promotes fresh breath.

Salvia Root (Chinese name: Dan shen)

Nourishes and invigorates the blood and has a positive effect on blood flow.

Siberian Milkwort-root

Strengthens the central nervous system and it relieves pent-up emotions.

Taurine

Taurine, in combination with the naturally caffeinated green tea plant, produces a catalytic effect.

Vitamin C – Ascorbic Acid

Vitamin C is rich in antioxidants and a free radical collector. The combination with iron is essential for haematopoiesis.



Effects

The unique combination of natural ingredients provides an energy boost and improves endurance and vitality for athletes as well as for physically active people in general.



- higher general performance ability
- improves endurance
- strengthens body's immune system
- wards off fatigue
- improves breathing volume
- increases maximum oxygen intake
- promotes coronary blood flow
- positive inotropic* effect on the heart
- tones the lungs and kidneys and protects the liver
- frees respiratory system
- widens arteries
- positive effects on the bronchi
- hematopoietic

Furthermore: the improvement of the cardiovascular system's efficiency, is, above all, represented through the relationship between blood pressure and heart rate. (This advantage is especially important for strength training!)

It lowers the blood sugar level and improves the blood lipometabolism.

* Inotrope describes the increased force of muscle contractions of the cardiac muscle (heart).

Blood carries an energy supply which includes millions of cells. The blood in the arteries transports fuels, mineral components, vitamins, enzymes, amino acids for protein development, sugar materials and the oxygen in the body's cells, which burn or convert the materials into energy.

Arterial blood brings nutrients to the cells while venous blood transports waste away.

ERYBOL is the tireless sparring partner for the fitness of every single blood cell.

ERYBOL improves endurance as well as muscular strength.

Directions for use:

In order to improve endurance or increase performance capacity in general it is recommended to drink 17.5 ml a day preferably in the morning over a period of 30 consecutive days. A bottle (250ml) of ERYBOL lasts for 2 weeks.

For best resorption ERYBOL should be taken immediately after physical training.

It is recommended to drink 3 – 4 l of water throughout the day. (The formation of blood cellular components requires water.)

