

Dynamic Energy from Body Dynamics

Improve Mood and Determination

Dynamic Energy provides a broad range of nutrients and natural energizers which have been shown to optimize and augment different aspects of your metabolism to maximize the sheer power, and endurance you need for your exercise program and daily activities.

For years we have heard the phrase **“just do it”**. Many times we find that we are just not up to the task of exercise, or mundane activities. **Hectic lifestyles tire us out leaving us depressed with little energy or motivation.**

Body Dynamics has developed a unique formula of energy foods and antioxidants that help us to face the challenges of following through, giving us energy to live our lives to the fullest potential. Dynamic Energy contains the following:

Rhodiola Rosea Extract- The main ingredient in Dynamic Energy is effective for **improving mood and alleviating depression**. It improves both physical and mental performance. The effects attained by this herb are attributed to its ability to optimize serotonin and dopamine levels.

Acai- Health benefits of the acai berry include its anti-inflammatory, antibacterial, antioxidant and antimutagenic properties. It is also **beneficial to the cardiovascular system**. Acai contains omega-3 and omega -6 as well as omega-9 which aid in lowering “bad” cholesterol.

Astragalus- Historically this herb has been used in traditional Chinese medicine, usually in combination with other herbs. It is still widely used in China to prevent and treat the common cold, chronic hepatitis, and in the **treatment of heart disease**. Results from preliminary studies show that it aids the immune system to fight infections.

Cha de Bugre- It is a small tree native to Brazil that has been used as a **weight loss aid** for centuries. Extracts are made from the fruit of the tree. It is rich in beneficial phytochemicals. I

Eleuthero root- It is a woodland plant native to southeastern Siberia and the Korean Peninsula. It has been used in traditional Chinese medicine since about 190 AD. Eleuthero is an adaptogen. An agent that helps the body address stress. Scientists believe it helps **prevent “adrenal burnout”**. It boosts concentration and focus without the letdown that comes from drinking coffee. Its constituents include vitamins B and E, and immunostimulant complex polysaccharides.

Goji- The extract from this berry has been found to **boost energy, slow aging, and help weight loss**. It is known to help digestion, reduce risk of cataracts, and aid in prevention of muscular degeneration. These health benefits are no doubt attributed to the high amount of antioxidants and carotenoids found in these berries.

Green tea leaves- have been shown to **lower blood pressure** in animals that are genetically prone to having high blood pressure. It also reduces cholesterol levels.

Maca- Is a root like vegetable that grows in the Ande mountains. For more than two thousand years, Peruvians have used maca root as a food and as medicine, to promote endurance and improve **energy vitality, and sexual virility**.

Mangosteen- is a dark purple fruit it is found in Canada and Hawaii. It is found to contain xantones. Laboratory studies suggest that xantones have **anti-tumor effects** when studied in test tubes. Mangosteen has also been found to have anti-inflammatory, antimicrobial, antifungal, and antiseptic properties.

Noni- is known scientifically as Morinda citrifolia, it is a tropical fruit found in the South Pacific. It has been eaten by the Pacific Islanders for thousands of years. It is a rich source of antioxidants. It is reported to have a broad range of therapeutic effects. It is an antibacterial, antiviral, analgesic, **anti-inflammatory and has immune enhancing** effects. It promotes energy and wellbeing.

Asian ginseng- Russian research and historical evidence shows that Asian ginseng is useful in **bolstering athletic performance**, probably from plant's chemicals called glycosides which initiate stress response in the body. This serves to energize and give stamina to athletes.

Pomogranite seed extract- Pomogranites have substances such as polyphenols, that have antioxidant, **anti-viral, and anti-tumor activity**. They may also be helpful in maintaining healthy cholesterol and triglyceride levels. Recent studies show that Pomogranites play a role in **combating osteoarthritis and promoting a healthy prostate**.

Schizandra fruit- is capable of increasing the immune system and protecting the body against stress. It contains properties to **increase energy and nourish the veins**. It helps to normalize blood sugar and blood pressure levels.

Sea-buckthorn- Studies show that Sea Buckthorn are a natural source of vitamin A and several other carotenes, vitamin E and other tocopherols. The berries are also rich in vitamin C, B1, B2 essential fatty acids, and phytosterols. These berries are valued for their rejuvenating, **restorative and anti-aging action**. It is a traditional medicinal plant in many European and Asian countries.