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 Chinese Medicine (TCM) on perceptions of mood, energy, tension, and fatigue in stressed individuals.

Causes of “Imbalance” (Stress)

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

GoYin “Juice”

- Contains sixteen TAM/TCM 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*
  - Promoting "Balance"*

- Does it work?

*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.
Background

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

  - Longan fruit contains polyphenols\textsuperscript{1} and cerebrosides\textsuperscript{2} known to induce anxiolytic & analgesic effects in rodents\textsuperscript{3}
    - \textsuperscript{1}J Agri Food Chemistry, 2005
    - \textsuperscript{2}Arch Pharmacal Res, 2003
    - \textsuperscript{3}Planta Media, 1999

Methods

- Two groups recruited 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)
- Agerange=16–68yearsold
- Screened for “moderate” levels of psychological stress

“Over-Stressed” Subjects

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

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Stress = Fatigue / Negative Emotional Outlook

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

GoYin group had 19% better overall mood*

GoYin group had 14% better overall mood*
Conclusions

- Top reasons for a visit to a primary care practitioner are:
  - Stress, Fatigue, Negative emotional outlook
• The magnitude of overall effect (14-19% Global Mood State) is roughly equivalent to:
  o CBSM program (cognitive behavioral stress management)

• GoYin (an all-natural “balance blend”) is effective in maintaining healthy levels of energy and mood*
  o In humans
  o At recommended usage levels
  o Under conditions of elevated physical & psychological stress

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