

FRILABIOL Tonus



Acerola

Acerola is a plant native to the tropical regions of the Western Hemisphere.

It is also called: West Indian Cherry; Barbados Cherry; Acerola.

It is believed that this shrub originates from southern Mexico and the Caribbean.

Acerola produces berries that resemble cherries, but they are not true cherries.

These pleasantly flavored berries are used in both modern and traditional medicine.

Its traditional uses include: liver disorders; diarrhea; dysentery; coughs; colds.

Recently, interest has focused on its exceptional richness in vitamin C, used as a dietary supplement.

Many health claims exist, but not all have yet been scientifically confirmed.

Ginseng

Panax ginseng L. is one of the most popular medicinal plants in the world.

The roots are widely used in traditional Chinese medicine.

Its versatility may be linked to the anthropomorphic shape of its root.

In traditional medicine, ginseng is used for its: Restorative properties - Stimulating effects - Support for physical endurance - Enhancement of vitality - Contribution to longevity.

For these general uses, it is administered at low doses over the long term.

It is also used for more specific indications.

In the European Pharmacopoeia, the following are recognized:

- The root (*Ginseng radix*)
- The dry root extract (*Ginseng extractum siccum*)

EFFICACY AND INDICATIONS

- The health benefits of acerola are mainly linked to its high vitamin C content.
- The riper the fruit becomes, the more its vitamin C content decreases (rapid maturation).
- In comparative studies, acerola shows a higher vitamin C content than oranges and strawberries, surpassed only by rose hips.
- Important source of vitamin A.
- Vitamin C promotes collagen synthesis.
- Protects the mucous membranes.
- Prevents scurvy.
- Supports the immune system.
- Helps the body fight infections, viruses, and certain diseases.

OTHER REPORTED USES

- Antidepressant effect
- Antifungal activity
- Improvement of athletic endurance
- Reduction of inflammatory markers
- Protection against oxidative stress
- Enhancement of cognitive functions
- Improvement of mood and sense of calm
- Effects observed in healthy subjects and in patients with Alzheimer's disease
- May improve symptoms of erectile dysfunction (increased penile blood flow)
- Strengthening of the immune system (notably in cancer patients)
- May improve vaccine response
- Helps combat fatigue
- Improves physical performance by reducing oxidative damage and increasing cellular energy production

