



Tonicoguna

Vitality and Energy against stress,
fatigue and weakness.



WHAT IS **Tonico**guna

Tonicoguna, is a modern and innovative food supplement with plant extracts as well as the result of the encounter between Polynesian and European knowledge in the field of phytotherapy.

The 9 plant extracts contained in **Tonico**guna work synergistically and in a complementary manner, activating the body-mind connection as a whole through a gentle and balanced action on the whole psycho neuro endocrine immunological axis, ensuring substantial wellbeing.

The extract of **Morinda citrifolia** is one of its main ingredients. It is a Polynesian plant more commonly known as **Noni**. Its 100% pure juice is rich in vitamins, minerals, amino acids, enzymes, trace elements, sterols and xeronin. The properties of this plant are traditionally known and have been substantiated by recent scientific studies.¹⁻²⁻³



WHEN TO USE **Tonico**guna

Tonicoguna has been formulated to support the body in cases of:



PHYSICAL AND MENTAL WEAKNESS

FATIGUE AND/OR TIREDNESS

PHYSICAL AND MENTAL EXHAUSTION

CONVALESCENCE

STRESS

NEW EVIDENCE ON **Tonicoguna**

Desynchronisation of the HPA axis, stress and Chronic Fatigue Syndrome.

Observational multicentre study on Tonicoguna and Vit Formula™ to support the function of the Hypothalamic - Pituitary - Adrenal axis.

Brazioli D. et al.

Advanced Therapies Year III – n° 4, February 2014; 34-45

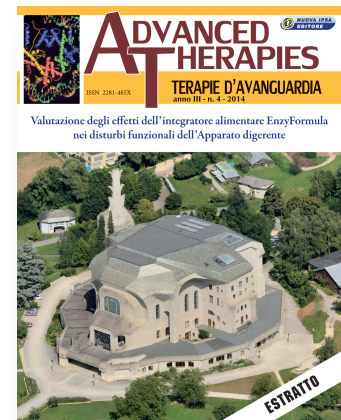
The observational multicentre study **TONICOBSERV** focused on Chronic Fatigue Syndrome with desynchronization of the HPA axis in the presence of chronic stress and aimed at assessing the effectiveness of treatment with the food supplements **Tonicoguna** and **VIT Formula™**.

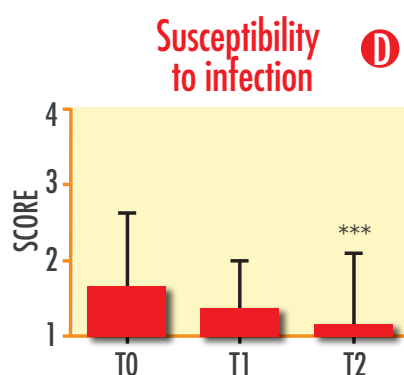
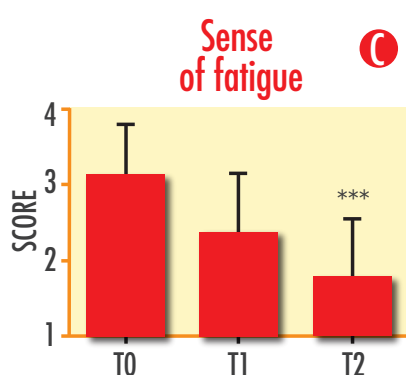
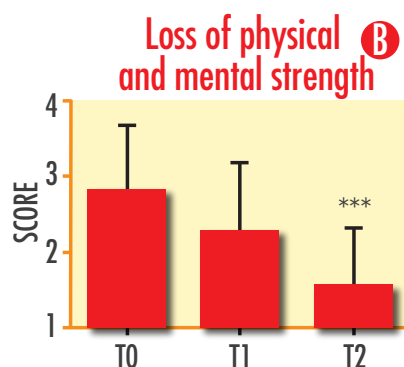
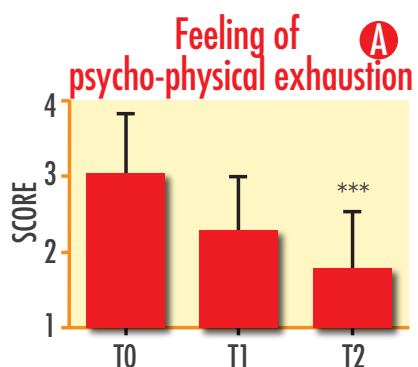
Study design: the study was conducted on 70 subjects aged between 20 and 60 years who were enrolled according to defined criteria and treated with orally administered **Tonicoguna** and **VIT Formula™** at a dose of one sachet*/day of each of the two products for four consecutive weeks.

* 1 sachet of Tonicoguna corresponds to 20 ml of Tonicoguna solution

Results: the results were assessed by evaluating symptomatic parameters (Tables 1 and 2) and safety through monitoring possible adverse events (no adverse effect was recorded).

Conclusions: the data collected show that the use of the dietary supplements **Tonicoguna** and **VIT Formula™** ensures an optimal intake of vegetable substances, vitamins, minerals and trace elements that play an active role in reducing the fatigue syndromes caused by chronic stress.

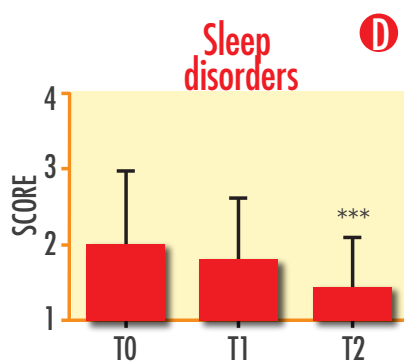
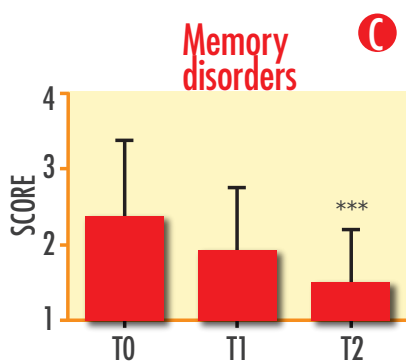
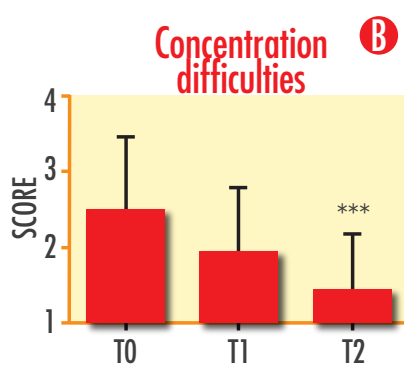
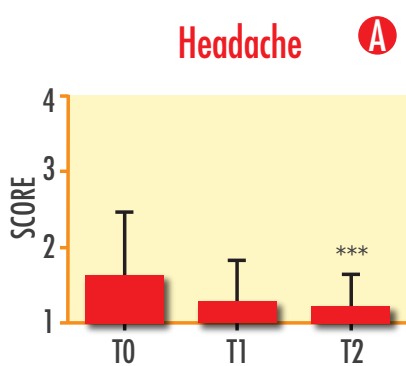




Graph showing the distribution of the scores for the parameters:

- feeling of psycho-physical exhaustion (A)
- reduced physical and mental strength (B)
- sense of fatigue (C)
- susceptibility to infection (D).

All parameters improve significantly after taking **Tonicoguna** and **Vit Formula™** both at T1 (2 weeks of administration) and T2 (4 weeks of administration)



Graph showing the distribution of the scores relating to the parameters:

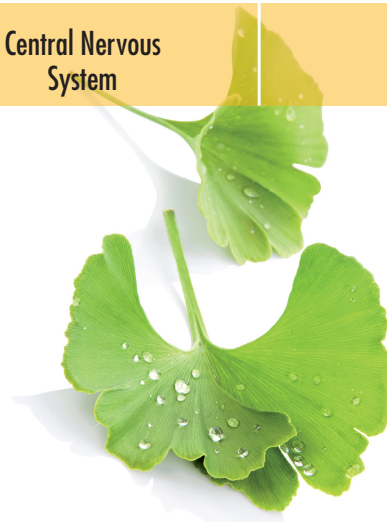
- headache (A)
- concentration difficulties (B)
- memory disorders (C)
- sleep disorders (D).

All parameters improve significantly after taking **Tonicoguna** and **Vit Formula™** both at T1 (2 weeks of administration) and T2 (4 weeks of administration)

Tonico guna SELECTED COMPONENTS

The stimulating and broad spectrum action of Noni is enhanced by the individual action of the other plant extracts contained in **Tonico**guna, that have their own specific organic tropism.

Plant extract	Main organotropism	Action
<i>Morinda citrifolia</i> (Noni)	Cell	<ul style="list-style-type: none"> • Anti-asthenic, anti-stress, anti-aging. • Stimulation of cell metabolism.
<i>Eleutherococcus senticosus</i>	Adrenal glands	<ul style="list-style-type: none"> • Stimulation of general wellness • Increased physical and mental efficiency.
<i>Ginkgo biloba</i>	Cell membranes, microcirculation, adreanal glands	<ul style="list-style-type: none"> • Antioxidant and adrenergic action.. • Increased physical and mental efficiency.
<i>Ginseng</i> (<i>Panax Ginseng</i>)	Anterior pituitary gland	<ul style="list-style-type: none"> • Antioxidant action. • Increased mental and physical performance.
<i>Ribes nigrum</i>	Adrenal glands and Immune System	<ul style="list-style-type: none"> • Helps relieve tiredness.
<i>Hypericum perforatum</i>	Central Nervous System	<ul style="list-style-type: none"> • Rebalancing of mood.
<i>Gentiana lutea</i>	Digestive System	<ul style="list-style-type: none"> • Appetite stimulation by reflex action on the taste buds with increased gastric and salivary secretion. • Helps relieve tiredness.
<i>Rosmarinus officinalis</i>	Digestive System, Adrenal glands and Central Nervous System	<ul style="list-style-type: none"> • Nerve stimulation. • Improved memory and cognitive abilities. • Antioxidant action.
<i>Melissa officinalis</i>	Central Nervous System	<ul style="list-style-type: none"> • Rebalancing of mood.



Key words:

Vitality and Energy against stress, fatigue, weakness.

INDICATIONS

Food supplement with **Noni** and plant extracts. **Noni** and **Ginseng** exert a tonic effect. **Siberian ginseng** has tonic-adaptogen properties. **St. John's wort** and **Lemon balm** contribute to a normal mood, while **Ginkgo Biloba** is useful for memory and cognitive functions.

HOW TO USE

Take 20 ml daily, preferably in the morning, using the dosing cap. It can be taken as such or diluted in a little water.

INGREDIENTS

Water, Noni (*Morinda citrifolia* L.) juice, Fructose, Siberian ginseng (*Eleutherococcus senticosus* Maxim.) root fluid extract, Blackcurrant (*Ribes nigrum* L.) glycerine macerate of plant buds, Rosemary (*Rosmarinus officinalis* L.) glycerine macerate of young shoots, Great yellow gentian (*Gentiana lutea* L.) root fluid extract, Ginkgo biloba (*Ginkgo biloba* L.) leaves fluid extract, Ginseng (*Panax ginseng* C.A. Meyer) root fluid extract, St. John's wort (*Hypericum perforatum* L.) plant and flowers fluid extract, Lemon balm (*Melissa officinalis* L.) leaves fluid extract, Orange juice, Thickening agent: hydroxypropyl methylcellulose, orange natural flavor, Preservatives: Sodium benzoate, Potassium sorbate.

REFERENCES

1. WANG M.Y. et Al. - *Morinda Citrifolia* (Noni): recenti acquisizioni dalla letteratura internazionale. *Acta Pharmacol Sin.*; 2002. Dic;23 (12): 1127-41.
2. MA DL. et Al. - Evaluation of the ergogenic potential of noni juice. *Phytother Res.*; 2007. Nov;21 (11): 1100-1.
3. MUTO J et Al - *Morinda citrifolia* fruit reduces stress-induced impairment of cognitive function accompanied by vasculature improvement in mice. *Physiol Behav.* 2010 Sep 1;101(2):211-7

NUTRITION FACTS

	Per 100 ml	Per 20 ml
Energy	85.05 Kcal 359.1 KJ	17.01 Kcal 71.82 KJ
Fat of which saturates	0.063 g -	0.012 g -
Carbohydrate of which sugars	15.79 g 11.84 g	3.158 g 2.368 g
Protein	0.147 g	0.029 g
Salt	0.054 g	0.011 g
Noni	35.00 ml	7.00 ml
Siberian ginseng	5.00 ml	1.00 ml
Rosemary	3.35 ml	0.67 ml
Blackcurrant	3.35 ml	0.67 ml
Great yellow gentian	1.35 ml	0.27 ml
Ginkgo Biloba	1.35 ml	0.27 ml
Ginseng	1.35 ml	0.27 ml
St. John's wort of which hypericin	0.65 ml 13 mcg	0.13 ml 2.6 mcg
Lemon balm	0.65 ml	0.13 ml



WARNINGS

Do not exceed the stated recommended daily dose. Keep out of reach of young children. Tonicoguna contains Ginkgo biloba: if you are taking anticoagulants or antiplatelet drugs, consult your doctor before taking this product. We do not recommend using the product during pregnancy and breastfeeding. If you are taking medicines, consult your doctor before using this product because the extract of St. John's wort may interfere with their metabolism by inhibiting their action.

The extract of St. John's wort is contraindicated in children and teenagers. Store the product in a cool and dry place, and protect from light. The expiry date refers to a product correctly stored, in its original and undamaged packaging. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

PACKAGING

150 ml bottle with measuring cap.



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