



Tonicoguna

FOOD SUPPLEMENT

VITALITY AND ENERGY

GLUTEN-FREE

 **Guna**
healthy lifestyle

What is Tonicoguna

Tonicoguna is a food supplement with plant extracts. It is the result of the encounter between Polynesian and European knowledge in the field of phytotherapy.

The 9 plant extracts contained in **Tonicoguna** 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.

One of the main ingredients of **Tonicoguna** is the extract of **Morinda Citrifolia** fruit. It is a Polynesian plant more commonly known as **Noni**. Its fruit 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 Tonicoguna

Tonicoguna is a useful nutritional support for the body in cases of:

- Physical and mental weakness
- Fatigue and/or tiredness
- Physical and mental exhaustion
- Convalescence
- Stress



With Stevia
(steviol glycosides)
Without fructose

Tonicoguna selected ingredients:

PLANT EXTRACT	ACTIONS
Noni	<ul style="list-style-type: none"> • Tonic (physical and mental fatigue) • Antioxidant
Eleutherococcus	<ul style="list-style-type: none"> • Tonic-adaptogen
Ginkgo biloba	<ul style="list-style-type: none"> • Antioxidant • Memory and cognitive functions
Ginseng	<ul style="list-style-type: none"> • Tonic-adaptogen • Antioxidant • Tonic (physical and mental fatigue)
Ribes	<ul style="list-style-type: none"> • Tiredness
Hypericum	<ul style="list-style-type: none"> • Normal mood • Relaxation and mental well-being
Genziana	<ul style="list-style-type: none"> • Tiredness
Rosmarinus	<ul style="list-style-type: none"> • Antioxidant
Melissa	<ul style="list-style-type: none"> • Relaxation and mental well-being • Normal mood • Antioxidant

Tonicoguna - Scientific evidences

Desynchronisation of the HPA axis, stress and Chronic Fatigue Syndrome

Observational multicentre study on **Tonicoguna** and **VitFormula** to support the function of the Hypothalamic - Pituitary - Adrenal axis.

Brazioli D. et al.

Advanced Therapies – III Year – 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, aims at assessing the effectiveness of treatment with the food supplements **Tonicoguna** and **Vitformula**.

Study design: the study was conducted on 70 subjects aged between 20 and 60 years, enrolled according to defined criteria and treated with orally administered **Tonicoguna** and **Vitformula** 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 and safety parameters (Tables 1 and 2) through monitoring possible adverse events (no adverse effect was recorded).

Conclusions: the data collected show that the use of the food supplements **Tonicoguna** and **Vitformula** ensures a balanced intake of plant extracts containing vitamins, minerals and trace elements which plays an active role in reducing the fatigue syndromes caused by chronic stress.

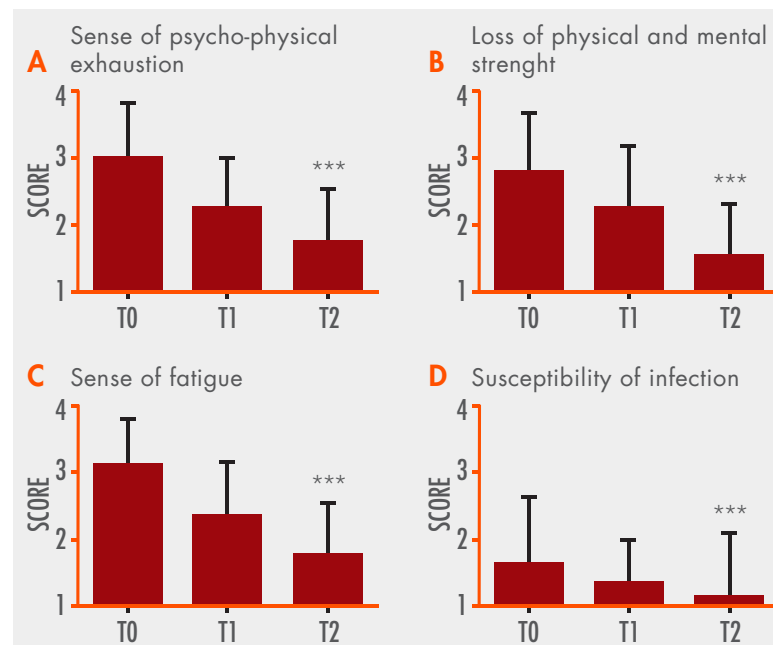


Table 1 shows the distribution of the scores for the parameters:

- Sense 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 **Vitformula** both at T1 (2 weeks of administration) and T2 (4 weeks of administration).

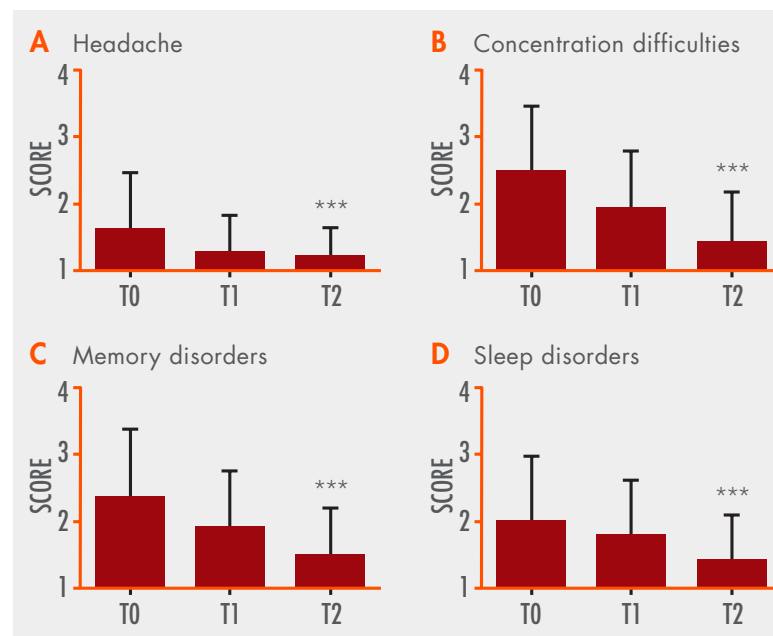


Table 2 shows the distribution of the scores for the parameters:

- Headache (A)
- Concentration difficulties (B)
- Memory disorders (C)
- Sleep disorders (D)

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

Nutrition facts

	per 100 ml	per 20 ml
Energy	383.3 kJ 91.4 kcal	76.7 kJ 18.3 kcal
Fat	0.13 g	0.03 g
of which saturates	0 g	0 g
Carbohydrate	16.35 g	3.3 g
of which sugars	11.55 g	2.3 g
Protein	0.3 g	0.06 g
Salt	0.04 g	0.01 g
Noni (juice)	36.4 g	7.28 g
Siberian Ginseng HE	5.05 g	1.01 g
Rosemary GM	3.38 g	676.7 mg
Blackcurrant GM	3.384 g	676.7 mg
Ginkgo Biloba HE	1.36 g	271.35 mg
Ginseng HE	0.75 g	150.4 mg
St. John's wort HE	0.66 g	131.95 mg
of which Hypericine	0.06 mg	0.01 mg
Lemon balm HE	0.65 g	130 mg
Gentian HE	0.38 g	75.38 mg

Warnings

Do not exceed the stated recommended daily dose. Keep out of the reach of young children. Tonicoguna contains Ginkgo biloba: if you are taking anti-coagulants or anti-platelet medicines, consult your physician before taking this product. The use of the product during pregnancy and lactation is not recommended. If you are taking medicinal products seek the advice of your physician before using this product because the extract of St. John's wort may interfere with the metabolism by inhibiting the activity of medicines. The use of St. John's wort extract is contraindicated in childhood and adolescence. 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.

Ingredients

Water, Noni (*Morinda citrifolia* L., fruit) juice, brown sugar, Siberian ginseng (*Eleutherococcus senticosus* Maxim.) root hydroalcoholic extract, Rosemary (*Rosmarinus officinalis* L.) young shoots glycerine macerate, Blackcurrant (*Ribes nigrum* L.) buds glycerine macerate, Ginkgo (*Ginkgo biloba* L.) leaves hydroalcoholic extract, Ginseng (*Panax ginseng* C.A. Meyer) root hydroalcoholic extract, St. John's wort (*Hypericum perforatum* L.) grass with flowers hydroalcoholic extract, Lemon balm (*Melissa officinalis* L.) leaves hydroalcoholic extract, orange juice, thickener: hydroxypropyl methylcellulose; Gentian (*Gentiana lutea* L.) root hydroalcoholic extract, flavour, preservatives: potassium sorbate, sodium benzoate; sweetener: steviol glycosides.
- with sugar and sweetener -

Instructions for use

The recommended daily dose is 20 ml. It can be taken as it is or diluted in a little water using the measuring cap, preferably in the morning.

Packaging

150 ml bottle with measuring cap. - Alcohol 4.7% vol.

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

The information herein contained concern the ingredients of **Tonicoguna** and should not be interpreted as medical advice, nor can they replace any medical prescription. Food supplements are not intended as means for treating, preventing, diagnosing or mitigating any disease or abnormal condition.





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