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# ONCE A DAY ACTIVE

**B vitamins, Caffeine & Inositol**

For the normal production of energy\*

## Nutritional Information

One tablet provides:

		*%NRV
Riboflavin	0.54 mg	38.6
Niacin	6 mg	37.5
Vitamin B6	0.67 mg	47.9
Vitamin B12	0.37 µg	15.0
Pantothenic acid	2 mg	33.3
Caffeine	20 mg	
Inositol	7 mg	

\*NRV = Nutrient Reference Values

Take one to three tablets daily dissolved in a glass of water.



- Contains B vitamins, caffeine and inositol
- Fast acting
- Delicious tasting effervescent tablet

## DESCRIPTION

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\*Once A Day Active tablets provide B vitamins, caffeine and inositol in easy to take effervescent tablets. B vitamins contribute towards normal energy yielding metabolism and a reduction in tiredness and fatigue, while caffeine helps to improve alertness making these tablets perfect for active individuals and people partaking in sport. Effervescent tablets dissolve quickly in water and the nutrients are absorbed quickly in the body allowing swift tissue saturation and immediate effect.

## HOW DO THE INGREDIENTS IN ONCE A DAY ACTIVE SUPPORT PHYSICAL ACTIVITY?

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### B vitamins

**The kreb cycle:** B vitamins are required directly for the energy production cycle, also called the krebs cycle. They are used as important cofactors as follows:

- Niacin (B3) – NADH.
- Riboflavin (B2) - FADH.
- Pantothenate (B5) - Co-enzyme A.

NADH, FADH and Co-enzyme A feed directly into the kreb cycle where they aid in the production of ATP, a vital energy source.

**Oxygen transportation:** Another way that B vitamins contribute towards energy production is with oxygen transportation in the body. Niacin is required for the synthesis of haeme proteins, including haemoglobin, necessary for iron transportation and energy production<sup>1</sup>.

**The thyroid:** The thyroid is an essential gland for metabolism and energy production, and requires riboflavin to work effectively. Riboflavin is required as a co-factor in the synthesis of flavoproteins (proteins that contain nucleic acids). These are essential for the proper function of the thyroid<sup>1</sup>.

### Caffeine

**Improves exercise performance** – The increase in the rate of fat burning is beneficial for exercise and sports performance as it delays the time in which the muscles in athletes and persons partaking in exercise to reach exhaustion.

**Psychostimulant** - Caffeine is a psychostimulant with similar effects to classical nervous system stimulants. Caffeine increases motor activity and arousal. Caffeine improves mental energy, alertness, mood and cognitive performance.<sup>2</sup>

### Inositol

**Increases mitochondrial function:** Inositol is involved in the creation of energy and is used in the inositol polyphosphates pathway. IP6 have been shown to increase cellular energy production by increasing glycolysis and mitochondrial function.

**Improves insulin function:** Inositol has been shown to decrease insulin resistance, increase insulin sensitivity, and improve cell signalling with regards to metabolism. Inositol may enhance the browning of white adipocytes and directly improve insulin sensitivity through adipocytes. Inositol contains high-energy bonds with cellular energetics.<sup>3</sup>

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ONCE A DAY ACTIVE EFFERVESCENT ?

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Once A Day Active is intended for use by adults who wish to support their energy production and is not suitable for:

- Pregnant and breastfeeding women
- Children

## HEALTH NEEDS

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ENERGY

## SCIENTIFIC REFERENCES

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1. Nutrients. 2016 Feb; 8:2: 68
2. <https://www.ncbi.nlm.nih.gov/books/NBK202225/> Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements; Food and Nutrition Board; Board on Health Sciences Policy; Institute of Medicine. Washington (DC): National Academies Press (US); 2014 Apr 23.
3. <https://www.mdpi.com/1420-3049/25/21/5079>

