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

Causes of “Imbalance” (Stress)

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

GoYin “Juice”

- Contains sixteen TAM 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
  - Maintaining “Balance”
- Does it work?

Background

- Each ingredient in the TAM formula is known to possess various individual effects, including antioxidant, anti-inflammatory, 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}

\begin{itemize}
  \item \textsuperscript{1}J Agri Food Chemistry, 2005
  \item \textsuperscript{2}Arch Pharmacal Res, 2003
  \item \textsuperscript{3}Planta Media, 1999
\end{itemize}

**Methods**

\begin{itemize}
  \item We recruited 2 groups of “stressed” subjects:
    \begin{itemize}
      \item 100 “Healthy Stressed”
        \begin{itemize}
          \item POMS (pre/post)
          \item Supplementation for 4 weeks
        \end{itemize}
      \item 39 “Over-Stressed” (marathon runners)
        \begin{itemize}
          \item POMS (pre/post)
          \item Supplementation for 2 weeks
        \end{itemize}
    \end{itemize}

**“Healthy-Stressed” Subjects**

\begin{itemize}
  \item N=100 (32 men, 68 women)
  \item Age range = 16 – 68 years old
  \item Screened for “moderate” levels of psychological stress
\end{itemize}

**“Over-Stressed” Subjects**

\begin{itemize}
  \item N=39 (17 men, 22 women)
  \item Age range = 16 – 53 years old
  \item Participants in a marathon run (26.2 miles)
    \begin{itemize}
      \item Accepted research model for high-stress, fatigue, depression (excess physical stress)
    \end{itemize}
\end{itemize}

**Stress = Fatigue / Depression**

\begin{itemize}
  \item Profile of Mood States (POMS)
    \begin{itemize}
      \item Tension
      \item Depression
      \item Anger
      \item Vigor (mental/physical energy = “Qi”)
      \item Fatigue
      \item Confusion
    \end{itemize}
\end{itemize}
GoYin group had 19% better overall mood

GoYin group had 14% better overall mood
POMS Subscales (Healthy-Stressed)

G (post) significantly higher (p<0.05) for Vigor
G (post) significantly lower (p<0.05) for Tension, Fatigue, & Confusion

POMS subscales (Over-Stressed)

G (post) significantly higher (p<0.05) for Vigor
G (post) significantly lower (p<0.05) for Tension, Fatigue, & Confusion
Conclusions

- Top reasons for a visit to a primary care practitioner are:
  - Stress, Fatigue, Depression

- The magnitude of overall effect (14-19% Global Mood State) is roughly equivalent to:
  - Pharmaceutical treatment (Prozac, Celexa, etc)
  - CBSM program (cognitive behavioral stress management)

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