

Exercise and Sport

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RESEARCH

Anti-fatigue and anti-inflammatory effects

Oligonol® alleviated fatigue after exercise.

Japan is an advanced country facing a super-aging society. A healthy life-span that means a self-supporting life period has attracted attention in recent years. In order to expand a healthy life-span, moderate exercise habits are crucially important. The study was carried out to pro



useful for daily sustained exercise.

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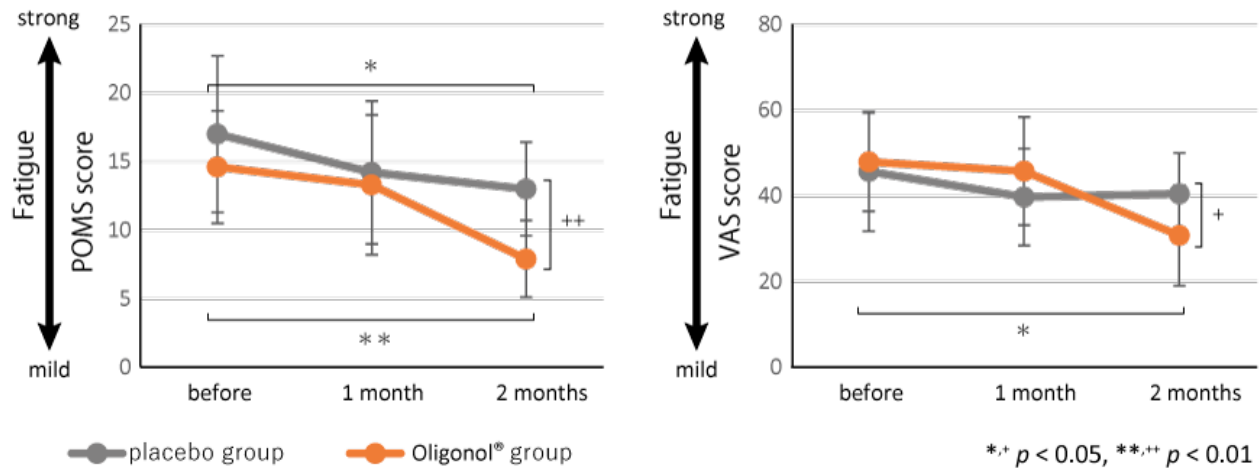
Perilla Extract

NEWS

JP

EN

Subjective evaluations of exercise-associated fatigue



Tetsuya Okumura *et al.*, *Japanese pharmacology & therapeutics*, 46(8): 1425-1431 (2018)

Clinical study

Design: A randomized, double-blind, placebo-controlled trial

Subject: 20 healthy volunteers (19-22 years old) of male long-distance runners

Groups: Oligonol® (n=10) and placebo (n=10)

Dose and period: 100 mg/day for 2 months during training time

Endpoints: Subjective estimation of mood and a feeling of fatigue using Profile of Mood States (POMS) and Visual Analog Scale (VAS)

Results

Oligonol® intake significantly ameliorated POMS indices such as “tension and anxiety”, “dysphoria and despair”, “fatigue”, “disarray”, and “multidiscipline” and improved VAS score including a feeling of fatigue.

These findings suggested that Oligonol® might recover a feeling of fatigue after

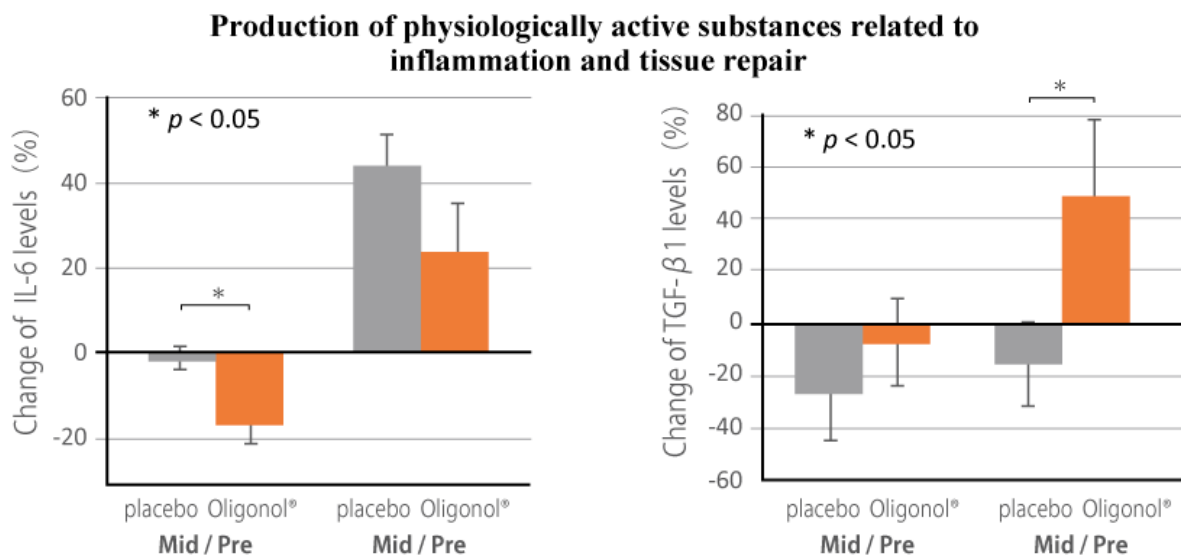


Oligonol® suppressed inflammation^{JP EN} after exercise.

Athletes daily go through training to enhance their performance. However, transient inflammation and tissue damage caused by physical overload can induce a strong feeling of fatigue and severe pain, resulting in lowering of exercise performance.

This study investigated whether Oligonol® could relieve inflammation and tissue damage attributable to training.

When the university long-distance athletes took Oligonol® during training, they showed several changes such as reduction of inflammation-related markers and improvement in the parameters associated with repairing destroyed tissues and wounds. Oligonol® might be useful to retain good performance in athletes as well as persons who engage in daily intense training.





The Science Behind Amino Up's Functional Ingredients

Design: A randomized, double-blind, placebo-controlled trial
 Subject: 20 healthy volunteers (19-22 years old) of male long-distance runners
 Groups: Oligonol® (n=10) and placebo (n=10)
 Dose and period: 100 mg/day for 2 months during intense training
 Endpoint: Blood level of proinflammatory cytokines

Results

Oligonol® significantly decreased IL-6 level and increased TGF- β 1 level, suggesting that supplementation with Oligonol® might improve inflammation or tissue damage caused by extremely intense exercise training.

Data are expressed as means $\pm$ standard error of the mean (SEM).

Oligonol® reduced fatigue and pain after exercise, and helped recovery from tiredness.

Moderate exercise habits are beneficial for prevention of lifestyle-related illness and beauty care. This study examined if supplementation with Oligonol® attenuates exercise-induced fatigue, which is one of the causes that make it difficult to maintain exercise habits.

In the university athletes, Oligonol® intake during training improved fatigue scores and tended to reduce muscular/articular pain, lumbago, and menstrual pain. Then, discontinuation of Oligonol® intake showed a tendency to aggravate these scores.

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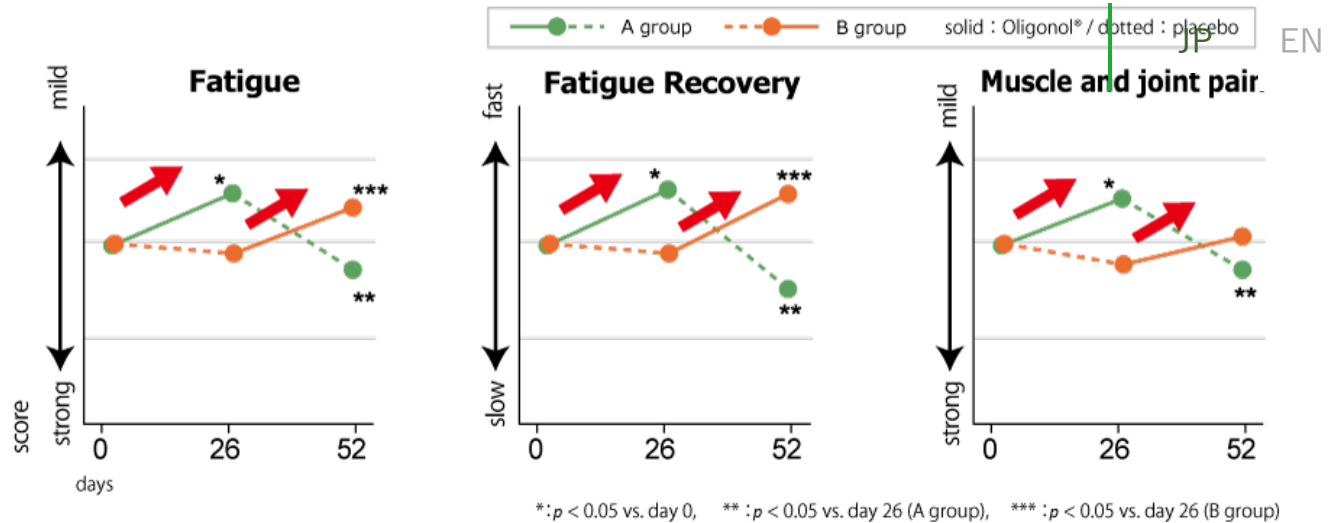
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Subjective evaluations of fatigue and pain associated with exercise



Hideki OHNO *et al.*, *Advances in Exercise and Sports Physiology*, 13(4): 93-99 (2008)

Clinical study

Design: A prospective single-blind, crossover trial

Subject: 47 healthy volunteers (18-22 years old) of male and female athletes

Groups: Oligonol® and placebo

Dose and period: 200 mg/day for 52 days (26 days x 2) with 9-day washout period

Endpoints: Subjective estimation of fatigue and pain using POMS and Rate of Perceived Exertion (RPE)

Results

Oligonol® supplementation significantly lowered the RPE responses and caused the subjects to feel less fatigued. In addition, Oligonol® significantly improved all the fatigue scores and showed tendency of attenuating muscular/articular pain, lumbago, and menstrual pain.



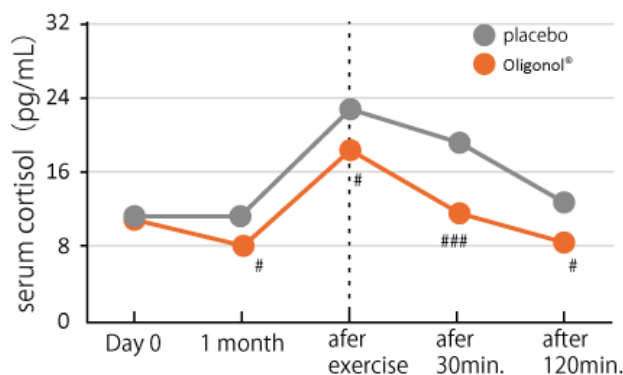
stress and inflammation during exercise.

Many people may have experience of giving up exercise before making it their daily habit for prevention of lifestyle-related diseases and beauty care. It is mostly because of the stresses they feel during exercise, especially at an early stage of the challenge. In sedentary persons without daily habit of exercise, it was investigated whether Oligonol® intake during exercise could reduce stress and inflammation induced by exercise.

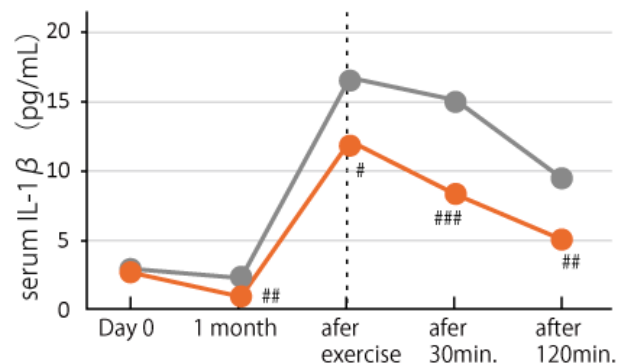
The results indicated that Oligonol® suppressed the elevation of markers for stress and inflammation.

It is possible that Oligonol® may help you to realize a positive and pleasant life.

Production of stress-related hormones and pro-inflammatory physiological active substances during exercise



* $p < 0.05$, *** $p < 0.001$ vs placebo



* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$ vs placebo

Jeong-Beom Lee *et al.*, *Nutrition Research and Practice*, 4(3): 203-207 (2010)

Clinical study



The Science Behind Amino Up's Functional Ingredients

Dose and period: 100 mg/day for ^{AHCC®} Oligonol® ETAS® Perilla Extract NEWS
 Endpoints: Serum levels of cortisol^{*1}, IL-1 β , and IL-6^{*2} before intake and after 120 minutes following 60-minute running JP EN

Results

Oligonol® consumption significantly reduced serum cortisol, IL-1 β , and IL-6 concentrations elevated by exercise, suggesting that Oligonol® is possible to alleviate physical stress and internal inflammation attributable to exercise.

*1 : Cortisol: so-called the stress hormone of which secretion increases in response to stress.

*2 : Interleukin (IL): a protein that promotes an inflammatory response in the body (inflammatory cytokine).

RESEARCH

Improvement of stamina

Contributes to exercise performance and suppresses lactic acid



intensity exerc

AminoUp®

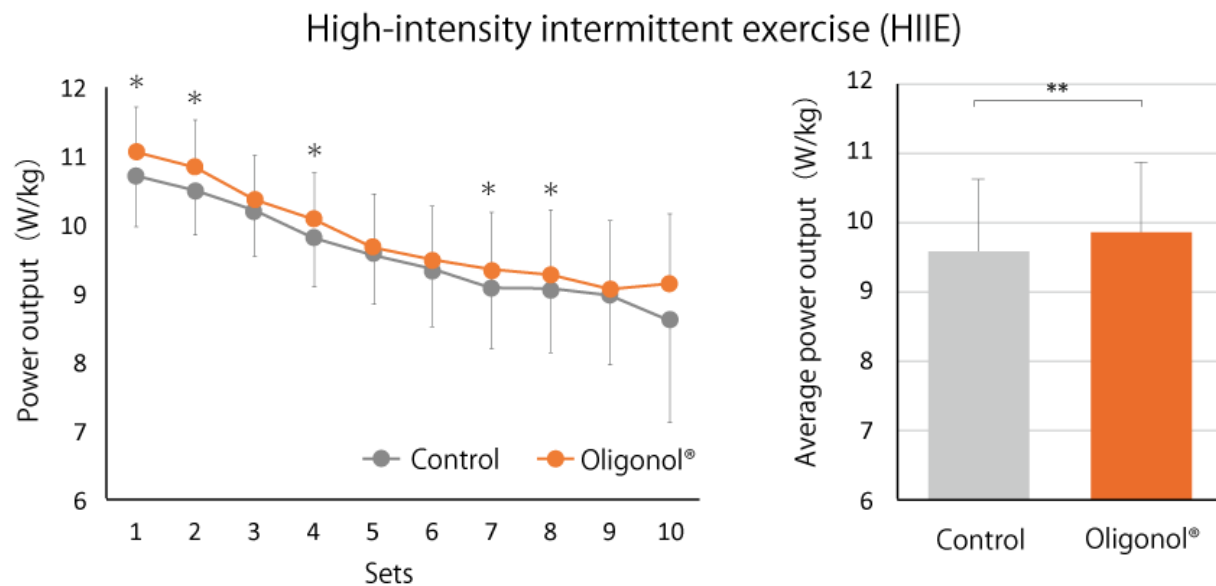
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Oligonol® showed significant suppression of the accumulation of blood lactic acid thought EN contribute to fatigue and a decrease in power output during exercise. These effects are supposed to be related to the increase in biological antioxidant potential (BAP) and/or the increased efficiency of aerobic energy metabolism by Oligonol® intake.



Aki Kawamura *et al.*, *Physical Activity and Nutrition*. 25(3):8-15 (2021)

Clinical study

Design: Open-labeled trial consisting of non-intervention and intervention manner

Subjects: 10 healthy male athletes (21.5 ± 0.81 years old) belonging to sports teams

Group: Oligonol® and non-intervention periods

Dose and period: Oligonol® 200 mg/day for 7 days after 7 days washout period

Endpoints: Power output, blood lactate levels, levels of reactive oxygen metabolites (diacron-reactive oxygen metabolites [d-ROMs]), BAP, and heart rate



The Science Behind Amino Up's Functional Ingredients

blood lactic acid levels, and main AHCC® Oligonol® ETAS® Perilla Extract NEWS
as related to aerobic energy metabolism
during high-intensity intermittent exercise. In addition, BAP also showed a tendency JP EN
to grow.

Oligonol® enabled to keep running for longer time by suppressing rapid increase of lactic acid.

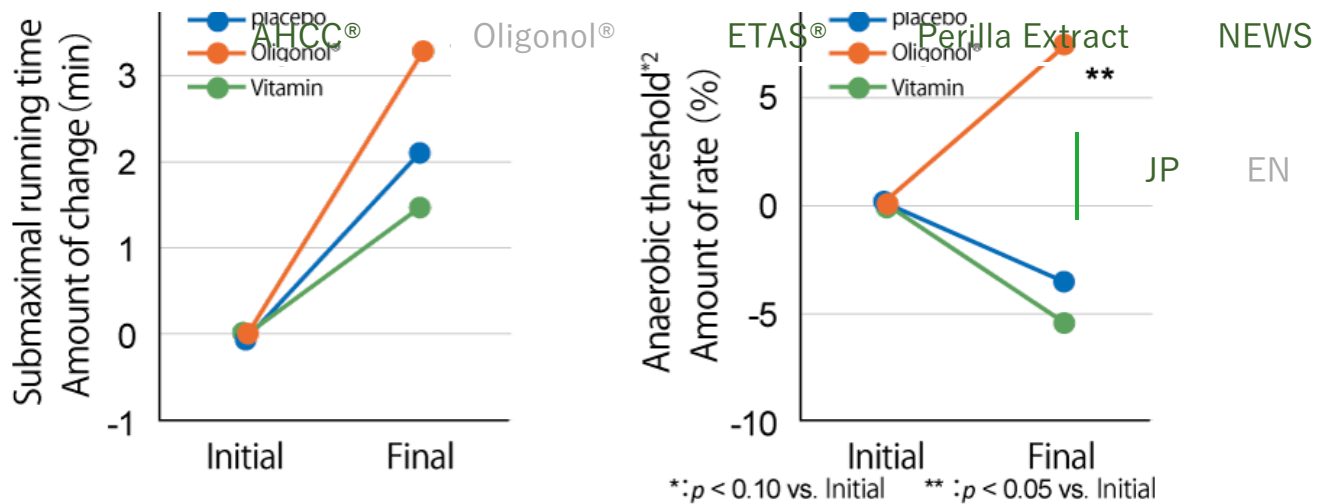
Enhancement of endurance to maintain exercise performance contributes to keeping up motivation during exercise and increasing training efficiency.

This study examined if Oligonol® could be effective in improving endurance during exercise. When healthy and regularly exercising male subjects received Oligonol® during exercise, they could run for a longer time period and endurance-related parameters were upregulated. Thus, it was demonstrated that Oligonol® might be useful to enhance training efficiency and performance through prolonging exercise performance.



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The Science Behind Amino Up's Functional Ingredients



Seung Wan Kang *et al.*, *Journal of Clinical Biochemistry and Nutrition*, 50(2): 106-113 (2012)

Clinical study

Design: A randomized, double-blind, placebo-controlled trial

Subject: 70 healthy and regularly exercising male volunteers (20-65 years old)

Groups: Oligonol® (n=24), vitamins C and E (n=24), and placebo (n=22)

Doses and period: Oligonol® 200 mg/day, vitamin C 800 mg/day + vitamin E 320 IU/day, or dextrin 200 mg/day (placebo) for 30 days

Endpoints: Endurance of exercise capacity

Results

Oligonol® significantly elevated the submaximal running time^{*3} and increased the anaerobic threshold^{*4}. Since the Oligonol® group showed different actions from the vitamins group, the endurance-promoting effect of Oligonol® may not only directly come from the scavenging of free radicals but also may be attributed to other non-antioxidant properties of polyphenols.





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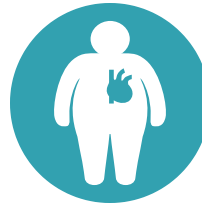
Study Results



Sport and Exercise



Blood Flow



**Metabolic Syndrome
and Aging**



Beauty



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