

nektium

29 January 2024

PRESS RELEASE

Zynamite® plus quercetin shown to boost athletic performance in high-level basketball players

New study demonstrates players were faster and had reduced perceived exertion

A supplement containing Zynamite® and quercetin delivered significant improvements to athletic performance in an independent scientific study featuring national-level basketball players in Greece.

The double-blind study, published by Nutrients in January 2024, examined the effects of consuming Nektium's award-winning Zynamite® mango leaf extract with quercetin an hour before intermittent high-intensity exercise. Thirty-eight male basketball players from Greece's top three national leagues took part, with each completing 24 circuits of 30-second activities.

The study measured various performance metrics during exercise and compared the results to both a baseline and a control/placebo group. Participants in the supplement group were faster, showing a statistically significant improvement in their mean circuit lap time compared to those in the placebo group. The supplement group also showed a significant reduction in their subjective rating of perceived exertion, which is used to assess overall muscular effort and fatigue.

The study, carried out by academic researchers, adds to a substantial body of evidence showing the benefits of Zynamite® combined with quercetin – a synergetic combination commercially available as Zynamite® PX.

Zynamite® is Nektium's patented mango leaf extract for mental and physical stimulation, offering similar benefits to caffeine but without side effects such as jitters and energy crashes.¹ It has been shown to reduce mental fatigue, increase brain activity and improve reaction time.² Zynamite® PX was developed specifically for sports nutrition and has been shown to support athletic performance in both men and women when taken before exercise. Research has demonstrated that it can enhance maximal oxygen uptake and peak power output during sprinting³ as well as accelerating recovery and reducing muscle pain and damage.⁴

In 2023, a study published in *Nutrients* also revealed that Zynamite® PX has exercise-mimetic properties, triggering a biochemical response in skeletal muscle fibres at rest that is similar to that elicited by regular exercise.⁵

Bruno Berheide, Nektium's Commercial & Partnership Director said: "Suitable for both pre-workout and post-workout formulations, Zynamite® PX is a natural sports nutrition ingredient that benefits both brain and body. It acts fast to improve peak power output, reduce pain perception, and improve brain oxygenation during physical activity as well as reducing lactate build-up and accelerating recovery after physical exercise. This new, independent study featuring professional basketball players now adds further evidence of the synergetic advantages of mango leaf extract and quercetin for elite athletic performance."

The full study, 'Effects of a Singular Dose of Mangiferin-Quercetin Supplementation on Basketball Performance: A Double-Blind Crossover Study of High-Level Male Players', can be viewed here: <https://pubmed.ncbi.nlm.nih.gov/38201999>

ENDS

For more information please contact:

Robin Hackett, Ingredient Communications

Tel: +44 (0) 7507 277733 | Email: robin@ingredientcommunications.com

About Nektium

Based on the island of Gran Canaria, Spain, Nektium specialises in the supply of branded and generic botanical ingredients of the highest quality. The business was born out of two friends' shared passion for the phytochemistry and pharmacology of botanicals and their applications in health and wellness. When it was first established in 1997, little was known about many of these botanical extracts, but the team at Nektium made it their mission to explore and unleash their potential health benefits. Today, the company is still defined by this solid foundation of dedicated relationships and its love for nature and research. Nektium's flagship products are Zynamite®, a proprietary mango leaf extract (*Mangifera indica*), Rhodiolife®, a rhodiola plant extract (*Rhodiola rosea*) as well as Xanthigen®, a proprietary botanical blend for weight management.

-
- ¹ Dou, W. et al. 'Mangiferin attenuates the symptoms of dextran sulfate sodium-induced colitis in mice via NF- κ B and MAPK signaling inactivation' *International Immunopharmacology* (2014)
 - ² Wightman, E.L. et al. 'Acute Effects of a Polyphenol-Rich Leaf Extract of *Mangifera indica* L. (Zynamite) on Cognitive Function in Healthy Adults: A Double-Blind, Placebo-Controlled Crossover Study' *Nutrients* (2020)
 - ³ Gelabert-Rebato, M. et al. '*Mangifera indica* L. Leaf Extract in Combination With Luteolin or Quercetin Enhances VO₂peak and Peak Power Output, and Preserves Skeletal Muscle Function During Ischemia-Reperfusion in Humans' *Frontiers in Physiology* (2018)
 - ⁴ Martin-Rincon, M. et al. 'Supplementation with a Mango Leaf Extract (Zynamite®) in Combination with Quercetin Attenuates Muscle Damage and Pain and Accelerates Recovery after Strenuous Damaging Exercise' *Nutrients* (2020)
 - ⁵ Martinez-Canton, M. et al. 'A Mango Leaf Extract (Zynamite®) Combined with Quercetin Has Exercise-Mimetic Properties in Human Skeletal Muscle' *Nutrients* (2023)