Oligonol Could Reduce Sweat Production when Exercising*

By: Shoshana Pritzker RD, CDN

We all do it. Sweat that is. It may show up at the most inopportune times or cause you to feel uncomfortable in all the wrong places, but it's bound to happen, especially during exercise and high stress situations where your core body temperature increases. There are not many options available for sweat reduction, well besides costly Botox injections – until now.

A recent study published in the Journal of Medicinal Food studied the effects of Oligonol supplementation on sweat production after heat load in human volunteers. Oligonol is a polyphenol derived from lychee fruit that has anti-inflammatory and antioxidant properties powerful enough to provide excellent weight loss and anti-aging benefits. When scientists looked at Oligonol for sweat and heat reduction, the results were promising.*

Sweating is a direct response to external or internal rise in temperature, or heat. It's the body's way of cooling down. Sweat happens primarily when there's a change in skin temperature, however, there are other ways to increase your body's sweat production such as exercise, stress or hydration status. If we sweat too much without replacing those fluids, we can upset electrolyte and hormonal balances.

Though most of us strongly dislike sweating, it's an important function of the human body. But what if we could reduce core temperature and sweat less?

Scientists felt that if they could reduce heat production, subjects would sweat less and maintain hydration status for longer. With nineteen healthy college-age male students, they went straight to the lab. First they measured the sweat rate and hydration status of each volunteer to find baseline before and after being subjected to the heat load (in a thermoneutral climate chamber). Then the subjects were instructed to take 200 mg per day of Oligonol (the pre-determined safe dose of Oligonol) or placebo for 1 week. Heat load was again tested after the supplementation period.

Overall, the Oligonol group exhibited whole body benefits over the placebo group. Not only were internal and external temperatures in the Oligonol group lower, so was sweat production. These findings indicate that Oligonol supplementation may be a good natural way to help control body temperature and sweat loss.*

What does this mean for athletes?

Athletes spend a lot of time exerting energy and sweating. Pair the two and you're looking at a greater risk of dehydration and impaired performance. If you can stay cooler and hydrated for longer, inevitably the athlete should be able to perform better, for longer.

The key point to remember with Oligonol is not that it helps reduce sweating, but that it keeps your core and skin temperature regulated.* When your body temperature rises during exercise, you begin to sweat which leads to body fluid imbalances and risk of dehydration, reducing performance on the field and can even result in heat exhaustion.

The results of the Oligonol supplementation study showed that Oligonol reduced whole-body sweat production, fluid loss and regulated body temperature when subjects were exposed to a heat source.* With adequate water intake and Oligonol supplementation, athletes can boost their performance in high heat and high stress situations.* Sounds like a win-win; athletes can safely play harder for longer without dripping with sweat.

About the Author

Shoshana Pritzker, RD, CDN, is a Long Island based Registered Dietitian with a passion for health and fitness. Shoshana specializes in weight loss, sports nutrition, supplementation, pre- and post-natal nutrition, pediatric nutrition, pediatric sensory nutrition, gastrointestinal nutrition therapy and the FODMAP diet, meal planning, recipe development and analysis, and corporate wellness.