

Oligonol®

A Beverage Game Changer

Bioavailability of polyphenols

Polyphenols vary dramatically in their bioavailability. According to Dr. Robert Hackman, a researcher at UC Davis who has studied polyphenols for many years, bioavailability “is not a matter of what gets in your mouth - it’s a matter of what gets in your blood.” Flavanols are a subgroup of polyphenols, shown to have anti-inflammatory and anti-oxidation properties. Most importantly, flavanols are among the most bioavailable polyphenols because of the presence of short-chain as well as long-chain molecules. The shorter the chain, the lower the molecular weight and the higher the bioavailability.

Oligonol is a flavanol-rich natural ingredient that is derived from both lychee fruit and green tea. Thanks to a proprietary technology, it contains a higher content of short-chain molecules than any other flavanols. Comparison studies have shown that Oligonol has three times higher an impact on the body as many popular flavanols, such as cocoa, grape seed, and maritime pine bark.

Oligonol for an active lifestyle

Oligonol is traditionally delivered in a capsule form, ideal for supplements, however there are a wider variety of applications that this innovative ingredient has to offer. Oligonol is water-soluble, so it can also be offered in a liquid form which allows for a demonstrably higher bioavailability.

A clinical study showed that the maximum blood concentration of flavanols and antioxidant capacity (C_{max}) was doubled in the groups that took Oligonol dissolved in a drink compared to the groups that took Oligonol in a hard capsule form. This shows that Oligonol in a liquid form could offer a higher bioavailability than the conventional delivery form of Oligonol in a hard capsule.



People with active lifestyles, including athletes and outdoor enthusiasts, could benefit from Oligonol in a beverage application for many reasons:

- A beverage is more convenient to consume during athletic activities than it would be to take capsules
- Oligonol in liquid form has shown to have two times higher bioavailability than Oligonol in a capsule

These unique characteristics of Oligonol allow it to be an excellent beverage choice for anyone with an active lifestyle.

For athletes

At the end of the 52-day trial of a clinical study conducted on male and female athletes, the Oligonol group reported improvements in recovery from fatigue, mental clarity, quality of sleep, eye fatigue, and stiffness in the shoulders compared with the regular lychee group. They also had lower urine levels of 8-OHdG, which is a marker for physical and mental fatigue.

Additional clinical studies showed that Oligonol consumption suppressed the inflammation and tissue damage caused by high-intensity exercise training.



For outdoor enthusiasts

A new placebo-controlled clinical study has shown that the body temperature and whole-body sweat loss volume were both significantly lower in the Oligonol group than in the placebo group after heat load by submersion of body in hot water. There is also tentative evidence suggesting that Oligonol may help the body flush out toxins in high heat conditions.

Conclusion

In summary, Oligonol delivered in a beverage can be absorbed as fast as conventional hard capsule formula, with twice as much high bioavailability. Athletes and people with an active lifestyle could benefit from drinking an Oligonol drink thanks to its ability to improve athletic performance and tolerance of extreme climatic condition.

