



WATTS' UP[®]

服用柑橘类产品使运动效果更佳

我们的使命..

BioActor研发临床验证和创新的健康原料，用于膳食补充剂、药物营养治疗和保健食品，解决长期性的健康问题和提升幸福感。

我们致力于..

健康老龄化；骨骼健康；心血管健康；活力与认知；消化与免疫系统健康

运动效果；能量代谢；耐力；运动恢复

与顶级研究机构和体育实验室合作



健康老龄化研究

- 由内部临床研究团队进行管道刺激
- 通过GCP试验进行临床研究
- 与马斯特里赫特UMC医院紧密合作进行微生物研究

运动效果研究

- 新一代运动营养成分
- 内部的体育运动科学家团队
- 经运动员验证的功效
- 正在与TOPSPORT Limburg和马斯特里赫特大学运动科学系开展合作



让你的每一次呼吸都充满力量..

BioActor



WATTS' UP[®]

- **活性成分:** 甜橙提取物, 最具活性的芸香糖苷异构体
- **清洁标签:** 纯天然成分, 味道纯正
- **临床证明:** 2项临床研究证明可以增强训受训运动员的力量
- **迅速吸收:** 极好的生物利用度
- **独一无二的:** 专利保护。



荷兰奥委会TOPSPORT实验室进行的临床研究



INNOSPORTLAB
PAPENDAL
INNOVATIE IN TOPSPORT

选择研究搭档：让研究更贴近运动员！

临床研究 → 专研能量和用氧量

对39名不同运动背景的运动员进行了一项随机、双盲、为期四周的研究
(54%来自耐力运动背景, 46%来自间隔运动背景)

N = 19

WATTS' UP[®]

500 mg

N = 20

安慰剂

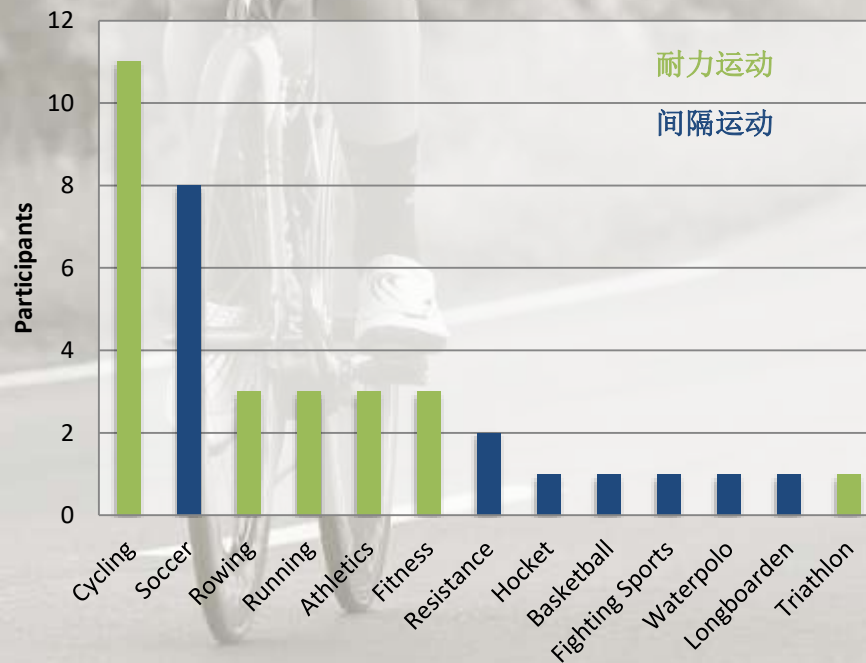
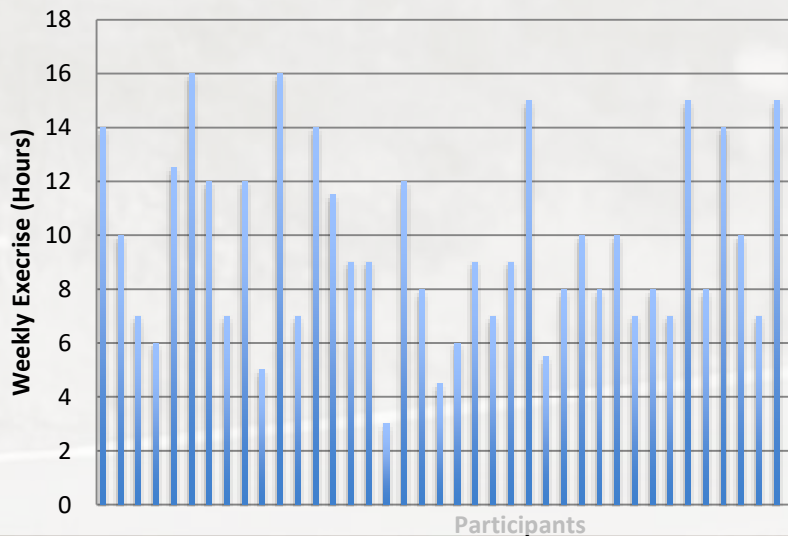
500 mg

测力计计时测验
功率测量(Watt) & VO₂耗氧量

在训练有素的运动员身上进行测试

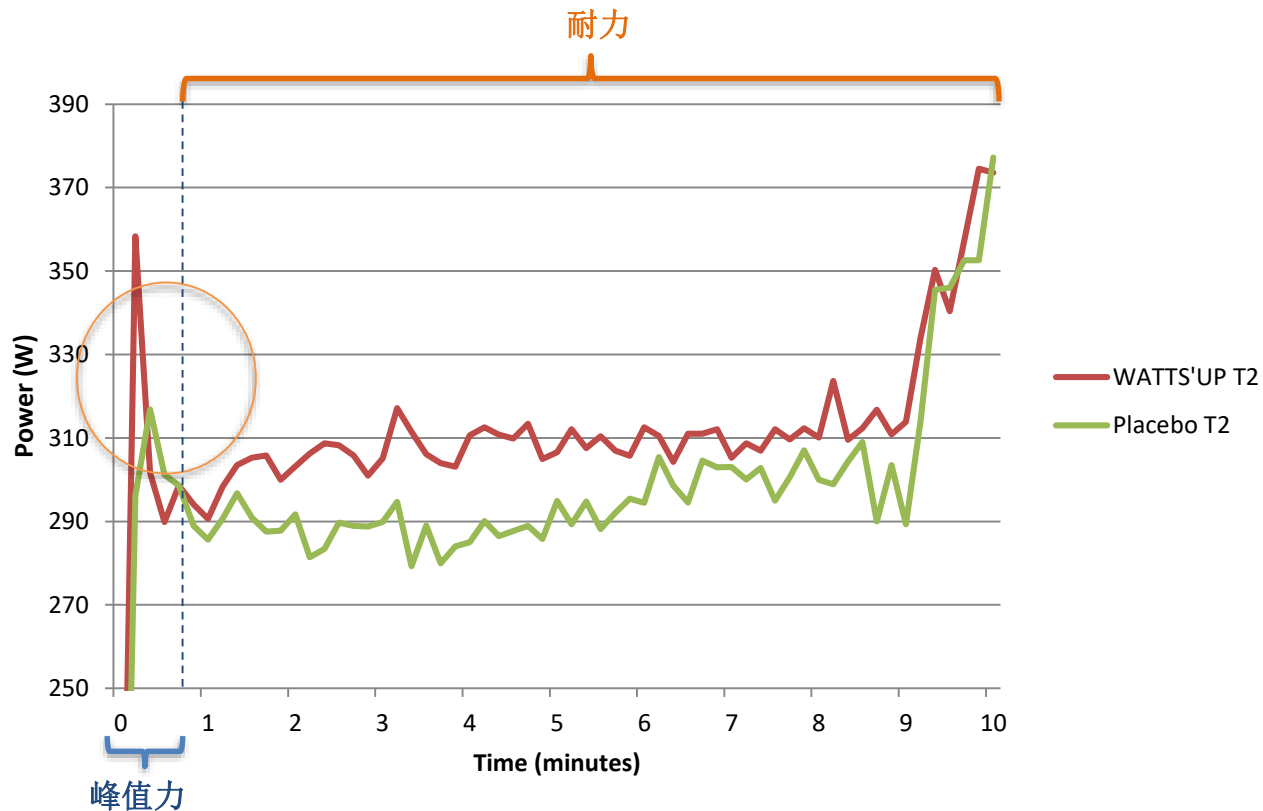
研究对象:

- 耐力运动 (54%) & 间隔运动 (46%)
- 训练水平: >9,5 hrs/wk



开始时厌氧源动力
强劲增加，随后是
持续的好氧源动力

WATTS'UP® vs placebo 在全面的性能测试中的情况

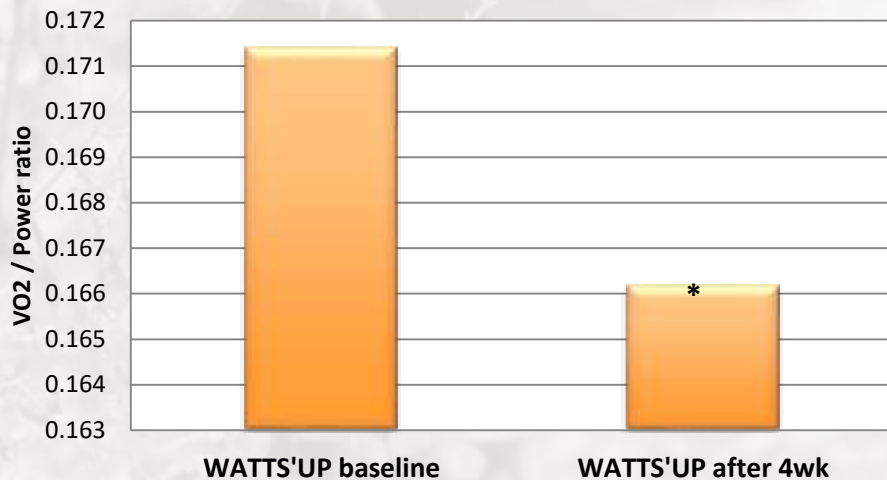


力量/耐力显著提高

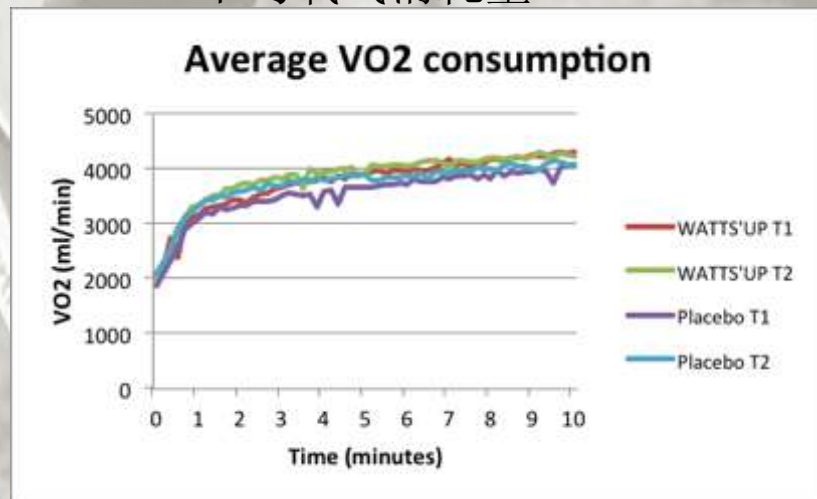
耗氧量/能量比率；

- 在恒定的耗氧量水平产生更多的能量
- 每单位的氧气产生更多的能量
- 提高氧气利用率

基线和干预4周之后耗氧量/能量比率



平均氧气消耗量



提高氧气利用率：让每单位氧气产生更多能量！

Research article

Citrus Flavonoid Supplementation Improves Exercise Performance in Trained Athletes

Elvera Overdevest ¹, Jeroen A. Wouters ¹, Kevin H.M. Wolfs ², Job J.M. van Leeuwen ² and Sam Possemiers ²✉

¹Team NL Innovation Center, Sportcentrum Papendal, Arnhem, The Netherlands; ²BioActor BV, Maastricht, The Netherlands

Abstract

Previous studies have shown that polyphenol supplementation may be an effective strategy to improve exercise performance, due to their antioxidant character and ability to stimulate NO production. These properties may contribute to exercise performance, yet no conclusive research has been performed in exploring the direct effects of citrus flavonoids on human exercise performance. Therefore, the purpose of this study was to assess whether supplementation of a customized citrus flavonoid (CF) extract for 4 weeks improves cycling time-trial performance in trained male athletes. In a double-blind, randomized, parallel study, 39 healthy, trained males were given a daily dose of either 500 mg of a customized citrus flavonoid extract (CF) or a placebo for 4 weeks. Exercise performance was tested by means of a time-trial test on a cycle ergometer, during which participants had to generate as much power as possible for duration of 10 minutes. Absolute power output significantly increased with 14.9 ± 3.9 W after 4 weeks of CF supplementation, corresponding with a 5.0% increase, compared to 3.8 ± 3.2 W (1.3% increase) in placebo ($p < 0.05$). In addition, oxygen consumption/power ratio significantly decreased in the CF group compared to placebo ($p = 0.001$), and a trend was found in the change in peak power output in CF (18.2 ± 23.2 W) versus placebo (6.24 ± 17.6 W) ($p = 0.11$). The present study indicates

ROS production, leading to muscle fiber damage, which eventually results in muscle fatigue (Peternelj and Coombes, 2011). However, there is growing evidence suggesting that the presence of a small stimulus, like low concentration of ROS, is able to express the transcription of major antioxidant genes. Enzymes like superoxide dismutase (SOD) and glutathione are important antioxidant defenses that protect cells from ROS-induced oxidative stress (Masella et al., 2005). Moderate exercise acts as a stimulator of the body's antioxidant defenses against oxidative damage (Gomez-Cabrera et al., 2008; Powers et al., 2011). The correlation between oxidative damage and muscle fatigue could be an important strategy for nutritional interventions to increase exercise performance. Antioxidant supplementation may be an effective strategy, considering the reactive oxygen species (ROS) scavenging effects that could lead to a reduction in muscle damage caused by prolonged exercise (Myburgh, 2014; Sachdev and Davies, 2008).

Polyphenols, including flavonoids derived primarily from fruits, have been of interest due to their antioxidant and anti-inflammatory effects (Masella et al., 2005). Previous studies showed that polyphenols derived from



试验中心：

荷兰Topsport Limburg，

主要研究者：

Dr. Freddy Troost，前半职业自行车运动员

马斯特里赫特大学健康食品创新管理学院院长

第二项临床研究：峰值力

对93名年龄在18至35岁的男女运动员进行一项随机、双盲、平行、为期4周的研究，
运动员为中等训练水平(每周训练4小时)

wattbike



N =
31

400 mg

N =
31

500 mg

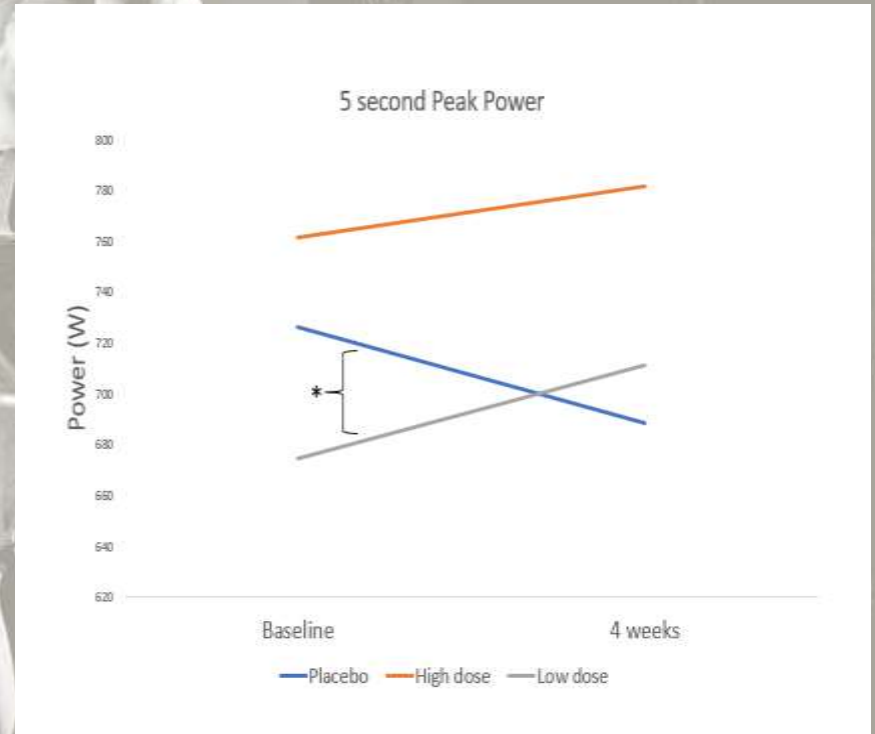
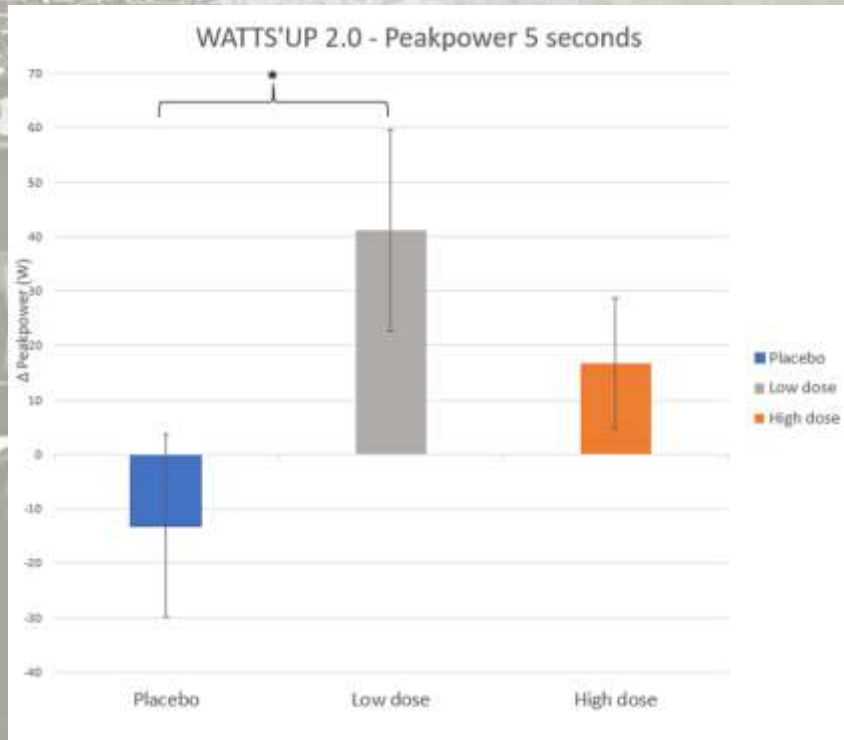
N =
31

Placebo

500 mg

温盖特厌氧测试：
在Wattbike®上测量30秒内的峰值力输出
(WATT)

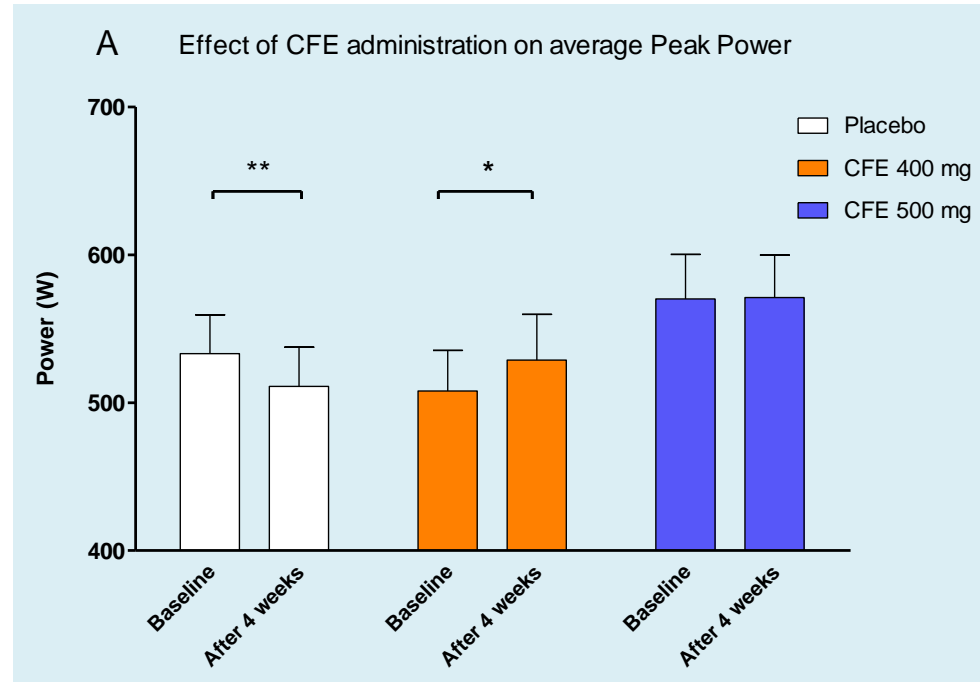
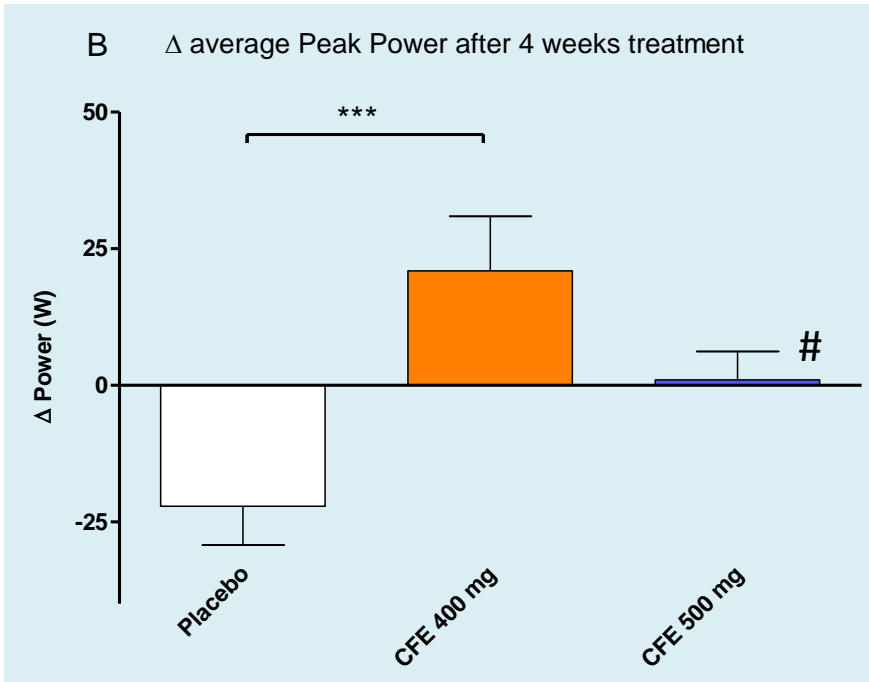
WATTS'UP®



WATTS'UP组的峰值输出功率明显更高 ($p < 0,05$)

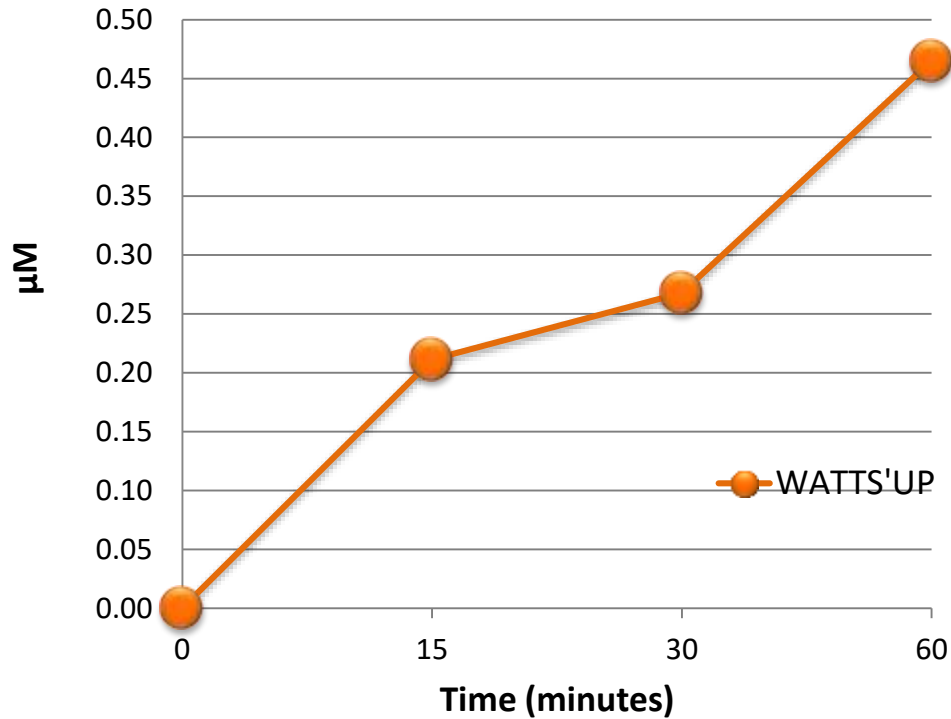
WATTS'UP提供了力量运动和阻力训练所需的额外力量

新的临床研究- 平均无氧功率



平均无氧功率（30秒）：
400mg的WATTS'UP组则高出4%（ $p < 0,01$ ）

口服500mgWATT'S UP后的生物利用度



在摄入后几分钟内WATT'S UP就会被身体吸收

→ 快速作用!

立刻吸收WATT'S UP®, 从一开始就提升你的表现!

监督管理：Health Canada

加拿大健康声明：

- 运动支持或锻炼/ 运动补充

- 有助于训练有素的男性运动员在运动中提高身体活动能力。



Product Licence Licence de mise en marché

Product Number/Numéro de produit: 80090164

Brand Name/Marque nominative: WATTS-UP®

Issued to/Émise à:

Name of licensee/Nom du titulaire:

CK Ingredients Inc.
460 Wyecroft Road
Oakville, Ontario, L6K 2G7
Canada

Authorized for the following/Autorisé pour ce qui suit:

Dosage form/Forme posologique: Capsule

Recommended route of administration/Voie d'administration recommandée:

Oral

Recommended dose/Dose recommandée:

Adults : Take one capsule daily.

Recommended duration of use/Durée d'utilisation recommandée:

For physical performance/Athletic support, use for minimum 4 weeks to see beneficial effects.
For prolonged use, consult your health care practitioner.

Recommended use or purpose/Usage ou les fins recommandés:

Athletic support or Workout/Exercise supplement.
Helps improve physical performance during exercise in trained male athletes.
Provides antioxidants that helps cells fight against the oxidative effect of free radicals and that helps protect cell and reduce the oxidative damage and cell damage caused by free radicals.

监督管理

- **非新颖性食品地位:** WATTS'UP (橘皮苷) 提取物在欧盟是一种“非新颖”的膳食补充剂
- 大众安全健康食品地位
- **反兴奋剂:** 气相色谱质谱联用仪&液相色谱质谱联用仪
- 无刺激, 不含辛弗林
- 符合清真食品认证和犹太洁净食品认证



UKAS Testing Laboratory No: 1187

LGC
Newmarket Road
Fordham
Cambridgeshire
CB7 5WW
UK

Tel: +44 (0)1638 720500
Fax: +44 (0)1638 724200
Email: info@lgcgroup.com
www.lgcgroup.com

Date Issued: 16 October, 2018

CERTIFICATE OF ANALYSIS: 143953

LGC Supplement Screen

Consignment Number:

dpd 159768130846935

Delivery Date:

18 September, 2018

Date Analysis Commenced:

18 September, 2018

Purchase Order Number:

N/A

Product:	Watts' Up	Pack Size:	
Flavour:		Programme:	Custom
Batch No:	018B0327	Sample Type:	Routine
Batch Expiry:	02/07/2023	LGC Reference:	1034234

The sample was analysed using documented LGC screening methods for the compounds specified within the Testing Specification: Nutritional Supplements V1.

GCMS:

None were found.

LCMS:

None were found.

提供更好的产品样式

WATTS & MINERALS
ELECTROLYTE DRINK TABLETS

BORN

让你的每一次呼吸都充满力量..



营销&规划

耐力/能量





营销&规划

耐力/能量



Race PERFORMANCE

WATTS' UP®

 KSM-66
Ashwagandha®
WORLD'S BEST ASHWAGANDHA



LATEST LAUNCH IN US

WATTS' UP



FLEX SERIES

受到奥林匹亚先生大赛212
Flex Lewis的高度青睐

“训练中可用”产品，更
好地支持任何高水平运动
员的需要

Energan



The logo for BioActor features the word "Bio" in white on a dark green square background, followed by "Actor" in a bold, orange, italicized sans-serif font.

Science Based, Naturally



Brightlands Health Campus
Gaetano Martinolaan 85
6229 GS Maastricht
The Netherlands

电话+31 6 1173 4108

传真+31 43 388 58 89

网址 www.bioactor.com

邮箱 info@bioactor.com



在领英上关注我们