

**MN MARNYS®**  
**SPORTS**  
 NATURAL NUTRITION

**POWER**



**NATURAL CAFFEINE**

**B COMPLEX**

**PRE**

**ENERGY**  
 SHOT

**START UP WITH POWER**



Natural Chocolate  
 and Hazelnut Flavour



SUITABLE  
 FOR VEGANS

NO ARTIFICIAL COLOURS OR FLAVOURS



**NATURAL STIMULANT COMPLEX**



**MENTAL CONCENTRATION**

# 7 ENERGY SHOT

Its exclusive formulation of stimulant and vitamin complexes maximises the activity, performance and mental concentration in a single dose.



## MAIN BENEFITS

- ▶ IT FAVOURS THE STIMULATION OF THE CENTRAL NERVOUS SYSTEM, DUE TO ITS NATURAL STIMULANT COMPLEX, CONTRIBUTING TO THE INCREASE OF ALERTNESS AND CONCENTRATION.
- ▶ IT RELIEVES FATIGUE THROUGH THE ACTION OF ITS 7 VITAMINS OF B COMPLEX (B2, B3, B5, B6, B7, B9, B12).
- ▶ IT IMPROVES THE PSYCHOMOTOR CAPACITY, ELEVATING THE PHYSICAL PERFORMANCE.
- ▶ IT MAINTAINS THE GLYCAEMIC LEVEL THROUGH FRUCTOSE, WHICH PROVIDES A CONSTANT SOURCE OF ENERGY.
- ▶ TAKE IT WITH YOU!  
CONVENIENT DOSAGE: 1 DRINKABLE VIAL PER DAY



# ACTION OF INGREDIENTS

## NATURAL CAFFEINE

NO GMO

It modulates neurotransmitter activity, **improving alertness, attention level and cognitive functions, decreasing the sensation of effort and fatigue.**<sup>7,13,21,23</sup>

## MAGNESIUM (Magnesium Citrate)

- It regulates Calcium homeostasis, **facilitating muscular relaxation, avoiding spasms and cramps.**

- It modulates the transmission of neurotransmitters, **reducing tissue stress in terms of inflammation and free radicals.**<sup>5,6,10,15</sup>



## GINSENG\*\* (*Panax ginseng*)

Minimum content of 10% of ginsenosides (Rg1, Re, Rf, Rb1, Rb2, Rc, Rd).

It acts at the **level of the Nitric Oxide route, contributing to the optimisation of the cognitive function, due to the anti-fatigue and anti-stress effect** and protecting from oxidation, avoiding damage to tissues and organs.<sup>3,18</sup>

## TAURINE

It facilitates **the optimal oxidation of fatty acids** for energy generation, cell volume regulation, **Ca<sup>2+</sup> dependent excitation-contraction processes** for maximum strength development and **modulation of nerve excitation potential.**<sup>17,20</sup>

## B COMPLEX\*

▪ It modulates the **metabolism**, in general, of sugars, fatty acids, amino acids and proteins, contributing to balance **the energy level** in tissues and organs, especially for **the muscle function.**

- It contributes to the **production and transmission of neurotransmitters.**

## THEOBROMINE\*\*

(Source: cocoa powder)

It modulates **Calcium activity as well as neurotransmitters**, improving the surveillance status, **mood, and concentration levels.**<sup>3,14</sup>

### \* Sources of B vitamins:

B1-Thiamine (Thiamine monohydrate)

B3-Niacin (Nicotinamide)

B5-Pantothenic acid (Calcium pantothenate)

B6-Pyridoxine (Pyridoxine hydrochloride)

B7-Biotin (D-biotin)

B9-Folic Acid (Folic acid)

B12-Cobalamin (Cyanocobalamin; origin: fermentation)

### \*\* Natural Stimulating Complex



# 7V ENERGY SHOT has proven that:

**1.** It optimises the use of energy substrates, improving the performance in prolonged exercises. <sup>1,12,14,20,21,23</sup>

► The use (oxidation) of fats was 16% higher in cyclists who consumed Taurine compared to placebo, 1h before a 90-minute exercise. TABLE 1

**2.** It improves the cognitive function: attention, problem solving, motor velocity, long-term memory and inter alia, facilitating the performance of the physical activity. <sup>2,5,8,9,13,14,16</sup>

► Energy use was significantly higher with caffeine versus placebo. TABLE 2

► The processing of visual information was increased with a dose of 200 mg of ginseng versus glucose, placebo, or their combination. TABLE 3

► Efficiency in the detection of visual signals. TABLE 4

TABLE 1

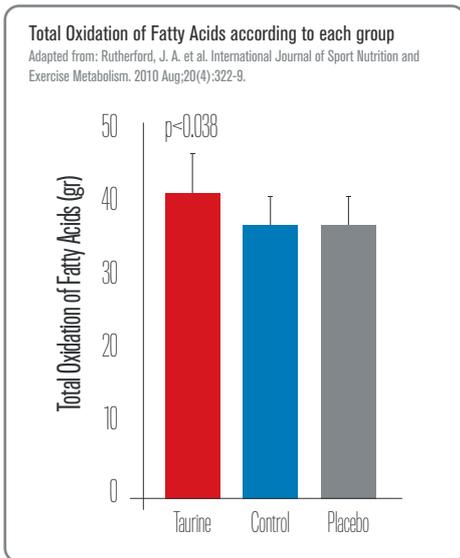


TABLE 2

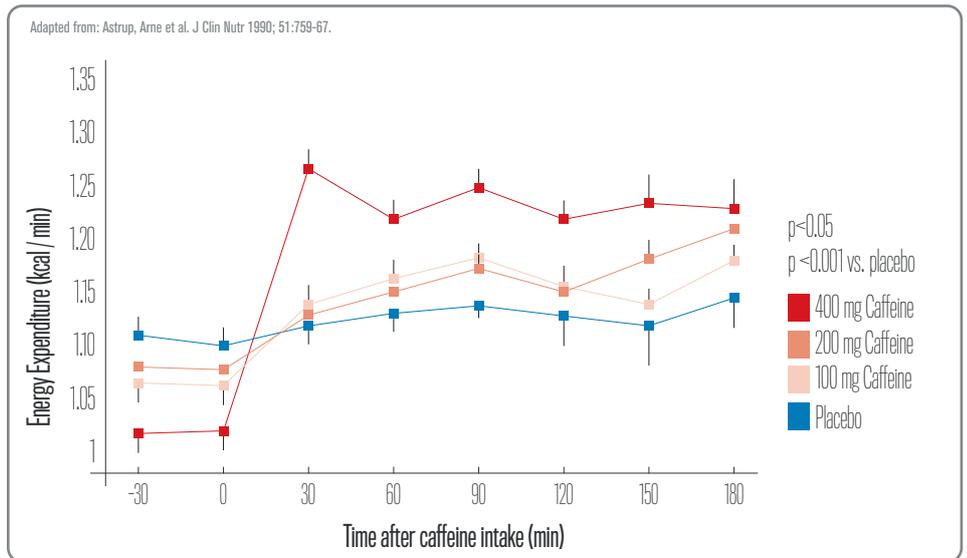


TABLE 3

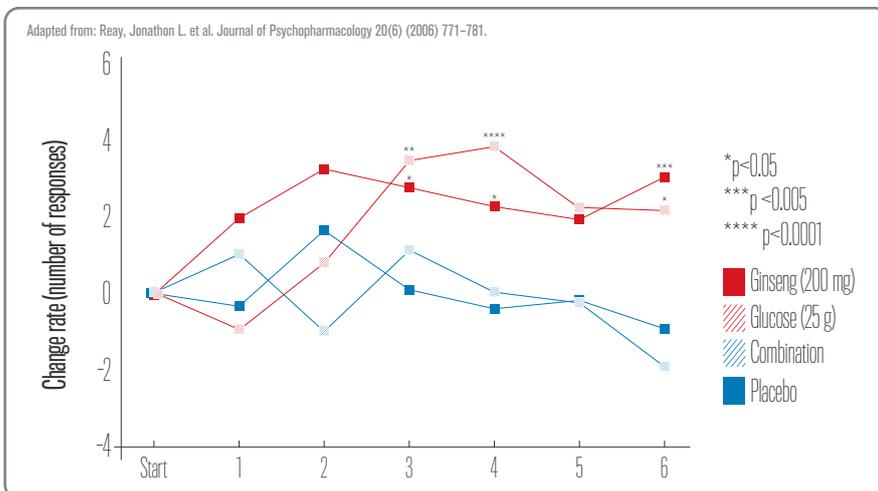
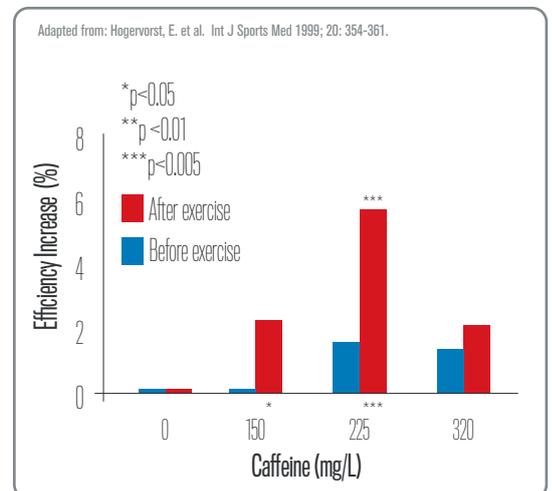


TABLE 4



**Caffeine consumption is very common among the general population, and as it is well known, it increases attention, psychomotor ability and cognitive function.**

Stress is the reaction of the body to any change that requires a physical, mental, and emotional adjustment or response that helps in the overcoming of the challenges (i.e. practicing sports, taking an academic test, driving on the road), keeping the individual energetic, focused, and alert, triggering hormonal mechanisms that affect the cardiovascular, respiratory, and muscular systems, and inter alia. Different metabolic pathways are activated, such as: lipid peroxidation, nitric oxide route, glucose transformation ..etc., which contribute to the optimisation of the performance of daily or extraordinary activities.



Many sports are performed in a dynamic and constantly changing environment. Players must take optimal decisions as quickly as possible under conditions of physiological stress, which lead to the unbalance of the metabolic processes at the cerebral, cardiovascular and muscular levels. Cognitive function is therefore an important determinant of performance, whereas high level cognitive skills are required during exercise.

The use of stimulants for the increase of the performance is a very common practice. This use is not only for the purpose of increasing sports performance, but also for the purpose of improving intellectual processes, concentration and motivation. Improving cognition outside a sports setting is an aid for the maintenance of the attention and optimisation of cognitive processes, which makes it interesting for students, intellectuals and in the case of situations that require a high degree of concentration, such as driving vehicles on long journeys or during the night.

Food supplements rich in caffeine, phenolic compounds and saponins, have been shown to favour and modulate the physiological response due to the:

- Decrease of the risk of cardiovascular events and the development of metabolic syndrome
- Inhibition of the oxidation of LDL-cholesterol
- Increase of antioxidant capacity

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**In physical activity, in exercises of high intensities, it has been shown that caffeine increases performance by up to 20% with respect to the time of exhaustion, improving the performance. The main effect was attributed to the action of the fatty acids of the adipose tissue (or body fat) that are able to enter the blood stream, allowing the body to "save" the precious muscle glycogen and delaying the appearance of the central fatigue.**

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# 7 ENERGY SHOT

## START UP WITH POWER

 SUITABLE FOR VEGANS  
NO ARTIFICIAL COLOURS OR FLAVOURS

30 VIALS  
x 25 ml

PRE



Natural Chocolate  
and Hazelnut Flavour



**DIRECTIONS FOR USE:** Take 1 vial (25 ml) per day for maximum energy. Do not exceed 1 vial per day (200 mg caffeine). Shake well before use.

**INGREDIENTS:** Purified water, fructose, taurine, fat-reduced cocoa powder, magnesium citrate, ginseng (*Panax ginseng*) extract, natural caffeine, riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), vitamin B6, biotin (vitamin B7), folic acid (vitamin B9), vitamin B12, natural flavour (hazelnut), sweetener (sucralose), thickener (xanthan gum) and preservative (potassium sorbate).  
\*Sugar = Fructose.

Contains caffeine (200 mg/vial).  
Not recommended for children or pregnant women.

ACTIVE INGREDIENTS:	Per vial (25 ml):	Per 100 ml:
Natural caffeine	200 mg	800 mg
Natural stimulant complex*	300 mg	1200 mg
Taurine	1000 mg	4000 mg

\* Stimulant complex: Ginseng (*Panax ginseng*) and theobromine (from cocoa)

Vitamins and Minerals:	%NRV
Vitamins: B2 (1.4 mg), B3 (16 mg), B5 (6 mg), B6 (1.4 mg), B7 (50 µg), B9 (200 µg), B12 (2.5 µg)	100
Magnesium (56 mg)	15

%NRV (nutrient reference value)

NUTRITIONAL FACTS:	Per vial (25 ml):	Per 100 ml:
Energy (kJ/kcal)	96 / 23	383 / 91
Fat, of which	0.1 g	0.2 g
Saturates	< 0.1 g	0.1 g
Carbohydrate, of which	5.6 g	22 g
Sugars	5.0 g	20 g
Protein	0.1 g	0.5 g
Salt	< 0.01 g	< 0.01 g

1. Astrup, Arne et al. Caffeine: a double-blind, placebo-controlled study of its thermogenic, metabolic, and cardiovascular effects in healthy volunteers. *J Clin Nutr* 1990; 51:759-67. // 2. Ball, G.F.M. *Vitamins: Their Role in the Human Body*. Blackwell Publishing Ltd, 2004. ISBN 0-632-06478-1. // 3. Barnes, Joanne et al. *Herbal Medicines-Third edition*. Pharmaceutical Press 2007. ISBN 978 0 85369 623 0. // 4. Clark, N. Nancy Clark's Sports Nutrition Guidebook, 5th edition. Human Kinetics, 2014. ISBN: 978-1-4504-5993-8. // 5. 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EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to magnesium and electrolyte balance (ID 238), energy-yielding metabolism (ID 240, 247, 248), neurotransmission and muscle contraction including heart muscle (ID 241, 242), cell division (ID 365), maintenance of bone (ID 239), maintenance of teeth (ID 239), blood coagulation (ID 357) and protein synthesis (ID 364) pursuant to Article 13(1) of Regulation (EC) No 1924/2006 on request from the European Commission. *EFSA Journal* 2009; 7(9):1216. [20 pp.]. doi:10.2903/j.efsa.2009.1216. // 7. Heckman, Melanie A. et al. Caffeine (1, 3, 7-trimethylxanthine) in Foods: A Comprehensive Review on Consumption, Functionality, Safety, and Regulatory Matters. *Journal of Food Science*, Vol. 75, Nr. 3, 2010. // 8. Hogervorst, E. et al. Caffeine Improves Cognitive Performance After Strenuous Physical Exercise. *Int J Sports Med* 1999; 20: 354-361. // 9. 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ISBN: 978-1-934030-82-0. // 21. Scientific Opinion on the substantiation of health claims related to caffeine and increased fat oxidation leading to a reduction in body fat mass (ID 735, 1484), increased energy expenditure leading to a reduction in body weight (ID 1487), increased alertness (ID 736, 1101, 1187, 1485, 1491, 2063, 2103) and increased attention (ID 736, 1485, 1491, 2375) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. *EFSA Journal* 2011;9(4):2054. // 22. Spriet, Lawrence L. Exercise and Sport Performance with Low Doses of Caffeine. *Sports Med* (2014) 44 (Suppl 2): S175-S184. // 23. Wachamo, Hailu Lire. Review on Health Benefit and Risk of Coffee Consumption. *Med Aromat Plants* 2017, 6:4.

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NATURAL NUTRITION



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