



Regulator
Complete

RC Herbal Fusion #1

Videnskabelig dokumentation

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Hvad ligger bag?

Der ligger en lang række videnskabelige studier til grund for formuleringen af hvert enkelt Regulator Complete produkt.

Formål

Dette dokument har til formål at redegøre for en del af videnskabelige kilder, der dels ligger til grund for sammensætnings af RC Herbal Fusion #1 og de virkninger vi ønsker at opnå med denne formulering.

Prioritet og kategorisering af videnskabelige kilder

Vi inddeler de videnskabelige kilder i tre grupper:

1. Heste
2. Mennesker
3. Andre pattedyr (dækker over alle andre pattedyr end heste og mennesker)

Der er en grundlæggende mangel på kliniske studier med heste, men hestens krop opfører sig i de fleste sammenhænge som andre pattedyr, inklusive mennesker. Videnskabelige kilder fra andre pattedyr er derfor inkluderet i dokumentationen.

Produkt fokus

Urteblandingen har fokus på hestens fordøjelse, gavnlige mikroflora og optagelse af næringsstoffer.

Den tekst vi anvender til kort at beskrive RC Herbal Fusion #1 i forskellige på forskellige produkt-beskrivelser

Urteblandingen RC Herbal Fusion #1 bidrager til

- Bedre fordøjelse
- Optimal optagelse af næringsstoffer
- Styrket mikroflora

“Anvendt tekst” er den korte beskrivelse vi oftest anvender for den enkelte ingrediens/urt.

Kardemomme

Anvendt tekst

Kardemomme bliver brugt medicinsk til problemer med fordøjelsen og leveren. Kardemommen virker afspændende og mindsker risiko for irritation i maveslimhinden. Den hjælper iltoptagelsen og blodsukkeret, samt hæmmer problematiske bakterier og svampe, herunder fejl-gæring.

Videnskabelige kilder

1. Heste

Ingen kilder fundet

2. Mennesker

Nameni G, Moradi Y, Zaroudi M, Jamshidi S. Effect of cardamom supplementation on a number of metabolic factors: A systematic review and meta-analysis. *Diabetes Metab Syndr*. 2022 Jun;16(6):102523. doi: 10.1016/j.dsx.2022.102523. Epub 2022 May 25. PMID: 35691204.

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3. Andre pattedyr

Ashokkumar K, Murugan M, Dhanya MK, Warkentin TD. Botany, traditional uses, phytochemistry and biological activities of cardamom [*Elettaria cardamomum* (L.) Maton] - A critical review. *J Ethnopharmacol*. 2020 Jan 10;246:112244. doi: 10.1016/j.jep.2019.112244. Epub 2019 Sep 18. PMID: 31541721.

Delgadillo-Puga C, Torre-Villalvazo I, Cariño-Cervantes YY, García-Luna C, Soberanes-Chávez P, de Gortari P, Noriega LG, Bautista CJ, Cisneros-Zevallos L. Cardamom (*Elettaria cardamomum* (L.) Maton) Seeds Intake Increases Energy Expenditure and Reduces Fat Mass in Mice by Modulating Neural Circuits That Regulate Adipose Tissue Lipolysis and Mitochondrial Oxidative Metabolism in Liver and Skeletal Muscle. *Int J Mol Sci*. 2023 Feb 15;24(4):3909. doi: 10.3390/ijms24043909. PMID: 36835337; PMCID: PMC9960522.

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Anis

Anvendt tekst

Anis balancerer mavesækkens indhold ved for voldsom syredannelse og beskytter maveslimhinden. Anis hæmmer vækst af uønsket bakterieflora, balancerer blodsukkeret og dæmper inflammation.

Videnskabelige kilder

1. Heste

EFSA Panel on Additives and Products or Substances used in Animal Feed (FEEDAP); Bampidis V, Azimonti G, Bastos ML, Christensen H, Durjava M, Kouba M, López-Alonso M, López Puente S, Marcon F, Mayo B, Pechová A, Petkova M, Ramos F, Sanz Y, Villa RE, Woutersen R, Brantom P, Chesson A, Westendorf J, Manini P, Pizzo F, Dusemund B. Safety and efficacy of feed additives obtained from the fruit of *Pimpinella anisum* L.: anise oil for use in poultry and horses and anise tincture for use in poultry, dogs, cats and horses (FEFANA asbl). *EFSA J*. 2023 Apr 20;21(4):e07976. doi: 10.2903/j.efsa.2023.7976. PMID: 37089173; PMCID: PMC10117170.

2. Mennesker

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3. Andre pattedyr

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Fitsiou E, Mitropoulou G, Spyridopoulou K, Tiptiri-Kourpeti A, Vamvakias M, Bardouki H, Panayiotidis MI, Galanis A, Kourkoutas Y, Chlichlia K, Pappa A. Phytochemical Profile and Evaluation of the Biological Activities of Essential Oils Derived from the Greek Aromatic Plant Species *Ocimum basilicum*, *Mentha spicata*, *Pimpinella anisum* and *Fortunella margarita*. *Molecules*. 2016 Aug 16;21(8):1069. doi: 10.3390/molecules21081069. PMID: 27537869; PMCID: PMC6274325.

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Koriander

Anvendt tekst

Koriander forbedrer fordøjelsen og dæmper irriterede tarme, blandt andet ved at mindske risikoen for uønskede bakterier. Koriander hjælper også blodsukkeret ind i cellerne, til forbrænding eller lagring.

Videnskabelige kilder

1. Heste

Ingen kilder fundet.

2. Mennesker

Kumar Paswan V, Shekhar Singh C, Kukreja G, Shankar Bunkar D, Kumar Bhinchhar B. Health Benefits and Functional and Medicinal Properties of Some Common Indian Spices. *IntechOpen*; 2021. Available from: <http://dx.doi.org/10.5772/intechopen.98676>

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3. Andre pattedyr

Hosseini M, Boskabady MH, Khazdair MR. Neuroprotective effects of *Coriandrum sativum* and its constituent, linalool: A review. *Avicenna J Phytomed*. 2021 Sep-Oct;11(5):436-450. doi: 10.22038/AJP.2021.55681.2786. PMID: 34745916; PMCID: PMC8554282.

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Rosmarin

Anvendt tekst

Rosmarin har en kredsløbs- og nervesystems afbalancerende effekt, er fordøjelsesfremmende, samt har immunforsvars regulerende egenskaber. Rosmarin har et højt indhold af antioxidanter.

Videnskabelige kilder

1. Heste

Anis Anis, Ahmed Sharshar, Saber El Hanbally, Yasmin Sadek, A Novel Organic Composite Accelerates Wound Healing: Experimental and Clinical Study in Equine, Journal of Equine Veterinary Science, Volume 99, 2021, 103406, ISSN 0737-0806, <https://doi.org/10.1016/j.jevs.2021.103406>.
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Lisboa FP, Silvestre WP, Castro JO, Martins GV, Segabinazzi LGTM, Pauletti GF, Dell'Aqua JA. In Vitro Antimicrobial Activity of Selected Essential Oils Against Endometritis-Causing Microorganisms in Mares. J Equine Vet Sci. 2022 Mar;110:103840. doi: 10.1016/j.jevs.2021.103840. Epub 2021 Dec 16. PMID: 34923074.

2. Mennesker

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Moss M, Oliver L. Plasma 1,8-cineole correlates with cognitive performance following exposure to rosemary essential oil aroma. Ther Adv Psychopharmacol. 2012 Jun;2(3):103-13. doi: 10.1177/2045125312436573. PMID: 23983963; PMCID: PMC3736918.

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3. Andre pattedyr

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Sepehri Z, Javadian F, Khammari D, Hassanshahian M. Antifungal effects of the aqueous and ethanolic leaf extracts of *Echinophora platyloba* and *Rosmarinus officinalis*. Curr Med Mycol. 2016 Mar;2(1):30-35. doi: 10.18869/acadpub.cmm.2.1.30. PMID: 28681010; PMCID: PMC5490295.

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Brændenælde

Anvendt tekst

Brændenælden har lange rødder, der trækker næringsstoffer op dybt nede fra jorden, og er derfor usædvanlig rig på vitaminer, mineraler, jern, protein, klorofyl, C vitamin, natrium, kalium, flavonoider og kisel. Brændenælden er blod- sukker dæmpende og den medfølgende insulinfrigivelse nedsætter dermed risikoen for udvikling af forfængenhed.

Videnskabelige kilder

1. Heste

Ingen kilder fundet.

2. Mennesker

Amiri Behzadi A, Kalalian-Moghaddam H, Ahmadi AH. Effects of *Urtica dioica* supplementation on blood lipids, hepatic enzymes and nitric oxide levels in type 2 diabetic patients: a double blind, randomized clinical trial. *Avicenna J Phytomed*. 2016;6(6):686-695.

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3. Andre pattedyr

Qujeq D, Tatar M, Feizi F, Parsian H, Sohan Faraji A, Halalkhor S. Effect of *Urtica dioica* Leaf Alcoholic and Aqueous Extracts on the Number and the Diameter of the Islets in Diabetic Rats. *Int J Mol Cell Med*. 2013 Winter;2(1):21-6. PMID: 24551786; PMCID: PMC3920518.

Mohammed El Haouari, Juan A Rosado Phytochemical, Anti-Diabetic And Cardiovascular Properties Of *Urtica Dioica* L. (Urticaceae): A Review Mini Reviews in Medicinal Chemistry 18(1) September 2018 DOI:10.2174/1389557518666180924121528

Anita Chehri, Reza Yarani, Zahra Yousefi, Mostafa Araj-Khodaei Anti-diabetic potential of *Urtica Dioica*: current knowledge and future direction *Journal of Diabetes and Metabolic Disorders* 21(2), January 2022, DOI: 10.1007/s40200-021-00942-9

Bukkehornsrø

Anvendt tekst

Bukkehornsrø har en stabiliserende effekt på blodsukkeret. Det fremmer stortarmens funktion og styrker immunforsvaret. Bukkehorn er en af hestens yndlingsmager.

Videnskabelige kilder

1. Heste

Suagee-Bedore JK, Shen Y, Porr S, Girard ID, Bennett-Wimbush K, Wagner AL. Impacts of DigestaWell NRG Supplementation on Post Exercise Muscle Soreness in Unconditioned Horses, a Pilot Study. *J Equine Vet Sci*. 2021 Jun;101:103455. doi: 10.1016/j.jevs.2021.103455. Epub 2021 Mar 25. PMID: 33993938.

2. Mennesker

Nagulapalli Venkata KC, Swaroop A, Bagchi D, Bishayee A. A small plant with big benefits: Fenugreek (*Trigonella foenum-graecum* Linn.) for disease prevention and health promotion. *Mol Nutr Food Res*. 2017 Jun;61(6). doi: 10.1002/mnfr.201600950. Epub 2017 Apr 27. PMID: 28266134.

Gong J, Fang K, Dong H, Wang D, Hu M, Lu F. Effect of fenugreek on hyperglycaemia and hyperlipidemia in diabetes and prediabetes: A meta-analysis. *J Ethnopharmacol*. 2016 Dec 24;194:260-268. doi: 10.1016/j.jep.2016.08.003. Epub 2016 Aug 2. PMID: 27496582.

3. Andre pattedyr

Al-Shaikh, M. A.; Al-Mufarrej, S. I.; Mogawer, H. H., 1999. Effect of fenugreek seeds (*Trigonella foenum-graecum* L) on lactational performance of dairy goat. *J. Appl. Anim. Res.*, 16 (2): 177-183

Alamer, M. A.; Basiouni, G. F., 2005. Feeding effects of fenugreek seeds (*Trigonella foenum-graecum* L.) on lactation performance, some plasma constituents and growth hormone level in goats. *Pakistan J. Biol. Sci.*, 8 (11): 1553-1556

Belaïd-Nouira, Y.; Bakhta, H.; Haouas, Z.; Flehi-Slim, I.; Neffati, F.; Najjar, M. F.; Ben Cheikh, H., 2013. Fenugreek seeds, a hepatoprotector forage crop against chronic AlCl₃ toxicity. BMC Vet. Res., 9 (22)

Zeweil, H. S.; Zahran, S. M.; Abd El-Rahman, M. H.; El-Gindy, Y.; Embark, J., 2015. Effect of fenugreek and anise seeds as natural growth promoter on the performance, carcass, blood constituents and antioxidant status of growing rabbits. Egypt. Poult. Sci. J., 35 (4): 909-921

Pandian RS, Anuradha CV, Viswanathan P. Gastroprotective effect of fenugreek seeds (*Trigonella foenum graecum*) on experimental gastric ulcer in rats. J Ethnopharmacol. 2002 Aug;81(3):393-7. doi: 10.1016/s0378-8741(02)00117-4. PMID: 12127242.

Hannan, J., Ali, L., Rokeya, B., Khaleque, J., Akhter, M., Flatt, P., & Abdel-Wahab, Y. (2007). Soluble dietary fibre fraction of *Trigonella foenum-graecum* (fenugreek) seed improves glucose homeostasis in animal models of type 1 and type 2 diabetes by delaying carbohydrate digestion and absorption, and enhancing insulin action. British Journal of Nutrition, 97(3), 514-521. doi:10

RC Herbal Fusion



I hver sæk fiber, er der 200 gram urter der smager og dufter godt. Urterne er fyldt med vigtige næringsstoffer. De sender signaler til hjernen gennem lugte- og smagssanserne og stimulerer spiselysten.



RC Herbal Fusion #1 er udviklet i 2021 og har fokus på hestens fordøjelse, gavnlige mikroflora og optagelse af næringsstoffer.

Kardemomme

Kardemomme bliver brugt medicinsk til problemer med fordøjelsen og leveren. Kardemommen virker afspændende og mindsker risiko for irritation i maveslimhinden. Den hjælper iltoptagelsen og blodsukkeret, samt hæmmer problematiske bakterier og svampe, herunder fejlgæring.

Anis

Anis balancerer mavesækkens indhold ved for voldsom syredannelse og beskytter maveslimhinden. Anis hæmmer vækst af uønsket bakterieflora, balancerer blodsukkeret og dæmper inflammation.



Koriander

Koriander forbedrer fordøjelsen og dæmper irriterede tarme, blandt andet ved at mindske risikoen for uønskede bakterier. Koriander hjælper også blodsukkeret ind i cellerne, til forbrænding eller lagring.

Rosmarin

Rosmarin har en kredsløbs- og nervesystems afbalancerende effekt, er fordøjelsesfremmende, samt har immunforsvarsregulerende egenskaber. Rosmarin har et højt indhold af antioxidanter.



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Bukkehornsfør

Bukkehornsfør har en stabiliserende effekt på blodsukkeret. Det fremmer stortarmens funktion og styrker immunforsvaret. Bukkehorn er en af hestens yndlingssmage.





Regulator Complete ApS | Sofienlundvej 16A | 7560 Hjerm
info@regulatorcomplete.com | www.regulatorcomplete.com