

Smetanin BYa. 1986. The influence of preparations of plant origin on physical work capacity. The Russian Ministry of Public Health, Moscow.

[For this research, 117 highly trained speed skaters between the ages of 18 and 28 were tested for work capacity, body weight, lung capacity and VO₂ max. The results speak for themselves: all of the said parameters increased as well as an increase in the O₂ pulse max and an increase in the exhalation of CO₂. Basically, they received more oxygen to their cells. This equates to decreasing recovery time, maximizing performance, permitting optimal muscle anabolism and maximum fat reduction. It also means the athletes using ecdysterone compared to those on a placebo experienced increased stamina, endurance and energy.]

Ecdysterone was tested in another study performed in 1986 by B.Ya Smetanin. For this research, 117 highly trained speed skaters between the ages of 18 and 28 were tested for work capacity, body weight, lung capacity and VO₂ max. The results speak for themselves: all of the said parameters increased as well as an increase in the O₂ pulse max and an increase in the exhalation of CO₂.* Basically, they received more oxygen to their cells!* This supports decreasing recovery time, optimizing performance, permitting optimal muscle anabolism and fat reduction.* It also means the athletes using ecdysterone compared to those on a placebo experienced increased stamina, endurance and energy.*

Fadeev BG. Comments on the Results of Retibol in the Practice of Athletic Training and Rehabilitation (Report). Natural Sports Research Institute.

That's not all! A study conducted using 112 athletes performed by B.G. Fadeev in Russia suggested some very impressive overall results. However, by this time, the results should come as no surprise. 89% of those who supplemented with ecdysterone versus a placebo reported less fatigue, greater performance, more motivation, greater speed, and improved strength.* How long did it take before these athletes reported these effects? Months? Weeks? No, five days. To make matters even better, no adverse side effects were reported.

Sevostyanov, A.E. Application of phytoecdysteroids (ecdysten) at diseases of cornea with anterior epithelium damages (experimental and clinical investigation) // Author's abstract ... cand. of med. sciences – Samara. – 2010. – 24p.