

“The Russian Secret”

Suma Root

Description

As athletes, we are always trying to push ourselves to new limits; weather that is to become STRONGER, FASTER, BIGGER, or to have more ENDURANCE! Well, I have some good news, Muscle Pharm’s ASSAULT is revolutionizing the supplement world offering the first Pre-Workout supplement ever to use the SUMA Root in conjunction with other proven Scientific Ingredients such as Beta Alanine, Creatine Ethyl Ester, L-Arginine, and much more. Assault offers athletes a safe alternative to harmful Anabolic Steroids, which will help reach your goals faster, more efficiently and best of all, SAFELY, utilizing Suma Root as it’s base ingredient.

Over the past ten years, Suma Root has gained popularity with athletes as a naturally occurring steroid that provides a safer and healthier alternative to common steroids. The anabolic agents found in the root help to increase muscle size and improve endurance without unwanted side-effects. It also increases the body's ability to repair and regenerate cells

The root of the Suma plant (*Pfaffia paniculata*), also known as Brazilian ginseng, is the root of a ground vine that grows in South America. The locals of that region commonly refer to it as ‘para tudo’, meaning ‘for everything’ due to its unique properties and wide range of uses. There are as many as fifty different varieties of this plant, which have been used for centuries by the South American natives to promote healing and overall good health.

It is also said to help maintain the proper functioning of the cardiovascular, immune, nervous, digestive and hormonal systems. Because of all of its beneficial characteristics, the Suma root is one of the most highly regarded and valued herbs.

Chemical Composition

The following substances make up the chemical composition of the Suma root:

- *allantoin*: promotes the healing of wounds and speeds up cell regeneration;
- *beta-ecdysterone*: the main reason for the root’s muscle-building and endurance capabilities;
- *germanium*: a powerful natural antioxidant which stimulates the immune system;
- *pfaffosides*: (triterpene) phytochemical saponins that contribute to lowering cholesterol levels, regulating blood sugar levels and inhibiting cancer cell growth;

- *sitosterol* and *stigmasterol*: steroids that have been found to be beneficial to the heart and to aid in lowering cholesterol levels in the blood;
- many essential vitamins (e.g. vitamins A, B-1, B-2, E, K), minerals (e.g. iron, magnesium, cobalt, silica and zinc), amino acids and trace elements.

Commonly Known Uses

The Suma root is an **adaptogen**, a naturally occurring herb that increases the body's resistance to stress, fatigue and anxiety. Doctors and herbalists in South America, North America and Europe have used the Suma root to successfully treat people suffering from a wide variety of medical conditions that range from skin rashes to cancer. The root was—and still is—used to heal wounds, balance blood sugar levels, strengthen muscles, relieve chronic pain and inflammation, improve low energy and sexual libido, stimulate circulation, reduce tumours, and stabilize blood pressure.

It also fights to prevent recurrent infections, viral syndromes, diabetes, hypertension, rheumatoid arthritis, and the early onset of various cancers. The Suma root has also been recommended for women as it soothes and relieves menopausal symptoms, pre-menstrual syndrome (PMS), and hormonal imbalances—particularly, oestrogen.

It is also beneficial for athletes as it stimulates muscle growth, controls appetite by regulating blood sugar levels, boosts energy, balances hormones and enhances the overall functioning of body systems.

Research

The majority of research on the Suma root has been conducted by Russian scientists who examined the effects of combining ecdysterone, high quantities of which are found in the Suma plant, with a high protein diet. Their findings showed that lean muscle mass increased by 6-7% and body fat decreased by 10%.

Another Russian study (Chermynkh et al., 1988) compared the muscle-building capabilities of ecdysterone and methandrostenolone, a powerful anabolic steroid. The results showed that ecdysterone had wider anabolic action on contractile proteins of the muscle than methandrostenolone.

Further research determined that ecdysterone had anabolic effects similar to those of the synthetic steroid Dianabol. However, ecdysterone did not demonstrate any of the harmful side effects.

Dosages

The Suma root can be used as a healing agent, tonic or aphrodisiac. The recommended dosage is 500 to 1,000 mg taken up to three times daily. This is equivalent to 1 to 3 capsules or 1 to 2 teaspoons of powder.

For bodybuilding or weightlifting, researchers recommend taking 500 mg for every 40 lbs. of body weight.

For optimal gain in muscle strength and size, doses should be spread out in two equal amounts.

Contraindications

To date, there have been no reports warning about the toxicity of the plant and no reported drug interactions. In powder form, the root has the potential to cause asthmatic allergic reactions upon inhalation. Because of its impact on hormone levels in the body, it is not recommended that women take Suma while pregnant or nursing.

References:

1. Taylor, Leslie. The Healing Power of Rainforest Herbs. New York: Square One Publishers, Inc., 1996.
2. Raintree Nutrition: Tropical Plant Database. Home page. 25 July 2008 <<http://www.rain-tree.com/suma.htm>>.
3. "Review of Beta-ecdysterone." Nutritional Reviews.Org. 25 July 2008 <<http://www.nutritionalreviews.org/betaecdysterone.htm>>.
4. Munro, Elaine. "A Nighttime Healing Cocktail – Beta-ecdysterone." Vista Magazine. 2004 <<http://www.vistamagonline.com/articles/page.php?tp=1&p=4&id=8&s=beta-ecdysterone>>.



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