**Description**

**A COMPOSITION FOR INCREASING ATHLETIC PERFORMANCE**

**Technical Field**

The invention relates to a composition formed for increasing the athletic performance.

**State of the Art**

Today, the performance is involved in every field of daily life and in all the circumstances where there is interaction with the other people. Our current perception of performance is shaped by our past experiences. For a high level of performance, some cognitive and psychological abilities peculiar to the subject of performance must be provided to the individual. Every human can do better and show superior performance.

Currently, there are many formulations applied for the improvement of athletic performance in sports. These involve the plant or animal products and artificial or natural products containing the supplement of protein, amino acid, vitamin, etc. Since the substances supplemented by such products will vary according to the individual, the body structure of the individual and dosage, their conscious consumption is very important. Therefore, it is possible to also suffer much harm caused by these products, besides their benefits.

The invention no. EP1361882B1 entitled "4-Fluoro-N-indan-2-yl benzamide and its use as pharmaceutical” relates to 4-fluoro-N-indan-2-yl benzamide and its use as pharmaceutical. The compound (I) can be used for the therapy and prophylaxis of cardiovascular diseases like stable or unstable angina pectoris, prinzmetal angina (spasm), acute coronary syndrome, heart failure, myocardial infarction, stroke, thrombosis, peripheral artery occlusive disease (PAOD), atherosclerosis, restenosis, endothelium damage after PTCA, essential hypertension, pulmonary hypertension, secondary hypertension, renovascular chronic glomerulonephritis, erectile dysfunction, ventricular arrhythmia, and the lowering of cardiovascular risk of postmenopausal women or after intake of contraceptives, and the therapy and prophylaxis of diabetes and diabetes complications (nephropathy, retinopathy), angiogenesis, bronchial asthma, chronic renal failure, cirrhosis of the liver, restricted memory performance and a restricted ability to learn.

Also, the invention no. WO 1998/028263 entitled "Creatine pyruvates and method for their production” discloses the creatine pyruvates of the general formula (I) (creatine)x(pyruvate)y(H2O)n (I) in which x=1-100, y=1-10, n=0-10. These creatine pyruvates, which can be produced by the relatively simple reaction of creatine with pyruvic acid, can be used to increase stamina and strength in the field of sport, for weight and body fat reduction in health care, in the treatment of oxygen deficiency conditions (ischemia), obesity and overweight, as a food supplement, and as a free radical interceptor.

Also, the invention no. WO 2001/006873 entitled "Composition for the prevention of muscle fatigue and for the muscle adaptation” discloses a composition suitable for the prevention and/or treatment of muscular energetic deficiencies and states of asthenia, for enhancing sport performances and for the treatment of states of heart fatigue, that may take the form of a dietary supplement, dietetic support or of an actual medicine, which comprises as characterizing active ingredients a combination of L-carnitine and/or at least one alkanoyl L-carnitine and creatinol-phosphate.

As a result, the presence of the need for a composition for increasing the athletic performance and the inadequacy of the existing solutions have made it necessary to perform an improvement in the relevant art.

**Object of the Invention**

In order to eliminate the disadvantages of the state of the art, an object of the invention is to increase the athletic performance.

Another object of the invention is to support the nutrient transport to muscles and prevent the release of lactic acid.

Another object of the invention is to support the tricyclic acid cycle.

Another object of the invention is to support the supply of nutrients required for athletic effort.

Another object of the invention is to accelerate the renewal of the muscle tissues and connective tissues, owing to the ability to increase cAMP and cGMP.

Another object of the invention is to provide the character of triggering the protein synthesis.

Another object of the invention is to enable tricyclopentaone, having no androgenic effect, to increase the expression of satellite cell in the muscle tissue.

Another object of the invention is to support the formation of new muscle cells.

In order to achieve the aforesaid advantages, the invention is a composition for increasing the athletic performance, said composition being obtained by the components selected from the group comprising 20-(S) ginsenoside rg3, 20-(S)-B-ginsenoside rg3, tricyclopentaone that are used individually or in combinations.

The structural and characteristic features and all the advantages of the invention will become more clearly understood from the detailed description provided below and therefore, the evaluation must be made taking this detailed description into consideration.

**Detailed Description of the Invention**

The invention is a composition for increasing the athletic performance.

Ginsenoside rg3, an ingredient of the composition according to the invention, supports the nutrient transport to muscles owing to the ability to increase nitric oxide and prevents the release of lactic acid. Ginsenoside rg3, which balances the Ph ratio in the muscles, also supports the tricyclic acid cycle. Accordingly, it supports the supply of nutrients required for athletic effort. Ginsenoside rg3, which increases the contraction force of the muscles with its anti-estrogenic effect, also accelerates the renewal of the muscle tissues and connective tissues, owing to the ability to increase cAMP and cGMP.

Tricyclopentaone, another ingredient of the invention, is an ecdysterone derivative and it features the ability to trigger the protein synthesis. Unlike the anabolic steroids with negative androgenic side effects such as prostate enlargement, tricyclopentaone, having no androgenic effect, increases the expression of satellite cell in the muscle tissue and supports the formation of new muscle cells.

The composition according to the invention contains 20-(S) ginsenoside rg3, 20-(S)-B-ginsenoside rg3, tricyclopentaone.

Said formulation is obtained by a mixture of the aforesaid components according to the following ratios by weight:

40-50% 20-(S) ginsenoside rg3,

20-30% 20-(S)-B-ginsenoside rg3,

40-20% tricyclopentaone.

The composition is obtained from the aforesaid components selected from the aforesaid group and used according to the mentioned weight ratio ranges individually or in combinations.

Said invention also encompasses the use of said composition for increasing the athletic performance and the manufacture thereof for this purpose.

**CLAIMS**

1. A composition for increasing the athletic performance, said composition being obtained by the components selected from the group comprising 20-(S) ginsenoside rg3, 20-(S)-B-ginsenoside rg3, tricyclopentaone that are used individually or in combinations.
2. A composition according to Claim 1 characterized in that it comprises 40-50% by weight 20-(S) ginsenoside rg3.
3. A composition according to Claim 1 characterized in that it comprises 20-30% by weight 20-(S)-B-ginsenoside rg3.
4. A composition according to Claim 1 characterized in that it comprises 40-20% by weight tricyclopentaone.
5. Use of the components according to Claims 1 to 4 obtained individually or in combinations from the group consisting of 20-(S) ginsenoside rg3, 20-(S)-B-ginsenoside rg3, tricyclopentaone for the manufacture of a composition for increasing the athletic performance.

**ABSTRACT**

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No figure.