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Abstract
Fatigue is a part of a wide array of other disorders and problems including poor nutrition and excessive tiredness. Herbal is also believed that it can provide elements to stimulate the cellular function and hence to fight fatigue. There were products on the market that claimed to strengthen anti-fatigue but very few have been tested in animal model. Here we designed a formula of vitamin complex plus some herbal and wished to test the formula's ability in fighting excessive tiredness. We used mice as experimental tool to study how our formula could improve the excessive tiredness. After treatment, we found that on all feed of vitamins supplement for two and six weeks showed a significant increased ability of swimming length. In other tests including Liver glycogen, Lactic acid and blood urea nitrogen, we found the vitamins supplement could help fatigue significantly as present study showed the vitamins ameliorated all three functional tests, in groups which fed with three days , two weeks, and six weeks. Thus, this should demonstrated the vitamins could effectively.
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