

Health Benefits of Using Elk Velvet Antler Capsules

Diagnostic Results from Otago University of New Zealand

Athletic Performance Effects

A trial was undertaken using 24 physical education students; with neither athletes nor coordinator knowing which treatment each group was receiving. The project was conducted at Otago University supervised by sports physician Dr. David Gerrard and exercise physiologist Dr. Gordon Sleivert. A strong trend was identified. The group taking deer velvet showed almost twice the improvement of the group taking a placebo in the amount of work they were able to do in a strength test. The athletes were also tested for changes in body composition using a sophisticated DEXA scanner. Although all students lost body fat as a percentage of their body weight, the group taking deer velvet lost more body fat than the control group. Scanning showed no bulking up of muscles, which suggested the positive results were due to an improvement in the muscle dynamic activity of the students taking deer velvet.

Immunostimulatory Effect

Traditionally Koreans take a course of deer velvet at the onset of winter as a tonic to help ward off infections. Dr. Glenn Buchan of Otago University's Department of Microbiology was commissioned to investigate the scientific basis for this practice. He measured the ability of various velvet extracts to stimulate the production of lymphocytes (white blood cells), using human recombinant interleukin as a positive control.

Although some extracts were more effective than others they all exhibited a high level of immunostimulation. There was even significant activity from one extract at the very low level of 15mcg/ml.

Anti-inflammatory Effects

There are many anecdotal reports of velvet antler capsules being used to alleviate the symptoms of arthritis, and some preliminary Korean research on osteoporosis showed good results. Dr. Glenn Buchan was commissioned to investigate further.

He measured inflammatory response by counting neutrophils - the more inflammation the more neutrophils. He compared deer velvet extracts with a corticosteroid (dexamethasone) for ability to negate a standard inflammatory challenge. Two of the velvet extracts were able to suppress inflammation to the same degree as the corticosteroid at 50mcg/ml while the other extracts had little or no effect. The same velvet got a good result in the immunostimulatory trial above. To test whether the suppression was due to a cytotoxic response rather than a true anti-inflammatory response healthy peritoneal macrophages were cultured with the antler extracts. No cytotoxic effects were noted.

Composition

Elk and deer velvet represent the only renewable form of cartilage. Much more than that, they are a natural source of amino acids, steroids, hormones and prostaglandin and contain the trace minerals iron, zinc, copper, manganese and selenium as well as calcium, magnesium, potassium, sodium, sulfur and phosphorus. Its glycolipid fraction (which contains gangliosides and phospholipids of known bioactivity) has a composition not found in any other tissue

Anti-aging Effects

Researchers at Japan's Toyama Medical and Pharmaceutical University fed senile male mice very strong deer velvet extracts for eight successive days. They found this "...had significant restoring effects on the physiological degeneration associated with the development of senile symptoms." A later study by the same group found an enrichment of liver and kidney protein in mice given the extract for 20 days. The scientists hypothesized that this effect may in part explain the traditional clinical prescription of deer velvet for anti-fatigue or restorative effects.

Therapeutic Performance

Users of Elk and deer velvet report significant relief from the symptoms of arthritis, rheumatism and other muscular and skeletal problems, resulting in less pain, more mobility and less morning stiffness. Users have also reported a noticeable absence of flu and/or the common cold symptoms since taking velvet. Others have found velvet antler extract improves cardiovascular health by reducing cholesterol, thinning the blood and reducing the possibility of blood clotting. In most cases it takes up to 4-6 weeks before the therapeutic benefits are experienced, however some have reported noticeable benefit after only seven days.

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