

**MEDICAL UNIVERSITY OF SOFIA, DEPARTMENT OF MEDICAL CHEMISTRY AND BIOCHEMISTRY**  
**LABORATORY „ANALYSIS AND SYNTHESIS OF BIOACTIVE COMPOUNDS”**

Sofia 1431, 2 Zdrave str.

**ANALYSIS OF DIETARY SUPPLEMENTS CONTAINING ECDYSONE**

№	TRADE NAME	Country of manufacturing	Manufacturer	Data according to the label on the packaging	Results			
					Weight of the capsule content per capsule / weight of one tablet mg	Content of β-ecdysone (HPLC), % (compared to the capsule content / the tablet)	Content of β-ecdysone (HPLC) in one capsule / tablet, mg	Content of β-ecdysone (HPLC) in the used extract, % (based on the obtained results and the quantity of extract per capsule / tablet declared by the manufacturer)
1.	<b>Ecdysterone</b>	Luxembourg	Peak	<b>Ingredients:</b> 560 mg extract from Spinach extract (40%) & 560mg L-Leucine <b>Dose:</b> 1-2 capsules per day <b>One capsule:</b> 700 mg <b>Number of capsules in packaging:</b> 120 pcs. <b>Batch №</b>	578 /20 capsules - 11560 mg/	N/A	N/A	N/A
2.	<b>Beta Ecdysterone</b>	Germany	Weider	<b>Ingredients:</b> 500 mg extract from Spinach, extract from Yams 250mg, Gamma-Oryzanol 250mg <b>Dose:</b> 1-2 capsules per day <b>One capsule:</b> 1170 mg <b>Number of capsules in packaging:</b> 120 pcs. <b>Batch №</b> 402132	1000 /20 capsules - 20000 mg/	2.0%	20 mg	4.0%

3.	<b>Ecdysterone with L-Leucine</b>	Czech Republic	Nutrend	<b>Ingredients:</b> 370 mg extract from Rhaponticum (Leuzea) Carthamoides, 333mg L-Leucine <b>Dose:</b> 3 capsules per day <b>One capsule:</b> 863 mg <b>Number of capsules in packaging:</b> 120 pcs. <b>Batch №</b> L26102015	700 /20 capsules - 14000 mg/	2.6%	18.2 mg	4.9%
4.	<b>VEMOHERB Ecdysterone</b>	Bulgaria	VEMO 99 LTD	<b>Ingredients:</b> 245 mg dry extract from Leuzea carthamoides with content of 95% beta-ecdysterone (by UV) <b>Dose:</b> 2-4 capsules daily <b>Capsule content:</b> 430 mg <b>Number of capsules in packaging:</b> 90 pcs. <b>Batch №</b> 100216/0503	430 /20 capsules - 8600 mg/	11.8%	50.7 mg	20.3%

**Note:**

The comparative analysis was made by HPLC method for the content of pure  $\beta$ -ecdysone.

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