

Effects of a Traditional Asian Medicine (TAM) Blend on Profile of Mood States (POMS) in Stressed Individuals

A Research Summary of the GoYin Dietary Supplement Study

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PURPOSE

To evaluate the effects of a dietary supplement (GoYin) based on Traditional Asian Medicine (TAM) on perceptions of mood, energy, tension, and fatigue in stressed individuals.

BACKGROUND: CAUSES OF “IMBALANCE” (STRESS)

Modern life continuously challenges physiological and psychological balance through multiple stressors:

- **Emotional stress** — deadlines, financial pressure, traffic, interpersonal conflict
- **Physical stress** — over- or under-exercise, sleep deprivation, recovery deficits
- **Environmental stress** — air/water pollution, temperature extremes, noise
- **Non-optimal diet** — processed foods, inadequate micronutrients, low phytonutrient intake

Sources of imbalance are internal, external, ubiquitous, and largely unavoidable. Supporting resilience through nutrition that modulates mood and energy pathways is therefore of practical interest.

GOYIN: TRADITIONAL ASIAN MEDICINE BLEND

GoYin is a multi-ingredient “juice” formulated with sixteen ingredients drawn from Traditional Asian Medicine:

- Longan
- Lycium (Goji)
- Astragalus
- Jujube date
- Gac
- Cili
- Hawthorn
- Seabuckthorn
- Coriolus
- Rhodiola
- Schisandra
- Tangerine peel
- Ginger
- Mangosteen
- Durian
- Litchi (Lychee)

Individual ingredients possess documented antioxidant, anti-inflammatory, and vasodilatory activities. Longan fruit, for example, contains polyphenols and cerebrosides shown to induce anxiolytic and analgesic effects in rodent models (J. Agric. Food Chem. 2005; Arch. Pharmacol Res. 2003; Planta Med. 1999). Collectively, these constituents provide a logical mechanistic basis for effects on mood, energy (Qi), and related psychological parameters. **Claimed benefits:** Healthy energy · Mood enhancement · Maintenance of physiological “balance.”

METHODS

Two independent cohorts of stressed adults were recruited and assessed with the Profile of Mood States (POMS) questionnaire before and after supplementation with GoYin or a control condition.

“HEALTHY-STRESSED”

N = 100 (32 men, 68 women)
Age range: 16–68 years
Screened for moderate psychological stress
Duration: 4 weeks of supplementation
POMS assessed pre- and post-intervention

“OVER-STRESSED”

N = 39 (17 men, 22 women)
Age range: 16–53 years
Marathon runners (26.2 miles)
Duration: 2 weeks of supplementation
Accepted high-stress / fatigue model

Primary Outcome — Profile of Mood States (POMS). POMS measures six subscales: Tension, Depression, Anger, Vigor (mental/physical energy, conceptually aligned with “Qi”), Fatigue, and Confusion. A Global Mood State (Total Mood Disturbance) is derived; lower scores indicate better overall mood.

RESULTS: GLOBAL MOOD STATE

GoYin supplementation produced statistically significant improvements in overall mood in both cohorts. The magnitude of benefit (14–19% better Global Mood State versus control) is comparable to effects reported for certain pharmaceutical agents

(e.g., SSRIs such as fluoxetine or citalopram) and for structured Cognitive Behavioral Stress Management (CBSM) programs.

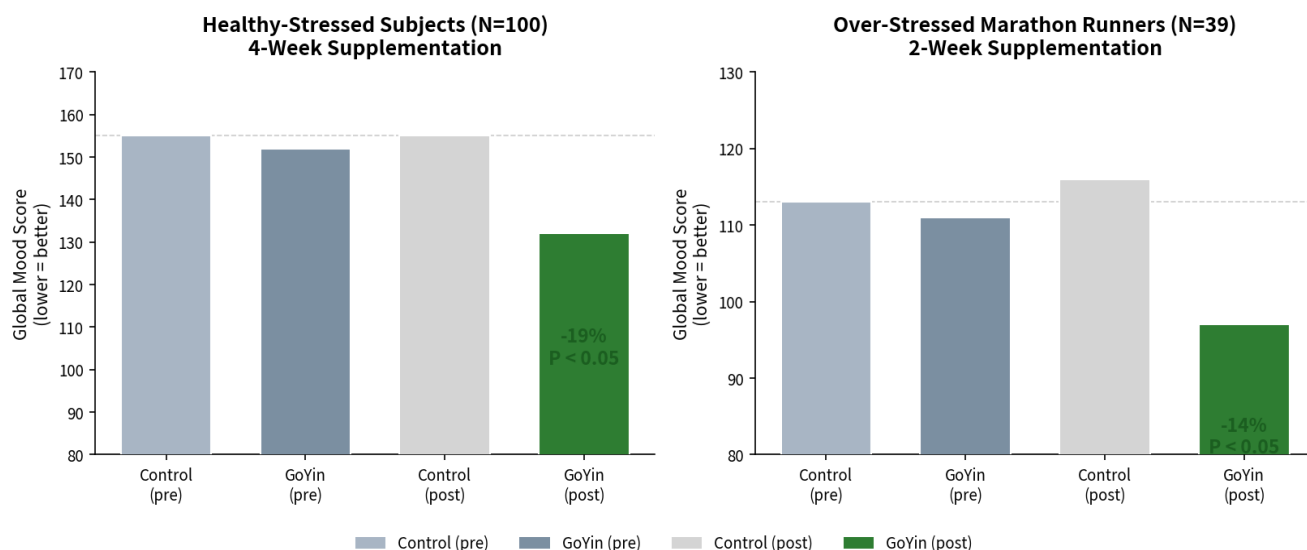


Figure 1. Global Mood State scores (lower = better overall mood). Green bars highlight GoYin post-supplementation. Both cohorts showed significant improvement ($P < 0.05$).

19% better overall mood Healthy-Stressed (4 weeks)	14% better overall mood Over-Stressed (2 weeks)
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RESULTS: POMS SUBSCALES

Examination of individual subscales revealed consistent patterns: GoYin significantly elevated Vigor while significantly reducing Tension, Fatigue, and Confusion (all $P < 0.05$). Changes in Depression and Anger trended favorably but did not uniformly reach statistical significance across both cohorts.

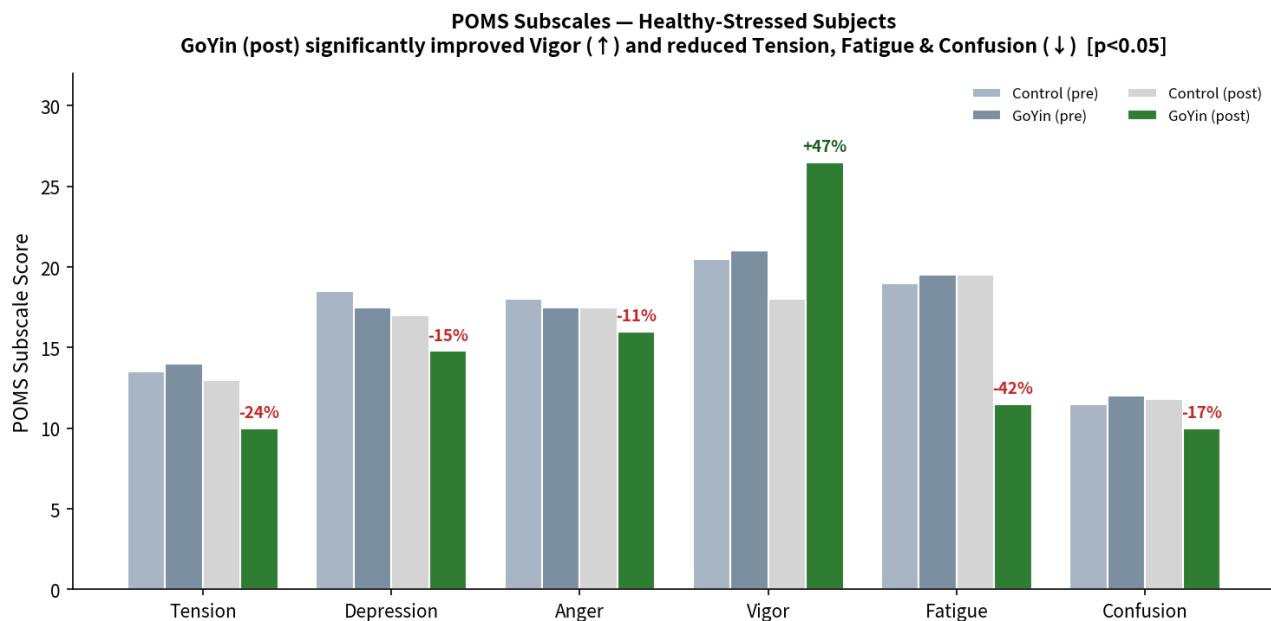


Figure 2. POMS subscale scores in Healthy-Stressed subjects. Percentage annotations reflect approximate change of GoYin (post) relative to Control (post). Green = improvement in Vigor; red = reductions in negative subscales.

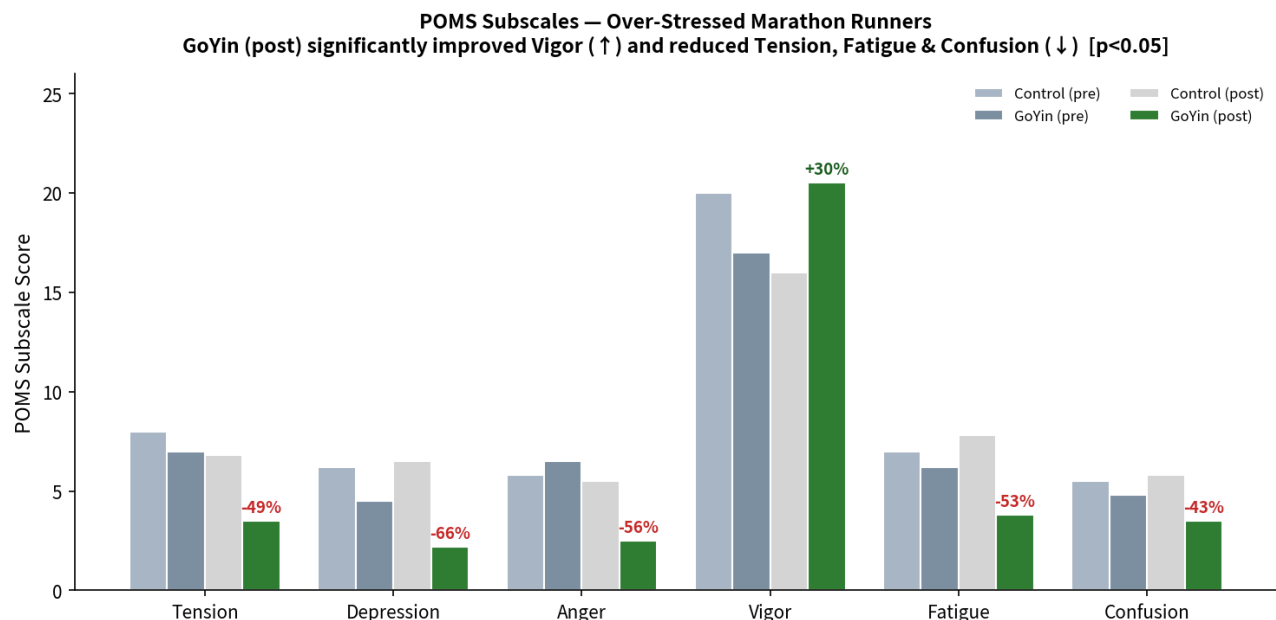


Figure 3. POMS subscale scores in Over-Stressed marathon runners. Larger relative reductions in negative mood states under higher physical stress load, alongside a robust increase in Vigor.

CONCLUSIONS

Stress, fatigue, and low mood rank among the most common reasons for primary-care visits. In two independent groups of stressed adults, the multi-ingredient Traditional Asian Medicine blend GoYin produced statistically significant improvements in Global Mood State of a magnitude comparable to established pharmaceutical and behavioral interventions.

Key findings:

1. GoYin improved overall mood by 14–19% relative to control under conditions of both moderate psychological stress and intense physical stress (marathon running).
2. Vigor (energy / “Qi”) increased significantly while Tension, Fatigue, and Confusion decreased significantly in both cohorts.
3. Effects were observed at recommended usage levels in free-living human subjects.
4. As an all-natural “balance blend,” GoYin offers a non-pharmaceutical option for supporting healthy energy and mood under everyday and elevated stress loads.

GoYin (an all-natural Traditional Asian Medicine blend) is shown to be effective in maintaining healthy levels of energy and mood in humans, at recommended usage levels, under conditions of elevated physical and psychological stress.*