# New supplement aims to counter sedentary lifestyles with exercise mimicking effects



Sedentary lifestyles in the UK are on the rise, with the average British adult reportedly spending up to 8.9 hours each day sitting. This reality has sparked significant concern within health circles, as the World Health Organisation (WHO) indicates that 31% of adults do not meet the recommended activity levels—marking a 5% increase since 2010. In addressing the implications of this trend, health supplement company LYMA has introduced a new compound, ActivAMP®, to its existing LYMA Supplement, claiming it can replicate some benefits typically associated with exercise.

ActivAMP® is heralded by LYMA as a “miracle supplement” that enhances the body’s natural response to physical activity. During exercise, the body releases alarmins, which are molecules linked to tissue repair and immune response. ActivAMP®, a proprietary herb extract, purportedly boosts these benefits by enhancing the release of sestrins—molecules that activate AMP-kinase (AMPK), a key enzyme involved in energy production and metabolic functions.

Professor Paul Clayton PhD, a clinical pharmacologist with expertise in preventative ageing, commented, “ActivAMP® is the first of a new class of natural compounds called 'exercise mimetics'. Hailed by some as 'exercise in a pill,' it flips on AMPK - the metabolic master switch, to induce the benefits of exercise.” He added that this supplement could be particularly beneficial for individuals using Ozempic, a medication for weight management, as it may help counteract muscle loss associated with such treatments.

The LYMA Supplement contains ten additional ingredients aimed at supporting various aspects of health, including immune function, stress regulation, and skin health. The company maintains that while ActivAMP® can support metabolic health, it should not replace a balanced diet and a lifestyle that includes regular physical activity. The supplement retails for £199 per month, with introductory discounts available for multi-month subscriptions.

Consumer feedback regarding LYMA supplements indicates a general appreciation for their health benefits, with a Trustpilot score of 4.1 out of 5 based on 680 reviews. Satisfied customers have expressed their positive experiences on the platform, noting increased energy levels and enhanced wellbeing. However, some reviews also highlight customer service difficulties, particularly around subscription management.

In a separate discourse, health expert Dr Eric Berg has brought attention to the potential health benefits of turmeric, particularly its active compound, curcumin. Dr Berg described turmeric as the "number one most powerful remedy in the world", noting its extensive anti-inflammatory and antioxidant properties. Speaking on his YouTube channel, he highlighted the numerous ways turmeric can enhance health, including its ability to combat neurodegeneration, support gut health, and improve cardiovascular function.

Dr Berg explained that curcumin is effective at inhibiting multiple enzymes associated with inflammation, which could alleviate symptoms of various chronic conditions. He also mentioned that turmeric might assist in regulating blood sugar levels and promoting longevity, making it a valuable addition to a balanced diet.

Despite its potential health benefits, Dr Berg cautioned that turmeric's bioavailability is limited, stating that combining it with black pepper can significantly enhance absorption. He provided practical advice on incorporating turmeric into the diet, suggesting simple methods such as making turmeric tea, mixing it with milk to create golden milk, or adding it to curries.

Both LYMA’s ActivAMP® and turmeric reflect growing interest in natural supplements that aim to address various health challenges, particularly in a climate where sedentary lifestyles are increasingly common. As always, individuals are advised to consult healthcare professionals before making significant changes to their diet or supplement routines.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://lyma.life/blogs/supplement/introducing-activamp-lyma-new-ingredient-for-metabolism> - This article explains the introduction of ActivAMP® by LYMA, highlighting its role in mimicking exercise benefits by activating AMPK, a crucial enzyme for metabolic processes. It also discusses the benefits of ActivAMP® in enhancing metabolic health and energy production.
* <https://lyma.life/pages/activamp> - This webpage provides detailed information about ActivAMP®, including its derivation from Gynostemma pentaphyllum and its function as an 'exercise mimetic' by activating AMPK. It also outlines the recommended daily dose and its effects on metabolism and energy.
* <https://www.who.int/news-room/fact-sheets/detail/physical-activity> - This World Health Organization (WHO) fact sheet discusses the importance of physical activity and the consequences of sedentary lifestyles, aligning with concerns about rising inactivity levels in the UK.
* <https://www.healthline.com/nutrition/turmeric> - This article explores the health benefits of turmeric, particularly its active compound curcumin, including anti-inflammatory and antioxidant properties. It also discusses methods to enhance curcumin absorption, such as combining it with black pepper.
* <https://www.trustpilot.com/review/lyma.life> - This Trustpilot page provides customer reviews for LYMA supplements, reflecting consumer experiences with the product, including positive feedback on health benefits and challenges with customer service.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8919726/> - This scientific article discusses the role of AMPK in metabolic processes and energy production, supporting the claims about ActivAMP®'s benefits in enhancing metabolic health.