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(54) Title: INGREDIENTS DERIVED FROM SPHAERANTHUS INDICUS

(57) Abstract: The invention discloses herbal ingredients derived from *Sphaeranthus indicus* standardized to at least one frullanolide/eudesmanoid sesquiterpene compound and their compositions as natural energy enhancer to provide an onset and steady maintenance of energy and mental alertness in a mammal. The invention further includes the use of ingredients and compositions for food ingredient formulations such as dietary supplement, food ingredient, beverage, snack or energy drink containing the above said herbal ingredient(s) for enhancing physical activity, physical fitness, mental alertness, enhancing energy levels, stamina levels, circulatory health, blood vessel health and for better mental health in warm blooded animal.

