

Ribose Complex

Support for Muscular Function



DESCRIPTION

Ribose Complex is a vegetarian, gluten free, orange flavored powdered formula that supports mitochondrial function to reduce fatigue and restore cellular function.

FUNCTIONS

ATP (adenosine triphosphate) is a high energy molecule in cells that is generated within the mitochondria. When in use, ATP is broken down to ADP (adenosine diphosphate) to provide energy. Energy from the breakdown of ATP drives many important reactions in the cell and needs to be constantly replenished, especially during exercise.

Mitochondria are tiny organelles found in every cell in the body. They are known as the “powerhouse of the cell” and are responsible for creating more than 90% of cellular energy. Mitochondria are necessary in the body to sustain life and support growth. Mitochondrial failure causes cell injury that leads to cell death. Many challenges associated with aging have been found to have defects of mitochondrial function. The ingredients of Ribose Complex help to support energy via the production and recycling of ATP, increase exercise tolerance, improve cardiovascular output, enhance muscle strength and recovery, encourage oxygen utilization and physical stamina, and improve athletic performance and endurance.

Ribose Complex contains a unique formulation of nutritional supplements to benefit energy production and minimize fatigue. D-Ribose is a naturally occurring sugar that has been shown to support the production and recycling of ATP which helps to increase energy formation in stressed tissues. DMG is a metabolic enhancer that helps the body overcome various forms of stress such as aging, poor oxygen availability, free radical damage, and a weakened immune system. As a methyl donor, it contributes methyl groups to keep ATP levels high.

Co Enzyme Q10, another ingredient of Ribose Complex, is an antioxidant, a naturally occurring cofactor in cellular energy, and is vital to the production of ATP. It improves the heart’s pumping ability, improves blood circulation, increases tolerance to exercise and improves the heart’s muscle tone. As a powerful antioxidant it helps protect the heart tissue from free-radical damage. CoQ10 levels decline after the age of 35. Acetyl-L-Carnitine supports heart function by transporting fatty acids into the heart

cells for conversion into ATP. This constant supply of ATP is required to keep the heart beating regularly.

Malic Acid and Rhodiola also have a role in promoting higher levels of ATP and in increasing energy production in muscle cells. Finally, Bromelain and Protease are proteolytic enzymes that help to decrease muscle soreness after intense exercise and support muscle recovery.

INDICATIONS

Ribose Complex may be a useful dietary supplement for those individuals wishing to provide more energy to muscles during activity, minimize muscle fatigue and encourage muscle recovery.

FORMULA (WW #10285)

One scoop (10 gm) contains

Calories	40
Total carbohydrates	9 gm
Sugars.....	1 gm
Calcium	31 mg
D-Ribose	5000 mg
Acetyl L-Carnitine	500 mg
Malic Acid.....	300 mg
DMG HCl.....	100 mg
Rhodiola rosea Extract.....	75 mg
CoQ10.....	30 mg
Bromelain.....	1000 mg
Protease.....	1000 mg
Stevia Leaf Extract.....	45 mg
Other ingredients: Natural orange powder, citric acid, natural orange flavor, silica, and tricalcium phosphate.	

SUGGESTED USE

Mix one scoop daily in water before a workout. On days not exercising, take once daily at breakfast, or as directed by a healthcare practitioner.

SIDE EFFECTS

Warning: If you are hypoglycemic, diabetic, pregnant or nursing, consult your healthcare practitioner before taking this product.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Manufactured For:

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