



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



## Mitochondria-ATP

INTRODUCED APRIL 2009

### What Is It?

Mitochondria are the powerhouses of the cell, responsible for most of the energy production in the body. This formula provides nutrients and antioxidants designed to support healthy mitochondria function, aging, energy and performance.\*

### Uses For Mitochondria-ATP

**Mitochondria Function/Energy Production:** CoQ<sub>10</sub> is a component of the mitochondria and plays a key role in the synthesis of ATP. Ubiquinol is the activated form of CoQ<sub>10</sub> and may be especially important for individuals over 40 or for those experiencing greater levels of oxidative or physical stress. B vitamins are important cofactors needed to fuel the Krebs cycle, while optimum serum levels of magnesium are associated with healthy mitochondrial metabolism and nutrient transport. Acetyl-l-carnitine provides carnitine to transport long chain fatty acids into the mitochondria for energy as well as an acetyl group for the synthesis of the Krebs cycle precursor acetyl-CoA. Creatine serves as an ATP precursor, promoting ATP synthesis and performance in working muscle. Research indicates that low doses of stability-enhanced pH balanced Kre-Alkalyn® creatine promote ATP production and lessen muscle soreness due to lactic acid. This formula provides powerful antioxidant support from vitamins C and E, grape seed extract, resveratrol, alpha lipoic acid and n-acetyl-l-cysteine. These nutrients neutralize the free radicals generated during energy production in the mitochondria. In a double blind, placebo-controlled crossover study, the combination of creatine, CoQ<sub>10</sub>, and alpha lipoic acid supported energy production and antioxidant status within the mitochondria.\*

### What Is The Source?

Vitamin C and riboflavin (B<sub>2</sub>) are derived from corn dextrose fermentation. Vitamin E (d-alpha tocopherol succinate) is derived from soybean oil, processed and purified to contain no soy protein or isoflavones. Thiamine HCl (B<sub>1</sub>), niacinamide, acetyl-l-carnitine and alpha lipoic acid (thioctic acid) are synthetic. N-Acetyl-l-Cysteine (NAC) is derived from protein and extensively purified. Magnesium is derived from earthen ore. Ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q<sub>10</sub>)<sup>††</sup> is produced by microbial (yeast) fermentation. There is no residual yeast in the final product. Kre-Alkalyn® (pH balanced creatine)<sup>†</sup> is synthetic. Resveratrol extract is derived from *Polygonum cuspidatum* root and standardized to contain 20% trans resveratrol. Grape seed extract is derived from *Vitis vinifera L.* and standardized to contain 92% polyphenols. Gelatin beadlet is porcine.

<sup>†</sup>Kre-Alkalyn® is a registered trademark of Biocetual Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

<sup>††</sup>Kaneka QH™ is a trademark of Kaneka Corporation.

### Recommendations

Pure Encapsulations recommends 4 capsules daily, in divided doses, with meals.

(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Some ingredients have been associated with mild gastrointestinal upset, nausea, vomiting, diarrhea or constipation. Alpha lipoic acid can cause headache in sensitive individuals. Creatine can cause muscle cramping. Creatine supplementation may be contra-indicated for individuals with kidney disease. One case report of creatine supplementation has been related to each of the following: atrial fibrillation, dermatitis and acute interstitial nephritis. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

CoQ<sub>10</sub>, acetyl-L-carnitine, resveratrol and grape seed extract may be contra-indicated with blood thinning medications. NAC is contra-indicated with nitroglycerin. Individuals taking anti-diabetes medications with alpha lipoic acid may need to have their blood glucose levels monitored. Consult your physician for more information.

### Mitochondria-ATP

four vegetable capsules contain  00

vitamin C (pure ascorbic acid).....	200 mg.
d-alpha tocopherol succinate (vitamin E).....	50 i.u.
thiamine HCl (B <sub>1</sub> ) .....	20 mg.
riboflavin (B <sub>2</sub> ).....	15 mg.
niacinamide .....	35 mg.
magnesium (citrate/malate) .....	100 mg.
Kre-Alkalyn® (pH balanced creatine) <sup>®</sup> .....	750 mg.
acetyl-L-carnitine (free form).....	500 mg.
resveratrol (Polygonum cuspidatum) extract (root).....	250 mg.
(standardized to contain 20% trans resveratrol).....	(50 mg.)
grape (vitis vinifera L.) extract (seed) .....	100 mg.
(standardized to contain 92% polyphenols)	
n-acetyl-L-cysteine (free-form).....	100 mg.
alpha lipoic acid (thioctic acid).....	100 mg.
ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q <sub>10</sub> ) <sup>®</sup>	50 mg.
other ingredients: gelatin beadlet, cornstarch, mixed tocopherols, vegetable capsule	

**4 capsules per day, in divided doses, with meals.**



— Your Trusted Source —

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