



MITOCHONDRIAL NRG™

HELPS MAINTAIN AND SUPPORT CARDIOVASCULAR HEALTH

120 VEGETARIAN CAPSULES | NPN80049641 | MHN120-CN

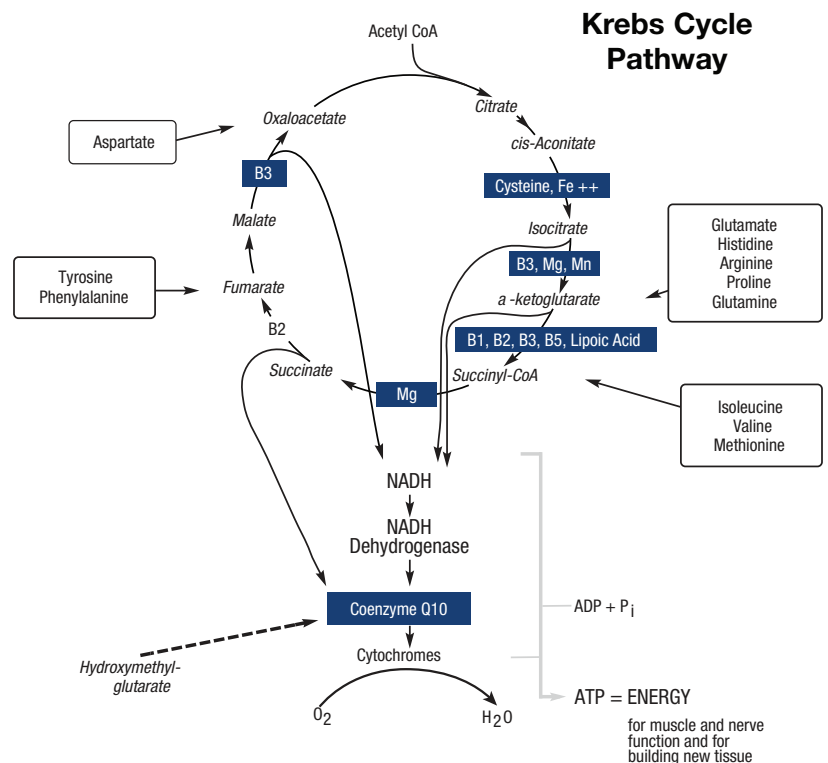
Mitochondrial NRG™ is a formulary blend of nutrients, nutraceuticals, botanicals, and Krebs cycle intermediates designed to support efficient mitochondrial metabolism and energy (ATP) production for increased vitality.

Mitochondrial NRG™ may be indicated for those individuals suffering with fatigue, including those with chronic fatigue, those wanting to increase energy output for improved athletic performance, and anyone wishing to improve overall cellular and tissue vitality and health.

It has been well established in the scientific medical literature that mitochondrial dysfunction, with its associated ATP deficiency, is related to a host of diseases, including degenerative neurological disorders (i.e., Alzheimer's, Parkinson's, multiple sclerosis, amyotrophic lateral sclerosis), cardiovascular disease (i.e., heart attack, stroke, peripheral vascular disease), obesity, and diabetes (reduced mitochondrial biogenesis has been demonstrated in metabolic syndrome). Mitochondria deteriorate with age due to ongoing exposure to free radicals, which accelerate the destruction of cellular components. As the mitochondrial function declines the cells become starved for energy and damaged, causing them to function less efficiently. Many investigators suspect that caloric restriction slows aging primarily by lowering free radical production in mitochondria. Conversely, the benefits of increased mitochondrial biogenesis and ATP availability are many, including the reduction of oxidative stress and age-related deterioration as well as improvements in metabolic function, energy level, exercise performance, body composition, cognitive function, and lifespan (shown in animal models).

Mitochondrial NRG™ contains nutrients known to aid in factors in mitochondrial energy production, including:

- **CoQ10** - rate-limiting nutritional factor in the electron transport chain
- **Alpha Lipoic Acid** - cofactor in multi-enzyme complexes that catalyzes oxidative decarboxylation dehydrogenase complex
- **Pantethine** - necessary to shuttle fats



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from the blood stream across the cellular membrane for cell entry

- **L-Carnitine** - necessary to shuttle those same fats across the mitochondrial membranes for burning
- **B Vitamins, Magnesium and Manganese** - required as Krebs cycle enzyme cofactors
- **Ribose** - a nucleotide repletter and direct cellular energy source
- **Malic and Succinic Acids** - for refilling of key Krebs cycle intermediates
- **Creatine** - to support additional energy production (using Albion's patented Creatine MagnaPower®, which supplies creatine and magnesium together, both needed for healthy mitochondria)
- **Resveratrol and Curcumin** - botanicals shown to induce the production of additional mitochondria (mitochondrial biogenesis) through SIRT1 gene signaling and PGC-1-alpha induction. This resveratrol is in the well-absorbed trans form, the form believed to be responsible for activating the SIRT1 gene, which when turned on slows the aging process.

MITOCHONDRIAL NRG™ MAY BENEFIT:

- Cardiovascular health
- Exercise intolerance
- Improved athletic performance
- Post-exercise muscle soreness
- Efficient fat burning
- Weight management
- Those wishing to improve overall cellular and tissue vitality and health

Medicinal Ingredients (per capsule):

Creatine (Magnesium Creatine Chelate).....	137.5 mg
L-Carnitine (L-Carnitine fumarate).....	50 mg
Coenzyme Q10 (CoQ10 Microorganisms-Whole cell for Biosynthesis).....	25 mg
D-Ribose.....	25 mg
DL-alpha-Lipoic acid.....	25 mg
L-Malic acid.....	25 mg
Resveratrol (trans-Resveratrol).....	25 mg
Turmeric (<i>Curcuma longa</i> -Rhizome) (95% Curcuminoids).....	25 mg
D-Pantethine.....	12.5 mg
Vitamin B1 (Thiamine hydrochloride).....	12.5 mg
Vitamin B2 (Riboflavin 5'-phosphate sodium).....	2.5 mg
Vitamin B3 (Niacinamide).....	1.25 mg
Vitamin B6 (Pyridoxal 5-phosphate).....	1.25 mg
Vitamin B12 (Methylcobalamin).....	500 mcg
Manganese.....	125 mcg

Non-Medicinal Ingredients: Hypromellose, microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide, beta-cyclodextrin. **Recommended Dose:** Adults: Take 2 capsules twice per day with a meal, or as directed by your health care practitioner.

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Mitochondrial NRG™

Natural support for healthy energy production

Mitochondrial NRG™ is a synergistic blend of nutrients, nutraceuticals and botanicals designed to support the mitochondria, nicknamed the “powerhouse of the cell.” This amazing cell component is primarily responsible for producing energy (adenosine triphosphate or ATP) for cells and associated tissues. The mitochondria are actually responsible for producing more than 90 percent of the body’s required energy. When energy is readily available, the metabolism – the sum of chemical reactions in the body – is boosted and the natural aging process is decelerated. Efficient, optimally functioning mitochondria can support ideal energy levels, body composition, and overall vitality and health.

Why support the mitochondria?

The world we live in today is riddled with environmental and food toxins. Pesticides, chemical fertilizers, radiation, smog, smoke and preservatives, to name a few, have damaging effects on all of our cells. Exposure to these toxins can encourage harmful free radicals to accumulate in our bodies. Free radicals create a destructive chain reaction in our cells, leading to compromised cell function that robs us of our health and vitality. As we age, the ongoing exposure to free radicals causes deterioration of the mitochondria. This deprives other cellular components of energy and subsequently, accelerates their destruction, causing them to function less efficiently.

Supporting healthy mitochondria and energy production helps optimize energy levels, while protecting cells from destruction and aging. Additionally, healthy mitochondria within the brain cells can help support optimal brain health and wellness.

Highlights

- **Coenzyme Q10** – A critical component of energy (ATP) production
- **L-carnitine and pantethine** – Aid in shuttling fats from the bloodstream into the mitochondria, where they are converted into energy
- **Alpha lipoic acid and B vitamins** – Assist various enzymes that function in the energy-producing pathways of the body
- **Malic and succinic acids** – Specific components of the Krebs cycle, one of the main energy-producing pathways in the mitochondria
- **Creatine** – Supports additional energy production; necessary for healthy mitochondria
- **Resveratrol and curcumin** – Botanicals that encourage the natural production of additional mitochondria within the cell

Recommended Dose: Adults: Take two capsules twice daily with food, or as directed by your health care practitioner. Do not take if you are pregnant or breastfeeding. **Does not contain gluten.**

Mitochondrial NRG™ may be beneficial for:

- Healthy energy levels
- Aiding exercise intolerance
- Improved athletic performance
- Helping to alleviate post-exercise muscle soreness
- Efficient fat burning
- Healthy weight management
- Mental clarity
- Improving overall cellular and tissue vitality and health



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