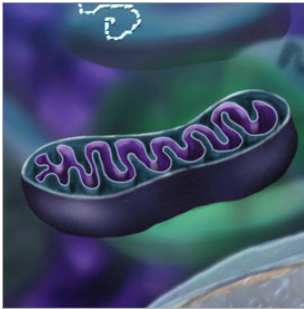


# Mitochondrial NRG™



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THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.



**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.

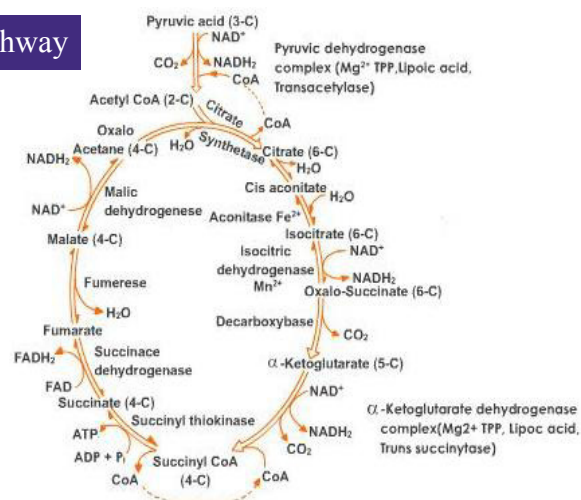
Mitochondrial NRG™ may be indicated for those individuals suffering with debilitating fatigue, including those diagnosed with chronic fatigue syndrome (CFS) and fibromyalgia (FMS), those wanting to increase energy output for improved athletic performance, and anyone wishing to improve overall cellular 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™ may be used for:

- Fatigue / Chronic Fatigue Syndrome (CFS)
- Fibromyalgia (FMS)
- Exercise intolerance
- Improved athletic performance
- Post-exercise muscle soreness
- Efficient fat burning
- Healthy weight loss
- Poor cognitive (brain) function
- Those wishing to improve overall cellular and tissue vitality and health
- Mitochondrial genetic mutations, either inborn or acquired during aging or due to excessive exercise (such as mitochondrial myopathy)

## Krebs Cycle Pathway



To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

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

- *CoQ10* – rate-limiting nutritional factor in the electron transport chain (using the same patented water soluble VESIsorb™ technology as in our Q-Avail Nano softgels and powder, to insure optimal bioavailability)
- *Alpha Lipoic Acid* - cofactor in multi-enzyme complexes that catalyzes oxidative decarboxylation of alpha-keto acids such as the pyruvate dehydrogenase complex
- *Pantethine* - necessary to shuttle fats 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, Fumaric, 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.

**Suggested Dosage:** Take four capsules daily, two capsules twice a day with meals, or as directed by your health care practitioner.

## References

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## Supplement Facts

Serving Size 4 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1)(as Thiamin HCL)	50 mg 3330%	D-Ribose	100 mg *
Riboflavin (Vitamin B-2)	10 mg 590%	Malic Acid	100 mg *
(as Riboflavin-5-Phosphate)		Succinic Acid	100 mg *
Vitamin B-3 (as Niacinamide)	5 mg 25%	Natural Coenzyme Q10 (Ubiquinone)	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 250%	Alpha Lipoic Acid	100 mg *
Vitamin B-12 (as Methylcobalamin)	2000 mcg 33330%	Trans Resveratrol	100 mg *
Magnesium	100 mg 25%	from 200 mg <i>Polygonum cuspidatum</i> (root)	*
(as Creatine MagnaPower® Magnesium Creatine Chelate)		Curcumin C3 Complex®	100 mg *
Manganese	500 mcg 25%	( <i>Curcuma longa</i> )(rhizomes)	
(TRAACS® Manganese Glycinate Chelate)		(containing three curcuminoids: curcumin, bisdemethoxy curcumin, demethoxy curcumin)	
Creatine	550 mg *	[standardized to contain 95% curcuminoids]	
(as Creatine MagnaPower® Magnesium Creatine Chelate)		Pantethine	50 mg *
L-Carnitine (as Fumarate)	200 mg *		
Fumaric Acid	150 mg *		
(from L-Carnitine Fumarate)			

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, vegetable stearate, patented VESIsorb® formula (medium chain triglycerides, polysorbate 80, polyglycerol esters of fatty acids, citrus oil extract [Citrus sinensis][peel], vitamin E), maltodextrin, calcium silicate, ubiquinone.