



Mitochondria-ATP Improved

NPN 80060528



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, while maintaining cardiovascular health and proper muscle function.

Uses for Mitochondria-ATP

Mitochondria Function/Energy Production: CoQ₁₀ is a component of the mitochondria and plays a key role in the synthesis of ATP. Ubiquinol is the activated form of CoQ₁₀ 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 muscle function. 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 is an important compound utilized by skeletal muscle to support ATP synthesis by enhancing levels of phosphocreatine. This formula provides powerful antioxidant support from vitamins C and E, grape seed extract, resveratrol, alpha lipoic acid, and N-acetyl-L-cysteine (NAC). 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, CoQ₁₀, and alpha lipoic acid supported energy production and antioxidant status within the mitochondria.

What Is The Source?

Vitamin C, riboflavin (B₂) and N-acetyl-L-cysteine 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. Alpha lipoic acid (thioctic acid), thiamine hydrochloride (B₁), niacinamide, acetyl-L-carnitine and creatine are synthetic. Magnesium is derived from earthen ore. Ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q₁₀) is produced by microbial (yeast) fermentation. There is no residual yeast in the final product. Resveratrol extract is derived from *Reynoutria japonica* root and standardized to contain 20% resveratrol. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols.

Recommended Dose

Adults: Take 2 capsules 2 times daily with meals or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 6 weeks.

Warning

Do not use if you are taking antibiotics or nitroglycerin. Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding, have diabetes, liver or kidney disease, kidney stones or a seizure disorder. Consult a healthcare practitioner prior to use if you are taking blood pressure medication or other prescription medication as resveratrol may alter the effectiveness of these medications. Discontinue use and consult a healthcare practitioner if you experience sweating, paleness, chills, headache, dizziness or confusion. May result in weight gain and cause digestive problems.

Mitochondria-ATP

Medicinal Ingredients (per capsule)	Quantity
Creatine Monohydrate.....	187.5 mg
Acetylcarnitine (N-acetyl L-carnitine hydrochloride)	125 mg
Japanese Knotweed (<i>Reynoutria japonica</i>) Root.....	62.5 mg (standardized to contain 20% resveratrol)
Vitamin C (ascorbic acid).....	50 mg
Grape (<i>Vitis vinifera</i>) Seed Extract.....	25 mg (standardized to contain 92% polyphenols)
DL-Alpha-Lipoic Acid.....	25 mg
Magnesium (magnesium citrate malate)	25 mg
N-Acetyl-L-Cysteine	25 mg
Kaneka Ubiquinol™	12.5 mg
Niacinamide	8.75 mg
Vitamin E (d-alpha tocopheryl acid succinate).....	8.3 mg AT (12.5 IU)
Thiamine (thiamine hydrochloride)	5 mg
Riboflavin.....	3.75 mg
Non-Medicinal Ingredients: Vegetarian capsule (hypromellose, water).	

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