

## D-Ribose Tablets and Powder

*Power when you need it*

**Item #01473 • 100 vegetarian tablets**

**Item #00972 • Net Wt. 150 g (0.33 lb. or 5.29 oz.)**

Many people striving for peak performance — or just concerned about heart health in general — are unaware that depletion of cellular energy in heart and muscle tissue can affect *normal* daily function.

The primary energy source for all cellular processes is a molecule known as ATP (adenosine triphosphate). Healthy, active cells constantly replenish their supply of ATP to produce vital cellular energy. However, under conditions of strenuous exercise, stress, or aging, critical body tissues such as heart and skeletal muscles may not replenish ATP as quickly.

**D-ribose**, a carbohydrate molecule found in every living organism, facilitates the production of ATP.<sup>1</sup> In studies of healthy athletes, supplying fatigued muscle cells with D-ribose quickly restored ATP levels to normal.<sup>2-4</sup>

**D-Ribose Tablets** and **D-Ribose Powder** can help speed energy recovery, increase energy reserves, and maintain youthful energy levels in heart and muscle tissue.

- For healthy adults seeking to optimize their physical performance or simply restore everyday energy and strength, the recommended daily dose of five tablets of **D-Ribose Tablets** taken with food supplies **5,100 mg** of patented **Bioenergy RIBOSE®**, a premium patented brand of ribose studied in many clinical trials and recommended by leading cardiologists.
- For adults seeking maximum energy support for heart and muscle tissues, the recommended dose is one scoop of **D-Ribose Powder** taken twice daily. Each one scoop serving supplies **5,000 mg** of **Bioenergy RIBOSE®**. D-Ribose Powder can also be taken in one **5,000 mg** dose just before exercise and another **5,000 mg** dose just after exercise.

### References

1. *EMBO Rep.* 2006 Mar;7(3):276-82.
2. *Am J Physiol Regul Integr Comp Physiol.* 2004 Jan;286(1):R182-8.
3. *J Mol Cell Cardiol.* 1984 Sep;16(9):863-6.
4. *J Surg Res.* 1989 Feb;46(2):157-62.



Specific to #01473

### Five vegetarian tablets contain:

Calcium (as dicalcium phosphate) ..... 83 mg  
Bioenergy RIBOSE® (Non-GMO D-Ribose) ..... 5100 mg

Other ingredients: microcrystalline cellulose, croscarmellose sodium, stearic acid, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), silica, vegetable stearate.

**Non-GMO**

### Dosage and use

- Take one serving daily with food for supporting cardiovascular health and energy levels in working muscles, or as recommended by a healthcare practitioner. For alternative dosing take one tablet daily for general health. Continued use is necessary to maintain the benefits of D-Ribose Tablets



Specific to #00972

### One scoop (approx. 5000 mg) contains:

Bioenergy RIBOSE® (Non-GMO D-Ribose) ..... 5000 mg  
Other ingredients: None.

### Dosage and use

- Take one level scoop once or twice daily with food to support cardiovascular health and energy levels in working muscles, or as recommended by a healthcare practitioner. For alternative dosing, take one scoop before and after exercise. D-Ribose has a natural mildly sweet taste and can be mixed with liquid or into hot or cold food. D-Ribose can be used as a sweetener. Continued use is necessary to maintain the benefits of D-Ribose Powder.

**Caution:** Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking glucose lowering medication.

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.