

# D-Ribose 150 grams

Mitochondrial Support & Energizers • Sports Nutrition

D-ribose, a simple 5-carbon monosaccharide is used by all living cells as an essential compound in cellular energy metabolism. Ribose, needed to synthesize adenine nucleotides, is the carbohydrate backbone of genetic material - DNA and RNA and other important cellular compounds. Without ribose, tissues could not produce these life giving compounds. Adenine nucleotides are required by heart, muscle and other tissue to make adenosine triphosphate (ATP), the primary source of energy used by all cells to maintain normal health and function. When the pool of adenine nucleotides is depressed by disease or strenuous exercise or activity, the level of energy available to the cell is compromised. A reduction in cellular energy level can lead to diminished function and reduced physiological health. For energy enhancement, ½ to 1 teaspoon (about 2 – 5 grams) is generally adequate although up to 15 grams per day can be taken safely. Ribose is mildly sweet and completely soluble. It mixes easily with your favorite juice, milk, PaleoMeal or other cold foods such as yogurt.



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

**Product Contains:** D-Ribose 5 g.

**Other Ingredients:** Silicon dioxide.

This product does not contain: wheat, yeast, soy, gluten, eggs, dairy, corn, artificial colors, flavors, or preservatives.

**Serving Size:** 1 heaping teaspoon (5g)

Trademark Information: Protected by U.S. patents 6,159,942, 6,534,480, 6,218,366 6,339,716 and other U.S. and foreign patents issued and pending.  
**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**