

D-Ribose

A primary source for energy and recovery

Creating and restoring energy largely depends on an important energy molecule made in the cells called adenosine triphosphate (ATP). Fatigue, exhaustion and slow recovery from intense activity result when levels of ATP are low. D-ribose is a simple 5-carbon sugar that is present in and used by every cell in the body to produce energy. Its ability to build new ATP results in energy production that may accelerate recovery from fatigue, support heart function, and make energy available to muscle tissue. Supplementing with D-Ribose powder can support a cell's ability to create needed energy for the heart muscle. As a building block for ATP molecules, this all-natural sugar is a critical nutrient for helping to keep muscle and heart tissue in good shape. D-Ribose is also ideal for athletes, weekend warriors, and those who enjoy and rely on lots of energy.

D-Ribose can also be combined with other supplements for optimal energy and stamina. For instance, combining d-ribose with the nutrient carnitine is quite effective. While carnitine increases the burning of fat as a fuel source for energy, ribose helps to maintain the energy in the cell. Because ribose has the ability to keep levels of energy in the cells adequate, it can enhance the effectiveness of most supplements designed to support energy.

Recommended Use

As a dietary supplement, take one heaping teaspoon (5 grams) daily or as directed by your health care practitioner.

Contraindications: Ribose should be avoided by children, breastfeeding mothers, and anyone with diabetes or low blood sugar.

D-Ribose may be the ideal energy replenishment system for:

- Trained athletes
- Weekend warriors
- Exercise and fitness buffs
- Those who experience "energy drains"
- People under oxidative stress from strenuous activity



*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.

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