

# Mito NRG Complex

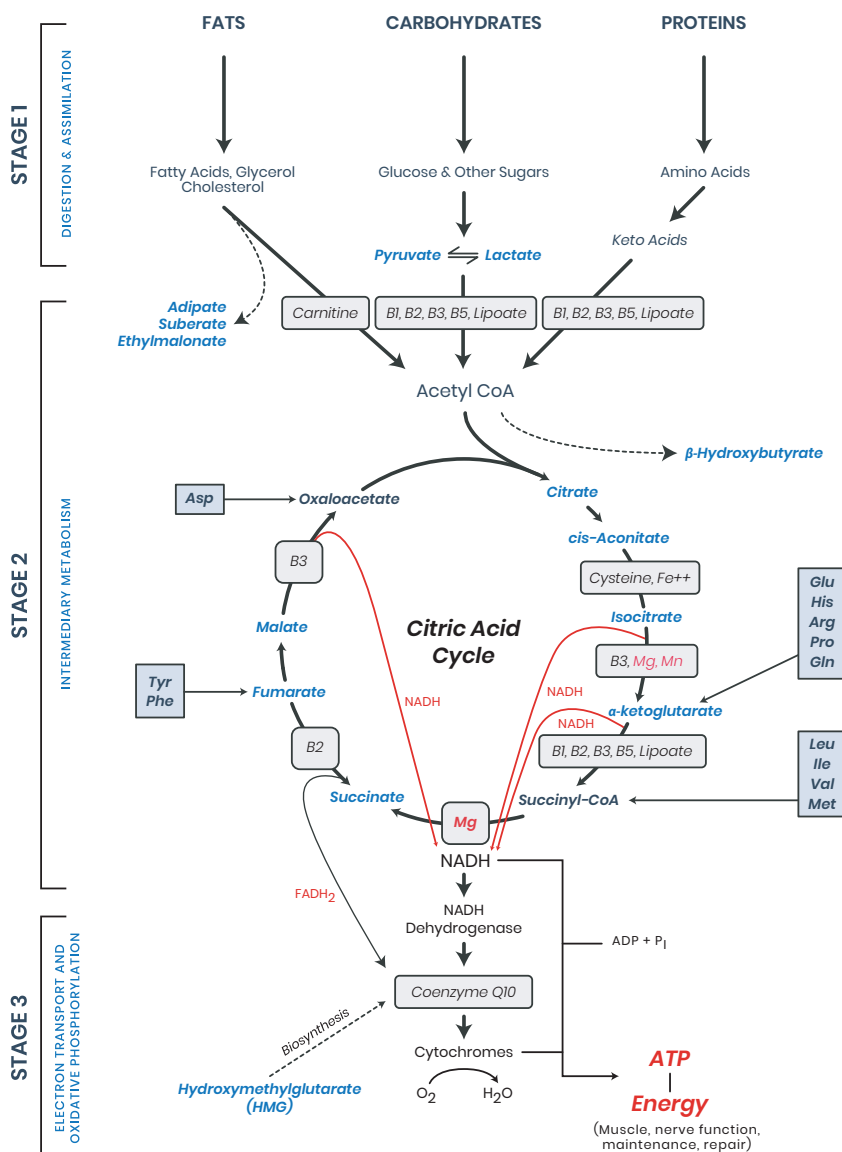
Support for Energy Production and Optimizing the Mitochondria



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 Sport are not intended for use by consumers as a mean to cure, treat, prevent, diagnose, or mitigate any disease or other medical condition.

Mito NRG Complex 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.\* Mito NRG Complex was designed to support the function of the mitochondria, “the powerhouse of the cell.” This formula may be appropriate for anyone wishing to promote overall cellular and tissue vitality and health, including those wanting to increase energy output for athletic performance.

The mitochondria are organelles within the cell that are responsible for energy production. When addressing energy production and optimizing performance it is necessary to get to the cellular level. Every cell in the body contain mitochondria except the RBC’s, they are concentrated in the eye, heart, brain and ovaries.



## KEY INGREDIENTS

**Resveratrol and Curcumin:** Botanicals shown to induce the production of additional mitochondria through SIRT1 gene signaling and PGC-1 alpha induction.

**Alpha Lipoic Acid:** Cofactor in multi-enzyme complexes that catalyze oxidative decarboxylation of alpha-keto acids such as the pyruvate dehydrogenase complex

**Pantethine:** Necessary to shuttle fats from the bloodstream across the mitochondrial membrane for cell entry

**L-Carnitine:** Necessary to shuttle those same fats across the mitochondrial membrane for burning

**Malic, Fumaric and Succinic Acids:** Supplying key Krebs Cycle intermediates

**Ribose:** A nucleotide repletter and direct cellular energy source

**B Vitamins, Magnesium and Manganese:** Krebs Cycle cofactors

**Creatine:** To support additional energy production.

**CoQ10:** Rate limiting nutritional factor in the electron transport chain (ETC)

## Mito NRG Complex can help support:

- Healthy energy levels
- Athletic performance
- Post-exercise muscle soreness
- Efficient fat burning
- Healthy weight management
- Mental Clarity



## 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 4167%	Succinic Acid	100 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	10 mg 769%	Coenzyme Q10	100 mg *
Niacin (Vitamin B-3) (as Niacinamide)	5 mg NE 31%	Alpha Lipoic Acid	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%	Trans Resveratrol	100 mg *
Vitamin B-12 (as Methylcobalamin)	2000 mcg 83333%	Curcuminoid Powder ( <i>Polygonum cuspidatum</i> )(root)	100 mg *
Magnesium	100 mg 24%	Curcuminoid Powder ( <i>Curcuma longa</i> )(rhizomes) (containing three curcuminoids: curcumin, bisdemethoxycurcumin, demethoxycurcumin) [standardized to contain 95% curcuminoids]	100 mg *
Manganese (as Manganese Glycinate Chelate)	0.5 mg 22%	Pantethine	50 mg *
Creatine	550 mg *		
L-Carnitine (as Fumarate)	200 mg *		
D-Ribose	100 mg *		
Malic Acid	100 mg *		

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide, B-cyclodextrin.



## HOW TO TAKE:

As a dietary supplement, two capsules twice a day with meals or as directed by your health care practitioner.