

Metabolic Support

Support for Mitochondrial Energy*

Metabolic Support is a potent formula that contains research-backed ingredients for supporting energy production in mitochondria, as well as many other benefits.* Mitochondria are organelles that act as the “powerhouse” of cells. The nutrients found in Cellular Energy help these organelles efficiently carry out their role in producing ATP—the energy currency of cells.*

How Metabolic Support Works

Metabolic Support is formulated with efficacious amounts of several energy-supporting ingredients, including coenzyme Q10 (CoQ10), acetyl L-carnitine (ALCAR), N-acetyl L-cysteine (NAC), alpha-lipoic acid (ALA), and grape seed extract.*

Findings indicate that low levels of CoQ10 are associated with several cardiovascular and energy-related cell disturbances.¹ As an integral part of the electron transport chain (which takes place in mitochondria), CoQ10 assists in the synthesis of ATP. As part of that process, CoQ10 converts between ubiquinone and biologically-active ubiquinol while acting as an antioxidant and effectively “trapping” free radicals.*

Research has also demonstrated that CoQ10, NAC, ALA, and grape seed extract promote proper blood flow throughout the cardiovascular system by preserving the activity of nitric oxide—a molecule that expands blood vessels.*^{2,3,4,5} Proper blood flow is imperative for cells to help the body produce energy as blood carries oxygen and nutrients, as well as remove waste products.

Furthermore, Metabolic Support contains ALCAR, a highly-bioavailable form of L-carnitine. Sufficient carnitine is important in fat metabolism; carnitine helps transport long-chain fatty acids into the mitochondria for their breakdown to occur, enabling your body to use them for energy.*⁶

Metabolic Support is rounded out with two key minerals—magnesium and manganese. Supplementation with magnesium and manganese can help support hydration status and healthy levels of oxidative stress, both of which are imperative for keeping energy production normal.*^{7,8}

Metabolic Support Supplementation

Given the role of the ingredients in Metabolic Support for supporting energy production and overall health, supplementation can assist users in a multitude of ways.* These evidence-based benefits may include:

- Supports energy production*
- Supports cardiovascular function*
- Supports blood flow and nitric oxide production*
- Provides antioxidant support throughout the body*
- Supports body tissues including epithelial, muscle, connective, and nervous tissues*



FORM: 60/180 Capsules
SERVING SIZE: 2 Capsules

Ingredients	Amount	%DV
Magnesium (as magnesium malate)	35 mg	8%
Manganese (as manganese sulfate)	2 mg	87%
Acetyl L-Carnitine HCl	300 mg	**
N-Acetyl L-Cysteine	300 mg	**
Coenzyme Q10	200 mg	**
Alpha-Lipoic Acid	150 mg	**
Grape Seed Extract	150 mg	**

OTHER INGREDIENTS: Hydroxypropyl methylcellulose, vegetable magnesium stearate.

DIRECTIONS: Take two capsules daily as a dietary supplement, or as directed by your healthcare practitioner.

CAUTION: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



*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.

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