

# Mito Boost

SUPPORTS ATP AND ENERGY LEVELS \*



Mito Boost is a synergistic blend of nutrients and botanicals designed to support the mitochondria, which is nicknamed the “powerhouse of the cell.” This cell component is primarily responsible for producing more than 90% of the energy (or adenosine triphosphate [ATP]) for cells and associated tissues. Efficient and optimally functioning mitochondria can support normal energy levels, healthy body composition, vitality, and health.\*

Environmental and food toxins (e.g., pesticides, chemical fertilizers, radiation, smog, smoke, and preservatives) may stress cellular components, including the mitochondria. Exposure to these toxins can encourage free radicals to accumulate and create oxidative stress. Aging, nutrient deficiencies, and exercise may additionally contribute to excess free radicals.

Providing the mitochondria with key nutrients involved in energy production and supporting antioxidant status in the body (such as those in Mito Boost) to counter the effects of free radicals may support healthy energy levels and normal mitochondrial function.\*

## Benefits\*

- Supports normal cellular energy production
- Helps to maintain healthy body composition
- Supports brain health
- May help support mitochondrial density and function as you age

## Product Highlights

- Nutrients to support various steps in cellular energy production\*
- Resveratrol and curcumin to support formation of new mitochondria and antioxidant status\*
- B vitamins in bioactive forms
- Vegetarian, dairy-free, gluten-free, soy-free, and non-GMO

## Recommended Use

Take 4 capsules per day with meals or as directed by your health-care practitioner. (Divided dosing recommended.)

## Ingredient Highlights

- **Coenzyme Q10:** A critical component of energy (ATP) production that also helps regenerate antioxidants\*
- **R-lipoic acid:** Assists various enzymes that function in the energy-producing pathways of the body and promotes antioxidant status, including to help regenerate other antioxidants\*
- **L-carnitine:** Aids in shuttling fats from the bloodstream into the mitochondria where they are converted into energy\*
- **D-Ribose:** A building block of coenzymes and ATP involved in many of the energy-producing pathways\*
- **Malic and succinic acids:** Specific components of the Krebs cycle, one of the main energy-producing pathways in the mitochondria\*
- **B vitamins:** Involved in many different steps in the energy production process\*
- **Resveratrol and curcumin:** Botanicals that encourage support mitochondrial health within the cell and support antioxidant status\*