



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



RiboCarnitine-Q₁₀

INTRODUCED MAY 2010

What Is It?

Synergistic combination of propionyl-L-carnitine, acetyl-L-carnitine, L-carnitine fumarate, ribose and CoQ₁₀ to support muscle function and overall cardiovascular health.*

Uses For RiboCarnitine-Q₁₀

Exercise Support:

- Facilitates the adaptation of skeletal muscle in individuals undergoing strenuous exercise with the patented synergistic combination of propionyl-L-carnitine, acetyl-L-carnitine and L-carnitine fumarate*
- Lessens muscle fatigue in individuals, regardless of degree of physical activity*
- Fuels Krebs cycle at the acetyl CoA level (acetyl-L-carnitine) and the succinyl-CoA level (propionyl-L-carnitine) to support energy production*
- Supports the transport and oxidation of fatty acids into the mitochondria (L-carnitine fumarate), providing an important source of muscular energy*
- Promotes adenosine triphosphate (ATP) production, providing energy for healthy skeletal muscle*

Cardiovascular Support:

- Promotes healthy peripheral circulation and targets cardiac muscle function with propionyl-L-carnitine*
- Enhances mitochondrial function and energy production (ATP synthesis)*
- Supports healthy diastolic cardiac function with d-ribose*

What Is The Source?

Propionyl-L-carnitine, acetyl-L-carnitine and L-carnitine fumarate are synthetically derived. d-Ribose is derived from corn glucose fermentation. CoQ₁₀ is obtained naturally from fermentation. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 3-6 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. L-carnitine and d-ribose have been associated with GI upset, vomiting, heartburn, diarrhea, or headache. Ribose may have a hypo-glycemic effect, which appears to be transient and clinically non-significant. It is advised that diabetics be closely supervised by their healthcare provider. Rarely, propionyl-L-carnitine has been associated with muscle weakness and angina. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Carnitine and CoQ₁₀ may be contra-indicated with blood thinning medications. Individuals on anti-hypertensive medications may require blood pressure monitoring. Consult your physician for more information.

RiboCarnitine-Q₁₀

three vegetable capsules contain  V 00

d-ribose	1,000 mg
L-carnitine (free-form) (from L-carnitine fumarate)	250 mg
GlycoCarn® GPLC (glycine propionyl-L-carnitine HCl)	150 mg
acetyl-L-carnitine (from acetyl-L-carnitine HCl)	125 mg
coenzyme Q ₁₀	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	60 mg
other ingredients: hypo-allergenic plant fiber, silica	

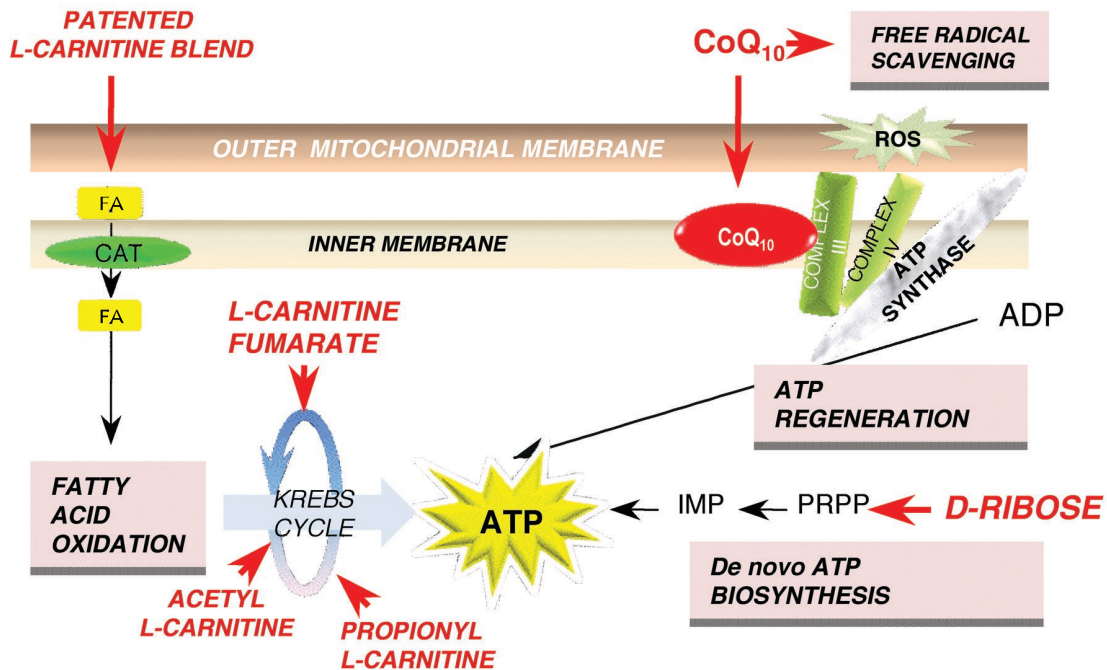
3-6 capsules per day, in divided doses, with meals.

(continued)

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

For educational purposes only. Consult your physician for any health problems.

RiboCarnitine-Q₁₀: Synergistic support for muscular bioenergetics and cardiovascular health*



High ATP levels in skeletal and cardiac muscle are maintained by convergent mechanisms.

Carnitines support fatty acid (FA) transport across the inner mitochondrial membrane for oxidation, supporting ATP synthesis via the Krebs cycle and respiratory chain. L-carnitine fumarate, acetyl L-carnitine and propionyl L-carnitine additionally support the Krebs Cycle by providing intermediates (fumarate, acetyl CoA and succinyl CoA, respectively). Coenzyme Q₁₀ supports aerobic ATP regeneration via the respiratory chain and provides antioxidant protection during aerobic metabolism. As a precursor to 5-phosphoribosyl-1-pyrophosphate (PRPP), D-ribose supports de novo ATP synthesis by maintaining high levels of nucleotide precursors.



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 www.PureCaps.com • csservice@purecaps.com