

MITOCORE PROTEIN BLEND STRAWBERRY



CLINICAL APPLICATIONS

- Recharges Cellular Energy Production
- Supports Immune Function
- Increases Antioxidant Protection
- Supports Detoxification Capacity
- Provides Key Micronutrients to Optimize Daily Nutritional Intake

ESSENTIAL NUTRITION

Mitocore is a scientifically formulated combination of micronutrients and clean macronutrition specifically designed to boost cellular and mitochondrial energy production, maximize antioxidant capacity, support detoxification and strengthen immune response. Based on peer-reviewed, double-blind research, Mitocore provides a unique blend of acetyl L-carnitine, alpha lipoic acid and N-acetyl cysteine, all shown to produce a dramatic increase in immune function and energy output.^[1] In addition, Mitocore provides key micronutrients in a great-tasting, organic, whole grain brown rice protein for better cellular nutrition.

Overview

The body's cells and organ systems depend on an adequate supply of energy to function optimally. The mitochondria, known as the power house of the cell, contain nutrients and enzymes that are important for cellular energy metabolism. Some of these enzymes convert food to usable energy in the form of adenosine triphosphate (ATP). ATP functions as the key source of energy for all cells. In order to increase mitochondrial output, there must be adequate fuel supply for combustion and abundant antioxidants to scavenge free radical by-products. Preserving our energy reserves and increasing energy output is a critical part of maintaining optimal health.

There are many things that can drain our energy reserves. Lack of sleep, too much stress, poor nutrition and prescription medications can draw on our energy reserves using them up faster than they can be replenished. Even the vital biologic systems we rely on to maintain health can create an energy deficit that needs to be restored.

Some of the most energy demanding systems in the body are:

- Liver detoxification
- Immune protection
- Cardiovascular function
- Neurologic function

Mitocore is scientifically formulated, based on published research, to boost mitochondrial reserves and jumpstart cellular energy production.^[1] Mitocore includes the powerful antioxidant trio of alpha lipoic acid, N-acetyl cysteine and acetyl L-carnitine shown to increase energy production and at the same time, recharge the primary cellular antioxidant pools of vitamins E and C and glutathione.

Acetyl L-Carnitine[†]

Acetyl L-carnitine (ALC) is an amino acid that is associated with increased energy production. It has been shown to increase the flow of free fatty acids, the fuel source for mitochondria, resulting in a significant boost in energy production. As we age, free radical production increases oxidative damage to the mitochondria, which can potentially decrease energy production. ALC has been shown to increase cellular energy (ATP) production and has been found, in combination with lipoic acid, to lower oxidative stress.^[2,3] Studies have also shown that ALC supports the immune response by protecting CD4 and CD8 immune cells and by supporting the reproduction of lymphocytes for the identification and elimination of invading antigens.^[4,5]

N-Acetyl cysteine[†]

N-acetyl cysteine (NAC) is an antioxidant that scavenges free radicals and promotes liver detoxification.^[6] NAC has been shown to increase production of glutathione, an important

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antioxidant found in the body.^[6] In addition to its antioxidant activity, glutathione boosts the immune system by activating T-cells, helping to maintain immune balance.^[7]

Alpha Lipoic Acid†

Alpha lipoic acid (ALA) is a potent antioxidant and also plays a synergistic role in recharging other antioxidants such as vitamin C, vitamin E, CoQ₁₀ and glutathione. Lipoic acid also plays a key role in detoxification.^[8] Studies have shown that a combination of ALA and ALC helps minimize oxidative damage.^[9,10] Oxidative stress causes damage to DNA, RNA, proteins, mitochondrial membranes and lipids, and contributes to the functional decline of mitochondria, cells, tissues, and eventually organs such as the brain.^[9,10]

The Micronutrient “Backbone” †

To increase cellular energy production efficiently, optimal levels of critical nutrients and enzyme cofactors must be achieved. Mitocore is an energy providing multivitamin with an optimized backbone of vitamins and minerals necessary for increasing energy output and meeting daily nutritional needs.

Macronutrition†

Diets lacking sufficient protein have been associated with diminished immune activity. That is why Mitocore includes a base of easy to digest protein from brown rice providing vital nutrition for a healthier immune response. The rice protein in Mitocore has been designated a “silk” category protein source for easy digestion, a low allergen index scale and complete amino acid profile.

Directions

Mix each scoop in 8 oz. of cold water. Stir vigorously or shake in a closed container.

Does Not Contain

Does not contain wheat, gluten, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

2 scoops contain			2 scoops contain		
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	260		Calcium (as Calcium Ascorbate USP, Calcium Citrate)	200 mg	20%
Calories from Fat	60		Iron	8 mg	44%
Total Fat	6 g	9%	Iodine (from Potassium Iodide)	75 mcg	50%
Total Carbohydrate	24 g	8%	Magnesium (as Magnesium Citrate)	200 mg	50%
Dietary Fiber	6 g	24%	Zinc (as Zinc Picolinate)	16 mg	107%
Soluble Fiber	2 g		Selenium (as Selenium Picolinate)	100 mcg	143%
Sugars	12 g	**	Copper (as Copper Picolinate)	1 mg	50%
Protein	24 g	48%	Manganese (as Manganese Picolinate)	6 mg	300%
Vitamin A (as Natural Beta Carotene)	10,000 IU	200%	Chromium (as Chromium Picolinate)	50 mcg	42%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	1,000 mg	1,667%	Molybdenum (as Molybdenum Picolinate)	150 mcg	200%
Vitamin D3 (as Cholecalciferol)	500 IU	125%	Potassium (as Potassium Citrate USP)	50 mg	1%
Vitamin E	200 IU	667%	ORYZAPRO Rice Protein	26 g	**
Thiamine (Vitamin B1) (from Thiamine Hydrochloride USP)	30 mg	2,000%	Alpha Linolenic Acid (from Organic Flaxseed Flour)	2.4 g	**
Riboflavin (Vitamin B2 USP)	30 mg	1,765%	N-Acetyl-L-Cysteine USP	600 mg	**
Niacin (as Niacinamide USP)	30 mg	150%	Acetyl L-Carnitine Hydrochloride	500 mg	**
Vitamin B6 (as Pyridoxine Hydrochloride USP)	30 mg	1,500%	Alpha Lipoic Acid	200 mg	**
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%	Mixed Tocopherols	200 mg	**
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%	Citrus Bioflavonoid Complex	150 mg	**
Biotin	100 mcg	33%	Betaine Hydrochloride USP	75 mg	**
Pantothenic Acid (as d-Calcium Pantothenate USP)	30 mg	300%	L-Glutamic Acid	50 mg	**
			Choline (as Choline Bitartrate)	30 mg	**
			Inositol NF	30 mg	**
			Boron (as Boron Picolinate)	1 mg	**

ID# 127940 933 Grams (32.9 oz)

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References

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