

# Mitochondria-ATP

Supports cellular energy and mitochondrial health<sup>‡</sup>

## INDICATIONS

- Ages 18 and up
- Mitochondrial health and cellular energy support<sup>‡</sup>

## BENEFITS

- Supports healthy mitochondrial function<sup>‡</sup>
- Enhances the production of ATP<sup>‡</sup>
- Provides antioxidant support<sup>‡</sup>

## FEATURES

- Offers a blend of nutrient cofactors to support mitochondrial function<sup>‡</sup>
- Now with nicotinamide riboside chloride (NR) to support NAD<sup>+</sup> and cellular function<sup>‡</sup>
- Includes acetyl-L-carnitine and creatine to support ATP synthesis<sup>‡</sup>
- Contains a blend of antioxidants to support cellular health<sup>‡</sup>
- Made with high-quality ingredients back by verifiable science

## VERIFIABLE SCIENCE

CoQ<sub>10</sub> is a component of the mitochondria and plays a key role in the synthesis of ATP. B vitamins are important cofactors needed to fuel the Krebs cycle, while optimal serum levels of magnesium are associated with healthy mitochondrial metabolism and nutrient transport.<sup>1</sup>

Nicotinamide riboside chloride (NR) is precursor of nicotinamide adenine dinucleotide (NAD<sup>+</sup>), a key driver of cellular energy production.<sup>2-7</sup> Some evidence suggests that NAD<sup>+</sup> declines with age in humans.<sup>6,8</sup> NAD<sup>+</sup> activates SIRT1, an epigenetic switch that regulates metabolism, mitochondrial biogenesis, cellular energy production and cellular longevity.<sup>4-7</sup> Higher NAD<sup>+</sup> levels are associated with healthy mitochondrial function.<sup>5,6</sup> Acetyl-L-carnitine provides carnitine to transport long chain fatty acids into the mitochondria for energy as well as an acetyl group for the synthesis of the Krebs cycle precursor acetyl-CoA.<sup>7</sup> Highly pure creatine monohydrate helps enhance the production of the ATP by adding a phosphate group during its formation.<sup>8</sup> This formula provides antioxidant support with vitamins C and E, as well as resveratrol, alpha lipoic acid and N-acetyl-L-cysteine. Antioxidants neutralize the free radicals generated during energy production in the mitochondria. In a double-blind, placebo-controlled, crossover study, the combination of creatine, CoQ<sub>10</sub> and alpha lipoic acid supported energy

production and antioxidant status within the mitochondria.<sup>9‡</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules, 2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Vitamin C and riboflavin (B<sub>2</sub>) are derived from corn dextrose fermentation
- Vitamin E (d-alpha tocopherol succinate) is derived from soybean oil, processed and purified to contain no soy protein or isoflavones
- Magnesium is derived from earthen ore
- Coenzyme Q<sub>10</sub> is produced by microbial (yeast) fermentation. There is no residual yeast in the final product
- Resveratrol extract is derived from *Polygonum cuspidatum* root and standardized to contain 50% trans resveratrol

## NOTES

Size 00 caps

Bottle count 120

Order code MATP41

Bottle size 290 cc

## REFERENCES

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3. Trammell SA, Schmidt MS, Weidemann BJ, et al. *Nat Commun*. 2016 Oct 10;7:12948.
4. Covarrubias AJ, Perrone R, Grozio A, Verdin E. *Nat Rev Mol Cell Biol*. 2021 Feb;22(2):119-141.

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5. Janssens GE, Grevendonk L, Perez RZ, et al. *Nat Aging*. 2022 Mar;2(3):254-263.
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7. Clement J, et al. *Rejuvenation Res*. 2019 Apr;22(2):121-130.
8. Vandenberghe K, Goris M, Van Hecke P, et al. *J Appl Physiol* (1985). 1997 Dec;83(6):2055-63.
9. Rodriguez MC, et al. *Muscle Nerve*. 2007 Feb;35(2):235-42.

## SUPPLEMENT FACTS

**2 capsules, 2 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	100 mg
Vitamin E (as d-alpha tocopherol succinate)	17 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	10 mg
Riboflavin (vitamin B <sub>2</sub> )	7.5 mg
Magnesium (as magnesium citrate/malate)	50 mg
Nicotinamide riboside chloride (NR)	50 mg
Creatine monohydrate	375 mg
Acetyl-L-carnitine (free-form)	250 mg
Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	30 mg
N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	50 mg
Coenzyme Q <sub>10</sub>	30 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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Mitochondria-ATP	Quantity	Order Code
	120	MATP41

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



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