

# WE EARN YOUR TRUST, ONE BOTTLE AT A TIME



## Mito-Charge Powder

RN Labs Mito-Charge powder has been formulated to provide synergistic and bioavailable ingredients for supporting optimal mitochondrial performance and efficiency.

Mito-Charge is suitable for multiple clinical applications that seek to support core cellular functions.

### Key Points

- ✓ Supports cellular efficiency throughout the body
- ✓ Supports healthy mitochondrial energy production
- ✓ Assists optimal exercise performance
- ✓ Promotes muscular recovery and ATP levels post exercise
- ✓ Aids healthy cardiac function
- ✓ Supports sleep, energy and general wellbeing in those experiencing fatigue
- ✓ Uniquely balanced and synergistic formula
- ✓ Great tasting
- ✓ Provides convenient and flexible dosing

### Mito-Charge Powder 210 grams

AUST-L: 394750

Each Scoop 7.5g dose (approx 1 level scoop) Contains:

Ribose	4.6 g
Acetyl Levocarnitine Hydrochloride	1 g
Nicotinamide Riboside Chloride	100 mg
Equiv. Ribose	52 mg
Calcium Pyruvate	666 mg
Equiv. Calcium	100 mg
Magnesium Citrate	647 mg
Equiv. Magnesium	100 mg
Calcium Pantothenate	65 mg
Equiv. Pantothenic Acid	60 mg
Taurine	50 mg
Biotin	1 mg

Excipients: Malic Acid, Glycine, Colloidal Anhydrous Silica.

Suitable for vegans.

GLUTEN FREE

DAIRY FREE

EGG FREE

YEAST FREE

SOY FREE

SUGAR FREE

NO HARSH ADDITIVES

VEGAN

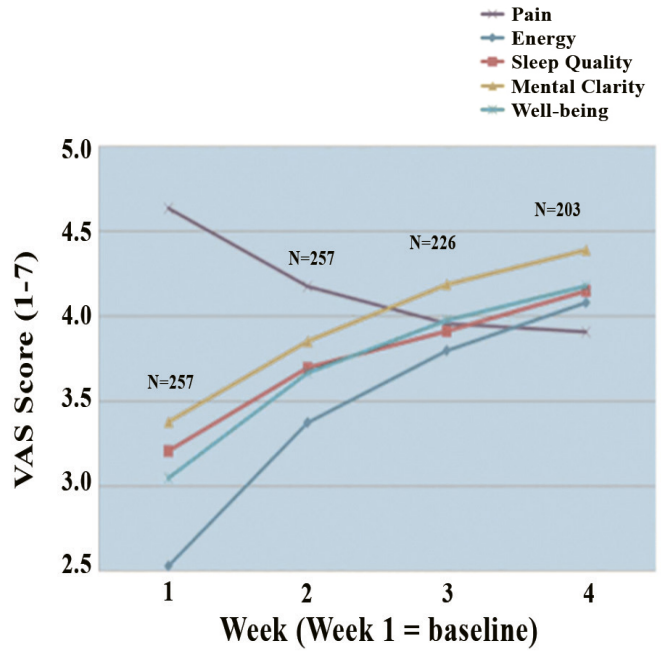
# Research Highlights

## RIBOSE IN CFS AND FIBROMYALGIA

A group of 203 participants diagnosed with Fibromyalgia and/or Chronic Fatigue Syndrome completed a trial to determine the impact of Ribose supplementation. Practitioners directed patients to take D-ribose at a dose of 5 grams, three times a day for the duration of the study. Improvements began in the first week of treatment, and continued to increase at the end of the 3 weeks of treatment. D-ribose treatment led to clinically significant improvements ( $p < .0001$ ) in all categories:

- 61.3% increase in energy
- 37% increase in overall well being
- 29.3% improvement in sleep
- 30% improvement in mental clarity
- 15.6% decrease in pain

Teitelbaum, J., Jandrain, J. & McGrew, R. 2012, 'Treatment of Chronic Fatigue Syndrome and Fibromyalgia with D-Ribose- An Open-label, Multicenter Study', The Open Pain Journal, vol. 5, no.1, pp. 32-37.



## Directions for Use

### SUGGESTED USE

Adults take 1 scoop mixed with water or juice 1–3 times daily or as prescribed by your healthcare practitioner.

### STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

If symptoms persist consult your healthcare practitioner. Vitamin and or mineral supplements should not replace a balanced diet. If pregnant, consult your healthcare practitioner before using this product. Contains monosaccharide Ribose.

Ribose in large amounts may lower blood sugar levels. Caution should be exercised in those with insulin medicated diabetes.

Whilst the body requires sufficient Biotin for normal foetal development, supplementing more than 500 mcg per day may not be advisable during pregnancy due to metabolic/hormone influences.

### KNOWN SIDE EFFECTS

In large amounts the acidity of malic acid may cause gastrointestinal cramping and discomfort.

As with all acid foods avoid brushing teeth immediately after taking to protect dental enamel.

### PURE & LOW SENSITIVITY

This product does NOT contain any wheat, gluten, dairy, lactose, egg, yeast, soy, artificial colours, artificial sweeteners, or artificial flavours.

This product also does not contain artificial preservatives, stearate lubricants and other commonly detrimental excipients.

# Mito-Charge Supports Multiple Core Cellular Functions

## RIBOSE

Natural saccharide found in most cells and tissues.

Forms part of nucleotides.

Forms part of ATP, ADP & AMP molecules

Increased cellular energy in CFS, Fibromyalgia, cardiac failure and weakness, and muscular fatigue.

Supplementation can reduce muscle recovery time and soreness.

Multiple doses throughout the day may be required and lower maintenance doses may suffice once cellular function has been improved.



## CALCIUM : MAGNESIUM

Magnesium is a critical cofactor in the citric acid cycle and the production of ATP.

Magnesium is critical to neuromuscular relaxation.

Magnesium Citrate is a superior form of Magnesium for absorption and uptake into cellular citric acid cycle metabolism.

Calcium and magnesium supplied in a 1:1 ratio, may benefit those with CFS, Fibromyalgia, Neurotransmitter and nervous system imbalances.

Calcium Pyruvate is a bioavailable chelate form of Calcium that does not compete with citrates for absorption. It provides small amounts of the citric acid cycle precursor Pyruvate.

Calcium provides the primary direct contractile force to muscles.



## ACETYL CARNITINE

Cofactor for transporting fatty acids into the mitochondria for beta oxidation in energy production.



## MALIC ACID

Key metabolite within the citric acid cycle assisting the induction of ATP energy production in mitochondria.

Useful synergist with magnesium for cellular energy production and support of muscular strength, recovery and pain minimisation.



## VITAMINS B5 & B7

B vitamin cofactors for cellular energy and mitochondrial function.

Four out of the five biotin-dependent carboxylases are found in the mitochondria, and are required for gluconeogenesis and fatty acid oxidation.

Pantothenic acid (B5) is crucial for the formation of Acetyl-CoA, alpha-ketoglutarate and pyruvate dehydrogenase complexes. B5 supports the efficient functioning of the citric acid cycle.

Biotin (B7) assists the body to utilise amino acids within cellular metabolic functions.

Pantothenic acid (B5) is required for fatty acid synthesis, metabolism and fatty acid oxidation.



## TAURINE

Assists in the transfer of electrolytes between intra and extracellular spaces.

May provide specific support to Mitochondrial enzymes.

May support the optimum maintenance of cellular electrolyte levels and pH, to maximise cellular conductivity and energy production.

Support of cardiac tissue and metabolism.

Depletion caused by hyperglycaemia could provide a link between mitochondrial dysfunction and diabetes.

## NICOTINAMIDE RIBOSIDE (Specialised B3)

Nicotinamide (B3) is required to supply protons (via NADH) for oxidative phosphorylation via ATP and citric acid cycle function.

Using the specialised nicotinamide riboside form provides the highest levels of activity, and the widest benefits.

Provides potent support for energy production pathways

Encourages healthy cognitive and neuromuscular function

Supports cardiovascular and arterial health

May support healthy ageing





## WE CARE ABOUT YOUR PATIENTS.

*RN Labs deliver premium-grade, strictly clinician-only supplements, formulated for everyone, even your most sensitive patients. All our product labels provide full-label transparency - listing all excipients - so you can be confident that you are giving your patient a pure, high quality product that you and your patient can rely on.*



### UNPARALLELED PURITY STANDARDS

We only select ingredients from suppliers that can guarantee purity, proven by testing. Our quality standards are adhered to and continuously measured to maintain manufacturing excellence. We have always voluntarily provided full label transparency – meaning everything in the bottle is listed on the label.



### LOW-EXCIPIENT MANUFACTURING

Like you, nothing is dearer to us than our health and helping others achieve optimum wellness. It's why we are so fastidious about developing products that even the most sensitive individuals can take - free from harsh excipients and inappropriate compound forms.



### CLINICAL VALIDATION

RN Labs products define the highest level of purity, quality and innovation. RN Labs will always select the most scientifically validated forms of nutrients for their intended purposes. Premium quality nutrients enhance biological activity and utility, and may reduce potential digestive or metabolic burdens.



### UNCOMPROMISING INTEGRITY

We are committed to improving client outcomes. RN Labs products are designed to individualise treatment needs. We believe in a holistic and targeted approach to healthcare, that supports the unique expression of health and vitality in each individual.

