



# EAT AND THINK 2WIN

## POWERHOUSE

**Powerhouse\*** is a vegetarian, gluten free, orange flavored powdered formula that supports mitochondrial function to reduce fatigue and restore cellular function.\*

### Powerhouse\* Supports:

- Energy via the production and recycling of ATP\*
- Exercise tolerance\*
- Cardiovascular output\*
- Muscle strength and recovery\*
- Oxygen utilization and physical stamina\*
- Athletic performance and endurance\*

### About ATP and Mitochondria

#### ATP

ATP (adenosine triphosphate) is a high energy molecule in cells. It is generated within the mitochondria. ATP is composed of adenosine (an adenine ring and a ribose sugar) and three phosphate groups. When in use ATP is broken down to ADP (adenosine diphosphate) to provide energy. Energy from the breakdown of ATP drives many important reactions in the cell. This means that ATP needs to be constantly produced especially during exercise.

#### Mitochondria

Mitochondria are tiny organelles found in every cell in the body. They are known as the "powerhouse of the cell" and are responsible for creating more than 90% of cellular energy. Mitochondria are necessary in the body to sustain life and support growth. They are composed of tiny packages of enzymes that turn nutrients into cellular energy. Mitochondrial failure causes cell injury that leads to cell death. When multiple organ cells die there is organ failure. In adults, many challenges associated with aging have been found to have defects of mitochondrial function.\*

### Powerhouse\* contains:

#### D-Ribose

D-Ribose is a naturally occurring sugar that has been shown to support the production and recycling of ATP which helps to increase energy formation in stressed tissues.\*

#### DMG

DMG is a metabolic enhancer that helps the body overcome various forms of stress such as aging, poor oxygen availability, free radical damage and a weakened immune system.\* As a methyl donor it contributes methyl groups to keep ATP levels high.\*

#### Co Enzyme Q10

CoQ10 is an antioxidant and a naturally occurring cofactor in cellular energy.\* It is vital to the production of ATP. It improves the heart's pumping ability, improves blood circulation, increases tolerance to exercise and improves the heart's muscle tone.\* As a powerful antioxidant it helps protect heart tissue from free-radical damage.\* CoQ10 levels decline after the age of 35.

#### Acetyl-L-Carnitine

Acetyl-L-Carnitine is a derivative of the amino acid, carnitine. It supports heart function by transporting fatty acids from the blood through to the mitochondrial membranes and into heart cells so the fatty acids can be converted into ATP\*. The heart requires a constant supply of ATP in order to provide enough energy for it to keep beating regularly.

#### Malic Acid

Malic Acid is involved in energy production in muscle cells. It also supports increased ATP production because it's involved in the Krebs cycle. Malic acid is also needed for glucose metabolism, which is important for nourishing muscles and nerves.

#### Rhodiola

Rhodiola is an herb (Rhodiola rosea) that supports cellular energy metabolism.\* It promotes higher levels of ATP (adenosine triphosphate) and CP (creatine phosphate), thus providing more of the energy molecules needed to perform many daily activities.\* We use the Rhodiola Rosea species and it's standardized to contain the proven 3:1 ratio of 3 percent rosavins and 1 percent salidosides.

#### Bromelain

Bromelain is a proteolytic enzyme that supports muscle recovery.\* It has been shown to alleviate muscle soreness after intense muscle contractions.\*

#### Protease

Protease is a proteolytic enzyme that decreases muscle soreness following intense exercise.\*

## Supplement Facts

**Serving Size: 1 Scoop (10 g)**

**Amount Per Serving**

**Calories 35**

Total Carbohydrates	9 g
Sugars	9 g
Calcium	160 mg
D-Ribose	5,000 mg
Acetyl L-Carnitine	500 mg
Malic Acid	300 mg
DMG HCl	100 mg
Rhodiola rosea Extract	75 mg
yielding rosavins	2.25 mg
CoQ10	30 mg
Bromelain (800 GDU/g)	1,000 mg
Protease (from Aspergillus niger) (75,000 HUT/g)	1,000 mg
Stevia Leaf Extract	45 mg

Other ingredients: natural orange powder, citric acid, natural orange flavor, tricalcium phosphate, silica.

**Warning:** If you are hypoglycemic or pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, mix one scoop daily in water before a workout. On days not exercising, take once daily at breakfast, or as directed by your healthcare practitioner.



Manufactured to cGMP standards and distributed by:  
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