

Ribo-CarniClear™

Support for healthy energy levels, mitochondrial function, and fat loss*

Ribo-CarniClear™ provides high-dose L-carnitine along with D-ribose and pantothenic acid (vitamin B5) in a convenient and easy-to-dose liquid with a pleasant orange flavor. These nutrients are required for fat burning and energy generation at the cellular level, which may help promote steady energy levels, facilitate weight loss, and support healthy mitochondrial function.*

Carnitine

In the human body, carnitine is synthesized primarily in the liver and kidneys but over 95% of the body's carnitine is located in the heart and skeletal muscle because these tissues have high energy demands and derive most of their energy from fat. In fact, this is carnitine's primary biological role: converting fatty acids (from dietary fat or excess carbohydrate that was converted into fat) into compounds that can be transported into the mitochondria where they are burned to produce energy. Mitochondria are often called the "powerhouses" or "energy generators" of cells because they are the literal sites of energy synthesis.

L-carnitine occurs naturally in all foods, but significant amounts are found only in animal foods, particularly dark meats such as red meat (beef, lamb, bison), dark meat poultry, and pork and fish, due to high concentrations of mitochondria. (The name *carnitine* is derived from its first having been isolated from meat—"carne.") Carnitine supplementation may be especially beneficial for individuals following vegetarian or strict vegan diets because neither preformed carnitine nor its precursors are present in adequate amounts to support optimal health.

The human body synthesizes carnitine from the amino acids lysine and methionine, with iron, niacin, and vitamins C and B6 as cofactors. (The fatigue often associated with deficiency in vitamin C or iron may result in part from decreased carnitine synthesis.) Carnitine may be considered a "conditionally essential" nutrient because even though the body does produce it, this relatively limited synthesis may not be adequate during periods of increased demand and under certain metabolic states.

D-ribose is a compound essential for biological function and energy generation. Ribose is needed to synthesize DNA (the genetic material) and other important molecules. It's also the starting point for synthesizing ATP, the energy molecule all cells use to do their work. For this reason, D-ribose is a perfect partner for L-carnitine in supporting sustained energy levels and healthy metabolic function.*

Pantothenic acid is included in this formula because it is required for numerous life-sustaining biochemical reactions. With regard to supporting fat burning and mitochondrial function, B5 is essential for the reactions that convert fats and carbohydrates into energy. For these reasons, administering pantothenic acid along with carnitine may be beneficial for the purpose of facilitating fat burning, weight loss and promoting healthy energy levels.*

Recommended Use: As a dietary supplement, take 5 mL (approx. 1 teaspoon) per day, or as directed by your healthcare practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

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

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.