

Acetyl L-Carnitine[†]

Acetyl L-carnitine (ALC) is an amino acid that is associated with recharged cellular 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. With age, free radical production increases oxidative damage to the mitochondria, which can potentially decrease energy production. ALC has been shown to recharge cellular energy production and has been found, in combination with lipoic acid, to lower oxidative stress.^{2,3} Studies have also shown that ALC supports immune function 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 supports detoxification capacity.⁶ NAC has been shown to increase production of glutathione, an important antioxidant found in the body.⁶ In addition to its antioxidant activity, glutathione supports immune function by activating T-cells.⁷

Alpha Lipoic Acid[†]

Alpha lipoic acid (ALA) is an 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 supporting detoxification capacity.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}

Resveratrol[†]

Resveratrol is a polyphenol molecule found in many plant species, including grapes and cranberries, and is found in high concentrations in wine. Polyphenols act as antioxidants that protect plants from damage that can be caused by bacteria, fungi and radiation.¹¹ Resveratrol is believed to be the dietary factor behind the "French Paradox," which is the high rate of cardiovascular wellness in the French population, despite their high fat intake. In addition to its antioxidant properties and support for cardiovascular function, resveratrol has been shown to support immune function.¹¹

Broccoli Seed Extract[†]

Broccoli seed extract contains a high amount of glucoraphanin, a compound that is a precursor to sulphoraphane. Sulphoraphane is an antioxidant and supports detoxification capacity and immune response. Sulphoraphane has been shown to induce Phase II detoxification enzymes and raise intracellular glutathione levels.¹²

Green Tea (EGCG)[†]

Green tea polyphenols have demonstrated significant antioxidant, probiotic- and immune-supporting properties.^[13] The hydroxyl group of green tea polyphenols increases antioxidant protection by forming complexes with free radicals and neutralizing them, minimizing oxidative damage throughout the body. Green tea polyphenols also stimulate the activity of liver detoxification enzymes, supporting detoxification capacity.¹³

The Micronutrient "Backbone"[†]

To recharge cellular energy production efficiently, optimal levels of critical nutrients and enzyme cofactors must be achieved. This product provides an optimized backbone of vitamins and minerals necessary for increasing energy output and meeting daily nutritional needs.

Directions

2-4 capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

4 capsules contain			Amount Per Serving	% Daily Value	4 capsules contain			Amount Per Serving	% Daily Value
Vitamin A (from 5,000 IU as Natural Beta Carotene)	1,500 mcg	167%	Selenium (as Selenium Glycinate Complex)	75 mcg	136%				
Vitamin C (as Ascorbic Acid USP)	250 mg	278%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%				
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%	Chromium (as O-polynicotinate) [†]	50 mcg	143%				
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	15 mg	1,250%	Potassium (as Potassium Citrate USP)	30 mg	<1%				
Riboflavin (Vitamin B2 USP)	15 mg	1,154%	N-Acetyl-L-Cysteine USP	600 mg	*				
Niacin (as Niacinamide USP)	15 mg	94%	Acetyl L-Carnitine Hydrochloride	500 mg	*				
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	882%	Malic Acid (as DiMagnesium Malate)	215 mg	*				
Folate (from 800 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,360 mcg DFE	340%	Alpha Lipoic Acid	200 mg	*				
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%	Mixed Tocopherols	50 mg	*				
Biotin	50 mcg	167%	Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	45 mg	*				
Pantothenic Acid (as d-Calcium Pantothenate USP)	15 mg	300%	Broccoli Seed Extract (TrueBroc®) (Standardized to contain 13% Sulforaphane Glucosinolate)	40 mg	*				
Choline (as Choline Bitartrate)	15 mg	3%	Inositol NF	15 mg	*				
Calcium (as Calcium Citrate USP)	75 mg	6%	trans-Resveratrol (from Polygonum cuspidatum (Roots))	10 mg	*				
Iodine (from Potassium Iodide)	37 mcg	25%							
Magnesium (as DiMagnesium Malate)	75 mg	18%							
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%							

* Daily Value not established

References

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