

Support for energy production and optimizing the mitochondria*

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WHAT IS MITO NRG COMPLEX?

Mito NRG Complex is a formulary blend of nutrients, botanicals, and Krebs cycle intermediates designed to support efficient mitochondrial metabolism and energy (ATP) production for increased vitality.* Mito NRG Complex supports the function of the mitochondria, the “powerhouse of the cell”. This formula may be appropriate for anyone wishing to support overall cellular health, including those wanting to increase energy output for athletic performance.*

FORMULA HIGHLIGHTS

- Chelated and highly absorbable form of manganese
- B vitamins in their bioactive forms
- R-Lipoic acid (as Bio-Enhanced RLA®) for better stability, bioavailability, and solubility
- Bioavailable trans resveratrol (as Veri-te®)
- Three forms of curcumin (from the turmeric plant) as bioavailable curcuminoids
- Features pantethine, synthesized from vitamin B5 (pantothenic acid), which is an intermediate of co-enzyme A and is important to energy metabolism*
- Features mitochondrial energy-supportive compounds, including malic acid, succinic acid, carnitine, R-lipoic acid, and coenzyme Q10*
- NSF Certified for Sport®

CLINICAL EVIDENCE

Supports Healthy Energy Production*

B vitamins play a central role in the conversion of macro nutrients into usable energy at the cellular level, and Mito NRG Complex provides a rich supply of vitamins B1, B2, B5, B6, and B12. A double-blind study observed that healthy non-athletes who supplemented with these B vitamins for 28 consecutive days displayed improved exercise endurance and reduced fatigue. The improvement were likely due to measurable reductions in lactate levels compared to the placebo group.¹ In addition, the inclusion of resveratrol in this formula further supports healthy energy production.^{2,3}

In a study involving 30 men and women over the age of 65, 12 weeks of daily resveratrol supplementation combined with exercise showed greater improvements in mitochondrial density, muscle fatigue resistance, and muscle strength – resulting in a 14% increase in power compared to 0% in the placebo group.³



May Support Athletic Performance*

Mito NRG Complex may help athletes with their athletic performance.* L-carnitine has been shown in human clinical trials to support exercise performance, anaerobic capacity, and lactate metabolism in healthy adults.^{4,5} L-carnitine plays an important role as a shuttle for long-chain fatty acids across the cellular membranes for beta-oxidation, another source of ATP production, especially during fasting. One double-blind placebo-controlled study involving 23 healthy adults examined the effects of daily L-carnitine supplementation for nine weeks. Strength assessment for both upper and lower body were conducted, and at the nine-week mark, it was observed that those taking L-carnitine supplementation displayed an increased number of leg repetitions and leg press weight compared to the placebo group. These findings suggest that L-carnitine may help increase power output and overall strength.⁴

May Help Mitigate Exercise-Induced Muscle Damage*

The blend of ingredients in Mito NRG Complex may support muscle recovery and help mitigate post-

exercise soreness.* Key components such as coenzyme Q10, L-carnitine, and R-lipoic acid play a role, and help support mitochondrial energy production and may help mitigate oxidative stress caused by intense physical exercise.^{6,7} In addition, curcumin, a phytonutrient from plants of the *Curcuma longa* species (e.g., turmeric) featured in Mito NRG Complex, has been shown in clinical human research to help attenuate exercise-induced muscle damage.^{8,9} One double-blind study involving 27 male athletes investigated the outcomes of curcumin supplementation following a strength training workout. The results 48 hours post-exercise revealed that those who supplemented with 200 mg/day of curcumin experienced reduced delayed onset of muscle soreness (DOMS) and less lactate buildup compared to the placebo group. This study suggests that curcumin supplementation may help with recovery and shorten


the time needed to return to training after a heavy exercise.⁸

BENEFITS*

- May support healthy energy production, by helping to mitigate feelings of fatigue and promoting mitochondria health.^{1-3,6,7}
- May support weightlifters with strength and power output^{4,5}
- May help to reduce occasional DOMS due to healthy lactate metabolism and a mitigation of muscle damage from intense exercise.^{4,6,7}

HOW TO TAKE

As a dietary supplement, take four capsules per day with meals.



Supplement Facts

Serving Size 4 capsules
Servings Per Container 30



Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1)(as Thiamin HCl)	50 mg 4167%	Malic Acid	250 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	10 mg 769%	Succinic Acid	250 mg *
Niacin (as Niacinamide)	5 mg NE 31%	Coenzyme Q10	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%	R-Lipoic Acid (Bio-Enhanced® RLA)	100 mg *
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	2000 mcg 83333%	Trans Resveratrol (Veri-te™)	100 mg *
Manganese (as TRAACS® Manganese Glycinate Chelate)	0.5 mg 22%	Curcuminoid Powder (CurcuminC3 Complex®)(Curcuma longa)(rhizomes) (containing three curcuminoids: curcumin, bisdemethoxycurcumin, demethoxycurcumin) [standardized to contain 95% curcuminoids]	100 mg *
L-Carnitine (as Fumarate)	300 mg *	Pantethine (Pantesin®)	50 mg *
D-Ribose	250 mg *		


*Daily Value not established.

PROMOTES EFFICIENT ATP PRODUCTION*

SUPPORTS MITOCHONDRIAL OPTIMIZATION*

SUPPORTS OPTIMAL CELLULAR FUNCTION*





*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.

References

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