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Mito AMP™ – Power to the People

About Mito AMP

- Mitochondria are small structures primarily responsible for converting food into an energy form (ATP) used by our cells.
- These "cellular powerhouses" are found throughout the body, are especially prevalent in our muscle, heart and liver cells and are subject to oxidative damage from free radicals.
- Damage accumulated over time is a key factor in cell, tissue and organ aging.
- Lifestyle interventions, such as a lower calorie diet, help improve mitochondrial function. Supplements, such as acetyl-L-carnitine (ALC), help to reverse many age-related cellular changes.
- ALC has shown a beneficial effect in aging disorders including fatigue, high blood pressure, diabetes, and memory disorders such as dementia.
- ALC works in synergistic combination with another other key mitochondrial nutrient, coenzyme Q10. Together they help improve conditions such as heart failure and visual reduction associated with macular degeneration.
- Two grams of acetyl-L-carnitine per day for 6 months lowers blood pressure and improves insulin resistance in those at higher risk for heart disease.
- Acetyl-L-carnitine may help reduce the muscle pain and lower fatigue in those with a chronic disorder called fibromyalgia.
- PQQ, a novel vitamin like compound, may help stimulate mitochondrial growth.
- Researchers believe that R-alpha-lipoic acid and ALC together reduce oxidative stress and thereby improve mitochondrial function.
- R-alpha-lipoic acid may have better absorption in the elderly.
- Resveratrol improves mitochondrial respiration by mimicking the physiological effects of a calorie restricted diet.
- The anti-aging compound resveratrol is able to protect the heart and its blood vessels from oxidative damage and inflammation.
- Ginkgo biloba extract reduces oxidative stress and improves mitochondrial respiration. This is useful in preventing or slowing the progression of dementia associated with vascular and Alzheimer's dementia.
- Standardized grape seed extract may stimulate mitochondrial function in skeletal muscle.
- A recent large scale analysis of grape seed extract concluded that it helps lower systolic blood pressure.

How To Use Mito AMP

- 1 capsule 3 times per day with meals or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

PATIENT NAME: _____

PRACTITIONER NOTES

Cautions and Contraindications

- Consult a health care practitioner prior to use in the following cases: if you have diabetes, high blood pressure, seizures, liver or kidney disease, or if you have been instructed to follow a low protein diet.
- Do not use if you are taking health products that affect blood coagulation (e.g., blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding.
- Do not use if you are pregnant or breastfeeding.
- Do not use if there is a known allergy to any of the components.
- Keep out of reach of children.

Drug Interactions

- This product should be not used by individuals who are employing blood thinning drugs such as Warfarin.
- If you are diabetic and employing prescription medications for your elevated blood sugar, this product may trigger hypoglycemia.

Quick Tips

- ☐ Tuna fish, organ meats including liver, kidney and heart, and whole grains including the germ are rich in CoQ10.
- ☐ Resistance or weight training in the elderly is associated with an increase in muscle size and mitochondrial density.
- ☐ PQQ, an essential micronutrient, is found in many foods including tofu, parsley, green tea, green pepper, kiwi, papaya, spinach and carrots.
- ☐ *Avoid high fat diets:* In sedentary men, a very high fat diet can lead to poor mitochondrial function which triggers a substantial loss of whole-body efficiency and reduced levels of alertness
- ☐ *Butt out:* The compounds in cigarette smoke damage the mitochondria leading to a loss in ATP production and ultimately triggering cell destruction.
- ☐ Pinot noir and Cabernet sauvignon contain the highest levels of resveratrol found in red wine
- ☐ Found in foods like spinach, lipoic acid is not only a vital component to cellular energy production, but also helps to stop the damage triggered by free radicals.

PRACTITIONER CONTACT INFORMATION:

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