



# Ribo-Zip™

- ◆ Increases energy levels
- ◆ Reduces muscle fatigue
- ◆ Increases endurance
- ◆ Improves antioxidant levels
- ◆ Supports healthy tissue and membrane function

## Instant Effervescent Sports Energy Drink

### "WITH ATTITUDE"

#### Who will benefit from Ribo-Zip™ ?

- ◆ Individuals who want to reduce fatigue;
- ◆ Athletes wishing to improve stamina and athletic performance;
- ◆ Individuals who desire to lower oxidative stress and improve recovery time;
- ◆ Individuals who want to enhance cellular and membrane function.

#### How long can Ribo-Zip™ be used?

- ◆ Ribo-Zip is safe to use on a daily basis by individuals requiring on-going nutritional supplementation to overcome dietary shortfalls.

#### When should Ribo-Zip™ be consumed?

- ◆ Ribo-Zip can be consumed before and after any strenuous physical activity. When Ribo-Zip is consumed with lunch many individuals have reported increased energy in the afternoon.

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

Supplement Facts		
Serving Size: 10g (2 scoops) Servings per container: 30		
Amount per Serving		
Calories 23	Calories from fat 0	
		% Daily Value*
<b>Total Carbohydrate</b>	<b>5g</b>	<b>2%</b>
Dietary Fiber	0g	0%
Sugars	4g	**
<b>Amino Acids</b>		
L-leucine	400mg	**
L-valine	350mg	**
L-isoleucine	300mg	**
L-glutamine	125mg	**
Vitamin C (calcium ascorbate and Ester-C™)	275mg	458%
Vitamin E (d-alpha tocopherol acetate)	13mg	59%
Thiamin (thiamin hydrochloride)	0.19mg	13%
Riboflavin (riboflavin-5-phosphate)	0.22mg	13%
Niacin	5mg	25%
Vitamin B6 (pyridoxal-5-phosphate)	1.25mg	63%
Folate (folic acid)	6.5mcg	2%
Vitamin B12 (cyanocobalamin)	1250mcg	20,833%
Pantothenic Acid (D-calcium pantothenate)	1.25mcg	13%
Calcium (calcium ascorbate)	30mg	3%
Magnesium (magnesium glycinate)	50mg	13%
Zinc (amino acid chelate)	1mg	7%
Selenium (seleno-L-methionine)	2.5mcg	4%
Manganese (manganese gluconate)	0.5mg	25%
Chromium (Chromium 454™ & chromium dinicotinate)	113mcg	94%
Sodium (sodium bicarbonate)	30mg	1%
Potassium (potassium bicarbonate & citrate)	450mg	13%
Citrus Bioflavonoids	25mg	**

\*Percent Daily Value are based on a 2000 calorie diet.  
\*\* Daily Value not established for this ingredient.

**Ingredients:** RZ-7 Proprietary Energy Mix (Bioenergy Ribose™ and Fructose), Proprietary Antioxidant Fruit and Vegetable blend, Caromix® (Beta-carotene, Alpha-carotene, Lutein, Lycopene, Zeaxanthin, Cryptoxanthin), Citric acid, Natural Berry Flavor, a Proprietary Blend (317mg) consisting of: L-arginine, Caffeine from guarana seed, L-taurine, Alpha Lipoic Acid Grape Seed Extract, Green Tea Leaf Extract, American Ginseng Root and Ginger Root; Silica, Xylitol, Natural Fruit Flavors & Sucralose.



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# Ribo-Zip™ Key Ingredients

**Ribo-Zip™ is the most comprehensive antioxidant and metabolic energy supporting formulation on the market today. Simply mix the powder in water for a refreshing, nutritious, energy boosting drink.**

## **The importance of Ribose to cardiac and skeletal muscle biochemistry**

Supplemental ribose plays a vital role in both myocardial and skeletal muscle metabolism, primarily through its participation in the synthesis of ATP from 5-phospho-ribose-1-pyrophosphate (PRPP). In muscle tissues, glycolysis is often insufficient to meet energy needs due to the low availability of glucose-6-phosphate dehydrogenase.

When ribose is supplemented, the rate-limiting step of glucose-6-phosphate dehydrogenase is bypassed, thereby elevating the level of PRPP, increasing adenosine nucleotide biosynthesis and accelerating ATP replenishment of cardiac and skeletal muscle. In a nutshell, the “cellular battery” gets recharged more efficiently. (1,2,3)

## **Antioxidant support**

Ribo-Zip™ is a unique, high potency, antioxidant blend for protecting tissues from oxidative damage. The combination of vitamin C, vitamin E, mixed carotenoids, citrus bioflavonoids, alpha lipoic acid, grape seed and green tea extracts, along with a proprietary natural antioxidant fruit and vegetable blend, provides a powerful antioxidant punch with an exceptional ORAC value. This antioxidant combination can help protect plasma and cellular fats from oxidation, thereby improving cellular and tissue function throughout the body.

**One serving of Ribo-Zip™ is equivalent to 5 servings of fruits and vegetables.**

## **Electrolytes and minerals**

One serving of Ribo-Zip™ provides a useful amount of magnesium, potassium, chromium, zinc, sodium and calcium to support nerve and muscle cell metabolism reducing muscle and/or nervous system fatigue. In addition, the chromium, zinc, and magnesium promote insulin synthesis and activity to nutritionally support blood sugar balance for stable sustained energy.

**B-Vitamins** (Thiamin, Riboflavin, Niacin, Pyridoxal-5-phosphate, Folic acid, Vitamin B12 and Pantothenic acid) The B-vitamins are the spark plugs that support healthy carbohydrate metabolism and energy production. Vitamin B12 is present in a high amount due to its important function in the synthesis of DNA and RNA—our genetic codes for healthy function and aging. The combination of pyridoxal-5-phosphate (vitamin B6), Vitamin B12 and folic acid found in Ribo-Zip™ help lower levels of homocysteine, an independent risk factor for cardiovascular disease. Vitamin B6 also has an important role in supporting healthy nerve and muscle function. Pantothenic acid stimulates the production of Coenzyme A, which is necessary for fatty acid metabolism. Pantothenic acid has also been shown to raise levels of cellular reduced glutathione

**Lipoic acid** along with its biological antioxidant recycling activity, plays an important role in enhancing cellular energy production.

**Guarana Seed** contains a substance similar to caffeine called guaranine. Guaranine stimulates the central nervous system, increases metabolism, and has a mild diuretic effect. It is gradually metabolized in the liver to caffeine thus has a gradual systemic effect.

**Green Tea Leaf Extract** in combination with the guarana seed provides a total of 50mg of caffeine per Ribo-Zip™ serving. Green tea extract has been shown to be protective against oxidative stress and the catechins present in the extract are known to have an anti-inflammatory activity.

## **References:**

1. Bulter, T. 2000. Ribose and its effect on energy recovery in heart and skeletal muscle. Bioenergy. Ham Lake, MN.
2. Zimmer, H. -G. 1980. Restitution of myocardial adenine nucleotides: acceleration by administration of ribose. J. Physiol. Paris 76(7): 769-775.
3. Zimmer, H. -G. 1996. Regulation of and intervention into the oxidative pentose phosphate pathway and adenine nucleotide metabolism in the heart. Molec. Cell. Biochem. 160/161: 101-109.
4. PDR for Nutritional Supplements, 1st Edition, 2001. Medical Economics, Thompson Healthcare.
5. Natural Medicines Comprehensive Database, Fifth Edition, 2003. Therapeutic Research Faculty, Stockton, CA.