

## Support Energy Levels Naturally with Ribose\*

### What is Ribose?

Ribose is an all-natural carbohydrate that helps facilitate the production of Adenosine Triphosphate (ATP).\* ATP is the primary source of energy for all of our cellular processes and has been referred to as the "energy currency" of our cells. Ribose is also present in ribonucleic acid (RNA), which is important in protein synthesis.\* Our bodies naturally make ribose, but not very quickly in heart and muscle cells. Exercise depletes energy reserves within muscle tissues. These muscle cells use ribose to produce energy within the tissue.\*

### Supplement Facts

Serving Size 1 Packet (5 g)

	Amount Per Packet	% Daily Value
Calories	20	
Total Carbohydrate	5 g	2%**
Sugars	5 g	†
Pure d-Ribose	5 g	†

\*\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

**Directions:** Take one packet 1 to 3 times daily for dietary supplementation. Stir into any beverage.

Store away from heat and moisture.

✓ **Gluten-free** ✓ **Milk/Casein-free**  
✓ **Preservative-free**

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Warning:** Insulin-dependent diabetics, hypoglycemics and pregnant or lactating women should consult with their doctor before using this product.

### POTENCY & QUALITY GUARANTEED

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.

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**An FDA Regulated Facility**



100% Pure d-Ribose

# Ribose

30 Single-Serving Packets

Current research suggests that this essential sugar:

- Increases energy reserves\*
- Helps maintain healthy energy levels in heart and muscle tissues\*
- Promotes muscle recovery\*
- Promotes increased cardiac efficiency and lowers stress during exercise\*

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- 100% pure d-Ribose
- Convenient single-serving packets
- Easily dissolves into any beverage
- A month supply
- Ideal for your exercise regimen

DIETARY SUPPLEMENT

Promotes Energy and Muscle Recovery\*

30-5g Packets | Net Wt. 150g

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