Energevity™

Mitochondrial ATP Energy Boost

The healthy functioning of our mitochondria is an often overlooked, but critical, foundation for a youthful life. Part of most of our trillions of cells, the mitochondria produce the ATP energy the body needs to perform all of its functions, from moving and digestion to thinking and feeling.*

As we age, fueling cellular energy production is more important than ever, as our mitochondria may decrease and become less efficient. These types of changes to the mitochondria have been hypothesized to lead to lower ATP energy levels that in turn would cause, amongst other things, fatigue. The decline in efficiency of the mitochondria and its effect on energy and aging is part of what scientists call the Mitochondrial Theory of Aging. Beyond the aging process, many of us feel that our lives are becoming increasingly busy, and we want to meet those challenges with vigor. Source Naturals® Energevity™ fuels your body's energy factories with the nutrients they need to produce ATP, the energy molecule.*

This formula provides you with nutrients and vitamins that are well-researched and renowned for supporting the body in ATP production. Some of these ingredients are likely familiar to you, such as the B vitamins, CoQ10, and lipoic acid, and some may be new, such as BioPQQ® or acetyl-L-carnitine. Combined, they offer a powerful blend of energy-fuel for your body.*

Energevity's powerful blend of ingredients work with your body's own energy-producing system to support sustained energy that can fuel an active life and lifelong vitality.*

Source Naturals®
for a life well lived.®

*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Mitochondria, the Power Generators

Within nearly every one of our close to 40 trillion cells, there can be up to 2,000 mitochondria producing the ATP energy we need to function. They are responsible for the body's energy requirements—especially the high-performance, energy-demanding organs, such as the brain, heart, liver, and muscles. Simply stated, they help convert the food we eat into a usable form of energy. That form of energy is usually ATP (adenosine triphosphate), which is formed in the mitochondria during several complex chemical reactions, including the Krebs cycle and oxidative phosphorylation. Mitochondria are a unique part of the cells. Without them, we would have no movement in our muscles, no digestion, no immune protection, and no thoughts or feelings.*

ATP, the Energy Molecule

Almost all of the trillions of biochemical activities in the body need ATP to provide the energy to catalyze, or start, biochemical reactions. Amazingly, your body must produce more than half of its own weight in ATP every day just for normal functioning, and it can metabolize even more when you engage in physical activity. Your cells use ATP to fuel their life-sustaining functions. However, as we age, some of our mitochondria are damaged or their function deteriorates. This could mean less metabolic energy to run the cells and body in a healthy manner, setting up the potential for fatigue and poor health. Hopefully, you can see how the youthful functioning of our mitochondria is critically important. Nutritional support is a key way to ensure your body produces as much ATP as you need.*

Energevity for Mitochondrial Health

This wide-ranging, multiple-ingredient formula includes clinically researched amounts of nutrients that have been shown to support mitochondrial function. Each ingredient alone is beneficial; in combination, they are a powerhouse for your body.*

- Research indicates that **PQQ** may help to support mitochondrial function and support aerobic metabolism. Preclinical evidence suggests that PQQ is necessary for normal regeneration of mitochondria. Humans don't appear to be able to make PQQ—they must obtain it from dietary sources.
- **Coenzyme Q10** is an important electron carrier in the electron transport chain, which is part of oxidative phosphorylation and the final stage in producing ATP, localized in the mitochondrial inner membrane. **CoQ10** supplementation supports mitochondrial function and may increase time until exhaustion during exercise.
- **Lipoic acid** is a cofactor for key enzymes in the Krebs cycle. Preliminary research has shown that **lipoic acid** supplements can support mitochondrial function and may support healthy aging. **Lipoic acid** and **vitamin B-1** are cofactors for the enzyme that converts sugars into acetyl-CoA, the starting point of the Krebs cycle. **Pantothenic acid** (vitamin B-5) is the precursor for coenzyme A, which is needed to make acetyl-CoA, the initial compound in the Krebs cycle that occurs within the mitochondria.
- **Niacin** and niacinamide are precursors of NAD/NADH and NADP/NADPH, which are heavily utilized in the Krebs cycle as electron carriers. Preliminary evidence also suggests niacin supports mitochondrial membrane function.
- **Acetyl-L-Carnitine** is necessary to transport fat into the mitochondria where it is burned for energy. Preliminary research has shown that **L-carnitine** supplementation may result in more efficient fatty acid oxidation, thereby optimizing mitochondrial function.*

Our mitochondria play a key role in supporting the energy production we need to function at our best. This comprehensive formula contains ingredients that fuel the enzymes in the mitochondria to promote energy production in every cell in your body for high-quality energy to your brain, heart, liver, and muscles. The importance of our mitochondria as a basis for a life filled with vigor and energy makes Energevity an important supplement to add to your health regimen.*

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