

## Rev Up with Ribose

By Vera Tweed

Optimize energy levels, improve sleep, and enhance mental clarity with this natural supplement.

**Holly Jacobson**, a nurse in Clermont, Fla., could never get enough sleep. Even after eight hours, she was still exhausted. She also began experiencing heart palpitations, breathlessness, and brain foggiess. One night, Jacobson woke up with her heart racing. First thing the next morning, she called her doctor.

The diagnosis was a mixed blessing. Jacobson had a mild heart problem that could be corrected with a series of noninvasive medical treatments. However, her insurance plan would not immediately approve the procedure. While the insurance coverage was being sorted out, Jacobson's cardiologist recommended Corvalen D-ribose powder (also called ribose), and she started mixing a scoop of it into her orange juice every day.

Jacobson quickly experienced results. Within a week, she was waking up refreshed and feeling like her old self. Ribose powder became part of her daily routine. Two years later, her heart problem has been resolved, but she still takes ribose. It gives her energy to spare, she says, "Not just to get through my days, but to enjoy every minute of them."

### What Ribose Does

"Ribose is what the energy molecules in our bodies are made from," explains Jacob Teitelbaum, MD, author of *From Fatigued to Fantastic!* Consequently, the supplement optimizes energy levels; It also improves sleep and mental clarity and eases pain.

Teitelbaum has studied the effect of ribose on chronic fatigue syndrome and fibromyalgia. "Our two studies, published in the *Journal of Chronic Fatigue Syndrome* and *The Journal of Alternative and Complementary Medicine*, show an average 45 to 59 percent increase in overall energy after three weeks," he says. The supplement has also improved energy levels and well-being among people with heart failure, according to studies published in the *International Journal of Cardiovascular Research* and the *European Journal of Heart Failure*.

### How to Benefit

Teitelbaum recommends using ribose in powder form. Mix 5 grams with juice or food, three times daily for three weeks to build up levels of the nutrient, and then take 5 grams twice daily for maintenance.

**DID YOU KNOW?**  
Supplementing with ribose may help your heart and muscles recover more quickly from vigorous exercise.

## Product Examples (from left)

CORVALEN D-RIBOSE POWDER (aka ribose) mixes in your favorite beverage to help boost energy.

ENZYMATIC THERAPY ENERGY REVITALIZATION SYSTEM is formulated to restore vitality and all-day energy in two weeks or less. The nutrient-packed drink mix contains ribose and includes a B-complex vitamin. The drink provides the nutritional equivalent of 35 tablets.

DOCTOR'S BEST BEST L-CARNITINE FUMARATE helps the body burn fat for energy and maintain heart health with L-carnitine and fumarate, which is key in energy production and fat metabolism in the body.

BLUEBONNET UBIQUINOL CELLULARACTIVE COQ10 features the active form of CoQ10 (ubiquinol) that can be immediately utilized by the body.

NUTRITIONAL THERAPEUTICS PROPAX WITH NT FACTOR (not shown) offers broad-spectrum nutrition and has been clinically shown to reduce fatigue.

