

## *Patient Fact Sheets*

### **Creating Maximum Energy for Health** by John Brimhall, D.C., and Stephan Cooter, Ph.D.

About 90 million people worldwide are afflicted by Chronic Fatigue Syndrome. Fibromyalgia affects another 3-6 million people with chronic tiredness and pain. 15% of the U.S. population suffers from fatigue linked with chemical sensitivities.

Many of the 10,000 chemicals added to our food and water are believed to cause fatigue, depression, mental, motor, nerve disorders, and cancer. 81 drugs have fatigue as a known side-effect. Other causes include nutritional deficiencies, overwork, infections, poor immune function, mitochondria defects, muscle tension, heavy metals, tobacco and alcohol abuse.

Avoid sugars and fats, preservatives, pesticides, and chemicals in household products to strengthen the body. Drink 8-10 glasses of water to help toxin removal and help rebuild the body with natural foods.

The mitochondria are the energy furnaces of the body. When the mitochondria make insufficient energy, we have fatigue and pain as two results. When we supplement with nutrients that support healthy functioning of the mitochondria, energy production can be maximized, creating enough energy for more satisfying and active lives.

#### **Total Mitochondria™**

Directions for use: One tablet daily or as directed. Each Tablet Contains: Vitamin E (succinate) 45i.u., Vitamin C (as ascorbate) 44.4mg, Vitamin B-1 15 mg, Niacin 5mg, Folic Acid 250mcg, Selenium (as chelate) 34mcg, Manganese (as chelate) 83mcg, Zinc (as chelate) 500mcg, Copper (as chelate) 10mcg, Magnesium (as malate) 11.25mg, Sodium (as ascorbate) 5.55mg, Niacinamide 10mg, Vitamin K (phylloquinone) 6mcg, Alpha Lipoic Acid 15mg, CoEnzyme Q10 10mg, N-Acetyl Carnitine 10mg, N-Acetyl Cysteine 10mg, L-Glutathione 10mg, SOD Type G 250i.u. (Glutathione 250i.u., 781i.u.), L-Tyrosine 10mg, L-Glycine 10mg, L-Glutamic Acid 10mg, Phosphatidyl Serine 2mg, Lecithin (50mg of Phosphatidyl Choline) 109mg, Catechin Extract 75mg.

**Magnesium (as malate):** Magnesium is needed to burn food for energy. Malate kicks cells into maximum energy creation; helps improve energy and reduce pain.

**Coenzyme Q10** helps the body create energy. Deficiencies of CoQ10 are linked with aging and disease; CoQ10 helps improve hypertension and heart disease, diabetes, infertility, gum disease, and the effects of chemotherapy; promotes anti-aging effects, helps boost the immune system; helps energy levels in people with mitochondria defects and muscular dystrophy.

**Alpha Lipoic Acid** helps convert food into energy and enhances protection against cell damage.

**N-Acetyl Carnitine** helps burn fat to produce energy. Deficiencies: Muscle weakness and extreme fatigue. Carnitine boosts energy for the heart and physical performance.

**Vitamin C** helps the body to make carnitine. Deficiencies: fatigue and decreased carnitine levels.

**Vitamin E and B-Vitamins** help mitochondria produce energy; help in conditions of mitochondria defects and muscular dystrophy; protect against mitochondria damage.

**Vitamin K** enhances resistance to infection; is necessary for storing energy in the liver.

**Glutathione, N-Acetyl Cysteine** protect mitochondria against aging and cell death.

**Phosphatidyl Serine and Phosphatidyl Choline** help the mitochondria use fats; benefit energy creation and brain function.

**Selenium** deficiency is linked with loss of stamina.

**Manganese** is essential for conversion of food into energy; helps eliminate fatigue.

**Sodium (as ascorbate)** is a buffered form of Vitamin C that is easier on the stomach.

**Zinc** helps promote energy production, resistance to infections.

**Copper** helps make the energy molecule the body needs to run on. Copper and Zinc are also a necessary parts of SOD, which protects and revitalizes cells.

**L-Tyrosine** helps improve chronic fatigue. *Caution: should not be taken with MAO inhibitor drugs.*

**L-Glycine** helps produce more energy in the body; promotes healthy muscle.

**L-Gutamic Acid** helps build and maintain muscle health and fuel the brain; enhances mental function and enhances energy in treating chronic fatigue.

**Catechin Extract** enhances energy levels in chronic fatigue; helps protect against infection, especially *H. pylori*.

Compliments Of:

References for all statements are available from Nutri-West, call 307 358 5066

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