D-Ribose

D-Ribose is a naturally occurring five-carbon sugar found in all living cells. It is an essential component of RNA and DNA, as well as an essential ingredient in the production of ATP. It is found in high amounts in organs and tissues of high-energy output, including the heart, liver, adrenals, brain, muscles, endocrine glands and the gastrointestinal tract. Although ribose can be made in vivo from glucose, and is not considered an essential nutrient, it may become conditionally essential in times of high-energy output. In the production of ATP, ribose is an essential part of both the de novo pathway, and what is termed the “salvage pathway.” In the salvage pathway, ribose is “salvaged” from ATP metabolites, which in turn is utilized to form new ATP molecules.

Research

It has been demonstrated that oral administration of ribose has the ability to rapidly restore ribose levels of both nerves and muscles. Oral administration has also shown to have a beneficial effect on ATP production in all muscle fiber, and especially in that of the heart. It has been documented that supplemental ribose augments the production of ATP via oxidative phosphorylation by 340-440%.(1)

In regards to cardiovascular health, supplemental d-ribose has been shown to improve cardiac metabolism,(2) and to be a beneficial conditionally essential nutrient.(3)

References

2. Schneider HJ, Rossner S, Pfeiffer d, Hagenдорff A. d-ribose improves cardiac contractility and hemodynamics, and reduces expression of c-fos in the hippocampus during sustained slow ventricular tachycardia in rats. Int J Cardiol. 2007 Apr 12;[Epub ahead of print].

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D-Ribose is available in 11 ounce bottles (#5231).