

# Converting Fat to Energy in a Refreshing Energy Drink!

LemonAid Drink is a combination of L-Carnitine & D- Ribose in a refreshing Lemonade flavor

Regardless of what your fitness, body building or weight loss goals are, losing fat or gaining muscle, your chances of success will increase greatly if you have L-carnitine and D- Ribose in your supplement arsenal.

If you are looking to get lean, increase your energy and build muscle then this is the amino acid you need. L-carnitine is naturally occurring in all foods especially in dark meats such as lamb and beef. L-carnitine supplementation may be needed in Vegetarian diets.

## The benefits of L-carnitine

- Increases the burning of fat as a fuel source by transporting fat into the mitochondria of the cell to be converted into energy.
- Has also been shown to increase energy and serve as an appetite suppressant. It will help keep your body from storing fat.
- May increase your aerobic capacity to burn more calories and improve exercise performance.
- Supports your muscles by helping to increase your lean muscle mass and strength

## The benefits of D-Ribose

- Is essential for ATP production, the primary source of energy used by all cells in the body. Everyone needs D-Ribose.
- Maximizes athletic performance.
- Gives the energy boost your body needs keeping your muscles, heart and brain energized.

**Supports your body's production  
of much needed energy**

**Helps keep your body from storing fat**

**Increases your aerobic capacity to  
help you burn more calories**

**No artificial stimulants**

**Reduces fatigue**

**Serves as an appetite suppressant**

**Increases your strength**

**Gluten free**



**Fat To Energy  
LemonAid™**  
Great Tasting • Fat Burning • Energy Drink

Mix 4-6 oz. of water with one scoop of LemonAid Drink  
Stir until dissolved and enjoy once or twice a day!  
One Canister = 30 Day Supply

**TO ORDER: TOTAL SOLUTION SUPPLEMENTS  
727-804-7754 or FatToEnergy.com**

Muller DM, Seim H. Effects of oral L-carnitine supplementation on in vivo long-chain fatty acid oxidation in healthy adults. *Metabolism* 2002 Nov;51 (11):1389-91. Hongu N, Sachan DS. Carnitine and choline supplementation with exercise alter carnitine profiles, biochemical marker of fat metabolism. *J Nutr.* 2003 Jan;133(1):849. Segal, S. and J. Foley. the metabolism of D-ribose in man. *J. Clinical Invest.* 37:719-735, 1958. FDA Disclaimer: These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat cure or present any disease.