



LemonAid to Get Fit, Lose Weight and Gain Energy

by Kim Kaplan, RD

Are you trying to get lean, gain muscle and/or increase your energy? LemonAid Drink has the perfect combination of nutrients to support those goals, with a combination of the amino acid L-carnitine tartrate and D-ribose powder.

Studies suggest that L-carnitine increases the burning of fat as a fuel source by transporting the fat that we eat into our cells to produce energy in the form of adenosine triphosphate (ATP). ATP is the primary source of energy our cells produce and our bodies use. D-ribose is essential for ATP production. Although it is a natural sugar, it should not increase blood sugar levels. It is stored in our cellular mitochondria and muscles and

used to support a biochemical pathway to produce ATP.

LemonAid can be a first line of support for building more muscle, burning fat and reducing exercise-induced muscle soreness. Carnitine helps to maintain muscle mass while losing weight so we can avoid slowing our metabolic rate. This, in turn, can enhance our ability to lose weight and keep it off. ⁽¹⁾ Other beneficial side effects from consuming carnitine include lowering elevated triglycerides and Lp(a), a lipid which puts us at higher cardiac and stroke risk. Carnitine can also work as an appetite suppressant.

Ribose gives the energy boost the body needs to keep muscles, heart and brain energized. This ability to keep the brain energized may



help reduce brain fog. It can increase aerobic capacity to burn more calories and improve exercise/athletic performance. ⁽²⁾

L-carnitine is naturally found in dark meat, so vegetarians and vegans may become deficient. A carnitine deficiency resulting in impaired lipid metabolism can lead to symptoms of muscle weakness and fatigue. This is most often the result of fat accumulating in both skeletal and heart muscles and the liver.

Here is a summary of the health benefits of LemonAid:

- Supports the body's production of much needed energy
- Helps keep the body from storing fat
- Increases aerobic capacity to burn more calories
- Reduces fatigue
- Serves as an appetite suppressant
- Increases strength
- Gluten free
- No artificial stimulants

L-carnitine has a natural tart flavor while D-ribose is naturally sweet. The combination of the two creates a delicious "lemonade" powder with incredible health benefits.

LemonAid was developed by Lorri Glick, REEGT, PA, who has extensive experience in the healthcare field as a physician's assistant and EEG technician as well as years of nutrition training and sales in professional nutraceuticals.

To learn more, visit FatToEnergy.com. See ad page 8.

¹Muller 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 Nurr.* 2003 Jan;133(1):849. Segal, S. and J. Foley.

²The metabolism of D-ribose in man. *J. Clinical Invest.* 37;719-735, 1958.

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