

Great Tasting Metabolic Power Booster that Helps

**Burn Fat + Build Muscle + Boosts Energy**

**ZERO** Calories - Carbs - Sugar  
Fat - Caffeine - Gluten

This may be the metabolic power you need to get lean, increase your energy and build muscle.

- LemonAid® is a unique combination of L-Carnitine and D-Ribose powder
- A refreshing Lemon flavor with no artificial stimulants
- L-Carnitine transports fat absorbed from your meals into the mitochondria of the cells, to be used as energy instead of being stored as fat



### The Benefits of L-Carnitine

- Natural fat-burner, builds muscle
- Natural appetite suppressant
- May increase your aerobic capacity to burn more calories and improve exercise

### The Benefits of D-Ribose

- Essential for ATP production, the primary source of energy used by all cells in the body
- Increases aerobic capacity to burn more calories and improve exercise/athletic performance
- Provides the metabolic power your body needs to keep your muscles, heart and brain energized



**Order Now:**

**727-804-7754, [FatToEnergy.com](http://FatToEnergy.com), [FatToEnergy@gmail.com](mailto:FatToEnergy@gmail.com)**

**Great For Vegetarians/Vegans**

## References

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. Carnitine supplementation also had an ergogenic effect and was shown to increase work output by 11% in a performance trial with a fixed duration of 30 min." Boosting fat burning with carnitine: an old friend comes out from the shadow. Kent Sahlin PMC3099008

"L-carnitine forklifts fatty acids into the mitochondria." Safeguarding Muscle During Weight Reduction, *The Medscape Journal of Medicine*, Ingrid Kohlstadt, MD, MPH, FACPM, FACN, PMC3099008

"This is the first investigation to conclusively demonstrate that oral L-carnitine supplementation results in an increase in long-chain fatty acid oxidation in vivo in subjects without L-carnitine deficiency or without prolonged fatty acid metabolism." Effects of oral L-carnitine supplementation on in vivo long-chain fatty acid oxidation in healthy adults. Müller DM1, Seim H, Kiess W, Löster H, Richter T. *Metabolism* 2002 Nov;51(11):1389-91. PUBMED/12404185

"We conclude that the choline-induced decrease in serum and urinary carnitine is buffered by carnitine preloading, and these supplements shift tissue partitioning of carnitine that favors fat mobilization, incomplete oxidation of fatty acids and disposal of their carbons in urine as acylcarnitines in humans." Hongu N, Sachan DS. Carnitine and choline supplementation with exercise alter carnitine profiles, biochemical markers of fat metabolism. *J Nutr.* 2003 Jan;133(1):84-9. PUBMED/12514272

**Warning:** Consult your healthcare professional before use if pregnant, nursing, taking medications, or for any use by minors. Do not use if safety seal is broken or missing. Keep out of reach of children.

**FDA Disclaimer:** These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

## Suggested Use

Mix one LemonAid stick pack in 16 oz of water. Use once or twice daily or as directed by your healthcare practitioner. L-Carnitine will be absorbed faster with higher peak plasma level when taken on an empty stomach. It will not compete with other amino acids or peptides.



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