



HOLISTIFY® **FAT BURNING LEMONADE™** **Instant Drink Mix**

Supports the body to turn fat into energy
Therefore transporting fatty acids enhancing metabolism
Excellent to use during exercise, energize every workout
Therefore enhancing fat oxidation promoting energy
As an antioxidant & free radical scavenger
Negligible* effect on insulin
Ideal for SUGAR-FREE and LOW CARB diets
Low Calorie, 15 calories per serving
Pleasant, Cooling Sweetness with Natural Lemon flavor

Recommended Dosage

Adults only. Two servings daily. Holistify® Fat Burning Lemonade™ is more effective just prior to and/or during exercise. On sedentary days Holistify® Fat Burning Lemonade™ is more effective 2 hours after meal to assist the body with fat utilization. Optional: mix with sparkling water.

Recommended Use

Holistify® Fat Burning Lemonade™ is a pharmaceutical superior grade amino acid complex, the body uses to turn fat into energy. As a dietary supplement, take one teaspoon (3 grams) with 4 to 6oz. of water per day or as directed by your health care practitioner. Carnitine Tartrate is the purest and highest quality form of carnitine available.

Supplement Facts

Serving Size 1 teaspoon (3 grams)		
Servings Per Container 33		
	Amount	
	Per Serving	
L-Carnitine (from L-Carnitine Tartrate)	1000 mg	*
D-Ribose	2000 mg	*

**Daily Value not established.*

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

This product does not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives. tightly closed.

New and Improved Fat Burning Lemonade!

We at Holistic Fitness strive to provide our clientele with the highest quality supplements using the latest research and GMC certified manufacturing facilities to achieve that goal. With this in mind we have asked our in house Naturopathic Doctor, Robert Abbatiello, L.Ac. ND, to amp up our most popular product: our Fat Burning Lemonade. We are excited and more than pleased to make available to you his latest formula.

The new Improved FBL is now a super concentrated pleasant tasting lemonade available in lemon and new tangy berry flavor. Dr. Abbatiello has reformulated the new FBL for maximum effectiveness and purity. No added sweetener, no additional ingredients or fillers. The berry flavored option uses a natural flavoring (nothing artificial). The secret to this amazing new formulation is that D-Ribose has been added to boost the effectiveness of the carnitine found in our original FBL. We feel you will be as pleased with it as we are.

The 6 Essentials are manufactured following GMP (Good Manufacturing Practices) and are produced at a NNFA certified facility.

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How is the new formula even more effective?

Carnitine promotes energy production by enhancing fat oxidation in the cell mitochondria, which means it helps you more efficiently burn fat. D-ribose helps your body to produce more energy by enhancing adenosine triphosphate (ATP) production.

By having more energy to expend (d-ribose) and being able to burn fat more efficiently (l-carnitine) your workouts will be at their peak level, recovery will be quick and fat consumption as fuel will be optimal.

The informational below is for educational purposes. Please read on to understand how our new FBL is providing the very best nutritional support so that you can achieve your best workout ever!

Carnitine Tartrate: Promotes energy production by enhancing fat oxidation in the cell mitochondria. Without carnitine, fats cannot be transported into the mitochondria for burning. Because of this, optimizing carnitine levels has been found to have dramatic benefits in all energy deficient disorders: obesity, chronic fatigue, immune deficiency conditions, elevated blood fats, cholesterol and triglycerides. Use with low carbohydrate diets when the patient is unable to lose weight, muscle fatigue, senile dementia, reduced muscle mass, cardiac stress and liver degeneration (cirrhosis). Carnitine increase weight loss by promoting optimal fat burning. Carnitine also promotes heart health and sports endurance and enhances anti-oxidant effects of vitamin C and E.

D-Ribose, is a simple 5-carbon monosaccharide which is an essential building block of DNA, RNA, certain vitamins and other cellular compounds. Ribose synthesizes adenine nucleotides which are required by heart, muscle and other tissue to make adenosine triphosphate (ATP), the primary source of energy used by all cells to maintain normal health and function. Use ribose to replenish these nucleotides during disease or strenuous physical activity when the level of energy available to the cell is compromised. It is ideal for athletes, weekend warriors, patients with cardiovascular weaknesses, poor circulation, ischemia, and those with any type of energy deficits.

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Want to know more about D-Ribose? Read On!

Without ribose, tissues could not produce these life-giving compounds. Adenine nucleotides are required by heart, muscle and other tissue to make adenosine triphosphate (ATP), the primary source of energy used by all cells to maintain normal health and function. When the pool of adenine nucleotides is depressed by disease or strenuous exercise or activity, the level of energy available to the cell is compromised. A reduction in cellular energy level can lead to diminished function and reduced physiological health.

Unfortunately, many tissues, including heart and skeletal muscles, do not have the metabolic machinery to make ribose quickly when it is needed to rebuild energy levels that might be depressed by disease, exercise or strenuous activity. As such, when these tissues come under metabolic stress, they may not be able to adequately maintain energy pools. A reduced capacity for energy maintenance may impact tissue health and normal function.

Who needs supplemental ribose?

Everyone needs ribose. It is an essential ingredient in stimulating natural energy production. Research has shown that ribose promotes cardiovascular health, reduces cardiac stress associated with strenuous activity and helps athletes reach new heights. Ribose helps the heart and muscles to maximize energy recovery. Whether you are a trained athlete, a weekend warrior or are concerned about your cardiovascular health, ribose may help give the energy boost your body needs.

Anyone who has lost blood flow to the heart due to heart attack should consider ribose supplementation immediately.

How is ribose made in the body?

All the necessary compounds for life are made in the body through a series of complicated biochemical metabolic pathways. Ribose is no different. In the body, ribose is made from glucose (a simple 6-carbon sugar) through a pathway called the Pentose Phosphate Pathway (PPP) or Hexose Monophosphate Shunt (HMS). This is the same pathway

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that makes xylitol, a six carbon sugar. Unfortunately, in heart and muscle cells important enzymes that regulate the activity of this pathway are lacking. As such, forming ribose in heart and muscle cells is a slow process. As a result heart and muscle tissues are unable to replace energy pools quickly once they have been depleted by disease or exercise.

How does taking supplemental ribose aid in increasing cellular energy?

If the cellular energy pool is depleted by disease or exercise it must be replaced. PRPP is required to turn on the metabolic pathway used by the body to replenish these energy pools. Supplemental ribose bypasses the slow and rate limiting Pentose Phosphate Pathway, forms PRPP, and quickly begins the process of energy synthesis.

Want to know more about Carnitine? Read On!

L-Carnitine is a compound naturally occurring in all foods, but significant amounts are only found in dark meats (due to high concentration of mitochondria), for example: lamb (190 mg/4 oz), beef (143 mg/4 oz), poultry (13 mg/4 oz), fish (3-10 mg/4 oz), cheese (1-13 mg/4 oz), rice (0.3 mg/4 oz), tomato (0.1 mg/4 oz).

Approximately 20 mg/day of Carnitine is synthesized in the human body (kidney and liver) from methionine and lysine, requiring other cofactor nutrients such as iron, vit C, vit B3 and B6. Many metabolic states may require more than this synthesized amount. See below for more information. Carnitine supplementation may be needed especially for vegetarian diets or when dark meats are consumed in small amounts, because neither preformed carnitine nor its precursor amino acids are ingested in adequate amounts to support optimal health.

How to Take Carnitine

In general, L-Carnitine will be absorbed faster and with higher peak plasma when ingested on an empty stomach, because it does not compete for absorption with other amino acids or peptides. When taken on an empty stomach, plasma levels

of carnitine will remain elevated for 3-4 hours. If high blood concentrations throughout 24 hrs are desired, carnitine should be taken multiple times per day in doses of 1-2 g, for example first thing in the morning and around 2-3 hrs after any meal or snack. It is not recommended late in the day due to its energizing effect. Do not take too much too fast, or it may have a laxative effect.

Carnitine would be especially useful to take right before exercise, for both resistance and endurance training. When taken with meals, it will achieve a lower but more prolonged elevated plasma level, about 7-8 hours, supporting at first the metabolism of the fat ingested with meals and subsequently that of the fat released from the adipose tissue.

It's important to keep in mind that when consuming an excessively high carbohydrate diet, fat release from the adipose tissue is impaired by high levels of insulin. In this case, fat cannot be transported into the mitochondria with the help of carnitine and burned, because it does not have a chance to get in the bloodstream in the first place. The only benefit that L-carnitine can have in this case, would be to support the transport of the fat absorbed from the meals into the mitochondria for burning. As a result, carnitine may reduce the chance of gaining body fat, during a diet high in carbohydrates and fat, but fat loss is very unlikely in this metabolic situation. So, in order to maximize fat loss and benefit from L-carnitine supplementation, the amount of daily carbohydrate intake should be minimized and adjusted to match general activity levels and exercise type and duration.

The Best Recipe for Holistify® Fat Burning Lemonade™

...turn it into

The Master Cleanser Energy Aide

and sip all day long

2 scoops (10 g) Holistify® Fat Burning Lemonade™
32 ounces of Spring Water
1 pinch ground Clove
Juice of one Lemon

Drink 8 ounces on rising and sip the remainder all day long

OR VISIT OUR ONLINE STORE

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FOR THE ORIGINAL 11 DAY HEALING CLEANSE!

