



RiboEndurance Mag

**ENERGY AND ENDURANCE FOR
CONSUMERS OF ALL AGES**



**All New Roots Herbal Products Are Tested
in Our ISO 17025–Accredited Laboratory**

RiboEndurance Mag



Caffeine-free RiboEndurance Mag is the ideal preworkout formula for elite athletes and active living enthusiasts alike. Each dose delivers 2,500 mg of D-ribose to fuel muscles at the cellular level, along with 40 mg elemental magnesium to support the relaxation phase following muscle contraction. This applies to voluntary muscle performance and for the constant demand on cardiac muscle, which fluctuates with exertion.

D-Ribose is a simple sugar produced within the body which plays a critical role for energy metabolism within the mitochondria (power plants) of cells. Supplementation delivers direct energy to cells for endurance. Taken in advance of prolonged physical exertion, it can help delay the onset of muscle fatigue. Strenuous exercise also depletes the body of electrolytes, none more critical than magnesium; this makes shoring up on magnesium essential for muscle performance.

RiboEndurance Mag is formulated for endurance, but is worthy of consideration for support for anyone looking to energize their active lifestyle.

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Each ½ teaspoon (2,750 mg) contains:

D-Ribose.....	2,500 mg
Magnesium (from magnesium citrate).....	40 mg

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Directions of use:

Adults: *To help maintain exercise performance:* Take 1½–2 teaspoons daily or as directed by your health-care practitioner. Consume 45–90 minutes before exercising. *For all other uses:* Take ½ teaspoon daily or as directed by your health-care practitioner. • Mix product well in 1–2 cups (250–500 ml) of liquid (water, juice, etc.) immediately before consumption. We recommend weighing RiboEndurance Mag for precise dosage.

Manufactured under strict GMP (Good Manufacturing Practices).

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