

Ribose boosts cellular energy

Helps with endurance, promotes recovery

[Shara Rutberg](#) | *Functional Ingredients* | Jul. 21, 2013

Ribose shows promise for boosting cardiac energy, according to research discussed in a new podcast.

Recent studies suggest great potential for the nutrient ribose for cardiac energy, according to a new [Health Quest podcast](#). In the discussion, host Steve Lankford speaks with Tom VonderBrink, president of Bioenergy Life Science, Inc., makers of Bioenergy Ribose, about the research and uses for the compound.

A sugar, ribose is the backbone of adenosine triphosphate (ATP), which fuels cells. Our bodies make ribose, but the process is slow in heart and muscle tissue, explains Lankford. Only a small amount can be ingested through diet. When taken as a supplement, studies suggest it can “significantly improve endurance during strenuous exercise, shorten recovery time, reduce cramping and soreness and reduce fatigue in people suffering from energy depletion,” according to Lankford. [The great and powerful Dr. Oz](#) recommends the substance as one of his Four Secret Fatigue Fighters.

In the podcast, VonderBrink describes ribose as having potential to help both recovering cardiac patients and world-class athletes. Ribose significantly reduced clinical symptoms in patients suffering from fibromyalgia and chronic fatigue syndrome, according to [a pilot study](#) published in the journal *Alternative Complimentary Medicine*. In [another study](#), D-ribose resulted in markedly improved energy levels, sleep, mental clarity, pain relief and well-being in patients suffering from fibromyalgia and chronic fatigue syndrome.