



# NATURSPRINT

**SPORT**

Food supplement with  
**Taurine, L-Carnitine** and **Caffeine**,  
which supports the reduction  
of tiredness and fatigue



**NATURLABOR**

Prepared by the pharmacist

# NATURSPRINT

## SPORT

Food supplement with **Taurine**, **L-Carnitine** and **Caffeine**, which supports the reduction of tiredness and fatigue and favors the normal energetic metabolism.



**INGREDIENTS:** Purified water, Food grade maltodextrin, fructose (Laevulose), Taurine, Magnesium citrate, L-Carnitine base; Citric acid, monohydrate; preservative agent: Potassium sorbate; Caffeine, Vitamin PP; sweetener: Stevia; Vitamin B5; sweetener: sodium cyclamate; Vitamin B6; Berry flavor; Vitamin B1, Lemon essential oil, Vitamin B12.

**DOSAGE:** 1 vial as needed or before starting a physical activity.

ELEMENTS	PER AVERAGE DAILY DOSIS (= 15 ml)	NRVs
Taurine	300 mg	
L-Carnitine	112,5 mg	
Caffeine	25 mg	
Panhotenic acid	2 mg	33,3%
Niacin	7,20 mg	45%
Thiamine	0,40 mg	36,36%
Vitamin B6	0,80 mg	57,14%
Vitamin B12	0,0025 mg	100%

## ENERGIZING ACTION

### TAURINE

It is the most important intracellular amino-acid, freely present in many tissues. Its contribution in children's diet is necessary for the regular development of retina and brain; therefore, Taurin is classified as essential amino-acid. It is involved in the formation of bile acid complexes conjugated in the liver, which are important in the formation of micellae and absorption of lipids. It shows as well an antioxidant activity and a membrane stabilizing effect, by neutralizing hypochlorite (reactive species of oxygen).

### MAGNESIUM

It is an essential micromineral, involved in several metabolic reactions, among which the production of energy, proteins and nucleic acids.

### CAFFEINE

It is a chemical compound which is naturally present in parts of plants like coffee and cocoa seeds, and tea leaves. Increase of the cyclic AMP concentration:

- caffeine blocks the inhibitor of enzyme adenylate cyclase which transforms ATP in cyclic AMP;
- slowing down of the degradation of cAMP: caffeine inhibits the enzyme phosphodiesterase, which transforms cAMP in AMP.

### L-CARNITINE

Amino acid derivative, present in almost all cells of the human body. Carrier of long chain fatty acids. Thanks to carnitine, long chain fatty acids can move into mytocondria, where they get degraded through beta-oxidation and produce energy.

## ENERGIZING ACTION

### Vitamin activity

#### THIAMINE

Inside the cell it can be found as active coenzyme ThPP (Thiamine pyrophosphate), cofactor in key reactions in carbohydrate metabolism. It is known as well its involvement in the metabolism of branched chain amino acids. It shows also non-enzymatic functions in excitable cells.

#### VITAMIN B6

Active in the metabolism of amino acids and glycogen, as well as in the synthesis of neurotransmitters such as serotonin, dopamine, noradrenaline and GABA.

#### VITAMIN B12

Its activity is important - together with folate - in the synthesys of several components of DNA and RNA and other important molecules in the mantainance of genome and nervous system integrity.

#### NIACIN

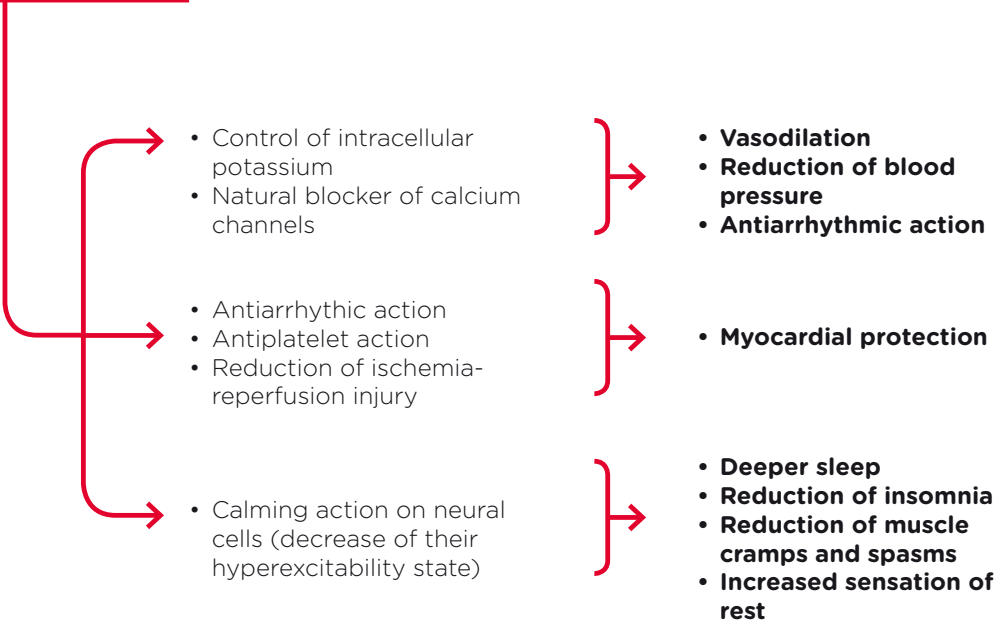
It is active in the synthesis of fatty acids cholesterol and steroids, signal transduction, regulation of gene expression and maintenance of genome integrity. It can reduce cholesterol LDL and triglycerides and it can have protective effects against atherosclerosis.

#### PANTHOTENIC ACID

It is active in the catabolism of fatty acids and amino acids, in the synthesis of phospholipids, sphingolipids, cholesterol and steroids hormones, of heme and neurotransmitter acetylcholine. It can have antioxidant and radioprotective activities. It can also have anti-inflammatory, antiviral and cicatrizing effects.

**THESE VITAMINS ARE INVOLVED IN A LARGE NUMBER OF BIOCHEMICAL-METABOLIC REACTIONS**

# MAGNESIUM



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