

Ribose in Eschemic Heart Disease and Exercise Hypoxia

As you think back to your science classes, there was a process called the Krebs Cycle which showed how the cells create energy (called ATP) to do their work. Part of the cycle requires the cells to go through a series of steps to make ribose which then helps generate ATP. When cells are low in oxygen, such as in congestive heart failure, eschemic heart disease and also when engaging in strenuous physical exercise, the addition of ribose in 5gm doses 2 times per day and 3 times per day in seriously compromised heart disease has been shown in many studies (one of the most recent comes from the U of U) to cause the heart to work longer on exertion and return to resting heart rate in significantly less time. In athletes, taking the Ribose before exercising and directly after will allow the muscles to work longer before becoming exhausted and will also decrease recovery time. For more information, see Larry at the pharmacy. Also, for other health information, visit www.larryspharmacies.com.