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December is Energy and Mitochondria Month!  
  
According to the Centers for Disease Control and Prevention, over 15% of women and 10% of men experience fatigue. Fatigue is characterized by a lack of mental or physical energy, low initiative, and increased feelings of tiredness. Mitochondria, organelles found in the body’s cells, are known as the body’s “powerhouses” since they play an important role in energy production. Supporting your body’s mitochondria and the process of energy production may involve consuming a balanced diet, engaging in regular physical activity, optimizing sleep, managing stress, and taking certain dietary supplements.  
  
To celebrate Energy and Mitochondria Month, **I’m offering you a discount of 5% on all of your orders through my Fullscript dispensary**,so making your health a priority is easier than ever.

Below is some useful information about **top recommended supplements for energy support**, including popular products from [my dispensary](https://us.fullscript.com/login).  
  
**Acetyl-l-carnitine**  
The amino acid carnitine, found in high amounts in cardiac and skeletal muscle tissue, is involved in transporting long-chain fatty acids into mitochondria to be used for energy. One form of carnitine, acetyl-l-carnitine (ALCAR), may be better absorbed and has been found to cross the blood-brain barrier. Research suggests that ALCAR supplementation may delay the deterioration of mitochondria and reduce mental and physical fatigue associated with aging.   
  
**Top acetyl-l-carnitine supplements on Fullscript:**  
[Acetyl L-Carnitine 800mg by Designs for Health](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNzIyMzQ=?q=Acetyl%20L-Carnitine%20800mg&variant=U3ByZWU6OlZhcmlhbnQtNzIyMzQ%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
[Acetyl-L-Carnitine by Seeking Health](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtODM5NDU=?q=Acetyl-L-Carnitine&variant=U3ByZWU6OlZhcmlhbnQtMTAwNTIy&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
  
[**Find acetyl-l-carnitine-containing supplements**](https://us.fullscript.com/u/catalog?s=VGFnLTIyMA%3D%3D&ct=VGFnLTI4Mw%3D%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec) **on Fullscript**

**Alpha lipoic acid**  
Alpha lipoic acid (ALA), obtained through dietary sources and synthesized in the mitochondria, is an antioxidant and cofactor in mitochondrial energy production. ALA helps to regenerate other antioxidants, including vitamins C, E, and glutathione, the body’s master antioxidant. As a dietary supplement, the antioxidant and anti-inflammatory effects of ALA may benefit individuals with diabetic neuropathy and central nervous system disorders, such as multiple sclerosis and Parkinson’s disease.   
  
**Top alpha lipoic acid supplements on Fullscript**  
[Alpha Lipoic Acid 600mg by Pure Encapsulations](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNjk5MDQ=?q=Alpha%20Lipoic%20Acid%20600mg&variant=U3ByZWU6OlZhcmlhbnQtNjk5MDU%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
[Alpha Lipoic Acid (R+) 300mg by Professional Formulas](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtODc3MzY=?q=Alpha%20Lipoic%20Acid%20(R%2B)%20300mg&variant=U3ByZWU6OlZhcmlhbnQtMTA0NTc5&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
  
[**Find alpha lipoic acid-containing supplements**](https://us.fullscript.com/u/catalog?s=VGFnLTIyMA%3D%3D&ct=VGFnLTI4NQ%3D%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec) **on Fullscript**

**B vitamins**  
The eight B vitamins are essential to brain function and energy production. Deficiency in one or several of these vitamins, such as pyridoxine (B6) and cobalamin (B12), may result in neurological symptoms and cognitive decline. Additionally, thiamin (B1), riboflavin (B2), niacin (B3), and folate (B9) have been studied for their potential to improve symptoms of mitochondrial disorders. In individuals with these conditions, supplementation may reduce fatigue, improve exercise tolerance, and improve general well-being.  
  
**Top B vitamin supplements on Fullscript**  
[Active B-Complex by Integrative Therapeutics](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNzMzMzg=?q=Active%20B-Complex&variant=U3ByZWU6OlZhcmlhbnQtNzMzMzg%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
[B-Complex Plus by Pure Encapsulations](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNzAwMzg=?q=B-Complex%20Plus&variant=U3ByZWU6OlZhcmlhbnQtNzAwMzg%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
  
[**Find B vitamin-containing supplements**](https://us.fullscript.com/u/catalog/supplements/VGFnLTMz?ct=VGFnLTQ0Mg%3D%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec) **on Fullscript**  
  
**Coenzyme Q10**  
A fat-soluble compound, coenzyme Q10 (CoQ10) is synthesized in the body, found in certain foods, including fish, meat, and whole grains, and commonly used as a supplement. CoQ10 is an antioxidant and a cofactor in the electron transport chain, a critical cycle that occurs in the mitochondria, which supports cellular energy production. Although research findings are mixed, there is some evidence that CoQ10 supplementation may benefit individuals with mitochondrial disorders by increasing muscle strength and improving energy repletion.  
  
**Top coenzyme Q10 supplements on Fullscript**  
[UBQH 100mg by Integrative Therapeutics](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNjIxNDA=?q=UBQH%20100mg&variant=U3ByZWU6OlZhcmlhbnQtNjIxNDA%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
[CoQnol (Ubiquinol) 100mg by Designs for Health](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNzIyNzg=?q=CoQnol%20(Ubiquinol)%20100mg&variant=U3ByZWU6OlZhcmlhbnQtNzIyNzg%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
  
[**Find coenzyme Q10-containing supplements**](https://us.fullscript.com/u/catalog?s=VGFnLTEwOA%3D%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec) **on Fullscript**  
  
**N-acetyl-cysteine**  
N-acetyl-cysteine (NAC) is a precursor to the amino acid cysteine and the potent antioxidant glutathione. Preliminary research suggests that NAC supplementation may benefit individuals with chronic fatigue syndrome and protect against degenerative processes, including neurodegenerative diseases and myocardial dysfunction. Further, studies in athletes have shown that NAC may increase athletic performance.  
  
**Top n-acetyl-cysteine supplements on Fullscript**  
[NAC by Integrative Therapeutics](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNTg3MzM=?q=nac&variant=U3ByZWU6OlZhcmlhbnQtNTg3MzM%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
[NAC 600mg by Pure Encapsulations](https://us.fullscript.com/u/catalog/product/U3ByZWU6OlByb2R1Y3QtNzE3NDA=?q=nac&variant=U3ByZWU6OlZhcmlhbnQtNzA3MzM%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec)  
  
[**Find n-acetyl-cysteine-containing supplements**](https://us.fullscript.com/u/catalog?s=VGFnLTE4Mg%3D%3D&utm_source=mailchimp&utm_medium=email&utm_campaign=IMATprdec) **on Fullscript**  
  
To learn more, see the Fullscript handouts on [Fatigue](https://fs-marketing-files.s3.amazonaws.com/resources/fatigue-handout.pdf) and [Mitochondria](https://fs-marketing-files.s3.amazonaws.com/resources/mitochondria-handout.pdf).

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