

**Press Release**

**BIOENERGY RIBOSE FOUND TO IMPROVE VITALITY, AEROBIC FITNESS AND MENTAL OUTLOOK**

**Nutritional Supplement Offers Promising Results for Tired Baby Boomers**

**MINNEAPOLIS, MN, FEBRUARY 25, 2009**—Bioenergy Life Science—The Ribose Company™—has announced preliminary findings indicating that Bioenergy Ribose™ lessens fatigue among baby boomers. The results were presented at the Scripps Integrative Conference<sup>1</sup>. Bioenergy Ribose consists of D-ribose and is a patented functional ingredient for foods and beverages as well as supplements such as Corvalen®.

In a study involving ten healthy adult subjects—aged 50-65—participants consumed Bioenergy Ribose in water, twice daily for two weeks. Both subjective (questionnaires) and objective (cardiopulmonary exercise testing) assessments were performed before starting and after taking D-ribose for one and two weeks.

After two weeks of Bioenergy Ribose™ supplementation, subjective assessments revealed a feeling of less fatigue and an improvement in mental outlook. Cardiopulmonary testing showed that during exercise, oxygen use improved, breathing was easier and work performance increased—indicating a trend toward overall improved aerobic fitness. Researchers reported that oral Bioenergy Ribose™ was well tolerated with no observed adverse effects.

The study focused on older adults because research has shown that aging tissue has fewer mitochondria, the cell's power source, where energy is generated. The findings demonstrated that D-ribose supplementation appears to be an effective energy booster for healthy adults, and in effect, helps counter fatigue, a common effect of aging.

D-ribose is a naturally occurring five-carbon sugar the body uses as the foundation for adenosine triphosphate (ATP)—the compound that carries energy throughout cells and powers all its functions. Although ribose is produced by the body it is synthesized very slowly and the rate cannot be accelerated. ATP, the energy molecule, is broken down during certain times of demanding exercise, stress, or as a result of severe chronic diseases. The component which limits the recovery of ATP is D-ribose and, therefore, taking it under these conditions will be expected to restore energy levels.

“We’re very encouraged about these results,” said Raj Khankari, PhD, CEO of Bioenergy, Inc. “Bioenergy Ribose™ improved subjects’ vitality and enhanced their quality of life. In our stressful, multi-tasking lives, ribose supplementation can relieve fatigue and restore energy as well as positive mental outlook.” Consumers can find Bioenergy Ribose™ in a number of dietary supplements including Corvalen® or a vast array of energy drinks and functional waters including VitaminEnergy, Go Fast, SoBe Adrenaline Rush and SoBe Life Water.

According to John St. Cyr, MD, PhD, co-author of the study, the improvement in physical performance and perceived mental well-being is particularly noteworthy. “When people are fatigued they don’t always perform well cognitively. So, in addition to its physical benefits, D-ribose may also benefit mental fatigue.” Dr. St. Cyr said that the next planned fatigue study with ribose will be a multi-center, placebo-controlled investigation, assessing the same subjective and objective measures among baby boomers.

Bioenergy, Inc.—The Ribose Company™—([www.bioenergy.com](http://www.bioenergy.com)), recently achieved GRAS (Generally Recognized As Safe) status for D-Ribose from the U.S. Food and Drug Administration. The privately held, Minneapolis-based life sciences company has amassed a large body of scientific literature on the uses of ribose for people across all age and health categories. It has more than 40,000 customers for its proprietary Corvalen® products alone, and millions worldwide use Bioenergy D-Ribose™ in other functional foods like energy bars (Detour, FastFuel, Marathon) and beverages (SoBe Adrenaline Rush, VitaminEnergy, Snapple Antioxidant Water). Currently, Bioenergy Ribose™ is included as an ingredient in approximately 100 products. The company’s core technology lies in the development and commercialization of products based on the physiological benefits of D-ribose for health and wellness.

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<sup>1</sup> D. MacCarter, PhD, R. Flanigan, MD, M. Washam, MS, Aurora Denver Cardiology Associates, Denver, CO; L. Shecterle, PhD and J. St. Cyr, MD, PhD, Jacqmar, Minneapolis, MN, Bioenergy, Inc., Minneapolis, MN, “D-Ribose Improves Fatigue in Adults,” presented at the Scripps Integrative Conference Poster Presentation, January 24, 2009.