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UNIQUE SUGAR GIVES STAR ATHLETE A NATURAL ENERGY BOOST
Bioenergy Life Science's D-ribose helps professional athletes (& weekend warriors) keep energy levels at their peak

MINNEAPOLIS, MN, March 14, 2008—From pasta with mayonnaise to the heights of Wimbledon, international tennis doubles champion Eric "Butty" Butorac has come a long way. Today, he's ranked number three in the United States and thirty in the world. How does this tennis pro maintain his high energy? With a training program that combines strength conditioning, proper sports nutrition, and a winning attitude, Butorac continues to ascend the ranks of professional tennis.

Before making it to Wimbledon, Butorac, 26, slept on floors and dined on pasta with mayonnaise and ketchup, a far cry from where he is today. Recently back from Melbourne where he competed in the Australian Open, Butorac continues to make strides in his game. With new doubles partner, Ashley Fisher from Australia and a strength coach who used to train the Chicago Bears, Butorac's future continues on a bright and promising path.

In addition to his training, Butorac incorporates a steady diet of energy drinks like Glaceau Vitamin Water, SoBe Life Water, and anything, according to the tennis pro, that contains D-ribose. D-ribose is a naturally occurring monosaccharide the body uses to stimulate the synthesis of adenosine triphosphate (ATP), an essential energy compound. ATP is critical to health and maintaining normal energy-dependent body functions. Ribose is the essential component in the making of ATP.

"I have incorporated D-ribose into my plan along with a well-balanced diet and it has really improved my performance," says Butorac. "My energy levels in both practice and match play are not only higher but much more consistent."

Although ribose is made naturally inside the body, its production is slow and limited by several enzymes that are in short supply in heart and muscle cells. Normally, this is not a problem except when hearts or muscles are challenged by the stress of exercise or lack of oxygen due to cardiovascular disease, circulatory disorders, chronic fatigue syndrome or fibromyalgia. If the energy metabolism process isn't working properly, it drains energy reserves and depletes the cellular energy pool. This frequently leads to pain, soreness, stiffness and an overall feeling of fatigue. Supplementing these stressed cells with D-ribose restores cellular energy.

"Ribose has shown a benefit in medical conditions in which ATP levels are compromised, and also in individuals undergoing high-intensity exercise sessions," says John St. Cyr, MD, PhD, medical director of Bioenergy Life Science. "D-ribose is being used in the medical field, so it's fair to say that it could be of significant importance for the recovery of ATP levels in the muscles of weekend warriors and athletes."

Serious athletes, "weekend warriors," and those who experience the afternoon slump all experience benefits from D-ribose. According to Jose Antonio, Ph.D., CEO of the International Society of Sports Nutrition, "Previous work I conducted on the dietary supplement ribose demonstrated that regular supplementation helped muscular performance in a group of recreational bodybuilders. Thus, there may be an application for this special sugar throughout the athletic population."

For example, research from Harvard Medical School* has examined the effect of endurance sports on cardiovascular health, focusing specifically on marathon running and cardiac (heart) function. Some marathon runners have been shown to have an abnormality in their heart function if their training period does not exceed 40 miles per week. Since ribose has been shown to aid in cardiac functional recovery, the supplementation of this ingredient for runners and others engaging in rigorous exercise could offer the needed benefits by increasing deficient cellular energy stores.

Bioenergy Life Science, Inc. (<http://www.bioenergy.com>) is a privately held, Minneapolis-based life sciences company whose core technology lies in the development and commercialization of products based on the physiological benefits of D-ribose in health and wellness.

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*<http://www.news.harvard.edu/gazette/2007/02.01/99-marathon.html>