



Enercor™

Reconstructive Formula with selected micronutrients for bioenergy and performance

Every action of our bodies requires that bioenergy is provided to billions of cells. The energy requirement varies, with certain cell clusters in our bodies having a particularly high requirement. Among these are the muscular system, liver, brain, kidneys and the myocardial cells.

Performing endurance sports or continuous physical work is associated with an increased energy metabolism in the skeletal muscles, which obtain energy primarily from the combustion of fatty acids. The situation is similar in the myocardial cells in our heart, which ensure support of the circulation of the blood in our bodies with their continuous pumping power. They, too, generate their bioenergy from the combustion of fatty acids.

In order to be able to transport these fatty acids into the mitochondria – the power stations of the cells – our bodies cells need carnitine.

Our food is the source of fuel for generating bioenergy. We ingest it with important “fuels” such as glucose for the fast provision of energy, and fat for a more prolonged supply of energy. Cellular vitamins and other cellular nutrients are required for converting these food components into bioenergy and for providing that energy to the metabolism.

Nutrients serve, for example, as catalysts and energy carriers in the process of extracting bioenergy. The B vitamins and vitamin C, for example, contribute in this way to normal energy metabolism.

Enercor™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrients Programme. The ingredients in **Enercor™** support the cellular metabolism in many ways simultaneously, e.g.:

- With vitamin B1 for supporting normal cardiac function
- With biotin, vitamin C and B vitamins as a contribution to normal energy metabolism
- With vitamin C and B vitamins as a contribution to reducing tiredness and exhaustion
- With vitamin E and vitamin C as a contribution to protecting the cells against oxidative stress

Contents of one tablet:

Vitamin C obtained from:		
Calcium ascorbate	175	mg
Magnesium ascorbate	175	mg
Vitamin E	28.9	mg
(D-alpha-tocopherol)		
Vitamin B1	7.5	mg
Vitamin B2	7.5	mg
Vitamin B3	15.0	mg
Vitamin B5	20.0	mg
Vitamin B6	2.0	mg
Vitamin B12	3.5	µg
Biotin	65.0	µg
L-carnitine	80.0	mg
Coenzyme Q10	10.0	mg
Taurine	100.0	mg

Recommended allowance:

Adults: 1 tablet 2 times a day.

Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 60 tablets per jar

Order No.: 008

Reconstructive Formula

Enercor™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combination with our range of Basic Formulas. It supplements the spectrum of nutrients with important factors for bioenergy and performance.

