

Welcome to End Fatigue!

My name is Jacob Teitelbaum, M.D., or "Dr. T". I am the director of The Annapolis Center for Effective CFS/Fibromyalgia Therapies.



I battled Chronic Fatigue Syndrome and Fibromyalgia while attending medical school in the mid 70's. In my struggle to heal, I discovered treatments that were unknown to the medical community and began a quest that became my life's passion -- helping those who suffer from these debilitating illnesses. The treatment program I

developed has helped tens of thousands of sufferers reclaim the vitality CFS/FMS once robbed from their lives. Through my books, speaking engagements and private practice, I've been fortunate to reach many of you. My goal now is to expand my reach through this website.

Whether patient or practitioner, I'm confident you'll benefit from what you find throughout this site, and I thank you for visiting with us.

How Does It Work?:

Sufficient human energy levels are required for all physiologic functions, including muscle contractions, transportation of ions and molecules, and the synthesis of enzymes, hormones, and other macromolecules. Energy metabolism, the conversion of nutrients and oxygen into fuel, is a continuous process that takes place within the mitochondria, unique cellular structures. Mitochondrial energy production follows precise metabolic pathways and requires specific molecules, cofactors, and enzymes.¹ The resulting product is the

special carrier for cellular energy, adenosine triphosphate (ATP). The energy released from ATP powers all physiologic functions.²

Any dysfunction along the complex and multi-stepped process of cellular energy metabolism may result in insufficient ATP



production. Consequently, physiologic functions may be significantly affected. Muscle contractions may be weak, ions and molecules may not be transported effectively, and enzymatic reactions may be insufficient.¹⁻³ The result is often fatigue, that state following a period of mental or bodily activity, characterized by a lessened capacity for work and reduced efficiency of accomplishment, usually accompanied by a feeling of occasional weariness, sleepiness, or irritability.⁴ Healthy human energy metabolism is crucial to sufficient ATP production.¹⁻³

Adequate nutrition is, in turn, crucial to healthy human energy metabolism. Without the optimal daily intake of vitamins, minerals, and amino acids, energy, in the form of ATP, cannot be produced. Even with adequate nutritional intake, energy demands often exceed energy stores, especially in the presence of emotional, spiritual, and physical stressors. Continued occasional imbalances in energy levels may result in disrupted healthy energy metabolism.^{1-3,5}

Each individual ingredient in *Fatigued to Fantastic! Daily Energy Enfusion Berry Splash* provides significant nutritional support for healthy energy metabolism.

Supports healthy carbohydrate metabolism; helps regulate healthy blood glucose concentration; may increase insulin binding and the number of insulin receptors.^{37,38}

Fatigued to Fantastic!® Daily Energy Enfusion™ Ingredients	Energy Support Function
Vitamin A (as 50% beta carotene and as retinyl acetate)	Helps support healthy skin and mucous membrane integrity; supports healthy immune system responses; supports healthy bone growth and healthy reproductive processes. Beta-carotene is an antioxidant and free radical fighter. ⁶⁻⁸
Vitamin C (ascorbic acid)	Necessary for the proper functioning of the immune system. Antioxidant, free radical fighter. Assists with hormone synthesis; supports healthy skin integrity; supports healthy iron absorption. ⁹⁻¹¹
Vitamin D (as	Supports healthy metabolism of calcium and phosphorus;

cholecalciferol)	supports the absorption of vitamin A; supports bone mineralization. ¹²⁻¹⁴
Vitamin E (d-alpha-tocopheryl acetate)	Helps oxygen circulation; supports healthy nerve transmissions; supports healthy leg nerves and muscles; helps boost energy levels. ¹⁵⁻¹⁷
Biotin	Supports healthy hair and scalp tissue; helps healthy skin and muscles. ¹⁸⁻²⁰
Iodine (as potassium iodide)	Supports healthy metabolic rate; supports healthy growth regulation. ²¹
Magnesium (as magnesium glycinate)	Supports enzyme activity involved in energy production; supports healthy nerve and muscle function; supports healthy immune system functions. ²²⁻²⁵
Zinc (as zinc sulfate)	Supports healthy immune system; supports healthy enzyme processes; supports healthy immune response. ²²⁻²⁸
Selenium (as L-selenomethionine)	With vitamin E supports healthy cell membranes; supports healthy thyroid functioning. ²⁹⁻³²
Copper (as copper gluconate)	Supports healthy energy metabolism; healthy skin integrity; supports helps iron utilization. ^{33,34}
Manganese (as manganese sulfate)	Supports healthy metabolic reactions. ^{35,36}
Chromium (as chromium picolinate)	
Molybdenum (as sodium molybdate)	Supports healthy iron metabolism; supports healthy uric acid production; supports healthy sexual functioning in men. ^{39,40}
Potassium (as potassium citrate)	Supports healthy nervous system; supports regular heart rhythm; supports proper muscle contraction, especially healthy cardiac muscle contraction. ⁴¹⁻⁴³
Whey protein	Supports healthy muscle and tissue formation; supports healthy immune system functioning. ⁴⁴⁻⁴⁶
Malic Acid	Catalyst to stimulate the complete burning of fuel for

	energy; supports healthy connective tissue and muscle functioning. ^{47,48}
Inositol	Supports healthy nerve cell transmission. ^{49,50}
Inulin (from chicory root)	Supports healthy mineral absorption; supports healthy immune system responses; helps with lipid and glucose metabolism. ^{51,52}
Betaine	Works with B vitamins to synthesize amino acids, precursor to SAM-e. ^{53,54}
Hesperidin 50% (from citrus fruits)	A flavonoid, hesperidin displays antioxidant activity, prevents free radical damage; supports healthy lipid metabolism; supports healthy vascular functioning; supports healthy immunity. ^{55,56}
L-Taurine	A nonprotein amino acid; helps stabilize the excitability of nervous system membranes; assists in healthy aging mechanisms; aids in the clearing of free radical wastes. ⁵⁷
Glycine	A protein amino acid; helps trigger the release of oxygen to the energy requiring cell-making process; supports the manufacturing of hormones responsible for a healthy immune system. ⁵⁷
L-Tyrosine	An amino acid, supports healthy nerve transmission; supports healthy functioning of the thyroid, adrenal, and pituitary glands. ⁵⁷
N-Acetylcysteine (NAC)	A form of the amino acid cysteine; enhances the production of the enzyme glutathione, a powerful antioxidant; supports healthy immune functioning; supports healthy liver functioning; supports healthy mucous production; antioxidant activity. ⁵⁸
L-Serine	An amino acid, helps strengthen the immune system; supports synthesis of fatty acid sheath around nerve fibers. ⁵⁷
Boron (as sodium borate)	Supports healthy bone and joint function; supports healthy muscle health; supports healthy muscle synthesis. ⁵⁹
L-Alanine L-Arginine L-Aspartic Acid L-Cystine L-Glutamic Acid L-Glycine	The building blocks of protein, amino acids are nitrogen-containing organic compounds composing the structure of proteins. They are essential to human metabolism and to making the human body function properly for good health. All but one of the neurotransmitters are composed of amino acids; 95% of hormones are amino acids. Amino

L-Histidine L-Isoleucine L-Leucine L-Lysine L-Methionine L-Phenylalanine L-Proline L-Serine L-Taurine L-Threonine L-Tryptophan L-Tyrosine L-Valine	acids are key to every human bodily function with every chemical reaction that occurs. ⁵⁷
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While each individual ingredient in *Fatigued to Fantastic! Daily Energy Enfusion Berry Splash* provides significant nutritional support for healthy energy metabolism, it is theorized that when they are taken together synergistic effects will be noted.^{60,61} Due to the observed interdependency and known interactions of the vitamins, minerals, and amino acids contained in *Fatigued to Fantastic! Daily Energy Enfusion Berry Splash*, significant support of healthy energy metabolism and healthy energy levels may be realized. **Recommendations:** Each morning, mix one level scoop (17g) with 8 to 12 ounces of water, your favorite beverage, smoothie, or yogurt. Drink within 30 minutes of preparation.

Fatigued to Fantastic! Daily Energy Enfusion Berry Splash is designed to be taken with *Daily Energy B Complex*.

Precautions: No label precautions listed at time of product launch. **How Is It Supplied?:** Product number 03250 19 oz (540 g) berry flavored drink mix **Storage Recommendations:** Store at controlled room temperature, 59[°]to 86[°]F (15[°]-30[°]C). **References:** 1. Hultman E, Harris RC, Spriet LL. Energy substrates available for work. In: Shils ME, Olson JA, Shine M, Ross AC, Eds. *Modern Nutrition in Health and Disease* 9th ed. Baltimore, Md: Lippincott Williams & Wilkins; 1999: 762-764.

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