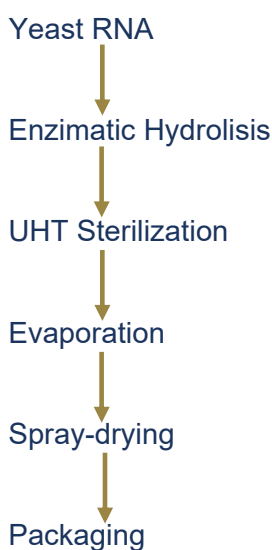


## Introduction:

Ribolife is a powder product obtained by fermentation from *Saccharomyces cerevisiae* containing a large pool of nucleotids. Nucleotids are the constitutive unit of DNA and RNA. Nucleotids are considered semi-essential nutritional constituents since the organism is able to synthesize them from scratch. There are some conditions in which is necessary to compensate their physiological demand with their food intake. These conditions include phases of rapid growth, poor food availability and metabolic stress

## Productive Process:



## Applications:

Nucleic acids and nucleotides exert immunostimulating activities by interfering with a large number of functions for example: they act against immunosuppression induced by malnutrition and fasting, increase the maturation and function of T cells, increase the activity of lymphocytes NK, they increase resistance to pathogens lymphocytes, modulate the response of T cells to type 1 helper. Mice fed a nucleotide-free diet have been found to exhibit impaired immune responses that revert to the non-nucleotide intake. In humans, some studies suggest that the introduction in a Nucleotide diet, especially in the case of critical illnesses, promotes recovery and reduces hospitalization days. One aspect not to be underestimated is the improvement of the immune response following the intake of nucleotides with the diet in athletes subjected to prolonged efforts, which due to the salivary suppression of IgA, the first defense against respiratory pathogens, frequently have damage to the respiratory tract (cough and cold).

Nucleotide supplementation appears to be particularly useful in milk intended for infant formula feeding, both as regards the growth rate and the competence of the immune system, notoriously lower than that obtainable with breast milk.

They also play a role in the modification of intestinal bacterial microflora, in the repair of damage to the gastrointestinal tract, in phagocytosis and in the metabolism of unsaturated fatty acids. In particular, at the gastrointestinal level, a greater availability of nucleotides is generated, the acceleration of repair mechanisms after stipsí or diarrhea, the elongation of the intestinal villi, a greater enzymatic activity, a better absorption of nutrients.

### Dosages:

Typical doses range from 0.5 to 1.5 g per day. They are often combined with L-arginine and fish oil to support the system

### Contraindications, precautions and side-effects

Nucleotides, nucleosides and nucleic acids are contraindicated in subjects with known hypersensitivity to any component. Pregnant and breastfeeding women should not take nucleic acids or nucleotides, unless otherwise advised by a doctor. People with hyperuricaemia should take them with extreme caution.

No particular undesirable effects have been reported.

### Ribolife summary table:

**PROPERTY:** Tissue regenerating , immunostimulant. Support in case of physiological deficits.

**APPLICATION:** Food supplement, Health food.

**ACTION:** Immunological system, nervous system, intestinal well-being, sport activity

**CONTAINED SUBSTANCES:** Nucleotids

**POSSIBLE SINERGIES:** Omega 3, Coenzima Q 10, Vitamins, antioxidants, Zinc, aminoacids (particularly L-arginine and carnosine and bioactive molecules.

**PRECAUTIONS OF USE:** To be taken with extreme caution in subjects with hyperuricemia Do not take during pregnancy and while breastfeeding. Contraindicated in subjects with ascertained hypersensitivity.