The absorption rate of the caffeine from Purenergy was significantly slower by approximately 30% compared to ordinary caffeine.* At 4 hours, serum showed 45% more caffeine from Purenergy compared to ordinary caffeine.

The half-life of the caffeine from Purenergy was extended significantly by approximately 25% compared to ordinary caffeine.* At 6 hours, serum showed 51% more caffeine from Purenergy compared to ordinary caffeine.

Purenergy had no adverse effect.*

While the results of these studies are promising, larger studies are needed to validate the findings and determine if these findings translate into a lengthened energy effect.*

More Energy
Taken together, data from these studies suggest that the effects of caffeine from Purenergy may last longer than the effects from ordinary caffeine and point to a potential for reducing total caffeine intake due to Purenergy’s more efficient delivery and slower absorption rate. These are encouraging factors for people who wish to reduce their caffeine intake.*

Slower Caffeine “Finish”
Scientists are researching whether or not the extended half-life and slower absorption rate of caffeine from Purenergy can produce a more moderated and gradual finish. This may help prevent the “crash” associated with regular caffeinated energy products and may give ATP Ignite an advantage over formulas that use ordinary caffeine.*

Caffeine, in General
In animal and human studies, caffeine has demonstrated positive effects on athletic performance, fatigue, and cognitive functions, such as supporting a healthy memory. According to Meeusen et al, research on caffeine suggests its performance-enhancing effect is related to antagonism of the adenosine receptors that influence the dopaminergic and other neurotransmitter systems.*

Pterostilbene
In the aforementioned human study, Purenergy also delivered approximately 50% more total pterostilbene into the blood than pTeroPure delivered alone, thus potentially enhancing the functional benefits of pterostilbene. Pterostilbene is a highly bioavailable analog of resveratrol—a stilbenoid found in blueberries and grapes. Compared to resveratrol, pterostilbene is four times more bioavailable. It has a seven times greater half-life, exhibits greater oral absorption and metabolic stability (pterostilbene is more lipophilic), and produces two to four times greater cellular uptake. Aside from resveratrol’s well-known antioxidant benefits that support cardiovascular health, pterostilbene is also known to activate certain proteins (i.e., SIRT1 and PGC-1α) involved in increasing mitochondrial biogenesis and therefore ATP (energy) production.*

Electrolytes and Antioxidants
Electrolytes—including sodium, potassium, and magnesium—are important for energy production, nerve transmission, muscle contractions, pH balance, fluid balance, and more. Conditions that promote excessive sweating and increased metabolic activity can require replacement of these important minerals and increase the need for antioxidants. ATP Ignite provides 130 mg of sodium, 280 mg of potassium, and 150 mg of magnesium in each serving. To support protection from free radicals, ATP Ignite...
Provides 500 mg of vitamin C in the form of four mineral ascorbates, as well as natural vitamin E, selenium, green tea extract, and s-acetyl-L-glutathione (SAG). SAG is an orally stable glutathione that has been shown to cross the membrane of the mitochondria, which increases the organelle’s activity and helps minimize reactive oxygen species.*

**Herbs and Amino Acids**

ATP Ignite combines Purenergy in a proprietary blend with various herbs and amino acids, including green tea extract, coffee fruit extract, taurine, and L-arginine alpha-ketoglutarate. This proprietary blend is designed to complement the activities of Purenergy. Furthermore, some of these individual ingredients taken in high doses have roles in mitochondrial biogenesis or are known to have a positive influence on exercise performance.*[16-18]

**B Vitamins**

As essential parts of coenzymes, these water-soluble nutrients are integral to the complex biochemical processes that convert food to glucose and ATP—the energy used by cells. Vitamin B12 also works closely with folate to help make red blood cells and facilitate the work of iron in the body. Iron helps carry oxygen to all cells, including muscle cells, for use in the generation of energy.*

**References**


Additional references available upon request.