# Energy

An organism does not produce the energy needed for all functions in a particular power organ, but in nearly each single one of our approximately 70 billion cells, the central elements of this generation of vitality are the mitochondria. These mini power plants are often less numerous, smaller and less efficient in people with chronic diseases. The main task of mitochondria is the production of energy by means of chemical reactions of the food chain. In these, fatty acids and glucose are transformed into a usable and transportable form of energy, abbreviated as ATP.

In the long run, lack of energy leads to chronic fatigue and finally to burnout, which is unfortunately one of the more frequently occurring problems in our modern performance-oriented society.

Burnout develops over several phases: success, increased commitment, neglect of regeneration, and hardness on oneself. But in the end, the body and mind's productivity will collapse.

The correct supply, during the right time of day, of particularly energy rich molecules as well as amino acids, enzyme, and vitamins increases the potential of mitochondria. This support of processes directly in the cell can minimize the negative consequences of a lack of energy in any form and thus successfully fight chronic fatigue and burnout.