

Q&A: The Renewable Energy Within

Remodeling Mitochondrial Networks through Diet and Lifestyle Strategies*

Q. Is Pure Encapsulations the first company to offer urolithin A?

A. Pure Encapsulations is the first company in the healthcare practitioner channel to offer urolithin A,** but we are not the only supplement brand to offer it.

Q. Discuss mitochondria for healthy aging vs. optimization. Should people look at mitochondrial health to optimize/be proactive about maintaining energy levels?

A. Nutritional and lifestyle modalities that support mitophagy and mitochondrial biogenesis are ideally suited for health optimization. Many of the studies on these strategies have recruited healthy subjects. Since the cumulative clinical data on urolithin A also involves healthy subjects, UA supplementation can be described as a proactive strategy for optimization of cellular energy, muscle function and healthy aging.

Q. What is the dosing for RENUAL? What is the maximum amount you can take to improve energy?

A. We recommend 2 capsules, 1-2 times daily, with or between meals. The maximum is 4 capsules per day, providing 500 mg urolithin A, 300 mg resveratrol and 90 mg CoQ₁₀. These recommendations are based on effective dose ranges in published studies for each ingredient.

Q. Is your new product only good for increasing muscle energy? What about the brain?

A. So far, the research on urolithin A has focused on mitochondrial function, aging and muscle health. Given the critical role of mitochondrial dynamics in neurons, it's rational to speculate that urolithin A may support brain function, but more research is needed. Fortunately, we know that this compound crosses the blood-brain barrier, which is an important prerequisite for CNS activity.¹

Q. Are there any contraindications to taking urolithin A?

A. A 2017 safety assessment² and a recent clinical trial³ concluded that urolithin A is safe and well-tolerated. There are no known contraindications.

Q. In addition to RENUAL, what additional supplements are available for helping older patients support cellular energy?

A. Older patients with occasional fatigue should be assessed for B₁₂ status via serum level and/or methylmalonic acid (a mitochondrial marker of B₁₂ status). Adenosyl/Hydroxy B₁₂ provides adenosylcobalamin, the major form of vitamin B₁₂ stored in the mitochondria.

Mitochondria-ATP provides a broad range of micronutrients and antioxidants to support mitochondrial function and cellular energy production.‡



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*The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

**As of 11/2/2020 in the healthcare practitioner channel.

References

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2. Heilman J, Andreux P, Tran N, et al. Food Chem Toxicol. 2017 Oct;108(Pt A):289-297.
3. Andreux PA, Blanco-Bose W, Ryu D, et al. Nat Metab. 2019 Jun;1(6):595-603.