

# Mitochondrial Health Protocol<sup>‡</sup>

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed by our clinician partners to help you deliver the most effective care and support for your patients. It includes foundational recommendations for overall health and focused interventions to address common clinical objectives related to mitochondrial health.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

### Exercise

- Perform at least 5 minutes of continuous light to moderate exercise (brisk walking, cycling or jogging) before breakfast (fasting) 5 days per week.
- Perform an additional 30 minutes of moderate aerobic exercise 3-5 days per week.
- Include 10 minutes of high intensity interval training (HIIT) twice per week.

### Diet

- Space meals apart by at least 6 hours and avoid snacking.
- Eat an early dinner and/or late breakfast to achieve an overnight fast of 12 hours or more.

## FOCUSED SUPPORT

The products in this category support common clinical objectives related to mitochondrial health. Choose from the options listed below:<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
Muscle Health	Age-related decline in muscle strength	<b>RENUAL</b> (Order Code: RNL6) Enhances mitochondrial renewal to support energy output and muscle function <sup>‡</sup>	2 capsules, 1-2 times daily, with or between meals
Nerve Health	Methylation status (Homocysteine)	<b>Ultra B-Complex Plus w/PQQ</b> (Order Code: BPQ26) Promotes cellular energy production by supporting mitochondrial biogenesis; Enhanced support for nerve health <sup>‡</sup>	1 capsule, 1-2 times daily, with meals
Metabolic Health	Fasting glucose, Fasting insulin, HbA1c	<b>Berberine UltraSorb</b> (Order Code: BUS6) Enhanced absorption berberine to support AMPK activation, insulin receptor function and healthy glucose metabolism <sup>‡</sup>	1 capsule, 1-2 times daily, with or between meals

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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## ADDITIONAL CONSIDERATIONS

The products in this category offer added support for mitochondrial health. Choose from the options listed below:†

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
<b>Energy &amp; Stamina</b>	Mild fatigue that limits exercise compliance	<b><u>Energy Xtra</u></b> (Order Code: EX21/ EX26) Helps promote energy, enhances stamina and reduces mild fatigue‡	1 capsule daily, with or between meals
<b>Vitamin B<sub>12</sub> Status</b>	Serum methylmalonic acid (MMA)	<b><u>Adenosyl/Hydroxy B<sub>12</sub></u></b> (Order Code: AHB9) Provides adenosylcobalamin, the mitochondrial form of vitamin B <sub>12</sub> ‡	1 capsule per day, with meals
<b>Satiety</b>	Difficulty adhering to reduced calorie diets or intermittent fasting	<b><u>PureLean® Satiety</u></b> (Order Code: PLS6) Supports satiety and emotional well-being for healthy weight management††	1 capsule, 1-2 times daily, with meals
<b>Cardiovascular Health</b>	Serum coenzyme Q <sub>10</sub>	<b><u>CoQ<sub>10</sub> 120 mg</u></b> (Order Codes: CQ11/ CQ13/ CQ16) Supports mitochondrial energy production in the cardiovascular system‡	1 capsule per day, with meals
<b>Healthy Aging</b>	Age >40	<b><u>RevitalAge™ Ultra</u></b> (Order Code: RJU39) Supports mitochondrial biogenesis through AMPK activation and NAD+ production‡	3 capsules daily with meals

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

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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