

# 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 function.<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

- Avoid snacking and space meals apart by at least 4 hours.
- Eat an early dinner and/or late breakfast to achieve an overnight fast of 12 hours or more.

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>‡</sup>

- [Longevity Nutrients](#) (LGN21 / LGN22)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Probiotic-G.I.](#) (PGI6)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)
- [Vitamin D<sub>3</sub> 25 mcg \(1,000 IU\)](#) (VD11 / VD12 / VD16)

## FOCUSED SUPPORT

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

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Muscle Health	Anthropometric measurements, dietary intake and muscle strength assessments	<b><a href="#">RENUAL</a></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><a href="#">Ultra B-Complex w/PQQ</a></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

<sup>‡</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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## FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to mitochondrial health.‡

Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
<b>Metabolic Health</b>	Fasting glucose, Fasting insulin, HbA1c	<b><u>Berberine UltraSorb™</u></b> (Order Code: BUS6) Enhanced absorption berberine to support AMPK activation, insulin receptor function and healthy glucose metabolism†	1 capsule, 1-2 times daily, with or between meals
<b>Cellular and Antioxidant Support</b>	hsCRP, Whole blood glutathione, GlycA	<b><u>NR Longevity™</u></b> (Order Code: NRL6) With NIAGEN® nicotinamide riboside to help replenish NAD+, enhance mitochondrial function and support antioxidant defenses†	2 capsules, 1-2 times daily, with or between meals

## ADDITIONAL CONSIDERATIONS

The products in this category offer added support for mitochondrial health.‡

Choose from the options listed below:

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	SUGGESTED USE
<b>Energy &amp; Stamina</b>	Mild fatigue that limits exercise compliance	<b><u>Energy Xtra</u></b> (Order Code: EX21/ EX26) Promotes 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, 1-3 times daily, 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

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## ADDITIONAL CONSIDERATIONS (CONTINUED)

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Cardiovascular Health	Serum coenzyme Q <sub>10</sub>	<p><b><u>Ubiquinol-QH 100</u></b> (Order Codes: UQ16) Active antioxidant form of CoQ<sub>10</sub> that supports the production of ATP for energy and cardiovascular health†</p>	1 capsule, 1-2 times daily, with meals
Healthy Aging	Age >40	<p><b><u>RevitalAge™ Ultra</u></b> (Order Code: RJU49) Supports mitochondrial biogenesis through AMPK activation and NAD+ production†</p>	3 capsules daily with meals
Autophagy Support	Whole blood glutathione	<p><b><u>Quercetin UltraSorb</u></b> (Order Codes: QUS9) Supports healthy immune function and cellular health and promotes cellular regulation and autophagy†</p>	1 capsule, 1-2 times daily, with meals

Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

PE-MITO-0824

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

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use of any dietary supplements.

†All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.

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

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