

The background of the entire page is a photograph of a woman in a yoga pose, specifically a backbend with her arms raised and hands clasped behind her head. She is silhouetted against a bright, warm sunset sky with orange and yellow hues. In the foreground, there are tall, thin grasses or reeds. The image is decorated with numerous white, 3D-style geometric shapes, primarily triangles and pyramids, some of which are semi-transparent and overlap each other and the background. These shapes are scattered across the top, bottom, and right sides of the image.

# Increase Energy at the Cellular Level

Every cell in your body needs energy to perform the thousands of metabolic reactions needed to keep you healthy. Mitochondria live within cells and are responsible for producing that energy. They are tiny biochemical power plants that convert the food you eat into cellular energy called adenosine triphosphate (ATP). However, this process also produces waste products like carbon dioxide and free radicals that need to be detoxified. Toxic free radicals are neutralized by chemical reactions that rely on an abundant supply of antioxidants such as vitamin C, vitamin E and glutathione. By supporting mitochondria, you can increase your energy and your health!

# Understanding Energy Production and Mitochondrial Decline

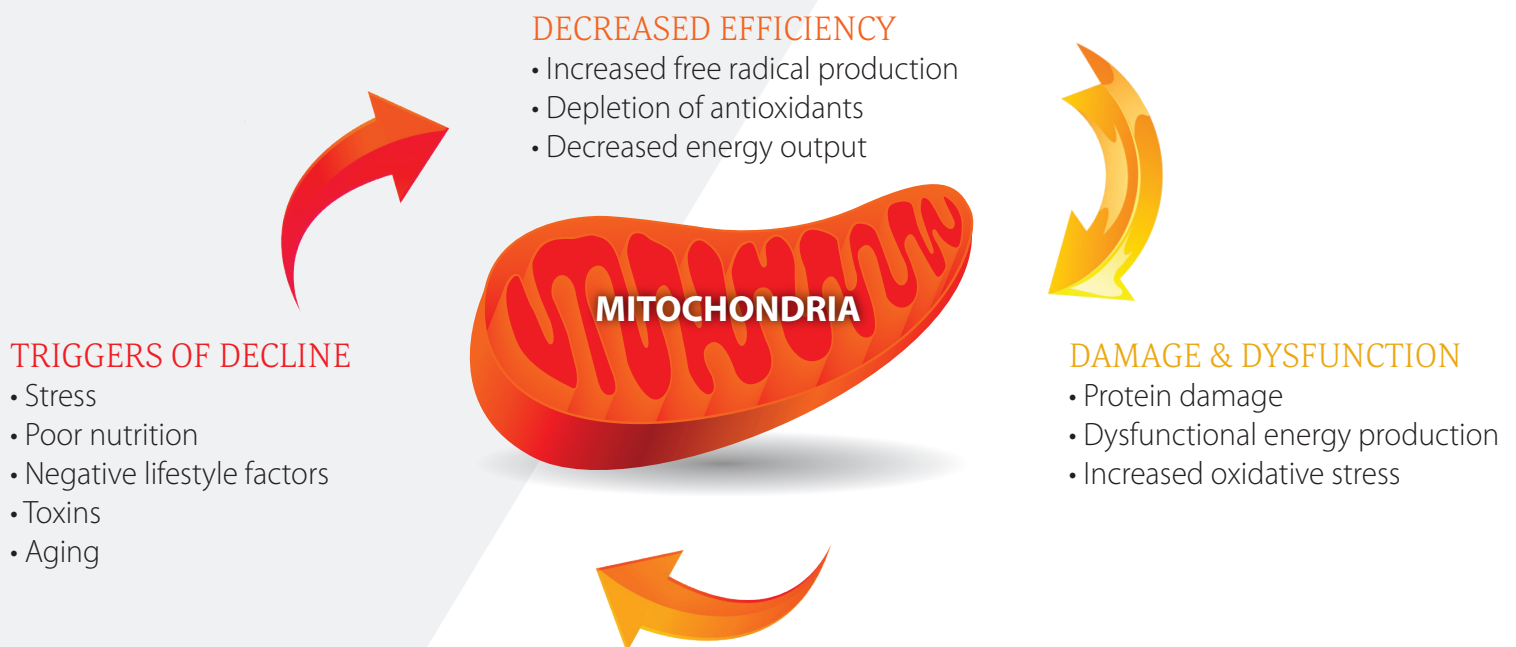
All organs and systems in the body rely on energy to function properly. Cellular energy is produced by mitochondria, which are organelles found in every cell in the body. These tiny structures generate over 90% of the body's energy, but this comes at a price—mitochondria also produce the vast majority of free radicals within the body. Free radicals cause *oxidative damage*, which hinders the function of our cells and contributes to inflammation and aging. In order to increase energy and avoid free radical damage, you must take a specific blend of nutrients to enhance ATP levels while quenching free radicals. This support is vital when you have increased energy demands in certain tissues. The more damage in the tissue, the more energy required to restore health.

## ENERGY-DEMANDING SYSTEMS



## THE VICIOUS CYCLE OF MITOCHONDRIAL DECLINE

Mitochondrial health declines for many reasons; some are unavoidable, like aging, but others stem from lifestyle factors like nutrition and stress.



# Lifestyle Recommendations to Support Energy Production



## Diet

Eat at least 5-7 servings of brightly colored fruits and vegetables per day. The vitamins, minerals and phytonutrients combat free radicals.



## Exercise

Exercise has been shown to stimulate the production of additional mitochondria to increase energy production. Aim for at least 45 minutes of exercise per day.



## Sleep

Experts recommend 7-9 hours of sleep per night. To help with restful sleep, limit use of electronics before bed, and keep the bedroom dark and cool.

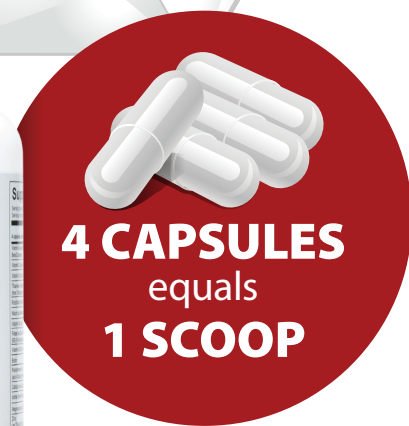


## Sugar Consumption

Excess sugars increase oxidative stress, deplete antioxidants and impair mitochondrial energy production. Do your best to restrict added sugars as much as possible.

Ingredient	Method of Action	Dosing
Zinc	Zinc is one of the most important micronutrients used by the body to enhance antioxidant defenses. It is in high demand during infections and may become deficient during conditions that stress the immune system.	15-50 mg/day
Selenium	Selenium is a powerful antioxidant used to protect the body from oxidative stress. Chronic stress may deplete selenium levels.	75-200 mcg/day
Lipoic Acid	Lipoic acid (sometimes called alpha-lipoic acid) is a key cofactor in energy production and is also necessary for the liver to function properly. Lipoic acid is one of the most powerful antioxidants cells use to protect themselves from oxidative stress. Lipoic acid also helps maintain optimal levels of other important antioxidants and can be a powerful tool in immune function support.	200-600 mg/day
Acetyl L-Carnitine	Acetyl L-carnitine is involved in cellular metabolism and helps cells produce abundant energy. This nutrient is normally found in high concentrations in the heart, muscle tissue, and in cells that have a high need for energy production, such as immune cells.	500-1,000 mg/day
N-Acetyl Cysteine (NAC)	NAC is a component of glutathione, the body's most powerful antioxidant. Studies have shown that intracellular glutathione levels can rapidly decrease during infections, leading to a reduced ability of immune cells to fight infection.	500-1,500 mg/day





# Creating Abundant Cellular Energy

Every cell in the body needs energy to function properly. This is especially important during health challenges, when energy demand is higher. MitoCORE is a scientifically formulated blend of nutrients and protein, specifically designed to recharge cellular energy production, increase antioxidant protection, support detoxification capacity, and boost immune function.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

