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Powering Natural Health

QUARANTINE RECOVERY PROGRAM

Month 3 Guidebook ELEVATE

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Welcome to Month 3 of the Quarantine Recovery Program! In Month 1, you focused on kickstarting detoxification to help remove quarantine-accumulated toxins from your body for overall health. In Month 2, you worked on supporting core biochemical pathways and processes needed for a healthy metabolism and immune function. The goal of month 3 is to elevate your mitochondrial function and optimize your metabolism, supporting energy and vitality.



Month 3: Elevate Your Mitochondrial Function and Energy

In Month 2, we discussed the importance of metabolic health for maintaining a robust immune system, which has never been more critical than it is now. However, there is another element of whole-body health that underlies metabolism – the health of our mitochondria, the tiny energy generators located within nearly all of our bodies’ cells.

Mitochondria are microscopic powerhouses that generate ATP, the energy “currency” used by our cells to perform all vital functions. In addition to producing energy, mitochondria impact metabolic health and immune function. Many aspects of modern-day life disrupt mitochondrial function, including an unhealthy diet, lack of physical activity, and poor sleep quality. Given the importance of our mitochondria for maintaining our metabolic and immune defenses, maximizing mitochondrial function is paramount in our post-quarantine world.

Maximize Mitochondrial Health

NAD+ is a vital signaling molecule that regulates mitochondrial metabolism. Mitochondria directly use NAD+ to support their high levels of activity and support the downstream metabolic and immune processes that depend on them. NAD+ levels in the body naturally decline with age and as a result of unhealthy diet and lifestyle choices. Supporting NAD+ production helps restore mitochondrial NAD+ energetics, supporting healthy mitochondrial function.

Activate Longevity Proteins for Whole-Body Health

We can also elevate our metabolic health by activating a powerful family of longevity proteins called sirtuins. Sirtuins are a group of essential proteins that coordinate which “tasks” need to be done at given points in time within our cells. Sirtuins are commonly called ‘longevity genes’ as they regulate a host of crucial cellular mechanisms involved in metabolic health, healthy immune function, and stress resilience.

Dosing Guidelines

Product	AM Dose	PM Dose
NAD+ Platinum™	1 tsp	
Ultra Vitamin®	1 tsp	
QuintEssential® 0.9		1 sachet/amp
Broad Spectrum Hemp Extract		2 pumps

Follow a pulse dosing schedule of 10 days on, 4 days off. Repeat twice for a total of 28 days. Take all morning doses at the same time and all evening doses at the same time, both on an empty stomach.



NAD+ Platinum™

NAD+ Platinum contains nicotinamide mononucleotide (NMN), a stable precursor of the longevity molecule NAD+. NAD+ is found in every cell in the body, which is essential for regulating cellular energy production, mitochondrial function, and sirtuin activation. In liposomal form, NMN is easily absorbed into the bloodstream and converted to NAD+ for a rapid effect.

- **NMN** supports cellular NAD+ generation, providing fuel for numerous cellular processes, including sirtuin activation.
- **Resveratrol** supports sirtuin activation, with downstream beneficial effects on blood sugar balance, an essential aspect of metabolic health.
- **Quercetin** supports sirtuin activation and helps balance the immune response
- **TMG** helps maintain a healthy methylation cycle, a crucial element of cellular NAD+ production.
- **Riboflavin and vitamin B12** are B vitamins that are also critical to the methylation cycle.

Ultra Vitamin®

The ultimate multi-vitamin blend designed to support whole-body health. Our formula combines B vitamins with vitamins A, C, D3, E, and K2 and carotenoids, providing your body with the spectrum of nutrients it needs to maintain a healthy metabolism and immune function.

- **Vitamin A** supports the function of your external barriers, including the gut, lungs, and skin.
- **Vitamin C** supports your front-line immune defenses.
- **Vitamin D3** balances the immune response while minimizing unproductive inflammatory responses.

QuintEssential® 0.9

A blend of micro-filtered seawater and alpine spring water that replenishes cellular mineral levels. Minerals are essential for healthy mitochondrial function and a flexible, resilient metabolism. Supporting mineralization also helps balance your nervous system activity, supporting relaxation and restorative sleep.

Broad Spectrum Hemp Extract

This nanoemulsified hemp extract is a non-psychoactive, THC-free blend of CBD and other phytocannabinoids. It is designed to activate the endocannabinoid system, promoting rest, relaxation, and whole-body wellbeing.

What to Expect During Month 3

Increased Energy

NAD+ plays a pivotal role in energy production. Within your mitochondria, NAD+ supports the electron transport chain, creating the vital energy “currency” of your body, ATP. By supporting mitochondrial NAD+, NAD+ Platinum may support more robust, sustained energy levels, causing a perceptible increase in your physical and mental energy.

As your energy increases, take this opportunity to engage in more physical activity while balancing exercise with plenty of high-quality sleep and rest.

Body Composition

As your mitochondria and metabolism begin working more efficiently in Month 3, you may notice some weight loss. To track improvements in your body composition, consider using a scale that measures body fat percentage.

Stress Resilience

The sirtuin system is an ancient pathway that helped our ancestors adapt and thrive in challenging circumstances. Today, activating our sirtuins can help us achieve similar resilience-enhancing effects by modulating cellular pathways involved in the stress response.

QuintEssential® 0.9 and Broad Spectrum Hemp Extract offer calming effects that balance our nervous system, supporting a healthy, resilient body capable of operating on all cylinders, elegantly regulating metabolism and immune function.

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** 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.*

Always consult your healthcare professional before starting this or any other wellness program.