

# Mito-NR™

Supports cellular energy (ATP) production  
and cardiovascular health

60 Vegetarian Capsules | NPN80124223 | MCNR60-CN

Occasional fatigue may be a sign of poor energy production, which starts with your mitochondria. These tiny structures inside your cells act as power plants, converting food and oxygen into the energy your body needs. Heart and muscle cells, in particular, contain thousands of mitochondria to support their high energy demands. For mitochondria to work efficiently, they require key compounds, but the body's production of these compounds naturally declines with age. Mito-NR™ combines nicotinamide riboside chloride (NR), CoQ10, and geranylgeraniol (GG) to help promote the optimal status of these compounds, supporting mitochondrial function, energy production, and healthy aging.



## JUST THE FACTS:

- Promotes cellular energy production and mitochondrial function in all body cells
- Supports the body's natural cellular repair process
- Promotes healthy aging and overall cellular health
- Helps promote healthy NAD+ status in the body
- Nicotinamide Riboside Chloride (NR) – NR is a special form of vitamin B3 (niacin) that helps the body make more NAD+, a molecule your cells need for energy production and cellular repair. By promoting healthy NAD+ status, NR can help support healthy aging, energy production, and mitochondrial cellular health.
- Coenzyme Q10 – Also known as CoQ10, this is a mighty molecule that promotes antioxidant status, cellular energy production, and helps protect mitochondria from damage. Supplementation can be supportive as the body's production of CoQ10 can decline naturally as part of normal aging and may be associated with occasional fatigue.
- Geranylgeraniol (GG-Gold®) – Found in plants like annatto, flax, sunflower, and olive oil, but often not enough for optimal status in aging individuals. GG may support the high energy demands of cells by promoting CoQ10 production, which may also help optimize healthy mitochondrial function.

## RECOMMENDED DOSE:

Adults 18 years and older: Consult a healthcare practitioner prior to use. Take 1 capsule 2 times per day with food, or as directed by a healthcare practitioner. For use beyond 12 weeks, consult a healthcare practitioner. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.