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can nutrients slow aging?

1 message

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BLUEPRINT BRYAN JOHNSON

Hi friend,

Are certain nutrients linked to healthy aging?

- + We analyzed decades of scientific research
- + Searched hundreds of scientific studies
- + With populations of participants
- + Across all ages, genders, and genetics

We found something remarkable: **supermolecules**.



Supermolecules are nutrients shown in studies to support healthy aging processes... such as cellular energy, antioxidant defenses, and immune health.*

They...

- + are studied by science
- + have a specific dosage
- + are precisely sourced
- + researched across demographics
- + and support healthy aging processes

But there is a problem.

A typical 'whole food' diet cannot provide all of these supermolecules. It would be the equivalent of consuming kilos of food and over 15,000 calories every day to reach the nutritionally comparable study-level amounts. It doesn't matter if you're a carnivore, vegan, keto, etc.

If you want study-level nutrition, you have to supplement.

But it would require taking 100+ pills daily.

We asked, "can we make it easy?"

A team of world-class doctors and scientists spent years researching. Together, we designed the world's highest-density supermolecule protocol to match the science.

+ Anything that tasted good = we put into a [drink](#)

+ Anything that tasted bad = we put into [capsules](#)

One yum drink and 2 pills. We called it '[the easy stack](#)'.



A simple morning protocol with unmatched nutrition density:

Spermidine, CaAKG, Selenium, L-Glutathione, Vitamin B12 (Methylcobalamin), Potassium Iodide, Vitamin B1 (Thiamine HCl), Vitamin B3 (Niacinamide), Sodium Hyaluronate, L-Lysine, Taurine, Magnesium Citrate, Nicotinamide Riboside (NR), Folate (Calcium L-5- Methyltetrahydrofolate), Lactobacillus Acidophilus, Vitamin B6 (Pyridoxine HCl), Glycine, Vitamin C (Ascorbic Acid), Manganese Citrate, L-Theanine, Lithium Orotate, Vitamin B7 (Biotin), Boron (Glycinate), Glucoraphanin, Vitamin E (d-alpha tocopherol), Creatine Monohydrate, Vitamin D (Chloecalciferol), Luteolin, Allulose, Zinc Bisglycinate, Glucosamine, Vitamin B2 (Riboflavin), Fisetin, Vitamin B5 (D-Calcium-Pantothenate), Calcium (Carbonate + DiCalcium Phosphate), Ubiquinol

And, taken together, these supermolecules act synergistically.

For example, for immune system support, three supermolecules work together: Fisetin, Spermidine, and L-Glutathione.* The immune system is closely linked to overall health in many studies.

Or, for mitochondria support, five supermolecules work together: NR, CaAKG, Ubiquinol, Taurine & Glycine.* Their efficiency directly determines your body's overall

energy and metabolic health.

When all 36 supermolecules are taken together, they form an All-Star team. Supporting key systems like cellular metabolism, antioxidant defense, structural support, mitochondrial function, and essential micronutrients.*

Individually, each supermolecule is meticulous:

- + evidence-backed
- + specific quantities
- + from a precise source
- + heavy-metal tested
- + purity tested
- + backed by third-party labs
- + priced as low-cost as possible
- + for all ages and genders^

This is [the easy stack](#). And Bryan Johnson takes it daily.

We made it simple. Whether you get these supermolecules from us or somewhere else, we don't mind. Either way, prioritize your future self.

Be well,
Blueprint

[EASY STACK →](#)



BLUEPRINT
BRYAN JOHNSON

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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.*

+ Example based on USDA FoodData Central nutrient values and published study dosage levels for individual ingredients; actual amounts vary by food source and preparation.

^ If pregnant, under the age of 18 years old, or have an existing health condition, please consult with a doctor first.

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