

# Small steps, real progress.

The world of supplements is confusing. It's a maze of guesswork. We make it simple.

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## Six MODs. One System. Measurable Impact.

Each MOD is a "mode" for feeling better—formulated by longevity physician Dr. Oliver Zolman to deliver felt results that translate into business outcomes.

*Our formulas feature **clinically-studied ingredients** at effective, transparent doses designed to **deliver real results**. They are produced **in the US** and designed to work together, so you can stop guessing and start feeling your best.*

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## WHY MOD WORKS

### Most supplements fail for two reasons:

- Wrong doses - Below clinical thresholds that actually work
- Wrong combinations - Ingredients that compete for absorption

### MOD is engineered differently:

✓ Clinical doses that actually work

- Not "token amounts" like typical multivitamins
- Every ingredient at research-backed effective levels
- Formulated by longevity physician Dr. Oliver Zolman

✓ Smart separation for maximum absorption

- Water-soluble vs fat-soluble separated
- Timing optimized for different metabolic pathways
- Ingredients that enhance each other, not compete

✓ System, not random supplements

- Foundation builds the base (everyone, daily)
- On-demand tools for specific moments (as needed)
- Designed to work together

**Result: Supplements that deliver felt results, not false promises.**

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## The Core System: FoundationMOD

Most multivitamins fail because they mix ingredients that fight for absorption. We engineered a 3-phase system to maximize energy and resilience.

### Phase 1: Morning Activation (Water-Soluble)

*Taken with morning electrolites/water on an empty stomach for rapid uptake.*

*This metabolic activator eliminates brain fog and fuels energy production right when the workday begins.*

Key Ingredients	Dose	Why It Matters for Your Team
Methylated B12 & Folate	500 µg / 772 µg	<b>Eliminates Brain Fog.</b> Critical for energy production and neurotransmitter synthesis.
Vitamin C	90 mg	<b>Rapid-Acting Defense.</b> A powerful antioxidant that fuels immune cells and supports collagen synthesis.
Zinc Picolinate	50 mg	<b>Immune Resilience.</b> Powers cellular immunity to keep the team healthy year-round.
Selenium	25 µg	<b>Metabolic Support.</b> Essential for thyroid function and antioxidant defense.

**Other Key Ingredients:** Includes a complete B-Complex engine: **B1** (25 mg), **B2** (3 mg), **B3** (25 mg), **B5** (10 mg), **B6** (5 mg), and **Biotin** (50 µg). Combined with **Inositol** (25 mg), **Copper Gluconate** (7 mg), **Chromium Picolinate** (50 µg), **Iodine** (150 µg). This synergistic matrix provides metabolic activation and completes the daily ‘nutrient firewall’.

### Phase 2: Long-Term Resilience (Fat-Soluble)

Taken with a meal (lunch) to ensure absorption by the body.

By optimizing absorption with dietary fat, this complex acts as a daily investment in your team’s long-term vitality and cognitive longevity.

Key Ingredients	Dose	Why It Matters for Your Team
<b>Omega-3 (EPA/DHA)</b>	1,000mg/ 500mg	<b>Cognitive Performance.</b> Supports mood stability and executive function under pressure.
<b>Vitamin D3</b>	2,000 IU	<b>Systemic Health.</b> Critical for immunity and bone strength.

<b>Vitamin K2 Complex (K1/MK-4/MK-7)</b>	5.35 mg	<b>Arterial Health.</b> Directs calcium to bones and away from arteries, supporting long-term cardiovascular health.
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**Other Key Ingredients:** Vitamin A (1,000 IU), Vitamin E (10 mg). These provide powerful antioxidant defense protecting cells from oxidative stress caused by modern work lifestyles.

### Phase 3: SleepMOD: Deeper Sleep. Brighter Days.

*Nightly recovery at home.*

*This is a nightly recovery protocol designed to support natural sleep architecture, not a "knock-out" pill. Unlike standard aids that leave employees groggy, our formula ensures your team wakes up fully refreshed and cognitively sharp.*

Key Ingredients	Dose	Why It Matters for Your Team
<b>Magnesium Glycinate</b>	1,500 mg	<b>Mental Recovery. / Nervous System Reset.</b> The most bioavailable form of magnesium relaxes the body to "turn off" work stress
<b>L-Theanine</b>	400 mg	<b>Cognitive Recovery.</b> Increase deep sleep stages for better memory consolidation.
<b>Lemon Balm Extract Relissa™</b>	400 mg	<b>Quiets the Mind.</b> Reduces rumination and racing thoughts after a demanding day.
<b>Melatonin (Micro)</b>	0.75 mg	<b>Refresh, Don't Sedate.</b> A micro-dose that signals sleep without next-day grogginess.

These support sleep quality and help quiet a racing mind before bed.

### The On-Demand Toolkit

*Targeted tools for specific moments in the workday. Placed where they are needed most.*

### BoostMOD: Clean Energy. Laser Focus.

*Deep work sessions & deadlines.*

*This precision nootropic formula supports natural neurotransmitters to deliver smooth, sustained focus without the crash.*

Key Ingredients	Dose	Why It Matters for Your Team
<b>L-Tyrosine</b>	1,000 mg	<b>Executive Function.</b> Sustains focus and working memory during high-stress sprints.
<b>CDP Choline</b>	250 mg	<b>Mental Clarity.</b> Fuels acetylcholine for sharper thinking and recall.
<b>L-Theanine</b>	200 mg	<b>Calm Alertness.</b> Prevents the jitters/anxiety often caused by coffee alone.

**Other Key Ingredients:** TeaCrine® (125 mg), Methyliberine (50 mg). A caffeine-free energy blend that provides sustained motivation without the crash.

## SugarMOD: Smooth Out Sugar Spikes.

*Pre-lunch shield against the "afternoon slump."*

*It promotes metabolic balance, ensuring that a nourishing meal adds to your team's energy rather than draining it.*

Key Ingredients	Dose	Why It Matters for Your Team
<b>Berberine HCL</b>	400 mg	<b>No 2PM Crash.</b> Supports healthy blood sugar levels to prevent post-meal fatigue.
<b>Chromium Picolinate</b>	400 mcg	<b>Stable Energy.</b> Helps the body use food for fuel efficiently, keeping energy stable.

**Other Key Ingredients:** Cinnamon (600 mg), Ginger (600 mg). These botanicals work synergistically to support metabolism and digestive comfort.

## CalmMOD: Rapid Calm. Lasting Clarity.

*Pre-meeting tension & high-stakes moments.*

*This formula acts as an on-demand "exhale," clearing mental noise to help your team navigate pressure with grace and clarity.*

Key Ingredients	Dose	Why It Matters for Your Team
<b>Holy Basil 2% Ursolic Acid (Holixer™)</b>	250 mg	<b>Stress Resilience.</b> Lowers cortisol impact and maintains physiological stability during demanding days.
<b>Saffron 2% (Affron®)</b>	28 mg	<b>Mood Support.</b> Clinically shown to improve mood and reduce perceived stress.
<b>GABA</b>	200 mg	<b>Rapid Composure.</b> Restores calm in ~25 minutes while keeping the mind sharp.

**Other Key Ingredients:** L-Theanine (200 mg), Lemon Balm (5% rosmarinic acid) (300 mg). This blend promotes relaxation without sedation, allowing employees to stay productive.

## ImmuneMOD: Strike First.

*The 72-hour rescue protocol.*

*This formula mobilizes high-potency defenses immediately, helping you recover quickly and spend less time feeling under the weather*

Key Ingredients	Dose	Why It Matters for Your Team
<b>Zinc Picolinate</b>	30 mg*	Shorten Illness. High potency dose clinically shown to shorten cold duration.
<b>Vitamin C</b>	1,000 mg	Cellular Fuel. Powers the immune response during acute stress.
<b>Elderberry Extract</b>	500 mg	Viral Defense. Clinically shown to block viral entry and reduce symptoms—helping to cut illness duration.

\*30mg elemental zinc

**Other Key Ingredients:** Andrographis (200 mg), Allimax Garlic (100 mcg). Powerful botanicals that reduce symptom severity so employees recover faster.

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**Beyond the Pill:** Every employee gets our **AI Health app**. It learns their habits, tracks progress, and reminds them when to take what—making better health inevitable, not just aspirational.