

Small steps, real progress.

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

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.*

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.

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	Eliminates Brain Fog. Critical for energy production and neurotransmitter synthesis.
Vitamin C	90 mg	Rapid-Acting Defense. A powerful antioxidant that fuels immune cells and supports collagen synthesis.
Zinc Picolinate	50 mg	Immune Resilience. Powers cellular immunity to keep the team healthy year-round.
Selenium	25 µg	Metabolic Support. 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
Omega-3 (EPA/DHA)	1,000mg/ 500mg	Cognitive Performance. Supports mood stability and executive function under pressure.
Vitamin D3	2,000 IU	Systemic Health. Critical for immunity and bone strength.

Vitamin K2 Complex (K1/MK-4/MK-7)	5.35 mg	Arterial Health. 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
Magnesium Glycinate	1,500 mg	Mental Recovery. / Nervous System Reset. The most bioavailable form of magnesium relaxes the body to "turn off" work stress
L-Theanine	400 mg	Cognitive Recovery. Increase deep sleep stages for better memory consolidation.
Lemon Balm Extract Relissa™	400 mg	Quiets the Mind. Reduces rumination and racing thoughts after a demanding day.
Melatonin (Micro)	0.75 mg	Refresh, Don't Sedate. 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
L-Tyrosine	1,000 mg	Executive Function. Sustains focus and working memory during high-stress sprints.
CDP Choline	250 mg	Mental Clarity. Fuels acetylcholine for sharper thinking and recall.
L-Theanine	200 mg	Calm Alertness. Prevents the jitters/anxiety often caused by coffee alone.

Other Key Ingredients: **TeaCrine®** (125 mg), **Methylliberine** (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
Berberine HCL	400 mg	No 2PM Crash. Supports healthy blood sugar levels to prevent post-meal fatigue.
Chromium Picolinate	400 mcg	Stable Energy. 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
Holy Basil 2% Ursolic Acid (Holixer™)	250 mg	Stress Resilience. Lowers cortisol impact and maintains physiological stability during demanding days.
Saffron 2% (Affron®)	28 mg	Mood Support. Clinically shown to improve mood and reduce perceived stress.
GABA	200 mg	Rapid Composure. 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
Zinc Picolinate	30 mg*	Shorten Illness. High potency dose clinically shown to shorten cold duration.
Vitamin C	1,000 mg	Cellular Fuel. Powers the immune response during acute stress.
Elderberry Extract	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.

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.