

name	category	dosage	Hallmark of Aging
Proline	Essential Health - Bone & Joint Health	3512mg	Unclassified
Glutamic Acid	Organ Function - Cognition	2558mg	Unclassified
Apple cider vinegar	Gut Health - Weight Management	1877mg	Unclassified
Taurine	Essential Health - Energy	1500mg	Stem Cell Exhaustion
D-Aspartic Acid	Men's Hormones :- Fertility	1484mg	Unclassified
Vitamin C	Cardiovascular - Essential Health	1255mg	Altered Intercellular Communication
Docosahexaenoic Acid	Cardiovascular - Cognition	1250mg	Unclassified
N-Acetylcysteine	Essential Health - Stress & Mood	1200mg	Unclassified
Dandelion	Gut Health - Organ Function	1200mg	Unclassified
Black Seed Oil	Immune Support - Cardiovascular	1000mg	Altered Intercellular Communication
Black Currant	Immune Support - Cardiovascular	1000mg	Altered Intercellular Communication
Omega-3 fatty acids	Cardiovascular - Cognition	887mg	Altered Intercellular Communication
Serine	Cognition - Sleep	848mg	Unclassified
Glucosamine Sulfate	Bone & Joint Health - Organ Function	750mg	Unclassified
Eicosapentaenoic Acid	Cardiovascular - Cognition	750mg	Unclassified
Acetic Acid	Gut Health - Weight Management	750mg	Unclassified
Leucine	Energy - Fitness	744mg	Unclassified
Calcium	Bone & Joint Health - Cardiovascular	624.5mg	Unclassified
Rhodiola Rosea	Stress & Mood - Energy	600mg	Unclassified
Ashwagandha	Immune Support - Sleep	600mg	Altered Intercellular Communication
Garlic	Cardiovascular - Immune Support	600mg	Altered Intercellular Communication
Milk Thistle	Weight Management - Immune Support	600mg	Altered Intercellular Communication
Valine	Energy - Essential Health	576mg	Unclassified
L-Threonine	Essential Health - Organ Function	510mg	Unclassified
Benfotiamine	Essential Health - Weight Management	500mg	Unclassified
Stinging Nettle	nan	500mg	Unclassified
Grape Seed Extract	Cardiovascular - Immune Support	500mg	Altered Intercellular Communication
L-Phenylalanine	Essential Health - Stress & Mood	472mg	Unclassified
Clove	Essential Health - Immune Support	450mg	Altered Intercellular Communication
Ginger	Gut Health - Immune Support	400mg	Altered Intercellular Communication
Olive Leaf Extract	Cardiovascular - Immune Support	400mg	Altered Intercellular Communication
Isoleucine	Energy - Essential Health	378mg	Unclassified
Phosphorus	Essential Health - Bone & Joint Health	370mg	Unclassified
Saw Palmetto	nan	320mg	Unclassified
Nicotinamide Riboside	Longevity - Energy	300mg	Unclassified
Glutathione	Essential Health - Longevity	250mg	Unclassified
Turmeric Curcumin	Cardiovascular - Essential Health	250mg	Unclassified
L-Methionine	Essential Health - Weight Management	216mg	Unclassified
Choline	Cognition - Weight Management	200mg	Epigenetic Alterations
Broccoli Seed Extract	Essential Health - Longevity	200mg	Unclassified
L-Theanine	Cognition - Sleep	200mg	Unclassified
Astragalus	Immune Support - Cardiovascular	200mg	Stem Cell Exhaustion, Altered Intercellular Communication
Histidine	Essential Health - Weight Management	160mg	Unclassified
Magnesium Citrate	Organ Function - Bone & Joint Health	150mg	Unclassified
Pycnogenol	Cardiovascular - Cognition	150mg	Unclassified
L-Tyrosine	Stress & Mood - Cognition	142mg	Unclassified
Gamma-Linolenic Acid	Women's Hormones - Cardiovascular	140mg	Unclassified
Fisetin	Longevity - Cardiovascular	100mg	Cellular Senescence
Luteolin	Cognition - Cardiovascular	100mg	Unclassified
CBD (Cannabidiol)	Sleep - Stress & Mood	100mg	Unclassified
Pygeum	nan	100mg	Unclassified
Artichoke Extract	Gut Health - Cardiovascular	100mg	Unclassified
Vitamin E	Hair & Skin - Cardiovascular	72mg	Extracellular Matrix Dysfunction
Ubiquinol	Cardiovascular · Energy	50mg	Loss of Proteostasis, Mitochondrial Dysfunction
Coenzyme Q10	Cardiovascular · Energy	50mg	Loss of Proteostasis, Mitochondrial Dysfunction
Vitamin B Complex	Energy - Essential Health	45.275mg	Unclassified
Extra Virgin Olive Oil	Cardiovascular - Longevity	22.5mls	Unclassified
Vitamin B1	Energy · Essential Health	20mg	Genomic Instability
Niacin	Cardiovascular · Energy	15mg	Genomic Instability, Epigenetic Alterations
L-Cysteine	Essential Health - Hair & Skin	8mg	Extracellular Matrix Dysfunction
Vitamin K	Bone & Joint Health - Cardiovascular	7100mcg	Unclassified
Pantothenic acid	Organ Function - Energy	6mg	Unclassified
Melatonin	Sleep - Stress & Mood	6mg	Unclassified
Zeaxanthin	Bone & Joint Health - Men's Hormones	3mg	Unclassified
Vitamin A	Hair & Skin - Organ Function	1500mcg	Extracellular Matrix Dysfunction
Vitamin B6	Cardiovascular - Essential Health	1.4mg	Unclassified
Riboflavin	Organ Function - Energy	1.4mg	Genomic Instability
Thiamin	Energy - Essential Health	1.1mg	Genomic Instability
Folate	Cardiovascular - Essential Health	200mcg DFEs	Genomic Instability, Epigenetic Alterations
Potassium Iodide	Essential Health - Immune Support	200mcg	Altered Intercellular Communication
Iodine	Organ Function - Essential Health	200mcg	Unclassified
Vitamin B12	Cardiovascular - Cognition	125mcg	Genomic Instability, Epigenetic Alterations
e Vitamin D3	Bone & Joint Health - Cardiovascular	82.5mcg	Reduced Bone Density, Attrition, Altered Intercellular Communication
¢ Biotin	Hair & Skin - Organ Function	50mcg	Extracellular Matrix Dysfunction
¢ Selenium	Cardiovascular - Essential Health	28mcg	Unclassified
PQQ	Energy · Cognition	10mg	Mitochondrial Dysfunction