

# Mitochondrial Resuscitation & Vitality Protocol

Client Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

## Section 1: Baseline Energy Assessment

Rate the following on a scale of 1–10 (1 = Poor/Severe, 10 = Optimal/None)

- Morning Energy (Unrefreshed sleep?): \_\_\_\_\_ / 10
  - Mental Clarity (Brain fog level?): \_\_\_\_\_ / 10
  - Physical Stamina (Mid-day "crash"?): \_\_\_\_\_ / 10
  - Post-Exertion Recovery (Fatigue after exercise?): \_\_\_\_\_ / 10
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## Section 2: Staged Resuscitation Protocol

To avoid "oxidative flares," we introduce nutraceuticals in three specific phases. Do not move to the next stage until the current stage is well-tolerated.

### STAGE 1: PROTECTION (Weeks 1-2)

Goal: Strengthen the mitochondrial membrane and neutralize reactive oxygen species

(ROS). | Nutraceutical | Target Dosage | Frequency | Completed? | | :--- | :--- | :--- | :---: | |

**Ubiquinol** (Reduced CoQ10) | 200mg – 400mg | With breakfast | ☐ | | **Alpha-Lipoic Acid**

(ALA) | 300mg – 600mg | With lunch | ☐ | | **Acetyl-L-Carnitine** (ALCAR) | 500mg – 1000mg |

Empty stomach | ☐ |

### STAGE 2: PRODUCTION (Weeks 3-4)

Goal: Optimize the Electron Transport Chain (ETC) and fuel conversion. | Nutraceutical |

Target Dosage | Frequency | Completed? | | :--- | :--- | :--- | :---: | | **NAD+ Precursor** (NR or

NMN) | 250mg – 500mg | Morning | ☐ | | **B-Complex** (High B1, B2, B3) | Per label | With

food | ☐ | | **Methylation Support** (TMG/B12) | As needed | Morning | ☐ | \*Note: If anxiety or

"crash" occurs on NAD+ precursors, increase Methylation Support.\*

### STAGE 3: BIOGENESIS (Weeks 5-6+)

Goal: Trigger the birth of new mitochondria (Mitochondrial Biogenesis). | Nutraceutical |

Lifestyle | Target Dosage | Frequency | Completed? | | :--- | :--- | :--- | :---: | | **PQQ** | 10mg –

20mg | Morning | ☐ | | **HIIT / Interval Training** | 10–20 mins | 2x per week | ☐ |

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Section 3: Weekly Symptom & Tolerance Tracker

Week	Energy (1-10)	Clarity (1-10)	Notes (Flares, Sleep, Mood)
1			
2			
3			
4			
5			
6			

Section 4: Practitioner Observations & Next Steps

**Statin Use Check:** Is client on statins? (Yes / No) *If yes, Ubiquinol is non-negotiable.*

**Observations:** \_\_\_\_\_

**Next Steps:** ☐ Continue current dosing for 90 days (Mitochondrial turnover cycle). ☐ Adjust NAD+ precursor if methylation "trap" (anxiety/fatigue) is present. ☐ Schedule follow-up OAT (Organic Acids Test) to verify Krebs Cycle improvement.

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