

Mitochondrial Synergy



HormoneSynergy®
Nutraceuticals

Clinical Applications

- Promotes Efficient Use of Insulin and Glucose in the Body*
- Enhances Conversion of Glucose into Usable Energy*
- Promotes Healthy Aging*
- Increases Exercise Performance*
- Promotes Nitric Oxide (NO) Production*
- Supports Cardiovascular and Endothelial Function*
- Improves Antioxidant Status and Resistance to Oxidative Stress*

*The HormoneSynergy® Mitochondrial Synergy is formulated to support and promote mitochondrial biogenesis and function. Mitochondrial Synergy supplies three active, orally bioavailable formulations—Nitric Oxide Support, Resveratrol Plus and Alpha Lipoic Acid—which function synergistically to support the critical role that mitochondria play in metabolism. The patented functional components found in the Mitochondrial Synergy are safe, well-tolerated, and have been uniquely prepared to enhance both absorption and overall bioavailability in order to maximize patient benefit and satisfaction.**

All HormoneSynergy® Formulas Meet or Exceed cGMP Quality Standards

Discussion

Mitochondria are the organelles inside cells that produce energy. Representing approximately 10% of total body weight, mitochondria have a number of roles in the body. Primarily, they are cellular “fuel stations” responsible for supplying greater than 95% of the body’s energy needs.^[1] Mitochondrial biogenesis is the process by which new mitochondria are produced, and it is believed to delay the effects of aging and the onset of age-associated diseases.^[2-5] This complex process involves more than 1,000 genes^[2] and is responsible for producing 20% of total cellular protein.^[1] Aerobic exercise and caloric restriction are the two most compelling approaches to stimulate mitochondrial biogenesis,^[2,3] most notably by activating the “master regulator” of mitochondrial biogenesis and function known as PGC-1 α , a transcriptional coactivator. Dysregulation of PGC-1 α has been implicated in aging and the pathogenesis of numerous age-associated complications such as poor glucose control, increased fat mass with accompanying decrease in muscle mass, and various neurological conditions.*

PGC-1 α -deficient animals display defects in energy metabolism, glucose disposal, and insulin action. These deficient animals also display reduced resistance to oxidative stress, increased fat mass, decreased muscle mass, impaired exercise performance, and other issues suggestive of an impaired ability to adapt to metabolic and physiological stress.^[6] Conversely, PGC-1 α activation contributes to an increase in metabolic fitness in the form of an increased metabolic rate, improved glucose disposal and insulin function, enhanced fatty acid oxidation, increased resistance to oxidative stress, decreased fat mass, and increased muscle mass and exercise performance.*

The nutrients in the Mitochondrial Synergy have been clinically tested for their oral bioavailability and also for their safety and efficacy in activating PGC-1 α and upstream cellular signaling cascades. These actions mimic the protective effects of exercise and caloric restriction on mitochondrial biogenesis, metabolic fitness, and aging. The key signaling cascades affected include those involving nitric oxide (Nitric Oxide Support), SIRT1 (Resveratrol Plus), and AMPK (Alpha Lipoic Acid). Ultimately, it is the stimulation of these cascades that leads to activation of PGC-1 α and subsequent upregulation of mitochondrial biogenesis and promotion of overall metabolic fitness. For optimal benefit, combine this product with a healthy diet and exercise regimen.*

Nitric Oxide Support is a patented, extended-release formulation containing arginine alpha-ketoglutarate and ACTINOS2[®], a proprietary whey peptide fraction. This synergistic combination serves as an effective nitric oxide (NO) precursor. As a vasodilator, NO exerts a protective effect on blood vessel endothelium.^[7] Within the cell, NO plays an important role in intracellular communication, acting as a trigger for mitochondrial biogenesis.*^[8]

Resveratrol Plus provides a distinctive bioflavonoid complex with resveratrol, quercetin, and pterostilbene (bio-optimized methylated resveratrol).^[9] These three antioxidants work together synergistically and are being extensively studied in the areas of cardiovascular health and aging.*

Alpha Lipoic Acid is a multifunctional antioxidant that has the ability to neutralize free radicals in both the aqueous-based and lipid-based environments of cells. In addition, Alpha Lipoic Acid’s patented, controlled-release formulation provides extended protection^[10] by promoting synthesis of glutathione and “recharging” other important antioxidants such as vitamin C, vitamin E, and coenzyme Q10.*

An independent study of the Mitochondrial Synergy was performed. A report of the study, written by Dr. Joseph Evans and entitled “A Three-Month, Open-Label Pilot Clinical Study Evaluating the Efficacy of the Mitochondrial Synergy on Aerobic Conditioning and Body Composition,” is available through your HormoneSynergy® Functional Medicine Consultant.*

***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.**

Distributed By: HormoneSynergy
(503) 230-7990
www.hormonesynergy.com
Portland, OR

Mitochondrial Synergy



Resveratrol Plus

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|--|--------------------|--------------|
| Quercetin (as quercetin dihydrate) (from <i>Saphora japonica</i>)(bud) | 250 mg | ** |
| <i>trans</i> -Resveratrol (as <i>Polygonum cuspidatum</i> root extract) | 75 mg | ** |
| <i>trans</i> -Pterostilbene (pTeroPure®) | 62.5 mg | ** |

** Daily Value not established.

Other Ingredients: HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triglycerides.



pTeroPure™ is a trademark of ChromaDex, Inc.

Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or preservatives.

Nitric Oxide Support

Supplement Facts

Serving Size: 3 Caplets
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|--------------------------------------|--------------------|--------------|
| Arginine <i>alpha</i> -ketoglutarate | 1980 mg | ** |
| ACTINOS® Whey Peptide Fraction† | 150 mg | ** |

** Daily Value not established.

†Controlled Delivery Formulation
Other Ingredients: Cellulose and cellulose derivatives, stearic acid, magnesium stearate, silica, and glycerin.

Contains: Ingredient derived from Milk (ACTINOS®)
PROTECTED BY U.S. PATENT: 6,905,707 and 7,579,020.

UP-REGULATED WITH:



Does Not Contain

Wheat, gluten, corn, yeast, soy, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

Directions

Take one to two packets per day, or as directed by your healthcare practitioner. Each packet supplies three Nitric Oxide Support, one Resveratrol Plus, and one Alpha Lipoic Acid. Take one packet with 8 oz. water, 30 minutes before breakfast and 30 minutes before lunch.

Individuals with a medical condition (including diabetes or cold sores), that are taking prescription drugs, that are pregnant or lactating, or are under the age of 18 should consult their healthcare practitioner prior to use.

References

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DRS-207
REV. 07/08/13

Alpha Lipoic Acid

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|--------------------------------------|--------------------|--------------|
| Biotin | 450 mcg | 150% |
| Alpha-Lipoic Acid (as thioctic acid) | 600 mg | ** |

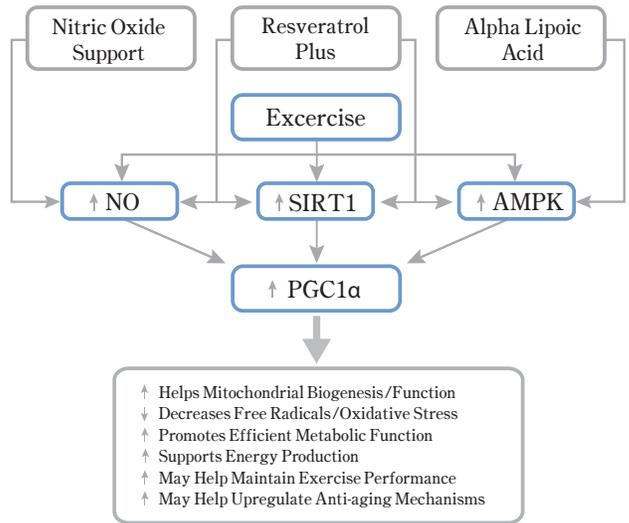
** Daily Value not established.

Other Ingredients: Cellulose and cellulose derivatives, dicalcium phosphate, stearic acid, magnesium stearate, silica, and glycerin.

PROTECTED BY U.S. PATENTS: 6,191,162(B1); 6,197,340(B1); 6,572,888(B2); 7,118,762(B2)

Does Not Contain

Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or preservatives.



§ Based on emerging experimental research.