THORNE

LONGEVITY KIT

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The Thorne Longevity Kit is a selection of supplements that may help to increase natural energy, reduce risk of disease, improve sleep and cognitive function, and reverse some of the effects of aging on our cells.

It contains:

CREATINE

Long thought of as purely a sports nutrition supplement, Creatine has gained a lot of momentum as a "staple" supplement in the anti-aging/longevity community. Creatine has been shown to increase hydration and ATP (energy) at the cellular level, which is something we can all benefit from, reduces aging and cellular stress, and in recent research, has shown that it could slow cognitive decline, and improve daily cognitive function.

How to take: Mix 1 scoop with 12-16oz water and consume upon waking. (NOTE: When taking with the Longevity Kit, mix 1 scoop Creatine and 1 scoop Amino Complex with water and consume upon waking)

AMINO COMPLEX

This is a blend of all 9 Essential Amino Acids, in perfect proportions, with respect to what the body needs. This ideal combination of amino acids aids in exercise recovery, and can improve brain function, increase energy, and are used in making a host of endogenous molecules in the body like collagen, neurotransmitters, and anti-aging peptides.

How to take: Mix 1 scoop with 12-16oz water and consume upon waking.

CoQ10

Coenzyme Q10 is a critical nutrient for the mitochondria. We have roughly 39 trillion cells in the body, and the mitochondria is considered the engine that powers the cell from within. When the mitochondria is full of energy and vitality, all of the roughly 39 trillion cells in the body are running more efficiently, which results in the entire body running more efficiently and with more vitality. It also helps reduce the rate of oxidative stress on the cell, which is thought to be the main cause of cellular aging,

How to take: Take 1 softgel daily with food.

NAC

N-Acetyl-Cysteine is the precursor to Glutathione. Glutathione is known as the "Master Antioxidant", because it's the endogenous (produced within) antioxidant your body produces to help reverse cellular damage and reduce oxidative stress on your cells. Supplementing with NAC provides your body with the key nutrient it needs to produce more Glutathione, your body's "Master Antioxidant".

How to take: Take 2 caps before bed, without food. (You can take the 2 caps in the AM with Creatine and Aminos, if that works better for you. PM consumption is just a bit more ideal.)

RESVERACEL

ResveraCel is a proprietary blend of key ingredients that have been shown to increase sirtuin activity. A sirtuin is a protein involved in regulating cellular processes, including the aging and death of cells, and their resistance to stress. Sirtuins know when to kill off dead, potentially cancerous and autoimmune cells in a process known as apoptosis, and increase cellular autophagy; a cellular process where your cells actually recycle decayed, damaged, and dead cellular material and turn it into new, healthy material. To date, the discovery of sirtuins, and their role in the body, is the biggest breakthrough in understanding how and why the body ages. Thorne's ResveraCel has a combination of the most researched ingredients shown to increase sirtuin activity.

How to take: Take 2 caps before bed, without food. (You can take the 2 caps in the AM with Creatine and Aminos, if that works better for you. PM consumption is just a bit more ideal.)