



# MITO-METHYLATOR R3/R5

R3 (Restore Cell Energy) and R5 (Re-Establish Methylation) are integral components of Dr. Pompa's 5R strategy for cellular repair and detoxification. What sets this product apart is its exceptional ability to support both cellular energy and cellular methylation simultaneously.

Cellular energy and methylation processes often become depleted in individuals facing neurotoxicity, contributing significantly to their symptoms. These two aspects are vital for various functions, including energy production, detoxification, epigenetics, brain function, and immune function.

## WHAT MAKES THIS PRODUCT UNIQUE?

This product stands out for its dual support of cellular energy and methylation pathways. Cellular energy and methylation are closely intertwined within the cell, making them essential elements of Dr. Pompa's 5R approach to cellular healing (R3 - restore cellular energy and R5 - reestablish methylation).

As cellular energy pathways decline, methylation capabilities decrease, and vice versa. This product uniquely addresses both pathways simultaneously, making it the only one of its kind. Moreover, Mito-Methylator R3/R5 not only provides fuel to the mitochondria but also aids in mitochondrial biogenesis, supporting the body in generating new mitochondria. Athletes with robust health possess more mitochondria per cell compared to the average person. However, chronically ill individuals often have fewer mitochondria per cell contributing to their diminished cellular energy. By promoting new mitochondrial growth, facilitating methylation, providing essential ingredients for energy production, and supporting these pathways, this product distinguishes itself from other methylation and mitochondrial supplements.

Additionally, many key active ingredients are sourced from fermented nutrients, enhancing absorption and bioavailability—an important advantage for individuals dealing with illness and toxicity.

Minerals play a pivotal role in both cellular energy and methylation pathways. Mito-Methylator R3/R5 incorporates hydrolyzed whole protein chelates to maximize mineral bioavailability, employing cutting-edge mineral technology recognized as the most advanced in the world.

## PURPOSE OF C3

The C3 Complex stands as a distinctive element within the Cellular Solutions line, playing a pivotal role in supporting cellular communication and enhancing the bioavailability of essential ingredients. We choose a specific mushroom with the ability to target a specific cell and then we grow the mushroom on specific substrates (like turmeric, ginger, licorice, etc) so that the mushroom biodegrades the substrate and incorporates the active ingredients and their function. This process, referred to as myceliation, makes the active ingredients in the substrate that drive a specific function more bioavailable and usable in the human body and amplifies the effect of the substrate.

Through this innovative process, referred to as myceliation, the mushrooms biodegrade the substrate (such as turmeric, ginger, licorice, etc) while incorporating the active ingredients and their specific functions. This transformative process significantly heightens the bioavailability and utility of these active ingredients within the human body, amplifying the substrate's effects.

Notably, Reishi was deliberately chosen for its inherent capacity to support methylation, owing to its substantial B12 levels and adaptogenic qualities. By cultivating Reishi on adaptogenic herbs like astragalus root and energy-enhancing herbs like eleuthero root, we establish a unique communication channel that delivers both cellular energy and methylation support directly to the cell.

Supplement Facts			
Serving Size: 2 Capsules Servings Per Container: 30			
	Amount Per Serving	%Daily Value	
Vitamin C (as lipid metabolite ascorbate)	50 mg	56%	Selenium**
Riboflavin (as riboflavin-5-phosphate)	2.3 mg	177%	4.8 mcg
Niacin* (as niacinamide)	20 mg	125%	Molybdenum**
Vitamin B6 (as pyridoxal-5-phosphate)	2.54 mg	149%	45 mcg
Folate (as calcium L-5-methyltetrahydrofolate)	900 mcg DFE	225%	Boron**
Vitamin B12 (as methylcobalamin)	500 mcg	20833%	Blood/Cellular Builder Blend
Biotin**	201 mcg	670%	502 mg
Magnesium**	18 mg	4%	Phosphatidylcholine, Phosphatidylserine, Coenzyme Q10, D-Ribose (Bioenergy Ribose®), Quercetin, Bovine Heart
Zinc**	11 mg	100%	Cellular Communication Complex (C3)
			165 mg
			Organic Reishi Mushroom Mycelium, Organic Myceliated Astragalus Root, Organic Myceliated Eleuthero Root
			+ Daily Value not established

Other Ingredients: Hypromellose, organic Copernicia cerifera wax  
\*Fermented nutrient \*\* Hydrolyzed Whole Protein Chelate

## SUGGESTED USE

- ✓ For adults, take 2 capsules daily, either together or in divided doses. You can take them with or without food or as directed by your healthcare professional.

## CONTRAINDICATIONS

- ✗ Always consult your doctor for ingredient contraindications, especially if you are taking any medications.

The statements regarding this supplement have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease. Consult with a healthcare professional before starting any dietary supplement regimen. Keep out of reach of children. Do not exceed the recommended dosage. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.



## KEY INFORMATION ABOUT UNIQUE INGREDIENTS

- Lipid-Coated Vitamin C:** Our vitamin C is uniquely coated with a lipid metabolite, enhancing its absorbability and potency as both an antioxidant and immune booster.
- Active Selenium Form:** Selenium plays a critical role in the methylation pathway. The selenium in this product is highly active, surpassing even the methylated form (selenomethionine). It is bound to several amino acids to maximize bioavailability within the cell.
- Bioenergy Ribose:** We utilize a patented form of ribose known as bioenergy ribose, which has been scientifically proven to be more bioactive within the mitochondria. It bolsters ATP production by nurturing gut flora.
- Bovine Heart:** Our product incorporates a bovine heart, supporting mitochondrial biogenesis while delivering an active form of coenzyme Q and cardiolipin. This natural coenzyme Q form is readily embraced by the mitochondria and the electron transport chain, fueling cellular energy production. Bovine heart provides an exceptional, natural source of Coenzyme Q and cardiolipin, a crucial omega-6 fat in the mitochondrial membrane. This cardiolipin prevents oxidation, revitalizing the mitochondria, and is essential for energy production and effective fat metabolism. It's most effective in its whole glandular form, as glands carry the code to support and rejuvenate the systems they originate from. This source provides optimal nutrition for your cardiovascular system and energy pathways.
- Mitochondrial Support with Quercetin:** Quercetin aids in mitochondrial biogenesis, supporting cellular energy production.
- Active B Vitamins:** The B vitamins essential for the methylation pathway, including riboflavin, niacinamide, B6, folate, and B12, are present in their most active and bioavailable forms, maximizing their impact on the methylation pathway.
- Minerals with Enhanced Bioavailability:** The minerals utilized in this product to support methylation, including selenium, magnesium, zinc, and molybdenum, harness the power of hydrolyzed whole protein chelation for superior cellular bioavailability.

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

Amount Per Serving		%Daily Value	Amount Per Serving		%Daily Value
Vitamin C (as lipid metabolite ascorbate)	50 mg	56%	Selenium**	4.8 mcg	9%
Riboflavin (as riboflavin-5-phosphate)	2.3 mg	177%	Molybdenum**	45 mcg	100%
Niacin* (as niacinamide)	20 mg	125%	Boron**	5 mg	+
Vitamin B6 (as pyridoxal-5-phosphate)	2.54 mg	149%	<b>Blood/Cellular Builder Blend</b>	502 mg	+
Folate (as calcium L-5-methyltetrahydrofolate)	900 mcg DFE	225%	Phosphatidylcholine, Phosphatidylserine, Coenzyme Q10, D-Ribose (Bioenergy Ribose®), Quercetin, Bovine Heart		
Vitamin B12 (as methylcobalamin)	500 mcg	20833%	<b>Cellular Communication Complex (C<sup>3</sup>)</b>	165 mg	+
Biotin*	201 mcg	670%	Organic Reishi Mushroom Mycelium, Organic Myceliated Astragalus Root, Organic Myceliated Eleuthero Root		
Magnesium**	18 mg	4%			
Zinc**	11 mg	100%			
			+ Daily Value not established		

**Other Ingredients:** Hypromellose, organic Copernicia cerifera wax  
\*Fermented nutrient \*\* Hydrolyzed Whole Protein Chelate

