



Essential 8's Mito Support

Mito Support supports energy production in the mitochondria.♦ Mitochondria are organelles found in every cell and are responsible for creating the majority of energy cells need to survive. The nutrients in Mito Support help organelles efficiently carry out their role in producing adenosine triphosphate (ATP), the energy currency of cells.♦

How Mito Support Works

Mito Support helps support energy production in the mitochondria needed for a healthy immune system, brain and heart health, and proper blood flow.♦ Mito Support is formulated with efficacious amounts of mitochondrial-supporting ingredients called mitonutrients with a high antioxidant capacity.♦¹

At the core of the Mito Support formula is taurine, which is found in high concentrations in healthy oxidative tissues.♦² Research has found that taurine is involved in mitochondrial oxidation, giving it antioxidant properties.♦³

A unique addition to the formula is pyrroloquinoline quinone (PQQ) which promotes healthy inflammatory markers, supports mitochondrial-related metabolism, and promotes mitochondrial biogenesis.♦^{4,5}

Findings indicate that low levels of CoQ10 and EGCG are associated with energy-related cell disturbances affecting cardiovascular and brain health.♦^{6,7,8} As an integral part of the electron transport chain that takes place in mitochondria, both CoQ10 and EGCG assist in the synthesis of ATP.♦^{6,7,8}

Research has also demonstrated that NAC, ALA, quercetin, and resveratrol promote proper blood flow by preserving the activity of nitric oxide—a molecule that relaxes blood vessels.♦^{9,10,11,12} Proper blood flow is imperative for cells to help the body produce energy as blood carries oxygen and nutrients, and removes waste products.♦

Furthermore, Mito Support contains highly bioavailable acetyl-L-carnitine HCl. Sufficient acetyl-L-carnitine HCl helps transport long-chain fatty acids into the mitochondria for their breakdown to occur, enabling the body to use them for energy.♦¹³

Research also shows that polyphenolic compounds with high antioxidant capacities such as sulforaphane glucosinolate, hydroxytyrosol, and olive leaf extract may help promote healthy mitochondrial function needed to promote heart and brain health.♦^{14,15,16} Hydroxytyrosol is the primary bioactive polyphenol in



Form: 90 Capsules

Serving Size: 3 Capsules

Ingredients	Amount	%DV	Ingredients	Amount	%DV
Vitamin C (as magnesium ascorbate)	150 mg	167%	N-Acetyl-L-Cysteine	100 mg	**
Vitamin E (as d-alpha tocopheryl succinate)	25 mg	167%	EGCG (epigallocatechin-3-gallate)	100 mg	**
Vitamin K1 (as phytonadione)	250 mcg	208%	(from green tea extract; leaf, <i>Camellia sinensis</i>)		
Thiamin (as thiamin HCl)	25 mg	2,083%	Quercetin (as quercetin dihydrate)	100 mg	**
Riboflavin	12 mg	923%	Alpha-Lipoic Acid	75 mg	**
Niacin (as niacinamide)	12 mg NE	75%	R-Alpha-Lipoic Acid	45 mg	**
Vitamin B6 (as pyridoxal-5-phosphate)	7.5 mg	441%	Sulforaphane Glucosinolate	15 mg	**
Magnesium (as magnesium malate and magnesium ascorbate)	75 mg	18%	(from broccoli concentrate; seed; <i>Brassica oleracea</i>) (BroccoRaphanin™)		
Selenium (as l-selenomethionine)	25 mcg	45%	Hydroxytyrosol	10 mg	**
			(from olive extract; leaf, <i>Olea europaea</i>)		
Taurine	300 mg	**	PQQ (pyrroloquinoline quinone disodium salt)	7 mg	**
Acetyl-L-Carnitine HCl	200 mg	**	Natural Mixed Tocopherols	0.5 mg	**
Resveratrol (as trans-resveratrol)	100 mg	**			
(from <i>Polygonum cuspidatum</i> root extract)					
Coenzyme Q10	100 mg	**			

Other Ingredients:

Hypromellose, vegetable magnesium stearate, silica.

BroccoRaphanin™ is produced under US patents 5,725,895; 5,968,505; 5,968,567; 6,177,122; 6,242,018; 6,521,818 and other US patents. Process patents pending to C S Health.

Directions:

Take three capsules daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



♦ 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.

olive oil. Research suggests it promotes mitochondrial biogenesis through healthy oxidative stress responses.^{♦17,18}

Mito Support is rounded out with a comprehensive mineral and vitamin profile that specifically supports energy production through the mitochondria.^{♦19,20} Additionally, CoQ10 requires the metabolic functions of B vitamins for its role in mitochondrial oxidation.^{♦20} The antioxidant capacity of vitamins C, E, B6, and niacin provide further support for mitochondrial oxidation.^{♦20}

Mito Support Supplementation

The ingredients in Mito Support are congruous with what research suggests to be effective and safe, particularly for promoting cellular health.[♦]

Clinical evidence and research cited herein shows that the ingredients in Mito Support may:

- Promote healthy mitochondria[♦]
- Support immune, heart, and brain health[♦]
- Support blood flow and nitric oxide production[♦]
- Promote healthy antioxidant status[♦]
- Support healthy detoxification capacity[♦]

References:

1. Liu J & Ames BN. *Nutr Neurosci*. 2005;8(2):67-89.
2. Hansen SH et al. *J Biomed Sci*. 2010;17 Suppl 1:S23.
3. Hansen SH et al. *Adv Exp Med Biol*. 2006;583:129-135.
4. Harris CB et al. *J Nutr Biochem*. 2013;24(12):2076-2084.
5. Hwang PS et al. *J Am Coll Nutr*. 2020;39(6):547-556.
6. Angelini C. (2014). Coenzyme Q10 Deficiency. In: Genetic Neuromuscular Disorders. Springer, Dordrecht.
7. Potenza MA et al. *Molecules*. 2020;25(13):3061.
8. Castellano-González G et al. *Oncotarget*. 2016;7(7):7426-7440.
9. Moncada S et al. *Pharmacol Rev*. 1991;43(2):109-142.
10. Clementi E et al. *Proc Natl Acad Sci USA*. 1998;95(13):7631-7636.
11. Heitzer T et al. *Free Radic Biol Med*. 2001;31(1):53-61.
12. Clifton PM. *BioMed Res Int*. 2004;(5):272-278.
13. Hagen TM et al. *Proc Natl Acad Sci USA*. 2002;99(4):1870-1875.
14. Masci A et al. *Oxid Med Cell Longev*. 2015;2015:781938.
15. Mikami T et al. *Sci Rep*. 2021;11:12495.
16. Visiolo F et al. *Nutr Neurosci*. 2020;24(11).
17. Zheng A et al. *Br J Nutr*. 2015;113(11):1667-1676.
18. Hao J et al. *J Nutr Biochem*. 2010;21(7):634-644.
19. Lukaski HC. *Can J Appl Physiol*. 2001;26(S1):S13-S22.
20. Kucharská J. (2008). Vitamins in Mitochondrial Function. In: Gvozdjáková A. (eds) *Mitochondrial Medicine*. Springer, Dordrecht.