

# Mito-PQQ™

Mitochondrial Biogenesis Support\*



FOUNDATIONAL HEALTH



Mito-PQQ™ is designed to help support optimal mitochondrial biogenesis, which involves the formation of new mitochondria, a critical process for the promotion of healthy aging, energy production, and antioxidative status.\* Mitochondria are tiny organelles known as the “energy powerhouses” of the cell. They are the physical site where energy is created as adenosine triphosphate (ATP) — the energy currency within the human body that allows the heart to beat, muscles to contract, and nerve cells to fire properly.

Inside the mitochondria is where dietary carbohydrates, fats, and proteins from food are converted into energy. A greater amount of total healthy mitochondria may help facilitate optimal capacity to utilize these fuels to create energy, supporting energy production and a healthy metabolism.\* In the process of producing energy as ATP,

the mitochondria also produce free radicals as a natural byproduct, thus requiring a constant supply of antioxidant support to help protect themselves from the effects of oxidative stress and maintain redox balance.

Mito-PQQ™ features pyrroloquinoline quinone (PQQ), a water-soluble, vitamin-like compound, and rhodiola extract from *Rhodiola rosea*, a well-known adaptogenic herb. PQQ is an enzyme cofactor that has demonstrated antioxidant properties and supports cardiovascular and brain health by encouraging the formation of new mitochondria.\* *Rhodiola rosea* supports adrenal gland health and helps the body adapt to stress.\* It also helps promote mitochondrial energy production and may help the nervous system and mitochondria effectively respond to oxidative stress.\*

## Benefits\*

- Supports optimal mitochondrial biogenesis
- Promotes energy production
- May help protect against the effects of oxidative stress
- Supports antioxidative status in the body
- May help support a healthy stress response
- May promote healthy aging

## Recommended Use

Take 2 capsules per day or as directed by your health-care practitioner. It is best to avoid taking Mito-PQQ™ close to bedtime as it may have an energizing effect.\*

BioPQQ® is a registered trademark of MGC (Japan).

## Highlights

- Features 20 mg of pyrroloquinoline quinone disodium salt (as BioPQQ®) per serving to promote mitochondrial synthesis and help protect mitochondria from the effects of free radicals\*
- Includes 300 mg of rhodiola extract standardized to contain clinically useful amounts of bioactive ingredients to support a healthy stress response and antioxidant status within mitochondria\*
- Features vegan-friendly capsule
- Gluten-free, dairy-free, and soy-free
- Non-GMO

ZPTD MIT 1/23

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*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.