

Mito2Max[®]

Energy & Stamina Complex

PRODUCT DESCRIPTION

dōTERRA Mito2Max is a proprietary formula of standardized plant extracts that is a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

CONCEPT

Trillions of cells make up each human body. It is remarkable to reflect on the synergy that occurs between those cells. The “energy” for life comes from within the mitochondria of each of these cells. As we age, the different functions of our body become less efficient. This leaves us with lower levels of energy and more toxic cellular exhaust. The sports and activities we enjoyed in our youth can become less enjoyable. Some people try to boost their energy levels through caffeine and other stimulants that can provide a quick buzz but often leave us feeling worse.

Mito2Max contains dōTERRA’s proprietary energy and stamina complex that enhances the functions of our body, supports stamina and endurance, helps the body adapt more quickly to the diverse activities of life, and helps increase mental energy. Oligonol^{®†} is a unique and powerful antioxidant blend that combines biologically active polyphenols from lychee fruit and green tea in a form that allows them to be quickly absorbed and is effective at protecting cells against free radicals and oxidation. Oligonol also helps support improved circulation and energy, both of which are important to overall healthy aging.

Ashwagandha root extract, which has been called the “herb of the ages” due to the many uses it provides, has been studied for generations and has been utilized for boosting energy levels.

Perhaps the greatest quality is its ability to support regeneration of cells from damage caused by molecules known as free radicals. Mito2Max is a good way to boost your antioxidant intake, controlling the spread of free radicals and enhancing your mitochondrial energy levels each day.



PRIMARY BENEFITS

- Helps increase energy and stamina
- Powerful antioxidant
- Supports overall well-being

WHAT MAKES THIS PRODUCT UNIQUE?

- Includes targeted levels of Acetyl-L-carnitine, Oligonol, Ashwagandha Root Extract, and Coenzyme Q10 in a proprietary blend
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or wheat products; does not contain ingredients made from animal products

WHO SHOULD USE THIS PRODUCT?

Adults looking for increased stamina and energy.

STORAGE

Store in a cool, dry place.

DIRECTIONS FOR USE

Take 2 capsules daily with food. Refrain from using before going to sleep. Do not exceed six (6) capsules/day.

CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions, or those taking a blood thinner such as warfarin should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain milk or wheat products. Warning: do not exceed six (6) capsules/day.

FAQS

Q: How soon will I feel increased energy?

A: Mito2Max® can produce powerful and helpful outcomes. Optimized benefit is achieved through consistent use over a period of time; however, each person is unique and has individual needs. The time needed to feel its effects will be different for everyone.

Q: Why is Mito2Max safer than regular energy drinks?

A: Regular energy drinks often contain

stimulants with unwanted side effects and high amounts of sugar. Taking Mito2Max can provide you with the energy support you need without the withdrawal symptoms or energy “crash” later in the day.

Q: Can my children take Mito2Max safely?

A: Most ingredients in Mito2Max would be expected to be safe for children; however, there is limited scientific information on the use of Mito2Max ingredients in children. Therefore, Mito2Max is currently only recommended for adults.

Q: Can pregnant women take Mito2Max safely?

A: There is insufficient scientific study on the use of Mito2Max ingredients during pregnancy. dōTERRA does not recommend Mito2Max during pregnancy. If a pregnant woman wishes to take Mito2Max, use of the product should be monitored by her physician.

Q: Is Mito2Max GMO and gluten free?

A: Mito2Max is free of genetically modified material and does not contain gluten.

COMPLEMENTARY PRODUCTS

- Daily Nutrient Pack
- Deep Blue Polyphenol Complex®

KEY STUDIES

Woelk H, Arnoldt KH, Kieser M, Hoerr R. Ginkgo biloba special extract EGb 761 in generalized anxiety disorder and adjustment disorder with anxious mood: A randomized, double-blind, placebo-controlled trial. *Journal of Psychiatric Research*. 2007;41 (6):472-480.

Cieza A, Maier P, Poppel E. Effects of ginkgo biloba on mental functioning in healthy volunteers. *Archives of Medical Research*. 2002;34 (5):373-381.

Marcovina SM, Sirtori C, Peracino A, et al. Translating the basic knowledge of mitochondrial functions to metabolic therapy: role of L-carnitine. *Translational Research*. 2013;161:73-84.

Fogarty MC, Deviot G, Hughes CM, et al. Effects of α-lipoic acid on mtDNA damage following isolated muscle contractions. *Med Sci Sports Exerc*. 2013; ahead of print.

Liu J. The effects and mechanisms of mitochondrial nutrient α-lipoic acid on improved age-associated mitochondrial and cognitive dysfunction: An overview. *Neurochem Res*. 2008;33:194-203.

Chen S, Li Z, Krochmal R, et al. Effect of Cs-4 (Cordyceps sinensis) on exercise performance in healthy older subjects: A double-blind, placebo-controlled trial. The Journal of Alternative and Complementary Medicine. 2010;16(5):585-590.

Supplement Facts

Serving Size: Two (2) Capsules Per Day
Servings per Container: 30

Amount Per Serving		% DV
Mitochondrial Energy Cofactors:	700 mg	**
Acetyl L-Carnitine HCL	600 mg	**
Alpha Lipoic Acid	50 mg	**
Coenzyme Q10	50 mg	**
Circulation Support Blend:	100 mg	**
Quercetin (from <i>Sophorae japonica</i> bud)	50 mg	**
Oligonol®†(Lychee (<i>Litchi chinensis</i>) Fruit Extract and Green Tea (<i>Camellia sinensis</i>) Leaf Polyphenol Extract)	50 mg	**
Adaptogenic Blend:	100 mg	**
Cordyceps (<i>Cordyceps sinensis</i>) Mycelium	40 mg	**
Ginseng (<i>Panax quinquefolius</i>) Root Extract	40 mg	**
KSM-66® Ashwagandha (<i>Withania somnifera</i>) Root Extract	20 mg	**

** Daily Value (DV) not established.

Other Ingredients: Vegetable Hypromellose, Microcrystalline Cellulose, Vegetable Fatty Acid, Silica

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†Oligonol (R) is a trademark of Amino Up Chemicals Co. Ltd