

## dōTERRA Nutrition

# Mito2Max®

## Energy & Stamina Complex

### PRODUCT DESCRIPTION

Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors that supports healthy cellular energy production.† Mito2Max supports optimal mitochondrial function,† aerobic capacity, and stamina naturally without the use of harmful stimulants.† Use Mito2Max as 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, our body’s mitochondrial function becomes 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 a proprietary energy and stamina complex that enhances mitochondria function, supports stamina and endurance, helps the body adapt more quickly to the diverse activities of life, and helps increase mental energy.† Acetyl-L-carnitine, a primary ingredient, supports mental health, mitochondrial function, and circulation to the brain.† 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 and supporting immunity and libido, while also having positive effects on mood, sleep, and stress.†

Mito2Max is the perfect way to boost your exogenous antioxidant intake, controlling the spread of free radicals and maximizing your mitochondrial energy levels each day.†



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**CPTG** Certified Pure Tested Grade®

†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.

## PRIMARY BENEFITS

- Promotes efficient production of ATP in the mitochondria of cells<sup>†</sup>
- Enhances stamina and efficient use of oxygen<sup>†</sup>
- Supports metabolic adaptation for diverse activities, from movie watching to marathon running<sup>†</sup>
- Supports mental energy<sup>†</sup>
- 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

## DIRECTIONS FOR USE

Take 2 capsules daily with food. Refrain from using before going to sleep.

## CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Store in a cool, dry place.

## 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:** Mito2Max contains safe ingredients that support mitochondrial function for natural energy production.<sup>†</sup> 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.<sup>†</sup>

### 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: Can this product be considered GMO-free and gluten-free?

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

## COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- DDR Prime® Essential Oil Cellular Complex
- Deep Blue Polyphenol Complex™

## KEY STUDIES

Rebouche, Charles J. “Kinetics, Pharmacokinetics, and Regulation of L-Carnitine and Acetyl-L-Carnitine Metabolism.” *Annals of the New York Academy of Sciences* 1033 (2004): 30–41.

Reuter, Stephanie E., and Allan M. Evans. “Carnitine and Acylcarnitines: Pharmacokinetic, Pharmacological and Clinical Aspects.” *Clinical Pharmacokinetics* 51.9 (2012): 553–572.

Shin, Young Oh et al. “Oligonol Supplementation Attenuates Body Temperature and the Circulating Levels of Prostaglandin E2 and Cyclooxygenase-2 after Heat Stress in Humans.” *Journal of Medicinal Food* 16.4 (2013): 318–323.

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.

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