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3 Actions You Can Take Today to Boost Energy and Muscle

How exercise, protein, and Mitopure, a novel mitochondrial revitalizing nutrient, can make a difference

by [Timeline Nutrition](#) (Paid Content)

Dr. Mark Hyman on his secret weapon for healthy aging

Want to make 2021 your healthiest year yet? You don't need a total life overhaul - you can get there with simple changes. Discover the secret weapon called Mitopure™, and supplementing your diet with a groundbreaking cellular nutrient called Mitopure™. Get ready to kick-start your commitment to fixing your healthiest with these three easy steps.

Revitalize your muscles

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Revitalize your muscles

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1. Make Time to Exercise – Resistance Training is Key

Carve out a few minutes in your schedule to get your heart rate up and blood pumping is essential for your cardiovascular and respiratory health. Exercise is also key for improving cellular function which tends to decline with age and has been found to increase life. Make 30 and stay ahead on the metabolic clock by taking walking for a minimum of 20 minutes per day. Five days a week, combined with two days a week of resistance training for best results.

2. Up Your Protein Intake To Maintain Muscle Mass

Eat high quality protein at every meal. Protein helps stimulate muscle protein synthesis, and studies show that adequate protein intake can help throughout the day is associated with less age-related muscle mass loss.

How much protein do you need? Experts recommend a daily dose between 0.8 to 1.0 grams per kilogram of body weight a day for healthy adults, with an even higher intake in the range of 1.2 to 1.5 g/kg body weight for adults over age 50. You don't need to eat social every night to meet these guidelines. Greek yogurt, fish, low-fat cheese, and nuts, along with salmon and other fish, are all good protein choices.

3. Take Mitopure, a novel cellular nutrient, to boost cellular energy and muscle strength

Protein can help maintain muscle mass, but it doesn't necessarily improve the quality and function of that muscle. Instead, a new approach that can be more effective - an area of biological research that targets the flow of energy through your cells - can boost your muscle strength. That's where Mitopure (granularly light and soluble) is. It's a novel cellular nutrient that revitalizes the energy sources inside of our cells and muscles cells.

Here's how it works: Your mitochondria—the powerhouses of your cells—are responsible for producing about 90 percent of the energy that your cells can use. As you age, mitochondria in cells become less efficient and accumulate cellular junk and this has been shown to impact muscle function. Our cells can protect themselves from this through a process known as mitophagy – a natural recycling and cleanup mechanism. This process clears up defective mitochondria and allows the mitochondria to repair itself and improve its performance.

After more than a decade of research, a team of doctors and scientists have launched Mitopure, the first ever clinically proven consumer product that delivers a highly pure form and precise dose of Urolithin A to your cells, regardless of mitochondria or diet.

"The science is rigorous and the evidence is compelling. Mitopure has been clinically proven to regenerate the energy reserves inside of our cells and our muscles, the mitochondria, and boost muscle strength." A recent double-blind, randomized, placebo-controlled trial showed that in 8 weeks of Mitopure intake significantly improves muscle strength in middle-aged healthy adults. A separate randomized clinical trial found that 300mg of Mitopure delivered more than six times the amount of Urolithin A compared to drinking just 8oz of pomegranate juice!"

"A real scientific breakthrough. It's the first product to unlock a precise dose of purified Urolithin A and delivers 6x more than pomegranate juice."

Dr. Mark Hyman

Boost cellular health and improve muscle strength with Mitopure, a ground-breaking cellular nutrient. Mitopure is now available to health-conscious consumers in Timeline Nutrition products.

Special, limited time offer. Get a 2-month supply for \$350 (vs. regular starting price of \$400 for 4-month supply). Use code: **AAPR18** at checkout.

Click here to see how Timeline powered by Mitopure™ can help support cellular health and muscle function.

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