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Pomegranates, Healthy Aging, and Mitopure: A Novel Cellular Nutrient

Discover how this jewel-toned fruit may be the key to cellular health as you age

by Timeline Nutrition (Paid Content)

Dr. Mark Hyman on his secret weapon for healthy aging



Pomegranates have long been studied for their potential health benefits. From reducing inflammation in the body to helping balance out bacteria in the digestive system. Now, scientists have discovered that a potent compound derived from pomegranates, Urolithin A, activates an essential pathway that revitalizes your mitochondria – the energy source in each living cell – and boosts muscle strength. These scientists have launched the first consumer product with a highly pure form of Urolithin A under an ingredient called Mitopure™ that comes inside Timeline Nutrition products.

Cutting Edge Science Unlocks Benefits of Pomegranates

Pomegranates are rich in antioxidants and other health-promoting compounds. They also contain phytochemicals called ellagitannins. In some people, ellagitannins are converted by gut bacteria into Urolithin A – a powerful cellular booster.

Urolithin A is important because of the role it plays in revitalizing the mitochondria in your cells – the source for 90 percent of your cellular energy. As you age, mitochondria can break down and lose efficiency, but Urolithin A acts on an essential anti-aging pathway known as mitophagy, which cleans up defective mitochondria and allows the mitochondria to repair itself and improve its performance. But the problem is 60 to 70 percent of people do not have the right gut bacteria to naturally generate Urolithin A from ellagitannins. That means no matter how many pomegranates you eat, you may not be able to achieve these cellular and muscle strength benefits.

Mitopure - A Groundbreaking Mitochondrial Revitalizer

Thankfully, 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 microbiome or diet.

The science is rigorous and the evidence is compelling. Mitopure has been clinically proven to revitalize the energy sources inside of our cells and our muscles, the mitochondria, and boost muscle strength.** A recent double-blind, randomized, placebo-controlled trial showed that 4-months of Mitopure intake significantly improves muscle strength in middle-aged healthy adults. A separate randomized clinical trial found that 500mg of Mitopure delivered more than six times the amount of Urolithin A compared to drinking 8oz of pure 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-striving consumers in Timeline Nutrition products.

Special, limited time offer. Get a 2-month supply for \$150 (vs. regular starting plan of \$400 for 4 months supply). Use code: **ARP10** at checkout.

[Click here to see how Timeline powered by Mitopure™ can help support cellular health and muscle function.](#)

Disclaimers:
Consult your healthcare provider before taking. 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.
** 500mg Mitopure™ have been shown to (1) induce gene expression related to mitochondria function and metabolism and (2) increase the strength of the hamstring leg muscle in measures of knee extension and flexion in overweight 40-65 year olds. Data from two randomized double-blind placebo-controlled human clinical trials.
*** 500mg Mitopure™ have been shown to deliver at least 6 times higher Urolithin A plasma levels over 24 hours (area under the curve) than 8 ounces (240ml) of pomegranate juice in a randomized human clinical trial.



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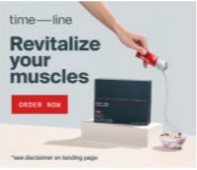
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