

PROTANDIM[®]

^{*} **NRF1** SYNERGIZER™

✦ FAQs ✦

WHAT IS PROTANDIM[®] NRF1 SYNERGIZER™?

Like flipping a light switch, Protandim NRF1 Synergizer instructs your cells to produce more mitochondria. And that gives your cells the energy you need to feel more active, alert, and younger. While free radicals continue to break down mitochondria with every breath, Protandim NRF1 helps support the cellular process of building those powerhouses back up, which promotes cellular health and supports healthy aging.

WHAT DOES NRF1 MEAN?

NRF1 stands for Nuclear Respiratory Factor 1. It should not be confused with NFE2L1 which is Nuclear factor erythroid 2 like-1.

WHAT IS NUTRIGENOMICS?

Nutrigenomics is the study of how nutrition and naturally occurring compounds affect our genes and how they are expressed.

WHAT IS MITOCHONDRIAL BIOGENESIS?

Mitochondrial biogenesis is the process by which new mitochondria are formed in the cell. Mitochondrial biogenesis is activated by numerous different signals during times of cellular stress or in response to environmental stimuli such as exercise.

HOW DOES PROTANDIM NRF1 SYNERGIZER AND PROTANDIM NRF2 SYNERGIZER WORK TOGETHER?

Protandim[®] Nrf2 & NRF1 Synergizers use ingredients to reduce oxidative stress and support mitochondria production to increase cellular health and in turn, helps support healthy aging.

WHAT IS ATP (ADENOSINE TRIPHOSPHATE)?

Adenosine triphosphate (ATP) is the major energy currency of the cell. In other words, ATP is the form of energy used by your cells.

WHAT IS ATP SYNTHESIS?

It is the production of ATP.

WHEN DO I TAKE PROTANDIM NRF1 SYNERGIZER?

Take 2 capsules daily. For best results, take Protandim NRF1 at the same time each day.

CAN I TAKE THIS AT THE SAME TIME AS I TAKE MY PROTANDIM NRF2?

Yes.

IS THIS PRODUCT SAFE TO TAKE WITH PRESCRIPTION MEDICATION?

Please consult your physician if you are taking any medication before use.

CAN I USE THIS PRODUCT IF I AM PREGNANT OR NURSING?

No, we do not recommend this product if you are pregnant or nursing.

CAN CHILDREN TAKE THIS PRODUCT?

No, we do not recommend this product for children. Our products are made for individuals 18 and older.

WHAT'S THE DIFFERENCE BETWEEN PROTANDIM NRF1 SYNERGIZER AND PROTANDIM NRF2 SYNERGIZER?

Protandim Nrf2 Synergizer can help your body:

- Reduce oxidative stress
- Supports a healthy cellular response to normal aging, caused by oxidative stress
- Activate Nrf2 protein to turn on natural antioxidant production
- Supports normal cellular repair and rejuvenation
- Protect cells from free radical damage

Protandim NRF1 Synergizer is designed to:

- Increase cellular energy (ATP)
- Improve performance through energy production
- Enhance cellular health — cells function at peak performance
- More mitochondria production and their ability to network

HOW DOES PROTANDIM NRF1 SYNERGIZER WORK?

A Activates NRF1 Protein — Wakes up the NRF1 protein to support mitochondrial biogenesis — the creation of new, large and elongated mitochondria that create a connected network inside the cell. The better the network is connected, the better the cell functions.

B Boosts Mitochondria Production — Means your body functions more efficiently: promotes normal cellular repair, supports heme production, supports brain function and cognitive health, and supports heart health.

C Increases ATP — Higher ATP levels increase the energy available to the cells of all your vital organs. This promotes peak functioning of body systems, especially those with high energy demands such as the brain, heart and skeletal muscle.

HOW DOES PROTANDIM NRF1 SYNERGIZER SUPPORT HEALTHY AGING?

By helping to promote cell function by maintaining the health of the mitochondria.

WHAT INGREDIENTS ARE IN PROTANDIM NRF1 AND WHY?

- **Acetyl L-Carnitine** - An amino acid (a building block for proteins) that is naturally produced in the body. Acetyl L-Carnitine enhances either mitochondrial DNA (mtDNA) transcription, the stability of mitochondrial mRNA, or mitochondrial protein synthesis. Combined with Alpha Lipoic Acid, these two ingredients boost mitochondria production, support healthy cellular aging, and protect against normal oxidation of RNA and mitochondria.
- **Coenzyme Q10** — It is made in the body and resides primarily in mitochondria where it plays a key role in transporting electrons so ATP is made. Combined with Alpha Lipoic Acid, it supports cellular energy levels, stress response and antioxidant defense mechanisms.
- **Alpha-lipoic acid** — Alpha lipoic acid, or ALA, is made in the body and helps to turn glucose into energy that the cell can use. ALA is able to neutralize free radicals because of its -thiol groups because it is both fat and water soluble, it can protect all parts of the cell (including the mitochondria) from these free radicals.
- **Grape Extract** — This extract, made from the whole grape (seeds, pulp and skin), contains powerful natural polyphenols (flavanols) known to support healthy aging. The bioactives help activate the NRF1 protein and other biological pathways to maintain good health.
- **Quercetin** — It is made in the body and resides primarily in mitochondria where it plays a key role in transporting electrons so ATP is made. Combined with Alpha Lipoic Acid, it supports cellular energy levels, stress response and antioxidant defense mechanisms.

WHAT KIND OF CAPSULES ARE USED FOR PROTANDIM NRF1 SYNERGIZER?

Vegetable capsules.

IS PROTANDIM NRF1 SYNERGIZER VEGETARIAN FRIENDLY?

Yes, Protandim NRF1 Synergizer is Vegetarian.

CAN MY PET TAKE PROTANDIM NRF1 SYNERGIZER AS WELL?

We have not tested Protandim NRF1 Synergizer in pets, so we do not recommend it.

IS IT POSSIBLE TO TAKE TOO MUCH PROTANDIM NRF1 SYNERGIZER?

Please, only use according to the directions on the label (2 capsules per day).

IS THERE A TEST I CAN DO TO SEE IF MY MITOCHONDRIAL HEALTH IS IMPROVING?

While there is no test at this time, LifeVantage is in the process on studying the effects of Protandim NRF1 Synergizer.