

# Mito-NR™

Advanced Cellular Energy\*

CD MCNR60 | 60 Vegetarian Capsules

Occasional fatigue may be a sign of poor energy production, which starts with your mitochondria. These tiny structures inside your cells act as power plants, converting food and oxygen into the energy your body needs. Heart and muscle cells, in particular, contain thousands of mitochondria to support their high energy demands. For mitochondria to work efficiently, they require key compounds, but the body's production of these compounds naturally declines with age. Mito-NR™ combines nicotinamide riboside chloride (NR), CoQ10, and geranylgeraniol (GG) to help promote the optimal status of these compounds, supporting mitochondrial function, energy production, and healthy aging.\*



FOUNDATIONAL HEALTH\*



Promotes cellular energy production\*



Promotes mitochondrial function in all body cells\*



Supports the body's natural cellular repair process\*



Promotes healthy aging\*



Promotes overall cellular health\*



Helps promote healthy NAD+ status in the body\*

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

| Amount Per Serving  | % Daily Value |
|---|---------------|
| Nicotinamide Riboside Chloride  | 300 mg *      |
| Coenzyme Q10  | 200 mg *      |
| Trans-Geranylgeraniol (GG-Gold®)<br>[from annatto ( <i>Bixa orellana</i> )(seed)] | 50 mg *       |

\* Daily Value not established

**Recommended Use:** Take 2 capsules per day with a meal or as directed by your health-care practitioner.

**Warning:** If pregnant or breastfeeding, consult your health-care practitioner.

## JUST THE FACTS:

Compare supplement facts to the leading brands

● **Nicotinamide Riboside Chloride (NR)** – NR is a special form of vitamin B3 (niacin) that helps the body make more NAD+, a molecule your cells need for energy production and cellular repair.\* By promoting healthy NAD+ status, NR can help support healthy aging, energy production, and mitochondrial cellular health.\*

● **Coenzyme Q10** – Also known as CoQ10, this is a mighty molecule that promotes antioxidant status, cellular energy production, and helps protect mitochondria from damage.\* Supplementation can be supportive as the body's production of CoQ10 can decline naturally as part of normal aging and may be associated with occasional fatigue.\*

● **Geranylgeraniol (GG-Gold®)** – Found in plants like annatto, flax, sunflower, and olive oil, but often not enough for optimal status in aging individuals.\* GG may support the high energy demands of cells by promoting CoQ10 production, which may also help optimize healthy mitochondrial function.\*

\*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.

\*\*Ipsos 2023 survey among 160 U.S. functional medicine practitioners who are aware of Designs for Health and recommend supplements. Among these practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by health-care practitioners, in their office. (For sample definition, go to <https://www.designsforhealth.com>)

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