

# Membrane R2



R2 (regenerate the cell membrane), a vital component of Dr. Pompa's 5R strategy for cellular repair and detoxification, focuses on the regeneration of cell membranes. Membrane R2 is meticulously crafted with specific fats in precise ratios to target both the outer and inner cell membranes. This is crucial for supporting not only detoxification but all essential cellular functions. The cell membrane plays a pivotal role by facilitating nutrient entry into the cell and aiding the removal of toxins. Additionally, it profoundly influences hormone function.

What sets this formula apart is its unique emphasis on unadulterated omega-6 fatty acids, which are key to regenerating cell membranes. While omega-3 has received much attention, it is essential to recognize the significance of omega-6, often referred to as the "king of the membrane".

## What makes this product unique?

- Extracted without the use of chemicals and without denaturing the fragile fats
- Cold pressed (superior to expeller pressed) to protect the integrity of the oil
- 4:1 ratio (Omega 6: Omega 3), which is the ratio that studies show targets the cell membrane.
- Unique glandular ingredients. Specifically, the heart glandular provides stable cardiolipin, which is critical to mitochondrial function and cellular energy.

## Key information about ingredients

- **Ahi flower:** is a former weed that is more potent and diverse than flax, chia, and fish oil at lower doses and carries a unique balance of essential fatty acids. It also works uniquely with our body's innate intelligence and can create DHA if the body needs it. Unlike fish oil that can offer too much DHA and create imbalances, it only creates DHA if needed and, also unlike fish oil, remains stable even at high heat in the human body. It is also a bioavailable form of GLA for women's hormones. It helps in the regeneration of cell membranes and impacts the heart, brain, joints, ligaments, and tendons.
- **Bovine Heart:** Our product incorporates bovine heart, supporting mitochondrial biogenesis while delivering an active form of coenzyme Q and cardiolipin. This natural coenzyme Q form is readily embraced by the mitochondria and the electron transport chain, fueling cellular energy production. Bovine heart provides an exceptional, natural source of Coenzyme Q and cardiolipin, a crucial omega-6 fat in the mitochondrial membrane. This cardiolipin prevents oxidation, revitalizing the mitochondria, and is essential for energy production and effective fat metabolism. It's most effective in its whole glandular form, as glands carry the code to support and rejuvenate the systems they originate from. This source provides optimal nutrition for your cardiovascular system and energy pathways.
- **Organic sunflower seed oil:** which is stable and a key source of quality omega 6 which is critical for membrane regeneration.
- **Cordyceps** (also known as Caterpillar fungus) which can eat microorganisms on the earth and inside our bodies. It has been proven to target inflammation pathways at the cellular level. It assists in fat and protein metabolism.
- **Omeegas** from plant, animal, and fungi kingdoms.
- **"Natural color"** includes apple juice, cacao, and acacia (carrier, less than 1 mg per softgel)
- **Phosphatidylcholine:** arguably the most important fat in the cell membrane. Supports cell function, health, and repair.
- **Sea Buckthorn Seed Oil:** supports hormone and skin health due to its unique balance of omega-6
- **Evening Primrose Oil:** supports hormone and skin health due to its abundance of GLA and fatty acid ratio.

### Supplement Facts

Serving Size: 3 Softgels Servings Per Container: 30			Amount Per Serving %Daily Value			Amount Per Serving %Daily Value		
Total Calories	20		Omega-9 Fatty Acids	515 mg	+			
Total Fat	2 g	3%*	(OA) Oleic Acid	515 mg	+			
Saturated Fat	<0.5 g	<1%*	Membrane Integrity Blend	2.6 g	+			
Polysaturated Fat	1.5 g	+	Organic Sunflower Seed Oil, Phosphatidylcholine,					
Monounsaturated Fat	<0.5 g	+	Ahi flower® (Dioscoreoides armata) Seed Oil,					
Vitamin E	20 mg		Hemp Seed Oil, Sea Buckthorn Seed Oil,					
(D-alpha tocopherol)			Evening Primrose Oil, Bovine Heart, Organic					
Omega-3 Fatty Acids	228 mg	+	Cardiaca Whole Fruitbody Extract,					
(ALA) Alpha Linolenic Acid	172 mg	+	Hemp Extract					
(SFA) Stearidonic Acid	54 mg	+						
Omega-6 Fatty Acids	918 mg	+						
(LA) Linoleic Acid	885 mg	+						
(GLA) Gamma Linoleic Acid	33 mg	+						

### Suggested use

Adults take 3 soft gels per day, together or in divided doses. May be taken with or without food or as directed by your healthcare professional.

### Contradictions

If you are taking blood thinners, consult your doctor. For any medication-related ingredient contraindications, always consult your doctor.

***This product is suitable for everyone and can be used as a standalone solution to combat inflammation effectively.***