

# Mito-Methylator R3/R5



Cellular energy and methylation processes often become depleted in individuals facing neurotoxicity, contributing significantly to their symptoms. These two aspects are vital for various functions, including energy production, detoxification, epigenetics, brain function, and immune function.

R3 (Restore Cell Energy) and R5 (Re-Establish Methylation) are integral components of Dr. Pompa's 5R strategy for cellular repair and detoxification. What sets this product apart is its exceptional ability to support both cellular energy and cellular methylation simultaneously.

## What makes this product unique?

- Dual support of cellular energy and methylation pathways
- Provides fuel to the mitochondria and aids in mitochondrial biogenesis, supporting the body in generating new mitochondria
- Facilitates methylation
- Provides essential ingredients for energy production
- Key active ingredients sourced from fermented nutrients, which enhances absorption and bioavailability
- Minerals incorporated from hydrolyzed whole protein chelates maximize mineral bioavailability, which plays a pivotal role in both cellular energy and methylation pathways.

## C3 Complex

The C3 Complex stands as a distinctive element within the Cellular Solutions line, playing a pivotal role in supporting cellular communication and enhancing the bioavailability of essential ingredients. We utilize super mushrooms that are known to target specific organs, and grow them on active botanical substrates that address specific functions. This synergistic process, known as myceliation, brings the medicinal properties of the botanical substrate into the mushroom, which then acts as an intelligent bridge of communication between the plant and the cell, making the active ingredients more bioavailable, and amplifying the effect.

## C3 Synergies in Mito-Methylator R3/R5

**Reishi:** Chosen for its inherent capacity to support methylation, owing to its substantial B12 levels and adaptogenic qualities.

Reishi is cultivated on substrates of:

**Astragalus root** - adaptogenic herb

**Eleuthero root** - energy enhancing herb

This C3 synergy establishes a unique communication channel that delivers both cellular energy and methylation support directly to the cell.

## Key information about ingredients

- **Lipid-Coated Vitamin C:** Our vitamin C is uniquely coated with a lipid metabolite, enhancing its absorbability and potency as both an antioxidant and immune booster.
- **Active Selenium Form:** Selenium plays a critical role in the methylation pathway. The selenium in this product is highly active, surpassing even the methylated form (selenomethionine). It is bound to several amino acids to maximize bioavailability within the cell.
- **Organic sunflower seed oil:** which is stable and a key source of quality omega 6 which is critical for membrane regeneration.
- **Bioenergy Ribose:** We utilize a patented form of ribose known as bioenergy ribose, which has been scientifically proven to be more bioactive within the mitochondria. It bolsters ATP production by nurturing gut flora.
- **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.
- **Mitochondrial Support with Quercetin:** Quercetin aids in mitochondrial biogenesis, supporting cellular energy production.
- **Active B Vitamins:** The B vitamins essential for the methylation pathway, including riboflavin, niacinamide, B6, folate, and B12, are present in their most active and bioavailable forms, maximizing their impact on the methylation pathway.
- **Minerals with Enhanced Bioavailability:** The minerals utilized in this product to support methylation, including selenium, magnesium, zinc, and molybdenum, harness the power of hydrolyzed whole protein chelation for superior cellular bioavailability.

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%Daily Value		Amount Per Serving	%Daily Value
Vitamin C (as lipid metabolite ascorbate)	50 mg	56%	Selenium**	4.8 mcg	9%
Riboflavin (as riboflavin-5-phosphate)	2.3 mg	177%	Molybdenum**	45 mcg	100%
Niacin* (as niacinamide)	20 mg	125%	Boron**	5 mg	+
Vitamin B6 (as pyridoxal-5-phosphate)	2.54 mg	149%	<b>Blood/Cellular Builder Blend</b>	502 mg	+
Folate (as calcium L-5-methyltetrahydrofolate)	900 mcg DFE	225%	Phosphatidylcholine, Phosphatidylserine, Coenzyme Q10, D-Ribose (Bioenergy Ribose®), Quercetin, Bovine Heart		
Vitamin B12 (as methylcobalamin)	500 mcg	20833%	<b>Cellular Communication Complex (C3)</b>	165 mg	+
Biotin*	201 mcg	670%	Organic Reishi Mushroom Mycelium, Organic Mycellated Astragalus Root, Organic Mycellated Eleuthero Root		
Magnesium**	18 mg	4%			
Zinc**	11 mg	100%			

### Suggested use

For adults, take 2 capsules daily, either together or in divided doses. You can take them with or without food or as directed by your healthcare professional.

### Contradictions

Always consult your doctor for ingredient contraindications, especially if you are taking any medications.