

| PRODUCT NUTRITIONAL OVERVIEW | | | | | | | | | | | | | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------------------------------------|---------------|--------------------------------------|-------------------------------|---------------|------------|------------|------------|----------|-----------|-----------|---------------|-------------|-------------|-----------|
| BLUEPRINT STARTER KIT | | | | | | | | | | | | | | | | |
| PRODUCT NAME | Calorie | Total serve (g) | Total Fat | Sat fat | MUFA | Omega 3 (ALA) | Omega 6 | PUFA | Total carb | Fiber | Allulose | Net carb | Natural sugar | Added sugar | Total sugar | Protein |
| Nutty Pudding | 210 | 62.5 | 8.3 | 1.6 | 1.7 | 3 | 2 | 5 | 21 | 4 | 11 | 6 | 1 | 0 | 1 | 26 |
| Berry Nut Mix, pairs w/ Nutty Pudding | 70 | 15 | 4 | 0.5 | 2 | 0.3 | 1.2 | 1.5 | 8 | 0 | 0 | 8 | 5 | 0 | 5 | 1 |
| Ultra-premium Extra Virgin Olive Oil | 120 | 13.5 | 13.3 | 2 | 10.2 | 0.1 | 1 | 1.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Longevity Mix | 10 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Pills, 8 total | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Total | 410 | 110 | 25.6 | 4.1 | 13.9 | 3.4 | 4.2 | 7.6 | 33 | 4 | 15 | 14 | 6 | 0 | 6 | 27 |
| ACTIVE INGREDIENTS | | | | | | | | | | | | | | | | |
| Nutty pudding | Dose | Units | RDA/AI | Dose used in quality clinical trials | | | | | | | | | | | | |
| Grape seed extract (GSE) Polyphenols, > 90% purity | 300 | mg | - | Yes | | | | | | | | | | | | |
| Pomegranate Juice Extract >50% polyphenols purity | 300 | mg | - | Yes | | | | | | | | | | | | |
| Cinnamon (Ceylon) Organic | 1.2 | g | - | Yes | | | | | | | | | | | | |
| Sunflower Lecithin non-GMO (25% phosphatidylcholine (PC) (1.25g), 3% choline (150 mg), 150 mg phosphorus, 18% phosphatidylinositol (PI) (900 mg), 10% phosphatidylethanolamine (PE) (500 mg)) | 5 | g | - | - | | | | | | | | | | | | |
| Choline (vitamin B4), without raising TMAO | 150 | mg | 550 | Yes | | | | | | | | | | | | |
| Milled Golden Flaxseed | 5 | g | - | Yes | | | | | | | | | | | | |
| Secoisolariciresinol diglucoside (SGD) lignan) | 50 | mg | - | Yes | | | | | | | | | | | | |
| Pea Protein Isolate, Bakers Yeast Protein Isolate, Hemp Protein blend | 26 | g | 1.6g /kgbw /d | Yes | | | | | | | | | | | | |
| Cocoa flavanols, heavy metal tested | 300 | mg | - | | | | | | | | | | | | | |
| Additional cocoa flavanols powder (optional) | 800 | mg | - | Yes | | | | | | | | | | | | |
| Copper | 0.4 | mg | 0.9 | N/A | | | | | | | | | | | | |
| Omega 3, ALA | 3 | g | 1.6 | Yes | | | | | | | | | | | | |
| Allulose | 11 | g | - | Yes | | | | | | | | | | | | |
| Fibre | 4 | g | 38 | N/A | | | | | | | | | | | | |
| Blueberry nut mix (optional addition to nutty pudding) | Units | Dose used in quality clinical trials | | | | | | | | | | | | | | |
| Blueberry Flakes (equivalent to 7x weight in fresh blueberries via high nutrient preservation freeze-drying) | 9 | g | Yes | | | | | | | | | | | | | |
| Macadamia Nuts/Walnuts | 7 | g | tain this | | | | | | | | | | | | | |
| Longevity Mix | Dose | Units | RDA/AI | Dose used in quality clinical trials | | | | | | | | | | | | |
| Glucosamine Sulfate Potassium | 1.5 | g | - | Yes | | | | | | | | | | | | |
| Creatine Monohydrate (CreaPure) 99.5%% | 2.5 | g | - | Yes | | | | | | | | | | | | |
| Sodium Hyaluronate (Hyaluronic acid) | 120 | mg | - | Yes | | | | | | | | | | | | |
| Taurine | 1.5 | g | - | Yes | | | | | | | | | | | | |
| L-Lysine HCL | 1 | g | 1.5-2.5 | Yes | | | | | | | | | | | | |
| Glycine | 1.2 | g | - | Yes | | | | | | | | | | | | |
| L-Theanine | 200 | mg | - | Yes | | | | | | | | | | | | |
| Vitamin C (Ascorbic Acid) | 250 | mg | 90 | NA | | | | | | | | | | | | |
| Magnesium Citrate Anhydrous | 150 | mg | See end | See end | | | | | | | | | | | | |
| Ashwagandha KSM66 Root Extract | 600 | mg | - | Yes | | | | | | | | | | | | |
| CaAKG | 2 | g | - | Yes | | | | | | | | | | | | |
| Calcium (from CaAKG) | 350 | mg | See end | See end | | | | | | | | | | | | |
| L-Glutathione Reduced | 250 | mg | - | Yes | | | | | | | | | | | | |
| Allulose | 4 | g | - | Yes | | | | | | | | | | | | |
| Essential capsules | Dose | Units | RDA/AI | Dose used in quality clinical trials | | | | | | | | | | | | |
| Nicotinamide Ribose Chloride (NR) | 300 | mg | - | N/A | | | | | | | | | | | | |
| Vitamin B1, Thiamine HCL | 1.1 | mg | 1.2 | N/A | | | | | | | | | | | | |
| Vitamin B2, Riboflavin | 1.4 | mg | 1.3 | N/A | | | | | | | | | | | | |
| Vitamin B3, Niacinamide | 15 | mg | 16 | N/A | | | | | | | | | | | | |
| Vitamin B5, D-Calcium Pantothenate | 6 | mg | 5 | N/A | | | | | | | | | | | | |
| Vitamin B6, Pyridoxine HCL | 1.4 | mg | 1.7 | N/A | | | | | | | | | | | | |
| Vitamin B7, Biotin | 50 | mcg | 30 | N/A | | | | | | | | | | | | |
| Vitamin B9, Calcium L-5-Methyltetrahydrofolate (0.5% Folic Acid) MTHFR friendly pre-metabolised | 200 | mcg | 400 | N/A | | | | | | | | | | | | |
| Vitamin B12, Methylcobalamin | 125 | mcg | 2.4* | Yes | *RDA is too low, per evidence | | | | | | | | | | | |
| Vitamin D3, VegD3 | 2700 | IU | 800* | N/A | *RDA is too low, per evidence | | | | | | | | | | | |

PRODUCT NUTRITIONAL OVERVIEW

2.3 N/A

END

END

| Summed microTOXINS | Dose | Units | Max daily healthy intake |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|--------------------------|
| Pesticides | TBC | | |
| Roundup (glyphosphate, herbicide) | TBC | | |
| Herbicides (other) | TBC | | |
| Insecticides | TBC | | |
| Ethylene oxide | TBC | | |
| Melamine | TBC | | |
| Perchlorate | TBC | | |
| Phthalates | TBC | | |
| Brominated flame retardants | TBC | | |
| AGEs (advanced glycation end products) | TBC | | |
| ALEs (advanced lipid peroxidation end products) | TBC | | |
| Lectins | TBC | | |
| Lead | TBC | | |
| Mercury | TBC | | |
| Cadmium | TBC | | |
| Arsenic | TBC | | |
| Fluoride | TBC | | |
| Aluminium | TBC | | |
| Nickel | TBC | | |
| Tin | TBC | | |
| Antimony | TBC | | |
| Sulphites | TBC | | |
| Polychlorinated biphenyls (PCBs) | TBC | | |
| Dioxins | TBC | | |
| Mycotoxins (aflatoxins, ochratoxin A) | TBC | | |
| Acrylamide | TBC | | |
| PAHs | TBC | | |
| Bisphenol A (BPA) | TBC | | |
| Vetinary drug residues | TBC | | |
| Histamines | TBC | | |
| Biogenic amines | TBC | | |
| microplastics (PET) | TBC | | |
| oxidised cholesterol | TBC | | |
| cyanide compounds (flaxseed, cassava etc.) | TBC | | |
| Polychlorinated naphthalenes (PCNs) | TBC | | |
| Hexachlorobenzene (HCB) | TBC | | |
| Perfluoroalkyl substances (PFAS) | TBC | | |
| Algal toxins (e.g., microcystins from blue-green algae in water) | TBC | | |
| Plant toxins (e.g., solanine in green potatoes, cyanogenic glycosides in raw cassava) | TBC | | |
| Furan | TBC | | |
| Benzene (in some soft drinks and other foods stored at high temperatures) | TBC | | |
| Methanol (in some illicitly distilled alcoholic beverages) | TBC | | |
| Ethyl carbamate (in fermented foods and alcoholic beverages) | TBC | | |
| Chloropropanols (e.g., 3-MCPD, found in some processed foods, especially soy sauce) | TBC | | |
| Nitrosamines (in processed meats and occasionally in beer and fish byproducts) | TBC | | |
| Bromate (used in some baking processes) | TBC | | |
| Acrolein (produced during the high-temperature cooking of fats and oils) | TBC | | |
| Allergens (not toxins per se, but can be toxic to individuals with specific allergies, e.g., peanuts, tree nuts, shellfish, milk, eggs, wheat, soy) | TBC | | |
| Trans fats (artificial trans fatty acids, recognized for their negative impact on heart health) | TBC | | |

Legend

