

PRODUCT NUTRITIONAL OVERVIEW

	Nutty Pudding	Berry Nut Mix, pairs w/ Nutty Pudding	Ultra-premium Extra Virgin Olive Oil	Longevity Mix	Pills, 8 total	Total
Calorie	210	70	120	10	0	410
Total serve (g)	62.5	15	13.5	19	0	110
Total Fat	8.3	4	13.3	0	0	25.6
Sat fat	1.6	0.5	2	0	0	4.1
MUFA	1.7	2	10.2	0	0	13.9
Omega 3 (ALA)	3	0.3	0.1	0	0	3.4
Omega 6	2	1.2	1	0	0	4.2
PUFA	5	1.5	1.1	0	0	7.6
Total carb	21	8	0	4	0	33
Fiber	4	0	0	0	0	4
Allulose	11	0	0	4	0	15
Net carb	6	8	0	0	0	14
Natural sugar	1	5	0	0	0	6
Added sugar	0	0	0	0	0	0
Total sugar	1	5	0	0	0	6
Protein	26	1	0	0	0	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	-	Yes
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)

	Dose	Units	RDA/AI	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		No (15g+), future version will contain 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* *RDA is too low, per evidence	Yes
Vitamin D3, VegD3	2700	IU	800* *RDA is too low, per evidence	N/A
Vitamin E, d-alpha tocopherol, natural	67	mg (100 IU)	15	N/A
Boron, as Boron Glycinate	3	mg	-	Yes
Manganese, as Manganese Citrate	1	mg	2.3	N/A
Zinc, as Zinc Bisglycinate	15	mg	11	N/A
Iodide as Potassium Iodide	200	mcg	150	N/A
Lithium, as Lithium Orotate	1	mg	1	Yes
Selenium, as L-selenomethionine	30	mcg	55	N/A
Ubiquinol (CoQ10 Reduced)	50	mg	-	Yes
Glucoraphanin, from broccoli	20	mg	-	Yes
Rhodiola rosea extract, 3% Rosavins/1% Salidroside	300	mg	-	Yes
Fisetin, from Smoketree	100	mg	-	Yes
Spermidine, as Spermidine trihydrochloride	10	mg	-	Yes
Genistein, from Japonica	300	mg	-	Yes
Luteolin	100	mg	-	Yes
Lactobacillus acidophilus probiotic	4 billion	CFU	-	Yes
Calcium (from 182 mg calcium carbonate, 300 mg dicalcium phosphate)	250	mg	See end	N/A

Essential Softgels

	Dose	Units	RDA/AI	Dose used in quality clinical trials
Lutein	15	mg	-	Yes
Zeaxanthin	3	mg	-	Yes
Lycopene	15	mg	-	Yes
Vit K1	1.5	mg	0.12	N/A
VIT K2 - MK4	5	mg	-	Yes
VIT K2 - MK7	0.6	mg	-	Yes
Astaxanthin, from algae	12	mg	-	Yes

NAC Ginger Curcumin

	Dose	Units	RDA/AI	Dose used in quality clinical trials
N-Acetyl-L Cysteine (NAC)	1200	mg	-	Yes
Ginger extract, high gingerol content equivalent to 1-2g ginger powder	400	mg	-	Yes
Curcuminoids (75% curcumin, 20% demethoxycurcumin, 5% bisdemethoxycurcumin)	220	mg	-	Yes

Red Yeast Rice Odor-Free Garlic

	Dose	Units	RDA/AI	Dose used in quality clinical trials
Red Yeast Rice (2% Monacolin K)	500	mg	-	Yes
Monacolin K	10	mg	-	Yes
Odorless Garlic Powdered Extract, 12:1	100	mg	-	Yes
Equivalent fresh garlic	1.2	g	-	Yes

Ultra-premium Extra Virgin Olive Oil (UP-EVOO)

	Dose	Units	RDA/AI	Dose used in quality clinical trials
Polyphenols HPLC (NOT NMR)	> 400	mg/kg	-	Yes
Oleic Acid	> 67	%	-	Yes
1,2 DAG to 1,3 DAG ratio % of 1,2 DAGs	> 90	%	-	Yes
FFA	< 0.4	%	-	Yes
Sensory defects	0	-	-	Yes
Peroxide value	< 10	-	-	Yes
K232	< 2	-	-	Yes
K268	< 0.176	-	-	Yes
Pyropheophytin A	< 10	-	-	Yes
Microplastics	0	-	-	-
Solvents used	0	-	-	Yes
Mechanical extraction only	Yes	-	-	Yes
No plastic containers	Yes	-	-	-
Cool environment with UV blocking containers	Yes	-	-	-
Delta K (no refined oils)	< 0.01	-	-	Yes

Summed micronutrients (if present in multiple products)

	Dose	Units	RDA/AI	Dose used in quality clinical trials
Calcium (350 mg from CaAKG, 250 mg from essential caps excipients)	600	mg	1200	N/A
Magnesium (150 mg longevity mix as citrate, 160 mg nutty pudding from hemp mostly) 350 TUL from supplements	310	mg		Yes
Phosphorus (50% RDA) from nutty pudding, includes sunflower lecithin 150 mg contribution	630	mg	700	N/A
Manganese (0.8 mg, 35% RDA nutty pudding, 1 mg longevity mix, around 70% RDA)	1.8	mg	2.3	N/A

Legend

N/A = not applicable due to preventing insufficiency or deficiency which depends on individual biomarker response, empirical based dose designed for broad population
Quality clinical trial = Meta analyses of randomised controlled trials ideally, or RCT or other outstanding evidence with concurrent safety and relevant population and outcomes and intervention subtype
TUL = tolerable upper limit
RDA = recommended daily allowance, has little correlation with optimal clinical outcomes dose often in individuals
AI = adequate intake, an alternative to RDA when RDA doesn't exist
mg = milligrams
g = grams
mcg = micrograms
CFU = colony forming units
MUFA = mono unsaturated fatty acids, less oxidisable than PUFAs as less double bonds, only have 1 double bond in MUFA
PUFA = poly unsaturated fatty acids, more oxidisable than MUFAs as have 2-6 double bonds
ALA = alpha linoleic acid, a triple double bond plant based omega 3 that has unique benefits (note DHA, EPA and EPA can come from plants also, algae)