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 Oilve 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 cocoal 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

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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 softgel	**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% demothoxycurcumin, 5% bisdemothoxycurcumin)	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	**600**	mg			(350 mg from CaAKG, 250 mg from essential caps excipients)
			1200	N/A	
Magnesium	**310**	mg			(150 mg longevity mix as citrate, 160 mg nutty pudding from hemp mostly)
					350 TUL from supplements
				Yes	
Phosphorus	**630**	mg			(50% RDA) from nutty pudding, includes sunflower lecithin 150 mg contribution
			700	N/A	

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Manganese	**1.8**	mg			(0.8 mg, 35% RDA nutty pudding, 1 mg longevity mix, around 70% RDA)
			2.3	N/A	
END					
END					
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 = miligrams					
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 = poy 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, DPA and EPA can come from plants also, algae)					