

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	Allulo se	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, VeoD3	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	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) <a href="#">350 TUL from supplements</a>
				Yes
Phosphorus	630	mg		(50% RDA) from nutty pudding, includes sunflower lecithin 150 mg contribution
			700	N/A
Manganese	1.8	mg		(0.8 ma. 35% RDA nutty pudding. 1 mg longevity mix. around 70% RDA)

## PRODUCT NUTRITIONAL OVERVIEW

[illegible]

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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, DPA and EPA can come from plants also, algae)