

# Mito2Max

## Energy & Stamina Complex\*

Now in a softgel

### PRODUCT DESCRIPTION

dōTERRA Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors that supports healthy cellular energy production. Mito2Max supports optimal mitochondrial function and aerobic capacity, and it supports stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.\*

### CONCEPT

Trillions of cells make up each human body. It is remarkable to reflect on the synergy that occurs between those cells to create life for each of us. The “energy” for life comes from within each of these cells and is known as the mitochondria. As we age, our body’s mitochondrial function becomes less efficient. This leaves us with lower levels of energy and more toxic cellular exhaust. The sports and activities we enjoyed in our youth can become less enjoyable. Some people try to boost their energy levels through caffeine and other stimulants that can provide a quick buzz but often leave us feeling worse.

Mito2Max contains dōTERRA’s proprietary energy and stamina complex that enhances mitochondria function, supports stamina and endurance, helps the body adapt more quickly to the diverse activities of life, and helps to increase mental energy.\* Acetyl-L-carnitine, a primary ingredient, supports mental health, mitochondrial function, and circulation to the brain. Ashwagandha root extract, which has been called the “herb of the ages” due to the many uses that it provides, has been studied for generations and has been utilized for boosting energy levels and supporting immunity and libido, while also reducing the effects of anxiety, insomnia, and stress. Perhaps the greatest quality is its ability to support regeneration of cells from damage caused by molecules known as free radicals. A great antioxidant that can help prevent the spread of free radicals is Ginkgo Biloba, which improves blood flow to the brain and acts as an antioxidant. Mito2Max is the perfect way to boost your exogenous antioxidant intake, controlling the spread of free radicals and maximizing your mitochondrial energy levels each day.



## PRIMARY BENEFITS

- Promotes efficient production of ATP in the mitochondria of cells\*
- Enhances stamina and efficient use of oxygen\*
- Supports metabolic adaptation for diverse activities, from movie watching to marathon running\*
- Improves mental energy\*

## DIRECTIONS FOR USE

Take 2 capsules with morning and evening meals (4 capsules per day)

## CAUTIONS

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain milk or wheat products.

Store in a cool, dry place.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FAQs

Q: How soon will I feel increased energy?

A: Mito2Max can produce powerful and helpful outcomes. Optimized benefit is achieved through consistent use over a period of time; however, each person is unique and has individual needs. The time needed to feel its effects will be different for everyone.

Q: Why is Mito2Max safer than regular energy drinks?

A: Mito2Max contains safe ingredients that support mitochondrial function for natural energy production. Regular energy drinks often contain stimulants with unwanted side effects and high amounts of sugar. Taking Mito2Max can provide you with the energy you need without the withdrawal symptoms or energy

“crash” later in the day.

Q: What is Cordyceps and how will it help give me energy?

A: Cordyceps is one of the best known fungi used traditionally in Chinese medicine to treat illness, promote longevity, and increase energy. Cordyceps contains polysaccharides, carbohydrates, and B vitamins that help promote endurance and energy metabolism. It may act on immune cells and metabolic regulators to improve energy levels.

Q: Can my children take Mito2Max safely?

A: Most ingredients in Mito2Max would be expected to be safe for children; however, there is limited scientific information on the use of Mito2Max ingredients in children. Therefore, Mito2Max is currently only recommended for adults.

Q: Can pregnant women take Mito2Max safely?

A: There is insufficient scientific study on the use of Mito2Max ingredients during pregnancy. dōTERRA does not recommend Mito2Max during pregnancy. If a pregnant woman wishes to take Mito2Max, use of the product should be monitored by her physician.

Q: Is Mito2Max GMO and gluten free?

A: Yes. All Mito2max ingredients are analyzed by an independent, certified laboratory using state of the art methods. These tests have shown our ingredients to be free from genetically modified material (GMO). Likewise, all Mito2Max ingredients are gluten free and the finished product has been tested gluten free.

## COMPLIMENTARY PRODUCTS

- Lifelong Vitality Pack or Vegan Lifelong Vitality Pack
- DDR Prime Essential Oil Cellular Complex
- Alpha CRS+

## KEY STUDIES

Woelk H, Arnoldt KH, Kieser M, Hoerr R. Ginkgo biloba special extract EGb 761 in generalized anxiety disorder and adjustment disorder with anxious mood: A randomized, double-blind, placebo-controlled trial. *Journal of Psychiatric Research*. 2007;41 (6):472-480.

Cieza A, Maier P, Poppel E. Effects of ginkgo biloba on mental functioning in healthy volunteers. *Archives of Medical Research*. 2002;34 (5):373-381.

Marcovina SM, Sirtori C, Peracino A, et al.

Translating the basic knowledge of mitochondrial functions to metabolic therapy: role of L-carnitine. *Translational Research*. 2013;161:73-84.

Fogarty MC, Deviot G, Hughes CM, et al. Effects of  $\alpha$ -lipoic acid on mtDNA damage following isolated muscle contractions. *Med Sci Sports Exerc*. 2013; ahead of print.

Liu J. The effects and mechanisms of mitochondrial nutrient  $\alpha$ -lipoic acid on improved age-associated mitochondrial and cognitive dysfunction: An overview. *Neurochem Res*. 2008;33:194-203.

Chen S, Li Z, Krochmal R, et al. Effect of Cs-4 (*Cordyceps sinensis*) on exercise performance in healthy older subjects: A double-blind, placebo-controlled trial. *The Journal of Alternative and Complementary Medicine*. 2010;16(5):585-590.

## Mito2Max 120 softgels

Item number: 35310001

Consultant price: \$29.50 (25.00 PV)

Preferred customer: \$31.47

Retail customer: \$39.33

## Supplement Facts

**Serving Size: Four (4) Capsules**

**Servings per Container: 30**

	Amount Per Serving	% Daily Value
<b>Cellular Energy Blend:</b>	<b>1900 mg</b>	<b>**</b>
Acetyl-L-Carnitine HCl		
Cordyceps ( <i>Cordyceps sinensis</i> S)		
American Ginseng ( <i>Panax quinquefolius</i> ) Root Extract.		
Ginkgo ( <i>Ginkgo biloba</i> ) Leaf Extract		
Ashwagandha ( <i>Withania somnifera</i> ) Root Extract		
Alpha-Lipoic Acid		
Coenzyme Q10		
Quercetin Dihydrate		

\*\* Daily Value not established.

**Other Ingredients:** Vegetable hypromellose, microcrystalline cellulose, vegetable fatty acid, silica.