

## NRF1 SYNERGIZER™

### What is Protandim NRF1 Synergizer?

Protandim NRF1 Synergizer is a breakthrough in nutrigenomics that uses ingredients to harness the power of youth. While free radicals continue to break down on you, Protandim Nrf1 Synergizer helps fight against cell damage caused by free radicals.

### What does NRF1 mean?

NRF1 stands for Nuclear Respiratory Factor 1. It should not be confused with NFE2L1 which is Nuclear factor erythroid 2 like-1.

### What is Nutrigenomics?

Nutrigenomics is the study of how nutrition and naturally occurring compounds affect our genes and how they are expressed.

### What is mitochondrial biogenesis?

Mitochondrial biogenesis is the process by which new mitochondria are formed in the cell. Mitochondrial biogenesis is activated by numerous different signals during times of cellular stress or in response to environmental stimuli such as exercise.

### How do Protandim NRF1 Synergizer and Protandim Nrf2 Synergizer work together?

Protandim<sup>®</sup> Nrf2 & NRF1 Synergizers use ingredients to reduce oxidative stress and increase cellular health.

### What is ATP (Adenosine Triphosphate)?

Adenosine triphosphate (ATP) is the major energy currency of the cell. In other words, ATP is the form of energy used by your cells.

### What is ATP synthesis?

It is the production of ATP.

### When do I take Protandim NRF1 Synergizer?

Take 2 capsules with food and a glass of water in the morning. For best results, take 2 capsules of Protandim NRF1 on an empty stomach (with a glass of water). Wait 30 minutes before taking Protandim Nrf2 with food.

### Can I take this at the same time as I take my Protandim Nrf2?

Yes.

### Can I take Protandim NRF1 Synergizer with Axio or Axio Decaf?

Yes.

### Will taking Protandim NRF1 synergizer interfere with any of the PhysiQ products?

No.

### Is this product safe to take with prescription medication?

Please consult your physician if you are taking any medication before use.

### Can I use this product if I am pregnant or nursing?

No, we do not recommend this product if you are pregnant or nursing.

### Can children take this product?

No, we do not recommend this product for children. Our products are made for individuals 18 and older.

### What's the difference between Protandim NRF1 Synergizer and Protandim Nrf2 Synergizer?

#### **PROTANDIM Nrf2 SYNERGIZER CAN HELP YOUR BODY:**

- Helps increase production of antioxidant enzymes Superoxide Dismutase and Catalase\*
- Provides antioxidant defense for maintenance of good health\*
- Provides antioxidants that help fight free radicals\*

#### **PROTANDIM NRF1 SYNERGIZER IS DESIGNED TO:**

- Help to temporary relieve symptoms of stress\*
- Support cognitive function and reduce mental fatigue\*
- Provides antioxidants for the maintenance of good health\*
- Source of antioxidants\*
- Help fight against the cell damage caused by free radicals\*

## What ingredients are in Protandim NRF1 and why?

- Rhodiola Rosea (Root) Extract — Rhodiola rosea L. is a plant from the Himalayas which contains bioactives (salidroside) that stimulate NRF1 and mitochondrial biogenesis and helps protect the endothelial cells from oxidative damage. It also actively stimulates ATP synthesis or re-synthesis in muscles during exercise. It is an adaptogenic herb with a bioactive that stimulates the NRF1 protein. Rhodiola Rosea (Root) Extract is used around the world to increase resistance to fatigue and helps with high altitude adaptation.
- Coenzyme Q10 — It is made in the body and resides primarily in mitochondria where it plays a key role in transporting electrons so ATP is made. So ingesting CoQ10 has 2 benefits: it is already made so it helps compensate when the aging body makes less of it and it carries electrons towards their final destination – the making of ATP. Combined with Alpha Lipoic Acid, it supports cellular energy levels, stress response and antioxidant defense mechanisms.
- Alpha-Lipoic Acid — Alpha lipoic acid, or ALA, is made in the body and helps to turn glucose into energy that the cell can use. ALA is able to neutralize free radicals because of its thiol groups and because it is both fat and water soluble, it can protect all parts of the cell (including the mitochondria) from these free radicals. So ingesting ALA has 2 benefits: it is already made so it helps compensate when the aging body makes less of it and it neutralizes free radicals that escaped the path toward making ATP.
- Grape Extract — This extract, made from the whole grape (seeds, pulp and skin), contains powerful natural polyphenols (flavonols) known to have anti-aging capabilities. The bioactives help activate the NRF1 protein and other anti-aging pathways.
- Quercetin — Quercetin is a naturally occurring antioxidant, a flavonoid that is abundant in various fruits and vegetables. It is a NRF1 activator that promotes mitochondrial biogenesis and helps prevent mitochondrial decay. Quercetin contains polyphenols that help to protect the mitochondria and their function which supports ATP synthesis.

## What kind of capsules are used for Protandim NRF1 Synergizer?

Vegetable capsules.

## Is Protandim NRF1 Synergizer Vegetarian friendly?

Yes, Protandim NRF1 Synergizer is Vegetarian.

## Can my pet take Protandim NRF1 Synergizer as well?

We have not tested Protandim NRF1 Synergizer in pets, so we do not recommend it.

## Is it possible to take too much Protandim NRF1 Synergizer?

Please, only use according to the directions on the label (2 capsules per day).

## Is there a test I can do to see if my mitochondrial health is improving?

While there is no test at this time, LifeVantage is in the process on studying the effects of Protandim NRF1 Synergizer.