

Energy and Mitochondrial Support



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

Renual

Take 2 capsules daily. Helps to power muscle function, increase cellular energy and promote healthy aging.

Mitochondrial NRG

Take 2 capsules twice a day (4 in total). Help support mitochondrial density and function as you age while supporting normal cellular energy production and healthy body composition.

Wonderfeel Youngr NMN

Take 2 capsules daily. Some benefits of a daily regimen can manifest in a variety of ways including increased energy levels, improved organ function, better cognition and memory, improved skin elasticity, sleep quality, and insulin sensitivity.

ALAmox CR

Take 1 capsule daily. Helps maintain a balance between oxidized and reduced CoQ10.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.