



# Supplements for Mitochondrial Health

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

## Recommended Usage and Benefits

### CoQnol™ 200

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**Take 2 daily.** Beneficial for reversing Covid-related fatigue.

### Acetyl-L-carnitine

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**Take 2 daily.** One of the key nutrients for proper mitochondrial function and is notable for its role in fatty acid oxidation.

### Homocysteine Supreme™

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**Take 2 daily.** Methylated B vitamins.

### Renual

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**Take 2 daily.** Urolithin A, CoQ10, trans-resveratrol.

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## 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](mailto: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!