# Mitochondrial Magic: Enhancing Health Span with Mitopure

written by Dr. Ronald Hoffman | June 4, 2025

In this episode of the *Intelligent Medicine* podcast, host Dr. Ronald Hoffman delves into the complexities of mitochondrial health with expert guest Dr. Brad Currier, Clinical Trial Manager at Timeline. The podcast covers the critical role mitochondria play in cellular energy, gene expression, hormone synthesis, and insulin sensitivity. Dr. Currier discusses the development and benefits of MitoPure, a product based on Urolithin A, a compound shown to enhance mitochondrial function and health span. Topics include recent clinical studies demonstrating improved physical performance and recovery, the unique properties of Urolithin A, and how it supports cellular processes like mitophagy. The episode emphasizes the importance of mitochondrial health for overall well-being and features an in-depth look at the scientific research behind MitoPure.

Mitochondrial Magic: Enhancing Health Span with Mitopure PT 1

Mitochondrial Magic: Enhancing Health Span with Mitopure PT 2