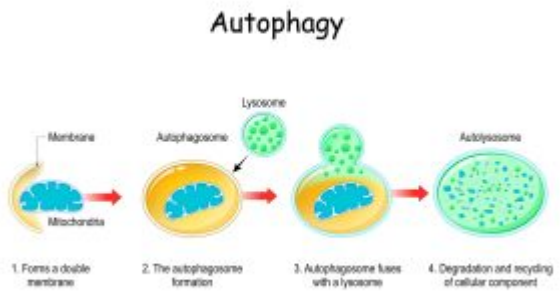
# Longevity Unlocked: Understanding the Impact of Mitophagy

written by Dr. Ronald Hoffman | January 13, 2026




Groundbreaking longevity research with Dr. Brad Currier from Timeline. Find out how Urolithin A, a naturally-derived compound, could enhance your health span through a process called Mitophagy. Check it out!