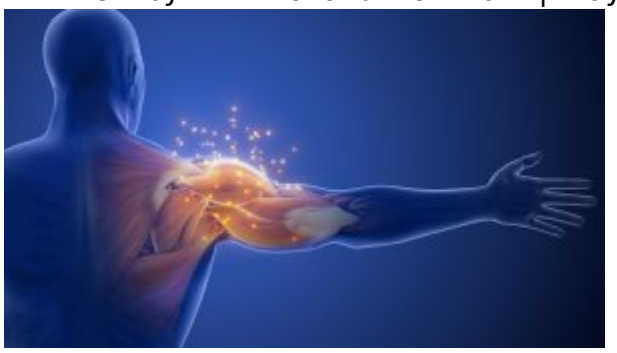
# Enhancing Muscle Quality: A Deep Dive into Mitochondrial Science

written by Dr. Ronald Hoffman | May 5, 2026



Dr. Brad Currier from Timeline Longevity details the benefits of Urolithin A (MitoPure) for muscle preservation and recovery, immunity, and skin health. From elite athletes to everyday wellness, Urolithin A is revolutionizing mitochondrial health. Check it out!