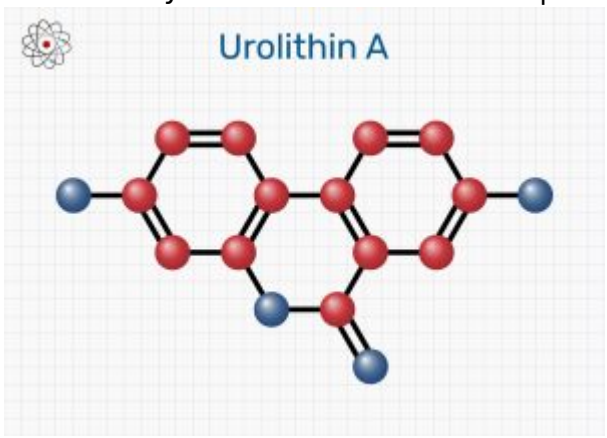
# Urolithin A: A Pathway to Enhanced Energy and Longevity

written by Dr. Ronald Hoffman | June 30, 2026




Unravel the secrets behind a groundbreaking anti-aging compound, urolithin A. Jen Scheinman from Timeline Longevity details its muscle, immune and skin benefits by promoting mitophagy—recycling damaged mitochondria. Check it out!