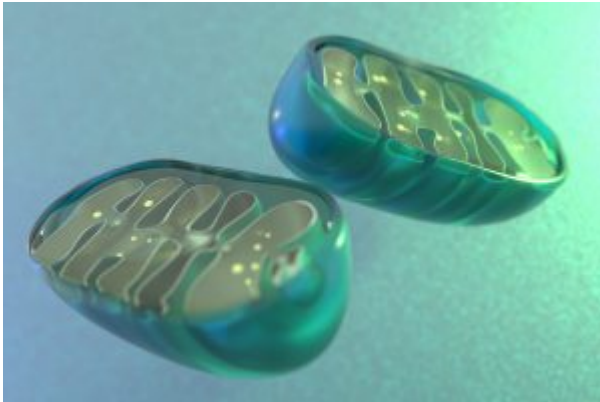


# Unleash your longevity potential with Urolithin A

written by Jen Scheinman, MS RDN CDN | July 10, 2024



*I discovered MitoPure® a couple of years ago, after a series of scientific articles about Urolithin A prompted my interest. I've been taking it faithfully as part of a suite of nutrients for mitochondrial support and believe it's helped me alleviate bouts of overtraining syndrome that I used to encounter occasionally. Their research is robust, and I'm happy to be able to share my recommendation with my patients, and now my Intelligent Medicine audience. Read about its benefits in the following article, and take advantage of special savings for my audience by using code HOFFMAN to receive 10% off at [Timeline.com/hoffman](https://Timeline.com/hoffman).*

—Dr. Ronald Hoffman

*This article contains content from one of our trusted sponsors.*

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With the focus on health and longevity intensifying, the spotlight often falls on innovative supplements. And one new player keeps popping up on everyone's list – Urolithin A.

No other longevity molecule has as much human research as Urolithin A, and this scientifically-backed element promises to redefine our approach to cellular health and aging. But what exactly is Urolithin A, and why should you consider integrating it into your daily routine?

Let's dive into the science and benefits behind this remarkable molecule.

## What is Urolithin A?

Urolithin A is a postbiotic nutrient, meaning it isn't directly obtained from food but is produced by the bacteria in our gut. This natural compound results from the transformation of specific polyphenols found in foods such as pomegranates, berries, and nuts. Despite the presence of these polyphenols in foods, most people don't have the right gut bacteria to make Urolithin A

and are not eating enough of the dietary precursor, so they aren't reaping the benefits.

## What does Urolithin A do?

Studies demonstrate that Urolithin A plays a crucial role in mitochondrial health. These cellular organelles, often referred to as the powerhouse of the cell, are responsible for producing 90% of our body's energy.

Unfortunately, as we age, our mitochondria become less efficient, leading to a decline in cellular energy and contributing to the aging process and chronic disease.

Clinical studies (meaning studies done in humans) have proven that Urolithin A ignites an anti-aging pathway called mitophagy. Mitophagy acts as a quality control mechanism for our mitochondria. As they become damaged and dysfunctional, our bodies can recycle them to replace them with better-functioning, more efficient mitochondria. Urolithin A revs up this system.

## Meet Mitopure®

Mitopure® is a highly pure, clinically validated Urolithin A supplement produced by Timeline.

The efficacy of Mitopure® is backed by robust scientific research, over 15 years in the making.

## Here's what the science shows:

Mitopure® has been clinically proven to:

- **Target root causes of aging** by optimizing mitophagy in humans. Mitochondrial decline and a decline in mitophagy are two of the drivers of cellular aging.
- **Boost cellular energy** by promoting the health of mitochondria. This ensures efficient energy production, which is vital for various bodily functions and overall vitality.
- **Improve muscle health.** Mitopure® improves muscle strength and endurance. What is especially exciting about this research is that no change to diet or exercise was part of the study, which means the benefits were all due to the Urolithin A.
- **Fight intrinsic and extrinsic skin aging:** Urolithin A can also be applied topically. When applied to the skin, it combats the internal biological processes associated with aging and builds resilience against external aging factors such as UV sun damage.

## **Incorporating Mitopure® into Your Routine**

Integrating Mitopure® into your daily routine is simple and effective.

Timeline makes a dietary supplement that can be taken once daily. 500mg is a great place to start, and you can get this by either taking two soft gels or their delicious berry powder. Studies with Mitopure® have shown that you may see added benefits with 1000mg.

## **Mitopure® Skincare**

In addition to its dietary supplements, Timeline recently launched its Skincare Line using the same Mitopure® technology as the dietary supplement. All the products in the collection contain 1% Urolthin A, which has been clinically shown to improve the appearance of fine lines and wrinkles in just two weeks!

Additionally, the research demonstrates that applying Mitopure® topically will help protect and repair the skin from the sun's damaging effects.

## **Final words**

Navigating the vast landscape of health and longevity solutions can often seem like a daunting quest for a hidden treasure. However, occasionally, companies such as Timeline emerge, harnessing the potential of innovative components like Mitopure®.

Whether you're looking to support muscle strength, turbocharge your skin health routine, or simply invest in your long-term health, Mitopure® offers a scientifically-backed avenue to help you achieve these goals.

Timeline is giving *Intelligent Medicine* readers a special opportunity to experience the range of products powered by Mitopure®. Visit [Timeline.com/hoffman](https://Timeline.com/hoffman) and use the code HOFFMAN at checkout to receive 10% off your purchase.