



FORMULARY

DESIGNER DROPS · CLASSIFIED REFERENCE

This document is not a product catalogue.
It is a controlled reference to 19 precision formulations —
each built for a specific objective, each designed to be stacked.

“For its normal existence the organism must receive all three kinds of food, that is, physical food, air, and impressions. The organism cannot exist on one or even on two kinds of food, all three are required.”

— G. I. Gurdjieff

THIS DOCUMENT EXISTS BECAUSE SOMETHING IS WRONG.

Not with you. With the system you've been handed.

The food was engineered before you were born — optimized for shelf life, for palatability, for the kind of repeat consumption that builds markets rather than bodies. The supplements that followed were built on the same logic. More ingredients. Bigger claims. Lower standards. Products designed to sell, not to work.

Meanwhile the science kept moving. Quietly. Without a press release. Researchers mapping the cellular architecture of aging, identifying the coenzymes that decline and the pathways that change with time — not as pharmaceuticals, not as treatments, but as the raw materials a human body already knows how to use. Materials it's been running short on for decades. Materials nobody thought to put in front of you.

Until now.

What you're reading is not a product catalogue.

It is not a wellness guide. It is not a list of things to buy.

It is a controlled reference document — assembled from the same research that costs thousands in functional medicine consultations and lives behind paywalls most people never reach — translated into a system anyone can use. A system built around one foundational idea:

Your body already knows how to perform at its peak. It just needs what it's been missing.

We are living through a particular moment.

The conversation about what health actually means — who has access to it, who profits from its absence, what the standard should be for a human body moving through the world in 2026 — that conversation is getting louder. People are asking questions the system would prefer they didn't. Reading labels. Rejecting defaults. Looking for something that treats their biology with the same precision and intention they bring to everything else they care about.

You are part of that conversation now.

You requested this document.

Most don't.

When we said that told us something — this is what we meant.

The formulary you're about to read contains nineteen precision formulations and the foundation layer beneath all of them. Each one built for a specific objective. Each one designed to be stacked. Each one sourced from ingredients that span continents — botanicals from traditional medicine systems that predate the pharmaceutical industry by centuries, compounds identified by modern cellular research, delivery technologies engineered to ensure that what's on the label actually arrives in the body.

This is what precision nutrition looks like when the standard is set by biology rather than by marketing.

Read it like a brief.

Use it like a blueprint.

And when you find the protocol that belongs to you — share it. Because the people in your life deserve to know this exists.

Our formulations are pet-friendly. The standard extends to every member of your household.

This document is not for redistribution. It is for the person holding it — and the people they choose to bring with them.

BEFORE YOU BEGIN

Every formulation in this formulary is delivered via Acumullit SA® technology — a proprietary lozenge system engineered for sublingual and buccal absorption. The active compounds dissolve directly into the bloodstream through the oral mucosa, bypassing the digestive system entirely.

This matters. Many supplements lose potency in the digestive tract; this delivery is built to protect the compound so more of what's on the label arrives in the body. Precision in. Precision out.

Beneath every protocol sits NMN — the foundation layer. It is not one of the 19. It is the architecture beneath all of them. You will find it documented first, before the formulary begins, because that is where it belongs.

A note on usage: these formulations are designed to dissolve. Place them in your mouth and let them. The full benefit arrives through the mucosal tissue, not through digestion. Chewing works — dissolving is the protocol.

A NOTE ON HOW TO READ THIS

Everything in this document describes how botanical compounds support the normal structure and function of the body. Nothing here is a medical claim.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Companion notices (front matter + label): "Consult your healthcare provider before use, especially if you are pregnant, nursing, taking medication, or have a medical condition." · "Discontinue use and consult a healthcare provider if any adverse reaction occurs." · "For adults. Keep out of reach of children."

THE FOUNDATION

NMN — Cellular Activation

The layer beneath everything else.

There is a coenzyme in every cell in your body that has been declining since your thirties.

You didn't know it was happening because nothing announced it. No diagnosis. No moment of failure. Just the gradual, unremarkable experience of feeling like slightly less than you used to — less sharp, less recovered, less energized by the same hours of sleep that used to be enough. The kind of change that gets attributed to age because age is the only explanation the system ever offered.

The actual explanation is NAD+.

Nicotinamide Adenine Dinucleotide. A coenzyme present in every cell, involved in cellular energy production and the cellular processes tied to healthy aging — including the sirtuins, the proteins associated with how cells age. By the time most people are forty, NAD+ levels have dropped by about half. The cellular processes that depend on it change with it. Quietly. In ways that compound over years before anyone thinks to look at the source.

NMN helps replenish what time depletes.

Nicotinamide Mononucleotide is a direct precursor to NAD+ — the raw material the body already knows how to use, supporting the levels it has been running without. Not a stimulant. Not an override. A replenishment.

Return to potential isn't optimization. It's just return.

The formula. One strip. Six compounds. Each one chosen because it belongs in the same delivery moment as NMN — not to extend the list but to complete the argument.

Vitamin C as a cofactor, supporting the enzymatic processes NMN works alongside. Liposomal Glutathione — the body produces this compound specifically to help manage the oxidative stress that cellular activity generates — delivered here in the same protective lipid layer as NMN, because a compound that supports cellular work deserves the same standard of delivery as the work itself. Xylitol, berry extracts, and a blackberry flavor that turns the most consequential thirty seconds of your morning into something you actually look forward to.

Not everything. The right things.

The delivery. A dissolvable oral strip. Placed under the tongue. Gone in fifteen seconds. No water. No capsule. No digestive system to survive — because this doesn't go through the digestive system. It enters the bloodstream directly through the oral mucosa. Liposomal

encapsulation protects the NMN molecule through that journey — a lipid layer engineered to keep the compound intact until it arrives.

Most NMN struggles to arrive intact. This is built to.

The position. NMN has no code in this formulary. It belongs to no single protocol. It is not one of the nineteen.

Think of NAD+ as the electrical current running beneath everything your body does. Not the organ. Not the system. The power those systems run on. When it declines — and it declines in every human body, beginning in the thirties — nothing fails dramatically. Things dim. Capacity settles to a level that starts to feel like normal because it has been normal long enough.

NMN supports the current. The formulations in this formulary were built for full power. NMN is what full power feels like.

The lozenges work. NMN supports how well.

Best taken: Morning. Daily. Without exception.

Pairs with: Every formulation in this formulary. NMN is not a protocol. It is the foundation beneath every protocol.

THE FORMULARY

19 formulations. Organized by system.

Read your objective. Find your drop. Choose your protocol.

MLS — Gastrointestinal Optimization

Primary objective: Gut health. Digestive function. Microbiome support.

Most people think of the gut as a digestive organ. A processing system. Something that handles food and occasionally causes problems.

The picture is bigger than that.

A large share of the body's immune activity is associated with the gut. The network of neurons lining the digestive tract is denser than most people realize, and much of the body's serotonin is produced there. The gut doesn't just process what you eat — it's connected to how you feel, how clearly you think, and how well the rest of what you take in is absorbed.

Absorption is the point that matters here: every drop in this formulary works at the level the gut allows. NMN included.

The gut is the foundation beneath the foundation.

The modern diet is hard on it — ultra-processed food, chronic stress, the routine antibiotics that clear bacteria without restoring what they cleared. MLS supports the system at that foundation: enzyme function, healthy bile production, the microbiome, motility, and regular elimination. Not a cleanse. Not a temporary reset. Daily support for what the digestive system is built to do when it has what it needs.

Key ingredients and what they do:

- **Papaya (Papain)** — an active protein-digesting enzyme. Breaks down food upstream of absorption so the gut receives what it can readily use. Digestive support at the most fundamental level.
- **Artichoke** — supports healthy bile production, which supports the digestion of fats and the absorption of fat-soluble nutrients.
- **Dandelion Root** — traditionally used to support healthy digestion and normal liver function.
- **Ginger + Chamomile + Fenugreek + Coriander** — the motility layer. Four compounds supporting gut movement, comfort, and regularity from complementary angles. The gut is a long and complex system; different parts respond to different signals, and this combination covers its length.
- **Thyme Leaf** — supports a healthy inflammatory response in the digestive tract.
- **Cinnamon Bark** — supports healthy blood sugar already within the normal range, one of the metabolic contributors to digestive comfort.
- **Clove Seed + Pumpkin Seed** — magnesium and zinc from whole-food sources. The microbiome needs specific minerals to maintain its population; most gut formulas address the bacteria and ignore the mineral environment they live in. This one doesn't.
- **Mandarin, Grapefruit, Oroblanco, Orange** — Vitamin C from four distinct citrus sources, reflecting the gut-immunity connection in the formulation itself.
- **Echinacea Root** — supports immune function at the gut level, where much of the immune system lives.

Also supports: Immune function. Nutritional absorption. Healthy elimination. Systemic well-being.

Ideal timing: Morning or after meals. Daily use recommended. The benefits compound over time — this is a restoration, not a one-time intervention.

Best stacked with: ICE (daily optimization alongside acute relief — complete gut coverage), HPR (liver support and gut working the same system), NMN (gut health supports NMN absorption directly — the foundation supporting the foundation).

Protocol home: [RESET PROTOCOL](#)

ICE — Acute Digestive Relief

Primary objective: Occasional digestive comfort. Gut-lining support. Fast, everyday relief. Everybody knows the feeling. The meal that didn't sit right. The stress that landed in the stomach before it registered anywhere else. The bloating, the discomfort, the low-grade turbulence most people quiet with something from a drugstore shelf and move on from without asking why it keeps happening.

ICE is built for that moment. Not to suppress it. To settle it. Compounds that work with the digestive system rather than overriding it: smooth-muscle calm, soothing support for the gut lining, comfort at the tissue level. The system settled, not silenced.

Key ingredients and what they do:

- **Peppermint Oil** — traditionally used to relax the smooth muscle of the digestive tract, easing occasional gas, bloating, and discomfort. Fast-acting.
- **Meadowsweet** — traditionally used to soothe the digestive lining and support occasional comfort.
- **Sea Buckthorn** — omega fatty acids supporting the gut lining.
- **Aloe Vera** — soothing support for the gut lining; polysaccharides that support a healthy microbiome.
- **Licorice (Glycyrrhizin)** — traditionally used to soothe and coat the digestive lining.
- **Chamomile** — traditionally used to relax the digestive muscles, easing occasional spasm and discomfort.
- **Carrot** — fiber and vitamins supporting digestive regularity.

Also supports: Gut microbiome support. Occasional digestive comfort. Regularity.

Ideal timing: As needed, when digestive discomfort arises. Can also be taken daily alongside MLS for complete gut coverage.

Best stacked with: MLS (daily optimization beneath acute relief — the complete gut system), NMN (settling the gut supports the foundation).

Protocol home: [RESET PROTOCOL](#)

GRW — Immune Architecture & Systemic Resilience

Primary objective: Immune support. Long-term immune resilience.

The immune supplement market is built around a handful of familiar names. Vitamin C. Zinc. Elderberry. Echinacea. Products that have earned their place in the cultural conversation about immunity — and that share a common limitation. They support the immune system in the moment. They don't build it over time.

There is a difference between immune support and immune architecture. Support is what you reach for when you feel something coming. Architecture is the underlying strength of the system itself — its ability to distinguish threat from normal, to mobilize quickly, to resolve efficiently, and to return to baseline without overcorrecting.

GRW supports the architecture.

The gut connection established in MLS isn't incidental here. The immune tissue in the gastrointestinal tract is the largest concentration in the body. GRW working alongside MLS means the architecture is being supported where the immune system actually lives — not just supplemented from the outside.

Key ingredients and what they do:

- **Astragalus Root** — traditionally used to support and balance immune function.
- **Echinacea Root** — traditionally used to support immune function; works alongside Astragalus within a balanced system rather than stimulating it indiscriminately.
- **Reishi Mushroom** — one of the most studied medicinal mushrooms; supports immune function and the body's stress response.
- **European Olive Leaf (Oleuropein)** — antioxidant support that helps keep immune cells healthy.
- **Ashwagandha** — supports the body's healthy stress response, which supports immune function.
- **Pomegranate, Black Currant** — anthocyanins and antioxidants protecting immune cells from the oxidative byproducts of immune activity.
- **Bilberry** — rich in anthocyanins; traditionally associated with support for healthy vision, alongside its antioxidant profile.
- **Aloe Vera** — gut-immune support completing the circuit; keeps the gut environment hospitable while GRW supports the systemic architecture above it.

Also supports: Hair, skin, and nail health. Mood support. Healthy inflammatory response.

Ideal timing: Daily. Morning for systemic maintenance. Increase frequency during periods of immune challenge.

Best stacked with: NMN (immune cells are metabolically demanding — NAD+ powers them), HPY (stress supports or undermines immune function — regulate it), AIR (daily immune defense on top of the architecture GRW supports).

Protocol home: [RESILIENCE PROTOCOL](#)

AIR — Immune Defense & Respiratory Protection

Primary objective: Systemic immune support. Respiratory tract defense.

Every breath is an exposure event.

The respiratory tract is the body's most constant interface with the external environment — the surface through which air, particles, and environmental compounds enter continuously, from the first breath to the last. Most people think about respiratory health when something goes wrong. A season change. A flight. A crowded room.

The respiratory tract doesn't take days off between those moments. Neither should its defense.

AIR is built for daily maintenance of the system that never stops being exposed — immune cell support, antioxidant protection, and respiratory tract nourishment as a consistent practice rather than a reactive one. The architecture GRW supports underneath, AIR maintains at the surface where exposure happens.

Key ingredients and what they do:

- **Vitamin C (Amla, Black Currant, Lemon, Cranberry)** — four whole-food sources delivering Vitamin C alongside the cofactors that make it most bioavailable. Supports immune cell function, collagen production in respiratory tissue, and antioxidant defense at the mucosal surface.
- **Vitamin D** — supports healthy immune function and helps regulate a healthy inflammatory response. Many people have lower-than-ideal levels.
- **Zinc Citrate** — supports normal immune cell development, communication, and function; the most bioavailable form.
- **Goji Berries** — carotenoids and polysaccharides supporting immune cell activity in the mucosal tissue that lines the respiratory tract.
- **African White Aloe (Aloe Vera)** — soothing and protective for the respiratory mucosa, the first barrier between exposure and internal immunity.
- **Maca Root** — adaptogenic support for stress resilience and overall vitality; daily immune maintenance and stress regulation are the same conversation.
- **Rosa Majalis** — one of the richest botanical sources of Vitamin C, adding a third delivery vector to the layered Vitamin C architecture, with polyphenols and flavonoids compounding the antioxidant profile.

Also supports: Energy support. Antioxidant protection. General vitality.

Ideal timing: Morning for daily immune support. Before and during travel. During seasonal transitions.

Best stacked with: GRW (the architecture beneath the daily defense), ALT (reactive respiratory support when daily maintenance meets acute challenge), NMN (immune cells require NAD+ to function at full capacity).

Protocol home: [RESILIENCE PROTOCOL](#)

ALT — Respiratory Function & Environmental Defense

Primary objective: Respiratory health. Environmental exposure support.

The air carries whatever the environment puts in it. Pollen. Particulates. Seasonal exposures.

The byproducts of density and industry.

The body has its own defenses for that. ALT supports them for the moments when exposure runs higher than an ordinary day asks the system to handle.

This is a situational drop, not a daily foundation. AIR covers the daily layer. ALT is for the peaks: high-pollution days, wildfire season, the sealed cabin of a long flight, the valley city that traps what it produces, the season that arrives every year and asks the same thing of you.

Use it ahead of known exposure, or when exposure has already begun.

Key ingredients and what they do:

- **Eucalyptus** — the anchor botanical, traditionally used to support respiratory comfort and clear, easy breathing.
- **Scutellaria** — supports a healthy inflammatory response in respiratory tissue.
- **Licorice (Glycyrrhizin)** — traditionally used to soothe the throat and support respiratory comfort.
- **Astragalus Root** — an adaptogen traditionally used to support immune function.
- **Mangosteen** — xanthenes providing antioxidant support, relevant to the oxidative stress of environmental exposure.
- **Black Currant, Rowanberry, Grape Seeds** — layered anthocyanin and antioxidant support building cellular resilience throughout the respiratory system.
- **Green Tea** — EGCG providing antioxidant support with a calming baseline.

Also supports: Vitality support. Rich vitamin and mineral profile. Antioxidant protection.

Ideal timing: Proactively before known exposure. When respiratory challenge has begun. Travel. High-pollution environments. Seasonal peaks.

Best stacked with: AIR (the daily foundation ALT deploys on top of — together they cover the respiratory spectrum), NMN (cellular support in respiratory tissue exposed to environmental stress).

Protocol home: [TRAVEL PROTOCOL — PROTECTION](#)

HPY — Daily Calm & Stress Resilience

Primary objective: Stress resilience. Mood support. Daily calm.

Chronic stress rarely announces itself.

It doesn't arrive as a crisis. It arrives as the slow normalizing of a body running slightly too hot for slightly too long — the nervous system never quite returning to baseline between demands. Sleep that doesn't fully restore. A mood sitting a few degrees below where it used to. The sense of running on a lower setting you've gotten used to.

Most people don't call this stress, because it never looks like the dramatic version. It just looks like life.

HPY is built for that baseline — daily support for the system modern life keeps pushing off-center. It supports healthy cortisol levels already within the normal range through the body's own stress-regulation system, rather than suppressing anything.

The baseline you forgot was possible.

Key ingredients and what they do:

- **Ashwagandha** — an adaptogen with extensive research on supporting the body's healthy stress response and cortisol levels already within the normal range.
- **Chamomile Flower** — traditionally used to support relaxation and calm without sedation.
- **Passion Flower** — traditionally used to support calm, working alongside Chamomile.
- **Ginkgo** — supports healthy circulation and mental clarity, so calm doesn't come with fog.
- **Licorice** — traditionally used to support adrenal function alongside the adaptogens.
- **Sea Buckthorn** — omega fatty acids and antioxidants supporting cellular resilience under chronic stress.
- **Hemp Seeds** — omega-3 and omega-6 fatty acids in optimal ratio for nervous system support. To be direct: Hemp Seeds carry no psychoactive properties. What they carry is one of the most complete fatty-acid profiles available from a plant source. The association with cannabis is botanical, not pharmacological. The benefit here is structural.
- **Green Tea** — L-theanine providing calm alertness alongside antioxidant protection — pure calm clarity as a daily baseline.

Also supports: Antioxidant protection. Digestive comfort. Skin health via Sea Buckthorn.

Ideal timing: Morning as a daily foundation. Before demanding periods or known stressors.

Best stacked with: NMN (stress and cellular health protect what the other supports), RLX (the acute response on top of the daily foundation), GRW (regulate the stress, support the immune architecture).

Protocol home: [RESILIENCE PROTOCOL](#)

RLX — Acute Calm & Clarity

Primary objective: Fast-acting calm. Mental clarity under pressure.

The stress response was designed for genuine threat. A predator. A physical danger requiring immediate action. The heart-rate elevation, the narrowing of focus — all of it evolutionarily appropriate for a moment that required the body to fight or flee.

The modern triggers are different. An inbox. A room full of people. A conversation that matters. A moment where the same biological response fires — and instead of running or fighting, the person needs to think clearly, speak precisely, and perform at the level the moment demands.

The stress response doesn't know the difference between a predator and a presentation. You do.

This is a situational drop. Not a daily foundation. HPY handles that. A precision intervention for the acute moment when the nervous system has activated and clarity is what's required. No sedation. No impairment. The system settled without being silenced.

Key ingredients and what they do:

- **Chamomile Flower** — traditionally used for a fast sense of calm.
- **Passion Flower** — traditionally used to support calm in acute, situational moments, working alongside Chamomile.
- **Ashwagandha** — supports the body's healthy stress response in the moment.
- **Siberian Ginseng** — mental stamina and alertness alongside the calming compounds, so RLX doesn't trade clarity for calm.
- **Lettuce Leaf (Lactucarium)** — traditionally used for its gently calming quality; not sedating at the amount present here — a quiet baseline beneath the more active botanicals.
- **Banana** — potassium for nerve and muscle function; the structural support beneath the regulatory intervention.

Also supports: Emotional equilibrium. Sleep quality if taken in the evening.

Ideal timing: Situational. Before high-pressure events. Mid-afternoon when stress compounds. As needed. Also taken before flights.

Best stacked with: BRN (cognitive performance stays sharp while the nervous system settles), HPY (the daily foundation beneath the acute response).

Protocol home: [EXECUTIVE PROTOCOL](#)

BRN — Cognitive Clarity

Primary objective: Focus. Mental performance. Sustained output.

The market for wakefulness is enormous — energy drinks, stacked pre-workouts, coffee drinks engineered for sweetness with caffeine as the justification. All of it borrowing energy from the next four hours to give it to you now. The crash is the business model.

There is a different version. Clean. Present. No edge underneath it, no ceiling approaching. Sustainable across hours without the tax.

BRN is built for the second one.

Key ingredients and what they do:

- **L-Theanine + Caffeine (via Green Tea and Coffee)** — the most well-documented nootropic pairing in existence. L-theanine modulates alpha brain-wave activity — the state associated with relaxed alertness — while caffeine supports wakefulness. Together they produce clarity without edge. This is why BRN doesn't feel like a stimulant even though it contains caffeine.
- **Bacopa Monnieri (Water Hyssop)** — traditionally used to support memory and cognitive function; builds over weeks.
- **Ginkgo Biloba** — supports healthy circulation to the brain. Clearer thinking is downstream of better circulation.
- **Ashwagandha** — supports the body's healthy stress response; cognitive performance under stress depends on keeping cortisol in range, without sedation.
- **Panax Ginseng + Siberian Ginseng** — ginsenosides supporting neurotransmitter activity and ATP production in neural tissue. Two ginsengs because the mechanisms are complementary, not redundant.
- **Turmeric (Curcumin)** — supports a healthy inflammatory response and long-term brain health, in a formulation built for daily use.

Also supports: Stress regulation via adaptogens. Mood support. Antioxidant protection for neuronal cells.

Ideal timing: Morning or pre-task. Avoid late evening — caffeine content.

Best stacked with: NMN (cellular energy for neurons), GTS (physical energy to match mental output), RLX (stress regulation beneath cognitive performance).

Protocol home: [CREATOR PROTOCOL](#) · [EXECUTIVE PROTOCOL](#)

GTS — Energy & Vitality

Primary objective: Physical and mental energy. Stamina. Endurance.

The pre-workout market operates on the same logic as the energy-drink market. Stimulate the nervous system hard enough and the body performs — until it doesn't. The tingle, the flush, the artificial urgency. All of it borrowed. All of it returned with interest in the hours that follow.

Sustained output isn't stimulation. It's fuel.

GTS is built around that distinction — not spiking the system but supplying it. Physical and mental energy from the same source, running on the same adaptogenic infrastructure, across the full length of whatever the day demands.

Key ingredients and what they do:

- **Ashwagandha** — the adaptogenic anchor; supports the body's healthy stress response and physical endurance. The body performs better when it isn't fighting its own stress response.
- **Siberian Ginseng (Eleutherococcus)** — works at the level of energy metabolism itself, supporting how efficiently the body converts available fuel into usable output. Not a stimulant.
- **Magnolia Vine (Schisandra)** — one of the few adaptogens traditionally used to support both physical performance and liver function.
- **Bacopa Monnieri (Water Hyssop)** — cognitive clarity doesn't stop mattering when the body is under physical demand. Bacopa keeps the mind present through the hours the body is working.
- **Pineapple** — bromelain, a proteolytic enzyme that supports nutrient absorption and a healthy inflammatory response. What the body absorbs efficiently it uses efficiently.
- **Gooseberry (Amla)** — one of the most concentrated natural sources of Vitamin C; supports the enzymatic processes of energy metabolism.
- **Green Tea** — EGCG and L-theanine delivering antioxidant protection alongside metabolic support. The steady layer underneath everything else.

Also supports: Mood stability. Metabolic balance. Stamina without dependency or withdrawal.

Ideal timing: Morning or pre-activity. Versatile — can be taken throughout the day.

Best stacked with: NMN (cellular energy foundation), BRN (cognitive layer on top of physical fuel), STP (recovery beneath the output).

Protocol home: [CREATOR PROTOCOL](#) · [ATHLETE PROTOCOL](#) · [SOLAR PROTOCOL](#) · [TRAVEL PROTOCOL — PERFORMANCE](#)

STP — Physical Recovery

Primary objective: Post-exertion recovery. Healthy inflammatory response. Muscle recovery support.

The body doesn't repair itself automatically. It repairs itself when it has what repair requires.

Most people treat recovery as the absence of output — rest, time, maybe a protein shake.

What's actually happening in the hours after exertion is one of the most metabolically demanding processes the body runs. Tissue rebuilding at the cellular level. The entire system working harder in stillness than it appears to from the outside.

What you give it in that window determines what you get back.

STP is built for that window.

Key ingredients and what they do:

- **Turmeric (Curcumin)** — one of the most studied botanicals for supporting a healthy inflammatory response at the cellular level.
- **Devil's Claw (Harpagoside)** — traditionally used to support comfort in muscles and joints after exertion.
- **Ginger** — supports healthy circulation to working tissue. Recovery begins with circulation.
- **Tart Cherry** — traditionally used to support muscle recovery after exercise.
- **Ashwagandha** — supports the nervous system underneath the muscular one, so the body can allocate resources to repair.
- **Cayenne Pepper (Capsaicin)** — supports circulation to working tissue.
- **Grape Extract (Resveratrol + Proanthocyanidins)** — antioxidant protection during the recovery window, when oxidative stress from exertion is at its highest.

Also supports: Circulatory health. Nervous tension relief. Systemic antioxidant protection.

Ideal timing: Immediately post-exertion. As needed for ongoing physical demand.

Best stacked with: NMN (cellular repair infrastructure), GTS (output beneath the recovery), SLD (joint and skeletal layer alongside muscular repair).

Protocol home: [ATHLETE PROTOCOL](#)

SLD — Joint & Skeletal Support

Primary objective: Joint comfort. Freedom of movement. Skeletal health.

The body signals joint stress early. A stiffness in the morning that loosens by midday. An awareness of a knee, a shoulder, a hip that wasn't there a year ago. Most people interpret these signals as the inevitable arithmetic of time.

They're addressable. The difference is what you do before the signals get louder.

SLD is built for the window between early signal and compounding strain — the support most people discover late and wish they'd found sooner.

Key ingredients and what they do:

- **Devil's Claw (Harpagoside)** — the joint-specific anchor; traditionally used to support joint comfort and healthy connective tissue.
- **Turmeric (Curcumin)** — supports a healthy inflammatory response in the joints.
- **Ginger** — supports healthy circulation to joint tissue, which is less vascularized than muscle and receives fewer of the nutrients circulation delivers.
- **Licorice (Glycyrrhizin)** — traditionally used to soothe connective tissue.
- **Molasses** — iron and calcium; the skeletal system is the structure everything else runs on, and most joint formulas ignore the mineral foundation of the bones those joints connect.
- **Mint** — supports digestive comfort alongside joint comfort; systemic and gut comfort are connected.

Also supports: Skeletal support. Digestive comfort. Healthy inflammatory response.

Ideal timing: As needed. During periods of intense physical activity, repetitive strain, or daily physical demand.

Best stacked with: STP (complete physical recovery — muscular and skeletal together), NMN (joint tissue cellular support from the foundation up).

Protocol home: Recommended addition to [ATHLETE PROTOCOL](#).

NRM — Metabolic Balance

Primary objective: Support for blood sugar already within the normal range. Metabolic balance. Steady energy.

Most people don't think about blood sugar until they're told to.

The afternoon crash. The fog after certain meals. The 3pm pull toward something sweet that feels like hunger but isn't quite. The energy that used to be steady and now isn't. These are signals — the body reporting on a system doing a lot of work.

Here's what blood sugar is, plainly. When you eat carbohydrates, your body converts them to glucose, and blood sugar is simply how much glucose is in your blood at a given moment. The body works best keeping that within a normal range, and it manages the range with insulin — the hormone that signals cells to take glucose in. Foods that raise blood sugar quickly ask for a quick response; the dip afterward is what the afternoon crash feels like.

The modern food environment makes that spike-and-dip the default. Ultra-processed food is engineered to raise blood sugar fast — part of what makes it palatable, and profitable.

NRM supports the body's own systems for keeping blood sugar already within the normal range — not an override, not a suppression, but botanical support for mechanisms the body already has. Steady, the way it was built to be.

Key ingredients and what they do:

- **Balsam Pear (bitter melon)** — traditionally used to support healthy blood sugar already within the normal range.
- **Gymnema (Gumar Leaf)** — traditionally used to support healthy blood sugar and to help curb the pull toward sweetness. Its Hindi name translates to "sugar destroyer" — a description that predates modern nutrition by centuries.
- **Fenugreek Seed** — soluble fiber that supports healthy digestion and blood sugar already within the normal range.
- **Siberian Ginseng** — an adaptogen supporting healthy energy and the body's normal stress response, which supports overall metabolic balance.
- **Apple (Pectin)** — soluble fiber supporting healthy digestion, from a simple whole-food source.

Also supports: Steady energy. Appetite balance. Antioxidant protection.

Ideal timing: Before or with meals. NRM is meant to interact with incoming glucose, so when you take it matters as much as that you take it.

Best stacked with: NMN (NAD⁺ pathways run more efficiently when energy metabolism is steady), PFT (appetite and metabolic support above where NRM operates — together, the Calibration Protocol), BRN (steady blood sugar supports sustained cognitive performance).

Protocol home: [CALIBRATION PROTOCOL](#)

PFT — Appetite & Metabolism

Primary objective: Appetite balance. Metabolic support. Weight management as part of a healthy diet and lifestyle.

Appetite is not a willpower problem.

It's a biological environment — shaped by hormones, sleep, stress, and the food you're surrounded by. Hunger and fullness are signals, not character. When that environment is under strain, the signals stop matching what the body actually needs.

The diet industry built a trillion-dollar market on calling that a discipline failure.

Willpower-based fixes rarely hold. Most people regain what they lose, and the blame gets handed back to them instead of to the misunderstanding underneath it.

PFT doesn't treat appetite as a discipline problem. It supports the normal systems appetite runs on — so the signals have a chance to line up with what the body needs, as part of a balanced diet and an active life.

NRM supports the blood-sugar layer. PFT supports the appetite and metabolic layer above it. Together they're the Calibration Protocol.

A body that manages appetite well isn't disciplined. It's supported.

Key ingredients and what they do:

- **Psyllium + Flax Seeds + Barley Seeds** — a three-source fiber blend, soluble and insoluble, from distinct botanical origins. Fiber supports fullness and healthy digestion and helps you feel satisfied longer. Different sources act at different points along the digestive tract; together they cover its length.
- **Chromium** — an essential mineral that supports normal macronutrient metabolism and helps maintain blood sugar already within the normal range.
- **Brown Algae** — a whole-food source of iodine, which supports normal thyroid function and normal energy-yielding metabolism.
- **Moringa Leaves** — broad-spectrum vitamins, minerals, and amino acids supporting overall metabolic function.
- **B Vitamins** — contribute to normal energy-yielding metabolism; the cofactors the body uses to turn food into usable energy.
- **Tomato + Beetroot Extract** — antioxidant support during everyday metabolic activity.

Also supports: Healthy digestion. Lean body mass as part of an active lifestyle. Steady energy.

Ideal timing: Twice daily, morning and afternoon. Daily consistency matters — PFT's support builds over time rather than acutely.

Best stacked with: NMN (cellular energy efficiency — the foundation the metabolic system runs on), NRM (blood-sugar support beneath the appetite layer — the complete metabolic system), MLS or ICE (digestive support alongside).

Protocol home: [CALIBRATION PROTOCOL](#)

LFT — Cellular Longevity

Primary objective: Cellular health. Healthy-aging support. Antioxidant protection.

The average American life expectancy sits at 77 years. The average Japanese life expectancy is 84. Sardinians regularly live past 100 in good cognitive and physical health. The difference between these populations and the American average is not primarily genetic. It is nutritional, environmental, and behavioral — the accumulated effect of what people eat, how they move, how they manage stress, and what compounds their cells have had available across a lifetime.

The gap between lifespan — how long a person lives — and health span — how many of those years are spent in good health — is one of the most important and least discussed distinctions in modern life.

This is the conversation LFT enters.

Every time a cell divides, something is lost. Not the cell itself. Division is how the body renews. What shortens is the telomere — the protective cap at the end of each chromosome, the biological equivalent of the plastic tip on a shoelace. Telomere length is one of the more reliable markers of cellular age: not how many years have passed, but how old the cells themselves are.

Longevity science consistently returns to the sirtuin pathway — the proteins associated with how cells age, which respond to specific compounds and operate on the same NAD⁺ infrastructure NMN supplies at the foundation of every protocol. LFT works alongside that pathway — resveratrol supporting the body's cellular-aging pathways, the same biological system NMN supplies the raw material for.

The foundation and the longevity layer are speaking the same language.

Key ingredients and what they do:

- **Japanese Knotweed Root (Resveratrol)** — the anchor. A polyphenol among the most studied molecules in longevity science; supports the body's sirtuin-associated cellular-aging pathways. Not a stimulant of those proteins. A signal.
- **Red Grapes (Resveratrol + Anthocyanins)** — concentrated resveratrol from a second source alongside anthocyanins for antioxidant support, providing a more sustained delivery profile than one source alone.
- **Turmeric (Curcumin)** — supports a healthy inflammatory response and long-term brain health — because cognitive and cellular longevity are the same conversation at different scales.
- **Black Pepper (Piperine)** — increases curcumin bioavailability significantly; curcumin without piperine arrives at a fraction of its potential.
- **Milk Thistle (Silymarin)** — supports healthy liver function; longevity work at the organ level.
- **Spirulina** — broad-spectrum vitamins, minerals, amino acids, and antioxidants providing comprehensive cellular nutrition.
- **Rosemary Leaf (Rosmarinic + Carnosic Acid)** — antioxidant support with cognitive and circulatory benefit alongside cellular protection.
- **Pomegranate** — punicalagins and anthocyanins supporting cellular resilience against oxidative stress.

Also supports: Energy support. Immune function. Recovery. Youthful appearance via micronutrient density.

Ideal timing: Morning. Empty stomach for optimal absorption of the fat-soluble compounds.

Best stacked with: NMN (adjacent pathways — resveratrol and the NAD⁺ sirtuins run on; the most complete expression of the longevity argument), HRT (cardiovascular support alongside cellular health).

Protocol home: [LONGEVITY PROTOCOL](#)

HRT — Cardiovascular Health

Primary objective: Cardiovascular health. Healthy circulation. Vascular function.

The heart beats about 100,000 times a day. 35 million times a year. Across a lifetime, more than 2.5 billion beats — without being asked, without rest, without the attention of the person it's keeping alive.

It's the most faithful system in the body, and the one most people invest in last.

Most people don't think about cardiovascular health until they're given a reason to. HRT is built for before that — a daily investment in the system while it's working well.

The cardiovascular system is the infrastructure beneath everything else this formulary supports. Cognitive performance depends on healthy blood flow to the brain. Physical recovery depends on circulation delivering oxygen and nutrients to working tissue. Cellular vitality depends on the vascular system maintaining the supply line every cell relies on. LFT supports the cells. HRT supports the system that keeps them supplied.

Key ingredients and what they do:

- **Hawthorn Flower** — one of the most traditionally used botanicals for cardiovascular support; traditionally used to support healthy heart function and circulation.
- **White Mistletoe Leaf** — traditionally used to support healthy circulation and vascular tone.
- **Grape + Grape Extract** — resveratrol, supporting healthy blood vessels with antioxidant protection. The same resveratrol pathway LFT draws on, here supporting the vascular layer.
- **Pomegranate** — studied for antioxidant support of healthy circulation.
- **Wild Strawberry + Raspberry** — vitamin C and antioxidants supporting healthy vascular tissue.
- **Molasses** — iron, which supports normal oxygen transport in the blood, and magnesium, which supports normal muscle function including the heart — among the most common shortfalls in the modern diet.

Also supports: General well-being. Antioxidant protection. Exercise response and recovery.

Ideal timing: Daily. Consistency is the variable that matters most — cardiovascular health is built over time.

Best stacked with: NMN (NAD+ supports the cellular foundation beneath the cardiovascular system), LFT (shared resveratrol pathway — the most complete longevity stack this formulary offers).

Protocol home: [LONGEVITY PROTOCOL](#)

BTY — Skin, Hair & Scalp Vitality

Primary objective: Skin health. Hair vitality. Beauty from within.

The skin is not just a surface. It's a reflection.

What shows on it — clarity or congestion, vitality or dullness — is often a reflection of what's happening beneath it: liver function, hormonal health, the efficiency of cellular renewal, the inflammatory state of the gut, the nutritional environment every cell operates within. It's among the most visible indicators of internal health there is.

The beauty industry has built its market on the opposite premise — that the skin is a surface problem requiring surface solutions. Serums. Creams. Topical interventions that address the reflection without touching what's producing it. Some work temporarily. None change the underlying picture.

BTY works upstream — through liver function, cellular renewal, collagen support, and internal nutrition. The skin, hair, and scalp are the visible output of a biological process happening several layers beneath them. Support that process, and the visible output follows.

This is not beauty from without. It's biology made visible.

Key ingredients and what they do:

- **Lemon (Vitamin C)** — the primary cofactor in collagen production, the structural protein behind skin elasticity, firmness, and repair. With adequate Vitamin C, the skin has what it needs to rebuild continuously.
- **Aloe Vera** — working internally to support skin tissue from within — soothing and hydrating at the cellular level rather than the surface.
- **Avocado** — healthy fats and vitamins E and K delivering fat-soluble nutrients to skin tissue; skin elasticity and hydration are largely determined by the fatty-acid environment of skin cells.
- **Artichoke + Dandelion Root + Milk Thistle** — the liver trio. These support healthy liver function, which supports clear, healthy skin from within — one of the most direct and least discussed contributors to skin clarity.
- **Pomegranate** — punicalagins and anthocyanins protecting skin cells from the oxidative stress that environmental exposure and UV produce.
- **Strawberry** — Vitamin C and antioxidants compounding the collagen pathway; collagen production is continuous and benefits from sustained availability.
- **Chamomile** — supports calm, comfortable skin from within.
- **Ashwagandha + Siberian Ginseng** — supports the body's stress response, which supports skin health; chronic cortisol elevation is among the least-acknowledged contributors to skin concerns.
- **Turmeric (Curcumin)** — supports a healthy inflammatory response in skin tissue.
- **Meadowsweet** — traditionally used to support skin comfort.

Also supports: Immune support. Cellular renewal. Improved skin texture, brightness, and elasticity over time.

Ideal timing: Any time of day. Daily use essential — the benefits are cumulative.

Best stacked with: HPR (liver support and skin clarity working together), NMN (NAD+ supports the quality of skin cell renewal), LFT (cellular health and skin health at different scales).

Protocol home: [RADIANCE PROTOCOL](#) · [LUNAR PROTOCOL](#)

HPR — Liver Support

Primary objective: Healthy liver function. Everyday liver support. A healthy internal environment.

Most people's understanding of the liver begins and ends with alcohol.

Don't drink too much — it's bad for your liver. That's the cultural inheritance, and the implication is that a liver only needs attention when it's being abused.

The picture is bigger than that.

The liver performs hundreds of distinct functions. It filters your blood continuously, produces bile, helps process what you eat and drink, synthesizes proteins, stores vitamins and minerals, and helps the body clear what it doesn't need. It's the most metabolically complex organ in the body — and one of the most affected by the modern diet, chronic stress, and everyday environmental load.

All of that is happening in the liver of someone who has never had a drink in their life.

An entire market has been built on the opposite idea — the three-day cleanse, the teatox, the promise to undo years in seventy-two hours. But the liver doesn't work in bursts. It works continuously, every second, processing what the body encounters in real time. What it needs isn't an occasional dramatic reset. It's consistent daily support for a job that never stops.

Not fear. Infrastructure maintenance.

Key ingredients and what they do:

- **Milk Thistle (Silymarin)** — the most studied botanical for liver support; traditionally used to support healthy liver cells and normal liver function.
- **Artichoke** — supports healthy bile production, which supports fat digestion and nutrient absorption.
- **Dandelion Root** — traditionally used to support healthy liver and kidney function.
- **Turmeric (Curcumin)** — supports a healthy inflammatory response in the liver.
- **Avocado** — supports the liver's cellular environment with healthy fats and antioxidant protection.
- **Raisin Extract** — concentrated antioxidants supporting the liver's demanding metabolic work.
- **Peach** — vitamins and antioxidants supporting the body's natural processing.

Also supports: Healthy elimination. Kidney support. Antioxidant protection throughout the body.

Ideal timing: Daily, or during periods of higher demand — travel, dietary transition.

Best stacked with: MLS (gut and liver supporting the same system — the complete internal environment), BTY (liver support and skin clarity — the most directly connected entries in this formulary), NMN (a well-supported internal environment lets cellular resources go toward renewal).

Protocol home: [RADIANCE PROTOCOL](#)

The liver has been working every second of every day of your entire life without recognition, without rest, and without complaint. HPR returns the favor.

PWR Apricot — Female Vitality

Primary objective: Women's nutritional health. Hormonal support. Immune resilience. Female hormonal physiology is among the most sophisticated biological systems in the human body — and among the most inadequately supported by conventional medicine and mainstream wellness alike.

The signals of hormonal fluctuation have been historically misread. Mood shifts attributed to temperament rather than physiology. The menstrual cycle treated as an inconvenience rather than understood as a biological rhythm reflecting the health of multiple interconnected systems — endocrine, immune, neurological, metabolic — all cycling together.

The woman who knows something is off but has been told she's fine. PWR Apricot is formulated to support the physiology underneath those experiences.

Key ingredients and what they do:

- **Damiana** — traditionally used to support mood through hormonal fluctuation, one of the longest-standing traditional applications in this formulary.
- **Ashwagandha** — supports the body's stress response, which supports hormonal health; the stress axis and the endocrine system share infrastructure.
- **Ginkgo** — supports healthy circulation and mental clarity, a complementary layer for the whole experience of hormonal cycling rather than isolated signals.
- **Asparagus** — supports healthy fluid balance, and provides folate, which supports normal function.
- **Ginger** — anti-inflammatory and digestive support as the systemic wellness foundation.
- **Apricot** — the drop's namesake and flavor source: vitamins A and C alongside beta-carotene for cellular and immune support. What nourishes and what delights, from the same whole food.
- **Molasses** — iron and calcium from a whole-food source; supports iron intake, an ongoing need through menstrual cycling.

Also supports: Hair, skin, and nail vitality. Immune resilience. Healthy inflammatory response. General vitality.

Ideal timing: Daily. Morning as part of a consistent protocol. The hormonal system responds to consistency.

Best stacked with: NMN (supports cellular energy across the life stages where hormonal shifts are most significant), BTY (hormonal vitality and skin clarity working the same internal environment), HPY (hormonal mood support and stress regulation from two directions).

Protocol home: [LUNAR PROTOCOL](#)

Female physiology doesn't need to be fixed. It needs to be met.

PWR Lemon — Men's Vitality

Primary objective: Men's energy. Stamina. Everyday vitality.

Modern life asks a lot of the male body. Output, constantly. Recovery, rarely. Demands that stack up in energy, in stamina, in the quiet sense that something that used to be effortless now takes effort.

An entire market has grown up around that feeling — much of it built on a single message: that the male body is insufficient as it stands. Prescription-adjacent products with the friction of a fast-food order. Unregulated packets at gas-station registers. A fitness culture that treats what the body does naturally as not enough.

The men reaching for those things deserve better information and better options.

PWR Lemon isn't rescue, and it isn't enhancement. It's maintenance — the daily support a healthy male body draws on to keep functioning at full capacity in an environment built to wear it down. Not adding something the body doesn't have. Supporting what it does: the energy, the stamina, the everyday vitality that everything built on top of depends on.

Key ingredients and what they do:

- **Panax Ginseng** — an adaptogen traditionally used to support energy, stamina, and physical vitality.
- **Ashwagandha** — an adaptogen that supports the body's healthy response to stress, which supports energy and stamina.
- **Damiana** — a botanical with a long history of traditional use in men's vitality formulations.
- **Curcumin** — supports a healthy inflammatory response and joint comfort, the physical foundation everyday vitality expresses through.
- **Pomegranate** — antioxidant support for healthy circulation.
- **Fig** — fiber, potassium, and calcium; the mineral and digestive foundation beneath the more targeted botanicals.
- **Lemon** — the drop's namesake; vitamin C and antioxidant protection, the flavor and the function from the same whole-food source.

Also supports: Mood support. Physical well-being. Immune resilience. Sustained stamina.

Ideal timing: Daily. Morning for sustained vitality across the day.

Best stacked with: NMN (the cellular foundation determining how effectively the systems above it function), GTS (physical energy and endurance alongside the foundation PWR Lemon supports), BRN (cognitive performance alongside physical vitality — the complete Solar Protocol).

Protocol home: [SOLAR PROTOCOL](#)

The body already knows what full capacity feels like. PWR Lemon is how it stays there.

Nineteen formulations. One foundation. One question remaining.

Which protocol is yours.

HOW TO BUILD YOUR STACK

The formulary is not a menu. It is a system.

Step 1 — Start with the foundation.

NMN. Daily. Without exception. Every protocol begins here. Everything else performs at the level the foundation allows.

Step 2 — Identify your primary objective. What is the one thing your body most needs to address right now? Cognitive performance. Physical recovery. Stress regulation. Metabolic health. Longevity. Immunity. Gut health. Beauty. Gendered vitality. Name it before choosing anything else. The right answer is the honest one.

Step 3 — Choose your protocol.

Your primary objective maps to a named protocol. Each protocol contains NMN plus the two drops that best support your objective from complementary angles. The protocol is your stack, already built and balanced.

Step 4 — Consider the stacking notes.

Each drop entry contains a best stacked with recommendation for people who want to support a secondary system. One addition. Not three. Precision over accumulation.

Step 5 — Start with the gut.

If you're uncertain where to begin, begin with THE RESET PROTOCOL. MLS supports gut absorption efficiency, which determines how well everything else the formulary offers can arrive. The gut is the foundation beneath the foundation.

PROTOCOL INDEX

Each protocol is a complete stack. Choosing yours is building it.

PROTOCOL	DROPS	OBJECTIVE
<u>CREATOR PROTOCOL</u>	NMN · BRN · GTS	Cognitive performance + sustained output
<u>EXECUTIVE PROTOCOL</u>	NMN · BRN · RLX	Cognitive performance + stress regulation
<u>ATHLETE PROTOCOL</u>	NMN · GTS · STP	Physical endurance + recovery
<u>LONGEVITY PROTOCOL</u>	NMN · LFT · HRT	Cellular-aging support + cardiovascular health
<u>RESILIENCE PROTOCOL</u>	NMN · GRW · HPY	Immune support + stress regulation
<u>CALIBRATION PROTOCOL</u>	NMN · PFT · NRM	Metabolic support + appetite balance
<u>RADIANCE PROTOCOL</u>	NMN · BTY · HPR	Skin and hair vitality + liver support
<u>RESET PROTOCOL</u>	NMN · MLS · ICE	Gut support + digestive relief
<u>SOLAR PROTOCOL</u>	NMN · PWR Lemon · GTS	Everyday vitality + sustained output
<u>LUNAR PROTOCOL</u>	NMN · PWR Apricot · BTY	Hormonal support + vitality from within
<u>TRAVEL PROTOCOL — PERFORMANCE</u>	NMN · AIR · GTS	Immune defense + sustained output in transit
<u>TRAVEL PROTOCOL — PROTECTION</u>	NMN · AIR · MLS	Immune defense + digestive stability in transit

Twelve protocols. Each one already a complete stack.

If yours isn't here, it can be built. A custom protocol — or a single drop — is a conversation, not a checkout. **Speak to your source.**

A FINAL NOTE

This document exists because you asked for it.

Most don't.

What you've just read isn't available publicly. It isn't searchable. It wasn't assembled for a general audience or optimized for a search algorithm or written to sell something in the first sentence. It was written for the person willing to read it carefully. And you have.

You now know things about your own biology that most people will spend their entire lives without knowing. What NAD+ is and why its decline matters. What the gut is actually doing and why it's connected to everything above it. What chronic stress is associated with across the immune system, the hormonal system, the skin, the heart. What cellular aging looks like at the structural level.

That knowledge belongs to you now. It doesn't expire. It doesn't require a subscription. Take it with you. Give it to the people in your life who deserve it.

These candies are not products. They were made for something specific in you. Use them that way.

Our formulations are pet-friendly. The standard extends to every member of your household.

This document is not for redistribution. It is for the person holding it — and the people they choose to bring with them.

*Everything else can be bought.
Performance is the last luxury left.*

Designer Drops — designerdrops.co
FORMULARY — Revised Master v4.0 — July 2026
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GLOSSARY

The language of the formulary — every term defined by what it does.

Adaptogens — A class of botanicals that help the body regulate its own response to stress rather than push it in one direction. A stimulant forces the system up. A sedative forces it down. An adaptogen does neither — it steadies the stress machinery so the body finds its own way back to baseline. Ashwagandha, Ginseng, Reishi, and Schisandra all work this way.

Anthocyanins — The pigments that give berries, red grapes, and dark botanicals their deep red, purple, and blue. They are not just color. They are among the most active antioxidants in the plant world, and the body borrows them to protect its own cells from oxidative wear. Bilberry, Tart Cherry, Black Currant, and Pomegranate deliver them concentrated.

Antioxidants — Compounds that neutralize free radicals before those unstable molecules can wear on cells. Every process that produces energy, supports immunity, or repairs tissue also generates oxidative wear as a byproduct. Antioxidants absorb that cost. They are the reason the body can run hard without tearing itself down in the process.

ATP — The molecule the body spends to do anything — think, move, heal, breathe. Cells convert food and oxygen into ATP and burn it as currency. When an ingredient is said to support ATP production, it is supporting the body's ability to make usable energy at the source, rather than borrowing it through stimulation.

Bioavailability — How much of a compound actually reaches the bloodstream and gets used, versus how much is lost along the way. A nutrient on a label means little if the body cannot absorb it. Bioavailability is the gap between what you take and what arrives — the entire reason delivery method matters as much as the ingredient.

Blood-brain barrier — The selective filter separating the bloodstream from the brain, admitting what the brain needs and blocking most of what it does not. It is why many compounds never reach neural tissue at all. When Curcumin is described as crossing it, that crossing is the point — it can support a healthy inflammatory response where the brain actually lives.

Capsaicin — The compound that makes chili peppers hot. Found in Cayenne and Capsicum, it is traditionally included in formulations for metabolic and circulatory support, and it does its work at the cellular level rather than through the nervous system.

Cofactor — A helper compound an enzyme needs before it can do its job. The enzyme is the worker. The cofactor is the tool it cannot work without. Vitamin C and the B vitamins act as cofactors across dozens of reactions — which is why they do not add energy directly, but make the reactions that produce it possible.

Collagen — The structural protein that holds skin, connective tissue, and blood-vessel walls together — what gives skin its firmness and its ability to repair itself. Production slows

without adequate Vitamin C, the cofactor the body uses to build it. Collagen is why skin health is a manufacturing question, not a surface one.

Cortisol — The body's primary stress hormone. In short bursts it is protective — it mobilizes energy and sharpens focus. Held high for months or years, it turns corrosive: chronically elevated cortisol is associated with lower immunity, reduced collagen, and effects on blood sugar and hormonal balance. Most of what modern life calls stress is chronically elevated cortisol wearing different faces.

Curcumin — The active compound in Turmeric, and one of the most studied botanicals for supporting a healthy inflammatory response. It crosses into the brain, works in joints, and supports the liver — the same compound doing complementary work wherever the body benefits from inflammatory balance.

Endocrine system — The body's network of glands and the hormones they release — the chemical messaging system that governs metabolism, stress, reproduction, sleep, and mood. It runs on balance, not volume. When one signal is chronically off, everything downstream shifts with it, which is why hormonal health is never about a single hormone in isolation.

Enteric nervous system — The dense web of neurons lining the gut — more nerve cells than the spinal cord holds. It runs digestion largely on its own and produces most of the body's serotonin. This is why the gut gets called the second brain. It is not a metaphor. It is a nervous system, physically present, doing its own thinking.

Fat-soluble vs. water-soluble — How a compound travels through the body. Water-soluble compounds move freely in blood and clear quickly through the kidneys. Fat-soluble ones need fat to be absorbed and carried. Part of the liver's job is converting fat-soluble compounds into water-soluble form so the body can clear them — and the reason some formulas are best taken with the fats they need.

Free radicals — Unstable molecules, missing an electron, that stabilize themselves by taking one from whatever they touch — cell membranes, proteins, DNA. They are produced constantly as the exhaust of normal metabolism, immune activity, and exertion. Left unchecked, they accelerate wear at the cellular level. Antioxidants are the body's answer to them.

GABA (GABA pathway) — The nervous system's primary signal to stand down. GABA is the neurotransmitter that tells an activated system it is safe to return to baseline. Botanicals like Chamomile and Passion Flower are traditionally used to support that pathway — supporting a return to calm without sedation.

Ghrelin & leptin — The two hormones that run hunger. Ghrelin signals that it is time to eat. Leptin signals that you have had enough. Appetite is the balance between them — a hormonal conversation, not a matter of willpower. When insulin, stress, or poor sleep distort these signals, the body asks for food it does not need.

Glutathione — The body's master antioxidant, produced inside cells specifically to neutralize the oxidative stress that repair and metabolism generate. Cellular work creates its own burden. Glutathione helps clear it. It protects the machinery while the machinery runs.

Glycyrrhizin — The active compound in Licorice root. It is traditionally used to soothe mucous membranes wherever those linings are under stress — the gut, the respiratory tract, connective tissue. It is the soothing layer, creating the settled conditions the rest of a formula needs in order to work.

Gut-brain axis — The two-way line between the gut and the brain. The gut sends more signals up than it receives down, shaping mood, focus, and clarity from below. With most of the body's serotonin produced in the gut, digestive health and mental state are not separate conversations. They are the same system reporting from two ends.

Healthspan — Not how long you live, but how many of those years are spent in good health. Lifespan counts the years. Healthspan counts the good ones. The gap between them is the decade or more most people spend managing decline. The whole point of longevity is to close that gap — to add life to years, not only years to life.

HPA axis — The communication line between the brain and the adrenal glands that governs how the body produces, deploys, and clears stress hormones. When it is dysregulated, everything downstream of it — sleep, mood, immunity, metabolism — goes with it. Supporting stress regulation at the HPA axis means supporting the system itself, not muting the signals it sends.

Immunomodulation — Supporting the immune system in both directions — raising it when it is underactive, calming it when it is overreacting. Most immune products only push one way: up. A botanical like Astragalus supports a balanced response instead — an immune system that knows when to engage and when to stand down.

Liposomal delivery — Wrapping a compound in a microscopic layer of fat — the same material cell membranes are made of — to protect it on the way into the body. The lipid shell shields the molecule from breakdown and helps it slip into the bloodstream intact. It is how a fragile compound like NMN or Glutathione actually arrives where it is needed.

L-theanine — An amino acid found in green tea that produces calm alertness — focus without edge. Paired with caffeine, it smooths the stimulation into clean clarity. On its own, it steadies the mind without sedating it. It is the reason a well-built formula can sharpen attention without the anxiety that usually rides alongside it.

Metabolic rate — The speed at which the body burns energy to keep itself running — heartbeat, temperature, repair, thought — before any exercise is added. It is set largely by the thyroid. Understanding it reframes weight and energy as questions of how efficiently the body runs, not how little it is fed.

Microbiome — The trillions of bacteria living in the gut that do real work for the body — breaking down food, producing nutrients, supporting the immune system, shaping appetite and mood. They are not passengers. They are a working population, and they need the right minerals and fiber to hold their numbers. Feed the environment and the bacteria follow.

Mucous membrane (mucosa) — The soft, moist lining of the body's internal surfaces — mouth, gut, respiratory tract. It is the first barrier between the outside world and the bloodstream, and it is rich with blood vessels. That is what makes the tissue under the tongue a delivery route: compounds pass straight through the mucosa into circulation, bypassing digestion entirely.

NAD+ — A coenzyme present in every cell, involved in energy production and the cellular processes tied to healthy aging, including the sirtuins that are associated with how cells age. Think of it as the electrical current running beneath everything the body does — not the organ, not the system, but the power they run on. It falls by about half by around age forty. When it dims, nothing fails dramatically. Everything simply runs at less.

Neurotransmitter — A chemical messenger the nervous system uses to send signals between nerve cells. Some excite, some calm. GABA tells the system to settle. Serotonin steadies mood. Others sharpen focus. The balance among them shapes how a person feels, thinks, and sleeps — which is why so many of these botanicals work by nudging one pathway rather than overriding the whole system.

NMN — Nicotinamide Mononucleotide — the direct precursor to NAD+, the raw material the body already knows how to convert into the coenzyme it has been running short of for decades. Not a stimulant. Not an override. A replenishment. It helps replenish what time depletes, supporting cells toward a level of function that was always theirs.

Nootropic — A compound that supports cognitive performance — focus, memory, mental stamina — without the borrowed energy and the crash of a stimulant. The L-theanine and caffeine pairing is the most documented example: alertness without anxiety, clarity that holds across hours instead of spiking and collapsing.

Oxidative stress — The wear that accumulates when free radicals outpace the antioxidants meant to neutralize them. It is the biochemical version of rust — a slow cellular corrosion driven by metabolism, stress, exertion, and environmental exposure. It is one of the primary engines of aging, and nearly every antioxidant in this formulary exists to help hold it in check.

Polyphenols — A broad family of plant compounds a plant produces as its own defense against stress — and among the most powerful antioxidants available to the body. Resveratrol is one. So are the compounds in green tea, olive leaf, and pomegranate. Plants make them to survive hardship. The body borrows them for the same purpose.

Proteolytic enzymes — Enzymes that break protein down into smaller pieces the body can absorb. Papain, from papaya, and bromelain, from pineapple, do this work upstream of

digestion — so the gut receives food it can readily use. As a second effect, they support a healthy inflammatory response.

Resveratrol — A polyphenol produced by grapes and Japanese Knotweed as a defense against environmental stress, and one of the most studied molecules in longevity science. Its role is to signal the sirtuins — the body's aging-regulation proteins — to become more active. Not to force them. To inform them. It works the same NAD⁺ pathway NMN supplies from below.

Serotonin — A neurotransmitter that governs mood, calm, and satiety — and, surprisingly, is produced mostly in the gut, not the brain. It is why digestive health and emotional state are physically linked. The gut's chemistry reaches all the way up.

Sirtuins — A family of proteins associated with how cells age, repair, and manage stress. They run on NAD⁺ — without it, they go quiet. They also respond to compounds like resveratrol. Think of them as the cell's aging supervisors: give them fuel and instruction, and they help keep the machinery running clean.

Sublingual absorption — Absorption directly through the tissue under the tongue. That tissue is thin and dense with blood vessels, so a compound placed there passes straight into the bloodstream — bypassing the digestive tract, where most supplements lose a large share of their potency. It is the difference between what is on the label and what actually arrives.

Telomeres — The protective caps at the ends of your chromosomes — the biological equivalent of the plastic tip on a shoelace that keeps the whole thing from unraveling. Every time a cell divides, a little of that cap is lost. Telomere length is one of the more reliable measures of how old cells actually are — not how many years have passed, but how much life they have spent.

Vasodilation — The widening of blood vessels, which increases blood flow into tissue. More flow means more oxygen and nutrients delivered and more metabolic waste cleared — the reason recovery begins with circulation. Botanicals like Ginger support it, helping open the supply lines to tissue that is depleted or under repair.

End of Formulary — Revised Master v4.0.