

# DR. SHADE'S THE ONE

The One is a groundbreaking single support solution for mitochondria, the biological batteries that power every cell in your body. The potent fusion of nutraceuticals and adaptogenic herbs in The One work together in supporting energy production, metabolic efficiency, stress resistance, and healthy aging at a cellular level.

Designer nutraceuticals — PQQ, ubiquinone, and resveratrol — help to stimulate mitochondrial biogenesis and ATP production, the energy “currency” of your cells. Neuroprotective DeltaGOLD® tocotrienols, a highly bioavailable form of vitamin E, help support antioxidant defenses against free radicals. These renewing nutrients are concentrated in a base of 13 herbal adaptogens, blended for master mitochondrial function.



**Suggested Use:** Take 1 teaspoon per day. Hold in mouth 30 seconds before swallowing. Repeat to desired dosage or as directed by a healthcare professional. Take on an empty stomach, at least 10 minutes before meals. If pregnant, consult physician before use.

## Supplement Facts

Serving Size: 5 mL (1 tsp.) Servings Per Container: 20	Amount Per Serving	% Daily Value
BioPQQ® (Pyrroloquinoline Quinone Disodium Salt)	7mg	**
CoQ10 (as Ubiquinone)	30mg	**
Resveratrol (from Japanese Knotweed root extract)	15mg	**
DeltaGOLD® Tocotrienols	5mg	**
Essential Phospholipids (from purified sunflower seed and soybean lecithin)	350mg	**
Sun Horse Proprietary	400mg	**
<b>Adaptogenic Liquid Herbal Blend</b>		
Acai Berry, Gynostemma rhizome (Jiaogulan), Goji berry, Maca root, American Ginseng root, Schisandra fruit, Chinese Licorice root, Rhodiola root, Astragalus root, Reishi fruiting body, Catuaba Bark, Guarana seed, Ashwagandha root, Maple sap Syrup		

\*\*Daily Value not established

**Other Ingredients:** Water, glycerin, ethanol, vitamin E (as tocopherols and natural mixed tocopherols), medium chain triglycerides, and natural citrus oils



## REVAMP YOUR CELLULAR “ENERGY GRID”

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Mitochondria are microscopic “powerhouses” that produce energy in the form of ATP, the required fuel for all cells. Environmental toxins and aging often impede proper mitochondrial function, which may show up as reduced energy and sluggish metabolism.

As a counterbalance, super-nutrients PQQ, ubiquinone, resveratrol, and DeltaGOLD® tocotrienols are infused in The One to aid in the promotion of healthy mitochondrial activity, antioxidant levels, and energy production — working to revamp the body’s “energy grid.”



## SUPPORT STRESS RESILIENCE

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Adaptogens are naturally rich plant extracts that can facilitate the body’s ability to resist stress. Our formula contains a proprietary blend of 13 global adaptogenic herbs to support comprehensive health and resilience at the energy-rooting mitochondrial level.



## AGE GRACEFULLY

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Mitochondrial function naturally declines with age and may contribute to low energy, cognitive difficulties, and other age-associated health challenges. Involved in the expression of crucial longevity molecules, the ubiquinone and resveratrol in The One work to preserve elegant aging.



## UNSURPASSED BIOAVAILABILITY

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Absorption of many nutraceuticals is limited in the gut. To overcome this, The One utilizes tiny, highly stable liposomes to rapidly deliver energy-generating nutrients to your cells, offering unsurpassed bioavailability and mitochondrial support.

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