C60 - One of the Most Powerful Antioxidants Known Transcript

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Summit Introduction and Guest Welcome

Welcome to the Environmental Toxins, Autoimmunity and Chronic Diseases Summit. I'm Dr. Wendy Trudeau. This is Dr. Ed Levitan. And our guest today is Ken Schwartz, a.k.a.

Ken the Scientist. He is the founder and chief science officer at C60 Purple Power, which is a health and wellness company committed to delivering the highest quality C60 products available.

And what's really cool? Over the course of his career, he discovered C60 while developing the Moxie Fusion Reactor and became aware of the powerful, free, radical neutralizing properties of C60.

Welcome, Ken. First of all and second of all, you wrote in your bio that I didn't read every one about how you you were taking it to protect you against radiation.

Oh, yes. That's that's how it started all started up. That was what the metal oxygen fusion project, you know, was when you're doing the research, it's like the late Dr.

This and the dead professor that well my team or myself become like that. So I went out researching and I discovered this stuff called Carbon 60. It's scientific name is Buckminster Fuller.

And they did a study where they got one set of rats, got C60. The control group didn't get any. They hit him with multiple doses of fatal radiation. Pretty much all the C60 rats lab were is the control group, as you can imagine, was gone.

And and so after I heard about that, I got to that's obviously what we're looking for. So I got a couple sources of that and we took it during the experimentation.

And we're all still here, by the way. But a. Good. Reading into thing. What happened? Well, hold on. We can.

Ken's C60 Discovery and Radiation Protection

So is it or is it not tested on animals, you being the animal? Know it's been tested on animals and lots of people. But yeah, we just it was you know what?

I saw it on animals and you know, I'm going to I'm just going to assume that it's going to crosslink because C60 works at the molecular level, you know, at the cellular biochemistry and all animal cells, mammal cells at least are pretty much all the same. So.

So you took it. How long did you take it before? Before you were like, this stuff works? Well, I took it. I took about about six months. And I went into my optometrist and my Drewes or dry macular degeneration.

I completely disappeared. Wow. And I had had that, I don't know, six, seven years. Right. And they'd been doing what I could to keep it out. My eye doctor was monitoring it and it was gone.

All right. So let's back up, because this is pretty amazing. What is actually ac6 or C 60. Three is a little molecule, 60 carbon atoms shaped like a soccer ball.

You can also see it behind me. And it was discovered in 1985, solved an outstanding mystery in astronomy. And then in 1996, Harry Kroto, Richard Smalley and Robert Curl got a Nobel Prize because it's kind of a unique in chemistry and chemistry, by the way, because it's like a spherical molecule all the same element.

And it has, you know, it's just it was it was an amazing it's it's unique in its kind. So what I have to ask now, what do you get the prize for? Like what? What was the.

What was so cool about it? Well, it's like the first molecule. What's kind of all it's all, you know, one molecule. And it's and it's kind of spherical and hollow.

And that was kind of unique. And also, you know, years later, I guess it wasn't for the prize, but they found years later, like most molecules, that C60 was about three and a half carbon bonds because it's shaped exactly like a little soccer ball.

Like most molecules that get a positive charge give it by giving electrons into the environment. Right. C60 actually pulls hydrogen ions from the environment and stores it into its cage like structure up to six.

And it actually uses those hydrogen ions to neutralize the oxidative radicals of superoxide and the hydroxyl ion. So it's an antioxidant. Yes, it is an antioxidant, but it's a very selective antioxidant in that it only works with an only neutralizes.

Basically, it just superoxide becomes positively charged and superoxide, of course, is an oxygen with an extra electron, which is extremely low. Oxidative radicals are, you know, your body rusting, right?

So obviously oxygen with an extra electron would be the worst of them. And it just basically will be attracted to the C60 molecules. The C60 molecule just takes the electron and gives it to one of the hydrogen ions and that goes back to being oxygen.

C60 is characterized as an S. O. B. superoxide dismutase mimic, and it also does the same with the hydroxyl ion, which is basically a water molecule missing a proton and it it'll donate one of these hydrogen ions to the hydroxyl ion turning it into water.

And, and so C60 can reset itself again and again and again.

What C60 Is and How It Works

But it doesn't dissolve. It's not that the C60 breaks apart. No, this this is indestructible. This is virtually indestructible in the body. It's like a cousin of Dynamo.

Is it found in nature? And if it is there. Somewhere, isn't it? Well, it's like a lightning strikes in a candle about 0.25%. And in the early earth, it was actually there were probably geologic deposits of it.

It's caused by meteor impacts. And and so but it's hydrophobic. So it floats, but it's lipophilic. So it attracts fats, amino acids, hydrogen gas. And so in in a really, really cold environment, C60 would fit into the groove of the RNA molecule in the side groove of the DNA molecule.

And it's theorized that C60 was the scaffolding for RNA and DNA chemistry. And earlier. Interesting. Okay. Have so many questions. So, so so you didn't discover it, but you discovered the benefits of the benefits.

Okay. And I think we need to take a step back. Can can you talk about why we need antioxidants? Because you can talk about super superoxide dismutase.

But why like why is that a problem for people and remember, one, the environmental toxins, autoimmunity and Chronic Diseases Summit. So we want to really talk about for people who might be hypothetically struggling with something like that, what difference does taking a high powered antioxidant make?

Well, it's it's it depends on which high powered antioxidant you take. And it's basically with C60 is as we get older, a lot of the antioxidants our body indigenously makes goes down.

And and one of those the key one of those is sorry superoxide just we take it it's critical for the functioning of your mitochondria because, you know, as your listeners know, the mitochondria are little organelles within the cell.

They produce ATP, which is does 95% of the metabolism for the body and and they have their own DNA. So as we get older, the cells around, you know, the larger cell produces less and less energy and a lot of other antioxidants, by the way.

And so the mitochondria have to turn down their production, their function, because otherwise they would damage themselves. So if you're not making as much ATP, which is, you know, the main molecule for metabolism, your cells within your cellular metabolism goes down and you have all kinds of negative effects from that, obviously.

What's a girl to do? So I like saying that. But okay, so, so you back up and all of us here are over 40 in this room and your room, you're not over 50 so I can't say well over 50.

Not. Yeah. Yeah, you're getting there. So, so can you is there anyone who should not take this? Oh, well, I'm not sure about that. Obviously, we don't recommend it for women that are pregnant or nursing because there isn't enough there is no testing on that.

And that's just we also don't care recommended as for children because it's obviously an adult choice and you know C60 isn't necessarily mimic because acid levels falls SCD catlike mimics so the levels falls as we age.

It's really something that benefits the gray haired crown that's one of the best benefit. And is there benefit in prevention? Meaning if you take it younger, it helps. Yeah.

Yeah. I told you I'd like it because they got the Nobel Prize in 96. But it was it was really hard to make until they developed techniques. And it wasn't until the early 2000s when they started testing C60 and what is the famous battery study?

And it increased the life of test animals. Whisker rats in particular by 90%. And so it did another one. They did another with mice because mice live a little longer, a little shorter lives, and it completely prevented it extended their lives and completely prevented cognitive decline in aging.

So you know what's good of getting old if you're just going to be decrepit? So 60 kind of doesn't do that. Why have most people not heard of this? Oh, because it's new.

It's new. It hasn't it hasn't really filtered out. It's just a it's just a very it's it's like in pre adapter stage basically and there's lots of others.

Obviously, this science, when I talk about the radiation, there's a website people can go to learn more. It's called What Is This Record? It's actually sponsored by us and some other C60 companies so that people can learn more because it has the good, the bad and the ugly.

And because one of the things is C60 is only as any biological benefit if it's dissolved as an individual or molecule in an oil or or poorly hydrogenated like particles of C60 have no benefit.

And so you have to make sure that you're using the right type of C60 to get benefits. And and one of the things is, was C60 was a small marketplace.

Antioxidants, Aging, and Mitochondrial Health

You know, everybody in the marketplace made a quality product that for themselves and their customers. But then C60 became popular, maybe not quite that popular, but and then it's just like the CBD market or anything else.

We have all these fly by nighters got in and now they're making products with no C60 or low quality C60 or low concentrations of C60. So you have to be you just have to be careful.

Now, if you're going to buy a C60 product to make sure you get one that's safe and effective. What are the things people would notice? Would they notice anything while taking it or is this really more about when you get into the data and you test your telomere and mitochondrial function that you see it there?

Will people see it on a daily basis? Oh, people will notice immediately. Pretty much most people notice immediately within the first week and certainly within the first month.

What you're going to get is you get this is what I notice better mental clarity and more energy and also things like when I first started taking it, I got extra energy.

But they also like that aspirin because you get after you eat lunch, you know, that went away. And so those are the reasons I kept taking it otherwise, you know.

And so those are sort of the things you see. And then you get you get longer term benefits. Like one of the things they did is obviously sixties an antioxidant and anti-inflammatory and there are studies that did that.

So they did one thing they found is they had from that they had some research where they gave rats. Ah, I mean rabbits, arthritis. Right. And they were going to test Cisco's anti-inflammatory properties.

So yes, they gave the, the rabbits arthritis and they had the control group and they tested the control group and the inflammation went down with the rats, the rabbits that got the C60.

But when they actually examined the knee joints, they found that the cartilage had actually regrown and that's cool. Yeah. When they discovered C60 also significantly increases stem cells.

I mean, we have some of the testimonials, a real person on the front page, on the front page of Colorado. And we have lots of stem cell therapy places here.

It's kind of one of those innovation hubs. And we had like a seven year old guy. This is common. He goes in, he's he's been doing the therapy for a while.

Right. He goes home to get his blood spun and the guys come running out. So you've got 20 million stem cells. You know, this is like amazing. This is one of the highest we've ever seen, especially at your age.

And, you know, he told them what it was. And and I can go a little bit on what this discovery, the whole process, how they actually discovered what was going on.

Here that was. Okay. What it is, is it goes back to the mitochondria function. One of the problems is senescence. Cells like their telomeres get too short or the DNA is otherwise damaged and they don't want to die. Right.

The cell is kind of getting semiautonomous from where it should be zombie. So yeah. So, so one of the ways they go into the fermentation mode, right. So the cell's kind of doing the, you know, the Krebs cycle, the ATP with oxygen, they go into fermentation of course, senescent cells doing fermentation, it's producing alcohols and other toxic substances and basically poisoning the cells around it.

Well, and part of the way it does that, it takes away the antioxidants that the mitochondria need to function like sod catalase glutathione, you know, coke, you turn some of those and so the mitochondria because they have their own DNA they they self regulate they're forced to go into a fermentation mode too.

And so the is basically all in fermentation. Fermentation mode by the way, is 1/20 as productive as the ATP method. So not only is it, you know, making toxins versus poisoning the cells around you, but it's also draining energy.

Well, when you take C60, the C60 is goes through the gut barrier and is actively uptake and by the by endless mitosis into the cells and then into the mitochondria.

And when it gets in there, it restarts to the bottle condrey in the senescent cells. And then those mitochondria will send messages to the nuclear DNA.

And if they will not get the right message back and they will initiate apoptosis, which is programed, cell death of those cells of apoptosis, by the way, it is not inflammatory.

It breaks the cell down and up a topic bodies and then the phagocytes come and clean it up. So it won't be. It won't be, you know, it is. For inflammation.

Right? Yeah. So what happens is you get a huge drop in in senescent cells. And of course, now your tissue or body doesn't have enough cells that it needs and it sends out messages and then that increases stem cell structures.

I mean, like in you something an 86 year old guy that used to have to get five or six draws to to get enough stem cells for treatments. Now he only gets an oil.

We need to do one drop. So that's kind of the whole process by that was figured out was why C60 increases stem cells. And you either studies or and in total for cancer or cancer treatment or anything like that nature.

Oh is this going on YouTube? You know what? I think we should maybe not, but let's let's not do that. QUESTION You were right. Your question, right. I retract my question. Okay. Yes, yes.

And I would say I'd say something in the affirmative, but since we. Yeah, we'll just just move on. We'll move on. Noting that for listeners, there's. A possibility, hypothetically speaking, that it might be potentially valuable to consider in all those cases.

And that's all I'll say. Yes, go to what is the record and and you can get the good, bad or the ugly. You can read all the human and animal studies.

Who Should Use C60 and Early Research

We can post human studies on our site because the three that are agencies, we can't do animal studies. So we sponsor that website along with some other things.

Well, the first I can tell you the C60 study is the first C60 study on humans was they made a they put C60 in a face cream in Japan and they found that, you know, you put on your face and they found that C60 we reduced lines and wrinkles in Japanese women.

So that was the first really good use of C60. And then the next thing. Whoa, whoa, whoa, whoa, can. But that's not a product you have. Oh, yeah. Oh, yes, it is. We have. It is.

I know you have the oil. I've c I have the oil. Well you just put the oil on. We have, we actually have C60 actually. It's an oh I haven't seen it. Is it just a little like a but.

Yes. Or has your costume by the your costume. Anybody here. I've never done any type of work before. But but you can use any of our oils. We find that avocado oil is probably the best the best oil to apply topically.

And you can just you can apply C60 topically with the. Oil or how often do you have to apply it to see the results? Oh, probably just every day. And you'll see.

You'll see I mean, you'll see results internally, but you can also see results. I mean, things that C60 does, like let's say you get a bad summer and you can take like your C60 in avocado oil and put it on the redness and the redness and swelling will go down really rapidly.

And you probably peel. I was going to tell me now you tell me. We went on vacation and we went snorkeling and

we just missed this this like three inch strip across the back of Eddie's.

Bathing suit was fine. The lower back. Was just above the suit waistline. We missed, like, just like a two inch strip. Thank goodness it doesn't have a lot of nerve, so it's all a.

Bit like a lobster. It was pretty bright. So. Yeah, you can see that too. When you get, like a mosquito bite, you just rub you gets itching, rub C60 out.

About 20 minutes later, the itching goes away. So, yeah, that's that's a that's one of the things and that was actually done. They actually did that with human cells, in vitro.

They but basically they put you in a one set of human cells, another set of human cells. They want the ones with C60 resist and ultraviolet radiation damage and obviously the controls got damaged in the ocean.

I'm sorry. Keep going. But I want to. I want to ask you a question when you're done. They did it with histamines, with mast cells. They found that C60 moderated the mast release of histamines from mast cells, and then they took that to an animal study and they found that C60 prevented cytokine storms from off electricity.

So there might, hypothetically speaking, be some infectious things that C60 could help with. That's all we're going to say. Yeah, yeah. There is some evidence for that.

In fact, in the study as well, you can read the animal studies and they would tell you more about. And since this is an autoimmune conference or a summit, any antidote, all of anecdotal and total is a low fat milk.

Yeah, that's an old family joke. I'll tell you, I've done. Anything for autoimmune in terms of what people have said, not necessarily in your studies or studies.

Yes. Well, actually, people have we've had lots of people that like with Hashimoto's, that when they take C60, they'll go into testing and they'll find that they're that.

They're antibodies. And it definitely reduces because it reduces the risk of histamines moderates the the kind of drives the immune system from homeostasis.

So yeah, we have definitely like people, for instance, if you take it, people that have, you know, Crohn's and all those other irritable bowel syndrome, all those we have we've had incredible success with people using their so it what it does it goes down there and you know is it because the increase of stem cells certainly is an anti-inflammatory because it neutralizes oxidative radicals, but it also brings the stem cells so people have excellent days without for Hashimoto's, it starts working again.

They don't need their medication. So and they find that the markers for I guess the autoimmune go down as well that's got to double in that. And it just a and of course one of the things is it's is it because one of the things that mitochondria make because when you take C60 it's also do D catalyze mimics or restart your mitochondria and obviously you get more ATP but mitochondria also make pregnant along, which is the perfect molecule for all the hormones, which is, you know, so you'll get better sleep you get perhaps that's the reason.

3384 So we actually think that the ones that have been 100% damage and now something's working, we think it's because senescent cells have been wiped out or at least replaced by stem cells.

But also another side effect people take C60 is you get a significant increase in libido in both men and women. And that's because it restarts the, you know, the adrenals and and the adrenals make, of course, the androgens, which turn into testosterone and testosterone estrogen, depending on who you are.

And this is, by the way, one of the counter indications I need to do if you're on blood medication, blood thinner medication, you need to consult with your doctor.

Because one of the things that when C60 restarts the adrenals, they make it makes mineralocorticoid, which is probably the reason that your blood is, quote, thick.

And if your middle cortical grades are production goes up and you're taking a blood thinner now your blood can get too thin. And so you probably need extra testing.

And also maybe sometimes, probably not as much if you are taking hormone replacement therapy.

Benefits, Autoimmunity, and Inflammation

Because typical case we get, here's a seven year old guy. He goes in, his testosterone is 320, right. So the doctor says that's kind of low. So it gives him creams.

Now he's in the low seven hundreds. When he gets tested, that he starts taking CS 60 a couple of months later, he goes in to his is a doctor and tests and he's now at 1200.

So the doctor takes off the cream so you might need to some adjustments on hormones because you know the thing that C60 works is anything with a lot of mitochondria, number one is the brain because you know, the retina, because my macular degeneration went away, by the way, my I had electrical engineer who was also he had Gary Rodriguez right in type two diabetes was my electrical engineer and that it caused severe wet macular generation.

We used to be able to post the pictures. Right. And he used to he had like all kinds of horrible lesions on the inside of his eyeball. And and he took a tablespoon of MCI, ac2 MCI coconut oil for a year, and his wet macular degeneration completely disappeared.

That's crazy. Wow. And of course, part of it's also do the majority of people that don't know that stands for medium chain triglycerides, which are liver can turn into ketones very quickly.

And then your cells can use that as a fuel. So if your cell can't process glucose, it can just grab those ketones out of the bloodstream. And so now a can function.

So if you're at glucose processing issues, MCT oil with C60 or not is probably something you need to look into. That's really cool. And so, you know, you've talked about the need if you have any type of growing, any blood thinners that you need to be increasing monitoring and that potentially men on who are on testosterone may need them.

What about women I was talking to? So women also, if they're on hormone replacement therapy, they may need less of the hormones. They will definitely need less.

And you just need to make sure you get extra testing and decide how much less that's going to be. And are there any other things about C60 that you would say, Oh, well, this person should be careful, or this person definitely shouldn't take it or anything.

That's about it. One of the things is they tested like I told you about, you know, here's the radiation protection, double the lifespan, you know, regrew the joints.

And there's like if you go to what is the $60 lots of work but is is one of the things that they tested for safety right? There's all this stuff and usually the effective dosage levels are something like 0.1 milligrams per kilogram of body weight or 0.2 milligrams per kilogram.

That's kind of what they found in the studies. So they decided how we're going to test this, you know, at what level is C60 toxic? So they took it to one gram per kilogram of body weight, which is 10,000 times what it is.

And even at that level, C60 had no toxicity. So if you put in the reasons why they think it might have been the original antioxidant of life, because it could do.

They can do like dealing with superoxide. Usually your body takes SMG superoxide dismutase turns superoxide into hydrogen peroxide, then catalase turns it into water and oxygen.

We'll see 60 just steels the electron, turns it back into oxygen, right? So and so the body needs to do for this one. So it's just that's just what they suspect that has been confirmed.

But that's why it has no virtually no toxicity. You don't need any level. And it's all also the only antioxidant which can increase athletic performance and we can testify to that.

We have. Legally, legally engraved. It is not a level performance. It is it is not on any of the the list and stuff because it's all carbon, right? It's not a mineral. It's not a nutrient, it's not a supplement.

It doesn't fit into a box, so they can't fit it there. We've had a lot of Mid-Pack errors go from MID-PACK to two champions in their field and usually they use the MCP because you get the energy boost for the MCI.

But we found that people just using it, they found that the lactic acid build up is much slower so they can run longer, lift more, do all those things with C60 and you know, they've done dozens of studies and they have a meta study that's where you have a where you have you know, they've tried people giving people more vitamin E and vitamin C to see if that increases athletic performance.

And it actually doesn't emit above a certain level. It's actually causes a decrease in athletic performance because one of the things is that those antioxidants interfere with the body's signaling molecules.

And a lot of the body's signaling molecules are anti oxidative radicals like nitrogen diet. Nitrogen oxides. Right. That's a vasodilator contracts are relaxes your arteries depending on how much you have.

And for guys, that's really important. And so C60 doesn't interfere with that. It doesn't interfere with hydrogen peroxide or the other body's signaling molecules, usually molecules based around sulfur ions, zinc that are oxidative radicals.

So because C60 doesn't interfere with the body's signaling molecules, it has no toxicity at any level because it like if you gave an animal test and well, 10,000 times the level of vitamin E, you probably kill with it, whereas C60 had no toxicity at all. So that's very cool.

I have to ask because you said. Brace yourself and just understand. As well in the beginning of the conversation you said that the body can use and reuse C60 over and over again, right?

Well, yeah, there were C60 resets itself again and again, but it does wash out of the body. That's what I was going to ask is why are we taking a supplement?

Conservation? Yeah, you know, it's somewhere between four and ten days. The C60 washes out. There's one study that says it takes ten days and it kind of goes through different organs and finally goes.

Either it's excreted by the kidneys and it goes up through the liver, goes out to deliver organs, so it goes away. And so it goes away after about 4 to 10 days, depending on the different organ types of different times, it tends to hang out in the spleen and the liver before it finally goes away, which is which is one of the things they found the C60 increase, you know, the efficiency of the immune system, which might be part of that properties.

And a clear demonstration on toxins actually, whether it helps from the toxins. Yes. Because the battery study, that original battery study where it increased rat lifespan by 90%, these Wistar rats.

Well they had a lot of time to wait because it took five and a half years. In fact, you know, they had that they had the control group. They had the group that got olive oil and then they got olive oil and C60.

Right. Sticks the olive oil. And, you know, once the control last, the control rats died. They stopped giving the other

rats olive oil or olive oil would see 60 of it.

And they kept living. And then all the rats that had all of it, they died. And then the C60 rats kept living and living and living until finally they actually it was a terrible accident for the last few C60 rats, so they could publish the study in Paris and publish it.

So we don't really know how long we would have extended the lifespan, especially if they kept giving them C60. So they had like five and a half years, right?

That's why the last two rats had an accident. But. But they found that one during that time they had to did a liver study where they gave rats carbon tetrachloride.

And for those of you know, that's out there, carbon tetrachloride used to be used as a cleaner and as a as a dry cleaning thing. And it's extremely toxic, especially liver damaging.

We're toxic or whatever they call that. And so they did a study where they basically gave one set of rats, got the C60, the other sets didn't, and they gave them a big dose of carbon tetrachloride.

And the rats that had had the C60, their livers were undamaged by the carbon tetrachloride, whereas the control rats, their livers were pretty much destroyed.

And you can read that in the botched study. And, you know, if you're if you're living out somewhere in Ohio might be a good idea to get some C60. Is this is just on the learn about.

Tell me again the website. What is this $60. That we set out to. Study and the site we call it the Boccieri study because that's the name of the leading scientist in the study.

Got it. Is there anything we should ask you that we haven't asked? You can, because, I mean, clearly, you've devoted your career to this and this is your passion.

Play it cool.

Safety, Dosage, and Athletic Performance

And you've been taking it, too. Yeah, I've been taking it. I'm taking it since 2012 or something. Anyway. Okay. So we've been taking it. I've been doing it for a month.

And it's also just to tell you that's actually actually to answer probably three things you want to look for in a C bra. And, you know, one on the C 60 market was small.

Pretty much everybody made a quality product for their customers because they in their families used it. But then C60 kind of became popular, even though very few people still know about it.

And and then we got all the fly by nighters, you know, products with no C60, products with low C60, low quality C60, you name it. So there's basically three things you want to look for.

The first thing is your C60. You want to make sure you get sublimated C60 and sublimation. If you have people sleeping in chemistry class, it's when a solid turns into a gas that back into a solid, it's just like evaporation.

And so sublimation is like distillation. Basically, they just put C60 and production ashes in there, turn it off, heat it up to 14 degrees Celsius. The C60 evaporates, floats to the other side of the sublimate, or it condenses on a cooler part.

And that's where you get 99.99% or maybe 99.98%. C60 Just by the nature of sublimation, it makes a very pure product. Okay, so you want it sublimated in 99.99%.

The other end, because a lot of C60 is actually purified using methyl benzene, also known as toilet, and methyl benzene is a non carcinogen. And so basically they can take the production to Ashes and C60, they mix it with the methyl benzene, dissolve the C60, dissolve.

And then they then they run it through diffusion columns and whatever else. And then they, they get that C60 dissolved in methyl benzene. Then they boil off the methyl benzene to get the C60 right.

And, and, but the thing and then they have to oven bake it again and again and again. But no matter how much you bake, oven bake it or, you know, or supercharge C60 or whatever they call it, it's still got like a little bit of methyl benzene in there.

And you really don't want to be taken methyl benzene because, you know, inflammation and toxins are kind of what you run to avoid, you know, in the first place with C60.

So just make sure your C60 sublimated and it's 99.99% pure because it was like 99.9% pure or 99.5% pure. That's just telling you it was a solvent produced C60.

Okay, so wait, wait. I want to recap this. Just make sure I got two. Things to do to the third. No, no, that's nuts. Yeah, that's just the first one, actually. Oh, hold on. So.

So you want to make sure that it will it say sublimated on the bottle. Are they required to say. It says sublimated on our packaging. Okay, so you're packaging.

So if it doesn't say sublimated. Yeah. What's the Web site? It says Sublimated. It's all over there. We make sure that, you know what sublimated sort of packaging and it's on our website and any website you go through, it'll say if it's sublimated, it will say sublimated.

So what's what's the percentage that it comes to when it's sublimated 99.99 or. 89.99 or 99.98. Okay. So it's super. Nature. Yeah, just the nature because it's like distillation.

It's just the nature of it. It makes it very pure. Whereas the solvent produced stuff, you can come out, it gets it comes out pure. It's only that the other part that isn't pure is no benzene.

So it's like 99.5%. It's the other 2.5%, seven ethyl benzene. You don't want to it. So that's right. So that's one that's point one. What else? Second is you want to kind of in the Goldilocks of oils because then you probably talk about this too over toxins is you know, there are there are oils that you don't want to be have in your diet.

You know, those omega six oils, basically the seed oils, things like canola oil, soybean oil, foreign oil, cottonseed oil, sunflower oil, safflower oil.

You know, these are all super high in omega six is and they're very inflammatory to the body. You know, our bodies designed to eat to have like one omega 3 to 1 omega six.

Right. The average American diet now has 20 omega six to every one omega three. And that's very inflammatory. That that's one of the reasons for weight gain and all kinds of health problems that modern Americans have today.

Because, you know, even when they did your McDonald's fries and lard, it was better than the canola oil. They're fried instead of salt. So we don't want to put our C 60 in that oil.

And then then there's other the other side is, you know, the Goldilocks things. There are some really healthy oils for you, like fish oil and krill oil and hemp seed oil and flaxseed oil because they're super high in omega three, which are really healthy for you.

Problem is, they go rancid really quickly. And so four is just my advice. If you're going to buy fish oils or krill oils or flaxseed oil helps you to please buy another refrigerated section of your health food store.

You don't know how long that fish oil has been on the shelf. Chances are it's been there for a while and it's rancid. You don't want that. So we picked the Goldilocks of Oils Olive Oil, which was kind of the traditional one.

When I first got my C 60 samples from other people, everything was in olive oil because that's what the scientists use. You know, it's well characterized, commonly available.

And so we offered an extra virgin olive, 100% pure olive oil, by the way, our organic co 2% organic. And then also when I was cannibal, I'm a little sensitive, right?

So if I took like an ounce of olive oil, I might have to go visit the bathroom, especially on an empty stomach right then. Kind of waste of my C60. So I started putting my C60 in avocado oil.

And, you know, avocado oil is much easier digested to the body and has a really good omega three six just like olive oil. So it's a healthy oil for you.

And and then the final one we put it in is the MCT coconut oil. I talked about Hillary Rodriguez, but athletes too, because those years are going to be into ketones, which is like an instant energy source.

So people with glucose processing issues or athletes just really love it in the coconut and it's a saturated oval, so it's not going to get you. It doesn't go to fat, it goes to fuel and instant burn.

And oh, by the way, we have our gummies. You know, we also have a gummies. I like the gummies. I'm waiting for the sugar free ones. I know there are box.

They're sitting in fulfillment.

Product Quality, Oils, and How to Buy

All I got to do is get that stuff done on the on the website and you can get your sugar free gummy. It's a compelling list. So for the sweetener in that so that's and that's that's 100% pure coconut oil.

So that's the second thing is you just want to make sure it's in a healthy oil that's good for you. And then the third is kind of like, you know, you have to just buy another thing, I guess, because before the only type of C60 that's effective for people is C60 dissolved in oil or poly hydroxylase.

No poly hydroxyl it. It costs about ten times as much as dissolving oils used for science stuff. So you want to do that. And now, by the way, you know, when C60 dissolved an oil I'm not sure you can see this well like this is an MCT coconut oil liquid in front of my face.

And it's a it's a it's a pure purple color. That's where C60 Purple Power comes from. It should be clear. And purple, when you dissolve it in like avocado and olive oil, which are tan, it turns of a dark amber.

So you can see it if you get a C60, it's black and it's opaque and you can't see through it. It's not a C60 product. There's a lot of people selling activated charcoal in an oil or in water as a C60 product.

No, you know, you C60 cannot be dissolved in oil. So, I mean, water can be dissolved in water. So somebody selling you C60 in water, they're just lying to you.

They're solving the problem. And, you know, and so that's just one of those unfortunate things. And of course, how do you know you're getting good stuff?

And that's with every one of our our products on the side of the box. We have these little labels wrap around them, offer you have a nice little purple box as we put them on and around that we have these labels and you've got a QR code that if you scan your phone with the QR code, it'll take you to a site where you can see these certificates of analysis for oils.

So, you know, olive oil, avocado oil are 100% organic. You know, farm source, you know, you see the certificate of analysis, the same with the MCT coconut oil.

In the coconut oil, we use pure coconut organic coconut oil for the for the gubbins. So you know that that's real. And then also after we do testing, you can scan and you can see that there's no micro biologics in the in the in the oil.

And you can see the concentration of C60. So, you know, your product is safe and effective. And so. I mean, I love the product. And where can people find you with.

A lot of you can find us at Shop C, Scott and that's the best way they give you guys in a code or anything? No. Do you have a code for people who. Will look it up?

So when this comes out, there's a code that that'll link with you guys. So everyone should make sure to look at the code in the links so that they can get discounts on the product, which is great.

And yeah, so that's something they need to do. So yeah, just shop C second and they will take you to a website and you can go there and you can see testimonies, oils and we all think we can post all the human studies there and just learn a little bit more about C So there's plenty of research and if you want to do deep into the research, especially the animal studies, you can go to what is C Sikora and and that's really important because there's a lot of studies out there that say C60 is inflammatory or negative and every one of those is basically particles of C60.

C60 has to be dissolved in oil, so it's nice and clear to be biologically effective particles of C 60 have no biological effectiveness at all. They're fact are slightly inflammatory.

So you don't you want to make sure you're not sure somebody is telling you, selling you a C60 powder is not going to be effective at all for you. You need to know that.

And then there's a few industry hit pieces, but they can't hit us any more too much because, you know, you know, most of the medicines out there, you'll see HCR because that's they attach a hydrochloric acid to the medicine, so it'll pass right through your digestive tract.

Well, they've found that they can take a ligand and attach it to the medicine and to a C60 molecule, and it will pass through your digestive tract. So some time you're going to start seeing your medicines out there as, you know, your medicine.

Plus C60 targets as but so they can't they have done a few hit pieces on C60, but they don't want to do it because they got tens of millions of patents on you can C60 with ligand attached you can't patent C60 molecule itself it's in nature right it's everywhere.

But you can patent, you know, C60, something attached to C60 so so there's only a few industry hit pieces out there, but they can't go too far because they'd be shooting themselves in the foot.

Right. And this has been super enlightening and educational because obviously you're one of the sponsors of our summit and we felt this was a fantastic alignment of what you do and what we do.

So we were delighted to have you as a sponsor and for anyone listening again shop C60 dot com and you know Ken thank you for being on the summit for us on this I take C60 you don't yet takes us but yes well then you can.

You can test to see the effectiveness of of it reducing inflammation.

Closing Remarks and Testing Inflammation

Yeah one of those there's the aldehyde test, the urine based aldehyde test where you basically pee into a bottle and of titrate and you can actually tell from the color what your what your because aldehydes are produced when

oxidative radicals damage cellular membranes and that produces aldehydes which then are circulating in your blood and so if you get one of those tests, you can see before and after taking see 60 people ba3 at four and they take C 60 and they're down to zero or one.

That's a really cool. Measure of the inflammatory levels of anti-inflammatory properties of C60 with simple tests you can buy online by yourself. Really cool. All right.

Thank you so much for sharing this with us. For the listeners, thank you for joining us for this episode of the Environmental Toxins, Autoimmunity and Chronic Diseases Summit.

Our guest today was Ken Swartz, the the chief science officer and founder of C60 Purple Power. So thank you so much for being here, Ken. Thank you. We are.