Introduction to C60 and Ken Swartz

Welcome to mold, Mycotoxins and Chronic Illness Summit. I'm your host, Dr. Ann Shippy, and today we get to talk with Ken Swartz. He's the founder and chief science officer of C60 Purple Power, which is a powerful, free radical neutralizer.

He started out as an educator. Perfect for this because there's a lot of education needed. And he he ran multiple science laboratories and this blew my mind.

I know this part about your background, including the Moxie fusion reactor. So, like, nuclear scientist kind of person here was bringing that brilliance into the world of health and helping us have, like, nuclear bourbon's in our health.

Yes. Well, I guess I could tell the story. Yeah, I love that. Okay. Well, carbon 60 I was working as a research scientist. I was writing this metal oxygen fusion reaction reactor project.

That's what Moxie is. And the problem is a lot of, you know, people that were associated with, you know, the dead professor. This the late doctor that.

So, you know, because it's research, you don't. Always watch out a little paranoid about how the environment was going to affect your own health. Yes, exactly.

So when I went out looking, searching for some extra radiation for my team and myself and I came across this stuff called Carbon 60, and they did some scientific studies where they gave one set of rats, got the C60, the control group, of course, didn't get any.

They hit it with a fatal dose of radiation. And pretty much all the C60 Rats live were the control group, you know, immediately died. So I said, Oh, well, that's that's the stuff for me.

And so I got some for my team and myself, a couple of sources. We took it during the experimentation, which was successful, and we're all still around, so it must have worked with the radiation protected.

But I kept thinking. Yeah, do you even know, like, how to dose it and those kinds of things. I mean. I just won't read the literature that's all I did.

I just go out there, I read the literature, I just. I just churned through like, lots of lots of papers and. And then you can figure out just about it.

You know. What big responsibility to be giving something on the newer side to your team. Mm hmm. Well, it's better than the alternative. Yeah. No, that's. That's huge. So, yeah, that's.

I love the story. Yeah. So it's. What do you weigh? Well, I kept taking it afterwards because, like, for instance, I thought, I've got more energy, better mental clarity, and, like, the afternoon blahs went away.

You know, when you eat lunch, then you want to go take a nap. That went away. And so but what really kind of surprised me and was unexpected is when I went to visit my optometrist, the eye doctor, my Druze or dry macular degeneration had completely disappeared.

Radiation Protection and the Origin of C60 Purple Power

And it's just paused for a second because people might not understand that there's really no treatment for that even now. How long ago was that? That was back in oh, that was probably in 2015.

And it's still gone. I have like perfect retinas a day. And you know, of course. Yeah. One thing is, is a fluke. But the meantime, my my electrical engineer on the job, Gary Rodriguez, on the project, he had developed severe wet macular degeneration primarily, you know, type 2 diabetes. Rodriguez kind of go together.

And so I made a preparation of C60 and MCT oil because, you know, medium chain triglycerides can be turned into ketones by your liver very quickly, which is flex fuel for your cells.

And if you got a glucose processing issue like type two diabetes, Mcts are just, you know, you need to be taking those anyways, with or without C60. And so he took a tablespoon of C60 and MCT oil for a year and I had a good presentation yesterday.

I had his before and after pictures, his, his wet macular macular degeneration went completely away, 100% gone. And his type 2 diabetes, one subclinical.

So, you know, there's there's two cases and I have other lots of customers had the same thing. So I do want to go back and just really emphasize dry macular degeneration, that particular type of of a chronic progressive eye failure, basically, that has no like the ophthalmologist just watch you to see how you're doing.

There's no prescription. Oh, yeah, totally recovered from that. So that. Exactly. So that you knew you had something. So you, you made it through your team.

You and your team made it through some pretty significant exposures, radiation, external exposures. We actually now the problem was with the metal oxygen fusion.

If I get sciencey on you, we figure I figured it was true, but we had to confirm it. But basically metal oxygen fusion lowers the colon barrier. Now it's the barrier that elements fuze out.

So it's millions of times easier to do, but instead of putting out in the gamma ray band, it puts out in the X-ray band. And so what happened was all these people doing this type of research with fusion reactors, they're all walking around with Geiger counters, which can only pick up gamma rays, while in the meantime Geiger counters cannot not pick up X-rays.

They were X-ray themselves. We figured out. Was that what was happening? And we that's part of another thing we discovered during the experiment, because we had all kinds of X-ray detectors Now, we couldn't pick up anything with the gamma ray bands, but our X-ray detectors got swamped, so we didn't actually get a nasty dose of radiation because we knew we we figured it was in the X-ray band and it was, but we just wanted to, you know, cover our bases well.

But we did it anyway because. You get the health benefit for you and your team with the. So you knew you had something. What happened next? Well, well, after I still did that, I you know, it helped Gary.

So I started making C60 for friends, family and myself. And then I shared it with like alternative health care professionals. And they had great benefits and then they shared it with their patients and they had great.

But eventually it just one thing led to the other. And that's that's how C60 Purple Power got started. I love it. So let's talk a little bit more about what it is and how it works, because I think it's really nice to know the background behind things so that when we're making these decisions about what we're going to put in our body, we have some sense of, of what the mechanisms are.

Yeah, well, it's it's just it's, it's basically a, a little molecule 60 carbon atom shaped exactly like a little soccer ball. And it was discovered in 1985 by Harry Kroto, Richard Smalley and Robert Curl and they got a Nobel Prize for that.

There's actually five guys Sean O'Brien and James Health. Yeah, but they didn't they didn't make it. These are all like really old professor have retired, but we're doing this.

And so they gave them a Nobel Prize in 1996, the last three guys that were left. And and it wasn't really till the early 2000s that they wanted to test for toxicity because, you know, here's a molecule that, you know, is found in outer space.

And so when they tested it, it actually increased the lifespan. The famous voluntary study increased the lifespan of test animals by 90%. Okay, that's impressive.

And in what period of time? It was about five and a half years. They used rats. The next scientist used mice have shorter lifetime.

C60 Research, Longevity, and Antioxidant Mechanisms

But yeah, what it was they use with the rats in which the rats are a rat that is specifically designed to mimic human, human aging. That's you know why they did it.

And the Worcester Rats, basically, they just lived a really, really long rat. They didn't, you know, there was no cancers, no cognitive decline. All those other diseases associated with aging in Worcester, rats just didn't happen. They lived were really super old rats.

And actually the last few rats died in a general accident so they can actually publish. But, you know, the C60 Rats did because the rats was live extraordinarily long.

There is like five and a half years. So. Okay. So I hope anybody who's wanting some longevity is ears are perking up here. But during that time they did some other experiments which actually some of your audience might be interested in because it's a five and a half years long time.

So they decided they do some others. They did one with the they gave rats carbon tetrachloride. And I'm not sure if you've heard of that's a very if your audience hasn't heard of it's a very nasty chemical substance used to be in dry cleaners that leaked out.

It's incredibly dangerous. So basically the same thing they had the C60 rats, they had the you know, the control rats about it. They expose them to like really bad high levels of carbon, of carbon tetrachloride.

And then they looked at their livers and the C60 rats had no damage and the control rats were just torn up. Their livers are really damaged. So and that's and that's the key thing, is C60 is an antioxidant and but it only really interacts with two oxidative radicals.

One is superoxide, and that's the most damaging oxidative radical in your body. And that's produced a lot in the mitochondria, which C60 is. C60 takes C60 and it has no solubility water, so you either get it in an oil or are, are new dummies.

Oh, you got some you guys. Yes, we got gummies. You know what I mean? Regular and sure. Tasty. Yeah. Yes, they are. So, so that's and it passes the gut barrier passes the blood brain barrier.

It's actively up C60 is actually have taken into the cells endocytosis and then through endocytosis into the mitochondria And so so it's it's one of the very few antioxidants that will get into your mitochondria and it works as an SOD catalase mimic is when superoxide is produced in mitochondria which is the most damaging oxidative radical and the main one produced your mitochondria usually what your body does so de superoxide dismutase will turn it into hydrogen peroxide and catalase will turn it into turn turn the hydrogen peroxide into water and oxygen.

Well, what C60 does, C60 just steals the electron off superoxide and gives it to a hydrogen ion that it likes to store in the inside of its cage like structure.

And then it just goes back to being a regular oxygen. And then the other thing it does it it will interact with hydroxide, primarily the standard hydroxide bottle or mercury hydroxyl hydroxide.

C60 will will neutralize back to an oxide or return a hydroxide plane hydroxide ion back into water. C60 is the most unique one of the reasons they got chemistry.

It's the most unique molecule in nature because it likes to have a positive charge. Actually, radicals are negatively charged, but it gets it not by giving an electron into the environment for those chemistry people out there, it actually pulls positive hydrogen ions and stores on its inside of its cage like structure.

And then it uses those to neutralize superoxide in the hydroxyl lab and it turns one back to oxygen, take, turns the other back to water. But what's but C60 that's the only two oxidative radicals C60 interacts with and but but but which is really important because neither of those two are used as as signaling molecules by the body because they're so incredibly destructive.

Now, there are some there are some signaling molecules that are oxidative radicals, such as nitrogen oxides. That's the vasodilator that's super important that you don't mess with nitrogen oxide in your body.

Hydrogen peroxide is another antioch's oxidative radicals uses a single molecule. Then there's some based around silver iodide zinc. C60 doesn't interact with any of those.

And so that's it's the only antioxidant which actually can increase that athletic performance. Yeah, it's not banned by any athletic organization yet.

And so that's good. And a lot of times when I'm thinking about things like if we look at things at the edge of the spectrum and we can see a change there, then then we can get some sense of what's happening all the way over here.

So I love it that you brought up the, you know, that it can actually help athletes perform better. Yeah. Because what happens is they've done studies with vitamin C and by two made of metal studies of all the different studies.

And they've never found that vitamin C and vitamin E will not help you increase athletic performance above what your body needs for maintenance. Because what happens when you take too much of it, those antioxidants will actually interfere with the body's signaling molecules, which then kind of breaks down the whole process and and you won't get any added benefit from it.

So this is demonstrated like usually in the C60 in scientific studies, the amount of level of C60 is like 0.1 milligrams to 0.2 milligrams per kilogram of body weight.

That's kind of where the scientific studies found it. So they wanted to see at what level is C60 toxic. So they gave rats one gram per kilogram of body weight that's 10000 to 5000 times the recommended, you know, the beneficial dose that even at that level it had no toxicity because it only interacts with the oxidative radicals that are not second molecules in the bottom. And, and so so that's kind of another thing that you can't there's no toxicity.

You have to be worried about it interfering with any of the pathways that we need to work properly. And there's not a level that is going to make you sick, which is really unusual.

Like even most of the things that are good for us, you can you can overdo it. Well, C60 is probably the original antioxidant life. C60 is found in nature.

It's found in lightning strikes. And like in the Berwick of your candle is 0.25%. But back, back, back, it's also found immediate impacts like they keep boundary where they find, you know, iridium.

You can also find a little bit of C60 and and so so that's that's kind of a thing and so there's actually geologic deposits of C60 on the early earth and they think that and C60 is hydrophobic so it floats and it's lipophilic, so it attracts amino acids and and or fats.

And so they think it actually was the original scaffolding life. This has proven that it and and so that's why see that

like sodium catalase evolved later to fill the role that C60 used to do so so yeah because C60 if you were a really, really cold environment, you know, subzero temperatures, C60 would fit in the side room with the RNA molecule or the groove of the RNA molecule or the cigaret with a demonic yo.

It'd be like the perfect scaffolding for RNA DNA chemistry to originate in a very, very cold environment. So so that's probably something to do with the and that's why it has no toxicity, any level and the body knows how to use it.

I mean, it's pulled up right into the mitochondria and they just use it. It basically opens the outer side of the mitochondria which is full of positive hydrogen ions fills up and the inside neutralizer just bounces back between the two membranes, eliminating superoxide and occasional hydroxyl.

So it lowers that oxygen burden. So see, because what happens is you get superoxide to leak it out. It's going to combine with nitrogen oxide, it's going to make peroxide nitrate, which can travel long distance and do all kinds of damage.

That's a lot of that doms that delayed muscle service people get. So that's another thing. People take C60 that doms goes way down. Nice. So let's talk about any of the other research on the C60 that you think would help be helpful for people to understand how it might help them?

Well, it's a great anti it's a great anti-inflammatory and you know people so that's kind of where this really started out. Just like you can put it on a people that get burns or sunburn or something, but C60 on it it'll stop the it'll stop the burning and the pain, you know, 20 or 30 minutes also it's people, you know, would rub it on arthritis, you know, and they'd rub it on their things and they get the pain goes down and swelling, you know, and cuts and stuff goes down.

People doing that for years. But but they, you know, some have finally went to the science studies and what they because they found they knew it because it moderates the release of histamines from mast cells and human mast cells.

So then that went to a study where, you know, they exposed they went to an animal study where they exposed the animals to like a, you know, alfalfa, a toxin which causes an awful Arctic shocker.

And there were and test animals that see 60 them going out electric shock because that's so that's thing and another thing is arthritis. This is really what's interesting this is because remember C60 is really young and we're just learning about it now.

And so this is an early study. At early 2010, 11, anyway, they gave rabbits arthritis and then they injected C60 into the joints to, you know, to deal with the inflammation.

And of course it did deal with the inflammation. But then when they actually opened up the joints and looked at what was going on inside there, they found that the cartilage had regrowing in the joints.

And and that led to another thing and that that's how they found that C60 is stimulate stem cell production, because what C60 does, it gets rid of senescent cells that have gone into the fermentation mode and cancer cells are also the fermentation lab.

And and so it goes in and it will restart the mitochondria in these cell, these defective cells. And when the mitochondria restart, they send messages to the nuclear DNA, they won't get the right message back.

And then the mitochondria mitochondria themselves can cause apoptosis that's programed cell death. So when you take C60, it'll wipe out like a lot of those senescent cells in your body and and then that stimulates the production of stem cells to replace those missing cells.

And so and, and so people that have taken C60 over many years, they actually do telomere tests and they're they're average delivery length has increased because when you do a telomere test, you're testing like thousands

of cells, right?

The telomerase of thousands of cells known just one.

Inflammation, Joint Health, and Stem Cell Support

And so what's happened is a lot of the senescent cells will usually have very short telomeres are gone because they've been gone and apoptosis replaced by stem cells, which have almost a complete set of telomeres and so average telomere length increases in long term users of C60.

So, you know, so we're really talking about environmental injury and chronic disease. This is another example of how when we take something that's already, you know, maybe not problematic or pretty good and we can show improvement, it really bodes well for helping people to when they are having trouble to heal even more in the stem cell thing is so important because with all the stem cell research going on, there are pros and cons of all the different types of stem cells.

But ultimately, if we can produce more of our own stem cells, which traditionally that ability declines with age, our body can be able to repair so much better.

Yeah, we have a lot of stem cell treatments. I'm in Colorado in the front range of Colorado, and we have a lot of stem cell treatments in this area. It's like the biggest thing between the two coasts.

And so, yeah, there's there's a lot of stem cell places that actually recommends you to their customers because they know if they take it for two or three months before they come in for a treatment, they're going to pull off.

I think I have one like here's a typical one. This is from a couple of years ago, and they used to allow us to do liposomal stem cell extraction in which you've got to go to Mexico now because it was too successful.

Imagine that. I'm an active 71 years old there today. I had a appointment to reach stem cell therapy after separating the stem cells, which were removed by a liposuction.

They were counted and subsequently discovered I had over 73 million cells. The two doctors process in the cells came rushing into the room saying, I have one of the highest counts they've ever seen, especially for my age.

Whenever they wondered what I was doing to get such a high stem cell count, of course, I told them, Well, of course, you know what I told them? C60, Purple Power. So, you know, that's so that word gets out.

And so, yeah, and a lot of surgeons do that, too. They say, you know, take take some say 60 a couple months before you come into surgery. And then, of course, you can't be taken 60, 60, because it's in an oil, by the way.

So it's a food product. And then after surgery, you start taking again and they get really good healing results with their patients. And so they like that because they know that they're going to you know, it's great when your patients feel well and you have a successful operation that's well.

And we just like the idea of having more stem cells. It's, you know, it's part of that aging process. Right? Children can often, you know, they make make a lot of stem cells and they tend to recover quickly.

And then we have kind of that decline over time. So I think especially as as we're aging, it totally makes sense to give the body that kind of boost. Yeah, because that's and that explains some of the stuff because like one of the original, I think it was not 2010 or 11, the first human study of C60 was actually it was put in a Korean for Japanese women and then they applied it to their face and that experiment and that reduced lines and wrinkles in Japanese women.

And that, of course, the lines and wrinkles are caused by lack of stem cells so they don't have enough stills to turn over. So that would that would not finally, you know, took, you know, like another five or six years.

So we figured out why that actually works. Fascinating. So and of course, we all want to feel our best in how inside and outside. So I hear that there's some skin care products available to us.

That's yes, we're going to be our anti anti-aging skincare line, which is coming out. There's going to be an under I gravity cream peptide cream. And then there's a facial cream as well, a.k.a.

facial hair. And of course, topical application of of supplements is also good for a lot of different things. I can imagine that in addition to helping in the surface of the skin, you'll also be absorbing some of it to you systemically.

Yeah. We went to one of the premier producers of facial products, you know, once to make products for some of the exclusive people, you know, the big brands that you hear about which you can't see online.

And so so that we have sort of all the other bases that we do, they just basically we added C60 and so now we have a it's a really good so it has all the other good stuff, you know, on guys with your facial cream stuff, but actually they are making me do it.

I just started two days ago. It looks great. You create more structure so I can go back to my thought my before and after picture. Yeah, I can't wait to try it.

I'm very excited. Are there any other studies and mechanisms that you want to share But. Well, those those are kind of the key things. This is basically what C60 isn't like it all.

What C60 does, it lifts the oxidative burden your cells are under so the cells can operate that the way they're they used to today. And one of the things is because when your mitochondria it's really works best in the mitochondria because C60 as we get older, a lot of the antioxidants our body produces go down, especially those endogenous ones like SRB and Catalase and to a certain extent glue to fire their, you know, they can't really be supplemented for and and so there's nothing there before CS6 there was nothing you could do about that where C60 goes out it goes in there and restarts it.

And so once your mitochondria because they have their own DNA, so they're kind of self-regulating. So once they get the antioxidants, they can turn themselves back on in the mitochondria also make pregnant alone the precursor molecule for all the hormones.

So when you take C60 and I think actually had discovered that the cells, the endocrine system have even more mitochondria than the cells in the nervous system, Nervous system.

I always thought that they were number two, but actually they're number one. And because, you know, my retina is actually part of the brain in the brain has like a huge number of mitochondria, but evidently the underground system was even more I thought it was number two, but now it's actually number one.

And so like in you'll get more melatonin, the pineal gland, more human growth hormone and mass hormones from your pituitary hypothalamus, you know, more tend to breed for we got a lot of people go after their medications for for for thyroid taking.

Good point then if and how quickly do you see these things happen. The takes several months. This doesn't happen. This is this is a like it took seven months before I went to the doctor.

My macular has gone. If you've had a condition for a while, it's not going to go away a week or a month. Okay. That's a really important point. If you're on medication like thyroid hormone, you want to keep an eye on it because you you might actually become hypothyroid.

And yes, it. Maybe even some other medications you might need it. This is this is the counter indication I was just about to get to. Oh, good. Blood thinners, because that's that's something that pretty critical because one of the things when you take C60 to restart, you have readings and the adrenals make three things.

They make your do the quarter cords, which kind of regulate blood sugar. And that might have been why Garry's type two diabetes. One way we thought a lot of people do that too, but it also the adrenals also make it mineralocorticoid and those are the key regulators of blood, quote, thickness or thinness.

So when you take C six to the underlying condition which is causing your blood to be full, thick can go away. And if you're taking a blood thinner now, your blood is, to quote, thin and that can be a problem.

So if you're taking C60 and you're on blood thinners, you need to consult with your doctor so you get more testing. It won't happen, will happen in a month, but it just just get more tested.

And to a certain extent, that's true. And hormone replacement therapy, like we here, here's a typical case. We have someone by now the guy I know, the guy he was he's seven years old.

He goes into his early seventies, I should say. It goes in to his doctor. He's got a testosterone of 350, which is pretty low. So his doctor gives him creams and now he's in the low seven hundreds.

And then he goes and starts taking C 60 and about two months later he goes to see his doctor again for the testing, blood testing. And his testosterone is now 1200.

So his doctor took a lot of credit. So now just to that kind of a it can do that, too. So a lot of a lot of you know, so if you're doing like, well, it's not like hormone replacement therapy, C60, you know, it's the tide lifts all boats because once it gets in there, all of your endocrine producing systems are going up there, including their in your adrenals especially, and also produces more androgens.

And so an increase, a significant increase in libido for both men and women is another side effect of C60. So be ready for that. If you take these. Well, it's good to know.

So you mentioned that when you started taking it that you started noticing an increase in energy brain was working better, better exercise, tolerance.

How long did it take for that kind of improvement? It was it was, well, probably like at least a month or two. That's what we were working, meditating.

But I just kept doing it because I notice that after a month or two, you know, you don't really always notice things. I mean, I have a whole regimen that I do where I take like a little bit of C60 every 15 minutes, just a little dots, just like maximize.

And I can do the math. Like, I could do math in my brain, like I could do on my toes. And it's impressive. So I developed the whole technique.

Skin Care, Hormones, and Daily Benefits

So if you're like an old doctor or professors only out there, you thought you couldn't get through that last thing. There you see, 60 can get you back, you know, for a while.

And because I just I have a whole regimen that I do for that. So I can do a lot of science and math that I used to be able to do it. Now that's an interesting application.

So like if you need to sit down and do your taxes or something like. That, I. Think it'll be critical. Dropper full and just every now and then you just it just gets to gets the brain running at that high level and in and it's and which is nice that you can do those things.

I'm going to use that to finish my next book. Well it is a motivator to oh that's another side effect because one of the things that C60 gets rid of inflammation is no inflammation is like, well, the leading cause of diseases today, you know, inflammation causes all these diseases.

And you know, there's acute inflammation, which is, you know, you twist your ankle swells up, it hurts, you know, and but there's another thing that's called the dopamine suppression, because part of your body doesn't want you stepping on that ankle and damaging it more. It can be broken or something.

So it suppresses dopamine production. But when you take C60, well, the thing is there's a lot of chronic inflammation, chronic inflammation in the guts.

You sickos wonderful at doing things. We have people that take C60 just because it gets rid of their gut inflammation and their leaky gut issues and stuff.

But but what happens is a lot of people don't only have chronic inflammation and inflammation will cause that dopamine suppression. Dopamine is the neurotransmitter that gets you out of bed in the morning.

It's the motivation molecule. It's it's, it's why you get out of it, literally. And and so when you have chronic inflammation, you, you know, people get this.

I just feel like I don't want to do anything. I just lie around. Well, that's because you got inflammation. So C60 gets rid of the underlying inflammation.

Dopamine levels rise and then and then people are like, motivated. Like one of the side effects of C60 after a week of taking it, people have like, desires to start cleaning their house or garage because, you know, that is the dopamine levels rise in their body.

They start going doing the things they used to. They just go out and, you know, take a walk around the block. They do the exercise routine or get motivated to finish the work.

Whatever it is, it just raises your dopamine levels. And that's kind of the motivation molecule. So, you know, you get out and do those things that you like to do because the reason you're not wanting to do it, it's just it's not, it's not you.

It's just that your dopamine levels are low and just get them back up and then you'll be doing things the way you used to when you were younger. Beautiful.

That's a great explanation of that for me to so how for people that want to take a C60 what's what do they need to look for in a product? Well, there's basically three things you want to look for it.

And we're not the only company that does this, by the way, but we just when we first off, you want to look for purity. You want to look for 99.99% or 99.98%.

You have because that kind of purity comes with a purification process called sublimation. And if you may remember from chemistry class, we're not sublimation is the the cousin of evaporation.

It's when a solid turns into a gas that back into a solid evaporation. When a liquid turns into a gas and back into a liquid. And so through you put the C60 is through a sublimation and that makes that really high purity.

A lot of C60 products are produced through chemical purification, primarily methyl benzene. Totally. And then they then they have to bake out the C60.

And even if it were, you know, technically a 99.99% even, it was totally produced, it's probably still okay. But the problem is there's a lot of people out there that have 99.9%, 86 or 99.5% C60 They're putting it in their product and that other half a percent is tolerated.

And so you want to look for sublimated C60 or C60 that's been purified through sublimation. And then the other thing is you want it in healthy oils. We put it in like we put it in olive oil because all the original studies were in olive oil.

We were the first ones to put it in avocado oil. Well, not bread, just as the magic. And we have the green screen on. You have seen the green of the avocado.

So we put it in this avocado oil, which is a lot easier to digest. I did that because, you know, olive oil is very you know, it's a little bit especially extroversion is a little bit, you know, kind of sensitive digester.

So it might just go through you. But all avocado is much easier to digest. And then as I mentioned before, we also put it in mosquito control. And if you look here, it's when you put C six NCT is pure is is perfectly clear.

And when you put C60 in a clear liquid, it turns purple. That's what we call a purple power, because the color of C60 dissolved in in a clear oil is like a mosquito is purple.

And you put in the town of avocado oil or olive oil in terms of like a dark amber color, she can literally tell the quality of product just by looking at its color.

It should be a clear, dark or purple color. And and then also is third party, third party testing. We have all of our products. We have a QR code and you can go to that QR code and you can scan it and you can actually do without her.

Our products are made where they're made in a good manufacturing practice, FDA approved facility, and then we send it to third party manager to third party verifier.

So they check for microbiologists and for C60 concentration and purity. So we just saw that it's third party tested and then we post those on a little site which you can reach the QR code so you know your products are safe and effective because we did we basically were in Colorado, you know, they had cannabis here early and we have the same problem with Cbd's is what happened with C60 when C60 was small.

It was just a handful of companies making it, and we all made a quality product for our customers, okay, the original people. But then once it became popular, we got all these fly by nighters get into the business and they have no C60 in their product or low concentrations or low quality or, you know, junky oils or something.

And and so you just have to be careful now, just like and so we did the same thing. That's where they have the QR code third party testing. You always want to get third party testing in their product.

In fact, any product you do like CBDs or any of those other ones in that category, you probably want third party testing because then you know what's safe and effective you just can't trust.

And the toxicity really is an issue here. We are trying to help our bodies heal and and put the best things in. And if it's a toxic product or it doesn't have that transparency to really know that the ingredient that's supposed to be there is really there in the right amount, it's we're not going to get where we want to go.

Yeah. We try to stay away from the seed oils. Those omega sixes. We took the Goldilocks kind of thing that because there's those omega six oils which are really inflammatory soybean oil, sunflower oil, cottonseed oil, canola oil, no either canola oil, you know, those are just terrible for your health, just terrible for your health.

And so we obviously don't want to put oil in that. And then, of course, there's other things like like fish oil or even flax oil or hemp oil. And but the problem with those is they have they're really great in omega threes, but they go rancid really quickly.

So if we were to put C60 in the product shipped to you in probably grants, that's like if you ever buy fish oil, please buy them out of the refrigerated section of your health food store because chances are if you buy them off the shelf, they've gone rancid.

So it's just it's just a good thing. Any of those omega three rich oils by amount of the refrigerated section leaves. And that just leads you to a just a personal question with I'm curious about about the shelf life with us that are you

finding that it's the usual two years that most supplements have or are you finding.

Actually it's we can list it more than two years than the oil, but actually C60 makes it last a long, long time longer. So it's like doubling or quadrupling the the shelf life of those oils.

But but we still have just, you know, two year we have two year on on avocado and olive oil and stuff. And then that's like three years on the msi2 token oil, because MCG is, by the way, a saturated oil.

It doesn't.

Choosing a Quality C60 Product

And when you take MSG, it's it's even though it's saturated, it doesn't make fats because it's turned into ketones. So you won't gain weight on that. And so that last who knows how long we've had stopped is like six years and it's still good, you know, because we say we change and we test them.

And even after six years empty, the oil is still good. And then can you use it in your food at all? Like does that change it? Absolutely. Yeah. You can use it to food. It maybe slows down.

We recommend taking it in the morning because it does get you going a little bit like coffee. A little bit. It's because it starts the lock up and yeah, you can take it your food, especially if you've never taken like MCT oil before or some of these oils straight, but you put it in your food, it'd be fine.

A lot of people we have we have like little one answers and that people use for like they're they have flavors that'll be used for their like the Quito coffee in the morning and usually somewhere between a teaspoon a day and a tablespoon a day.

Like for me, I'm just over 60, so I'm taking over a tablespoon a day and I weigh about 180 and hopefully one sometimes above that, but they're usually around 180.

And, and, but if I was like in my thirties, I'd be taking a teaspoon. So it's kind of like age and weight. So if I was in my thirties to it, but now that I'm, you know, over 60, you got to take more because as you get older you're at antioch's levels go down and that's, that's just part of that thing.

And we actually have on our website, if you buy a product, you actually go there and we have like a little table where you can look in and figure out what, but it's just usually a teaspoon in the morning is really for most people, that's all they need to.

If you're bigger and older than you've probably up to a tablespoon, but really above that, above, you know, above a tablespoon and a half or something, it's it's not, it's not probably, you know, it's obviously you could take a whole leader, you know, those rats they give one gram per kilogram of body weight would be the same as drinking liter of C60 oil and C60 and oil, you know, work.

So it really doesn't have any toxicity. But above a certain level, you're not going to get any more benefit like about two tablespoons a day, would you get you wouldn't get any more benefit from it.

So even though it has no toxicity, so probably it's somewhere between a teaspoon and tablespoon for most people. Where do people find you. Well you go to shopc60.com we have a and don't forget to sign up for our newsletter because we do have sales, periodic sales.

And if you go to shopc60 and sign up for the newsletter you get, you'll get discounts. Also, if you sign up for subscriptions, you get 20% off the cost.

So that's cool. But yeah, shopc60.com and there's another great place people might want to go and that is whatisc60.org that's whatisc60.org That's like one of those 503c things that because we can post on our website,

we can post like the human studies, you know, because it makes hair and you know, makes hair grow more, you know, applied topically, things like that.

But we can't post animal studies. But whatisc60.org is actually like this final 31c and our company and a couple other C60 companies support it and it has all the human and animal studies and the type of C60.

There's another thing I should mention. C60 is only effective when it's dissolved in all the dissolve like sugar dissolves in water. Will C60 dissolve?

Well, particles of C60 have no health benefit. In fact, they can be inflammatory. So you need to make sure you get dissolve. C60 because they have these things where C60 in in charcoal, right?

And they put it in like some charcoal thing or C60 pills. That's that that is not dissolved. C60 That's particles of C60 will have no health benefit, just cost you, a lot of money.

It actually might be in plain view inside by doing it. So you have to have dissolved C60 That's the only type that's effective particles or not. And if you go to what is C60 boring, it'll actually show you all that.

And there's a few industry hit pieces, but they can't do too much of that fact because they found that they can put pharmaceuticals with that attach in the C60 and it replaces HDL.

If you look a lot of stuff, HDL means hydrochloric acid. And so that's that. They attach a hydrochloric acid to your medicine so it'll pass through your stomach without being absorbed.

They found that. So the pharmaceuticals have taken up tens of millions of dollars with the patents on C60 as a delivery mechanism for their pharmaceutical.

So it probably won't be too long before you'll be seeing C60 in your pharmaceuticals and delivery method. But they can't stop the pure natural product, and they certainly they would if they could.

So they have a few hit pieces, but they can't go too far because then they use all that money on the patents. But yeah, so you'll probably be seeing C60 with a lot of pharmaceuticals soon in the future here. Well, that's exciting.

That's actually a really good use for it. Well, yeah, I wouldn't be because not only because we've, you know, we've had really good people taking pharmaceuticals for certain severe problems and they found that they take C60 as well.

You know, they don't lose their hair, they don't get sick. And medicines are actually more effective. And, you know, things go into remission. So I won't mention any names that same but so so it's yeah, C60 really helps with a lot of other conditions.

It actually makes pharmaceuticals which do have some benefit, actually work better. So because as pharmaceutical break down they make these high energy oxidative radicals, just like mild toxins break down, they make these radicals and it's actually those free radicals which are causing the damage, not the toxin itself, which is breakdown of the toxin.

And so C60 takes care of those oxidative radicals before they go on to cause damage. And so things like carbon tetroxide or probably a lot of other industrial chemicals and natural chemicals that usually would cause damage to you if you're on C60, you won't get the damage because C60 neutralizes the oxidative radicals produced by the breakdown of those substances.

Well, I am so pleased that you discovered carbon 60 is part of your own adventure into protecting your body. And now you've turned it into a really great way to help a lot of other people too.

Oh, it is nice because we get love letters all the time for people and how it's the incredible benefits this gave to

them and how it improve their health.

So it is really nice having a business where you can help people and it's just it's you know, it's it's kind of refreshing. We get love letters all. That's so great.

Well, I'm sending you my gratitude here for joining me and for sharing your your important discovery and application of it with some great science to help people understand how to help them.

And also, we have a YouTube channel, C60 Purple Power. Just go to YouTube and go to C60. We have like over 200 videos of FAQs, all about C60. We could talk about health conditions or, you know, to the extent we can, you know, three letter agencies, no limit, limit any company from making certain statements, even if they are true.

They're just very interesting. Yeah. Yes. Well, thanks so much for joining me. Thanks for your help with the summit. And I look forward to crossing your path again soon.

Okay, great.