Health Benefits Of C60 For Reducing Oxidative Stress Transcript

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Introduction and Ken Swartz Background

Welcome back to the conversation. We have Ken Swartz with us today. Hi, Ken. Hi. Well, I'm really excited to bring you on today. You know, besides being a personal acquaintance and friend of mine, our paths cross multiple times a year in various ways at conferences and such.

You're the founder and CEO and chief science officer of C60 Purple Power. That's a health and wellness company that delivers the highest quality C60 products available.

We're going to talk a little bit about that today. The fun facts about you. You've run several research science laboratories over the course of your career, which makes you, you know, an authority in this space.

And a really fun thing is you spent the early part of your career as a junior high and high school teacher. Math, science, history, which means you know how to take complex science and break it down into easy parts, right?

Yes. That's kind of that's what you learn to do. Perfect. So everybody loves a fun science teacher. I'll never forget mine in college. My my my microbiology teacher was obsessed with gonorrhea.

Neisseria gonorrhea was his favorite bacteria. So I have fond memories of fun science teacher. So this is going to we're going to make this a fun conversation, everyone.

All right. So let's get into this. I want to talk today about oxidative stress, because this is a really big deal with mitochondrial health and stealing our energy.

And there's really a dark side and a good side to oxidative stress. So it's important in the body, but it can simultaneously harm us. So can you speak a little bit into that?

What do I mean by that? Well, let's talk about the bad side. And it's oxidative stress and that's basically your body rusted. That's what it is. You get up in the morning and your joints ache and stuff.

That's caused by oxidative stress and your body is rusting. And what does that what does that mean? Now we know, obviously, what iron rust it gets, you know, turns of color.

But what does that mean in your cells? What happens is your well, it'll punch holes in your cell membranes and things can leak out. It shouldn't or things can leak and that shouldn't.

And it makes these things called aldehydes, which can get into your bloodstream and they're kind of toxic and not good for you. And also that also can crosslink proteins and proteins, a lot of proteins of the fold up like origami do work.

And if they get cross-linked, they can't fold up anymore and then they have to go in the trash can. Or they produce or they produce products that aren't correct.

Oxidative Stress and Signaling Molecules

And then of course, the down you can also damage your RNA and DNA, which are the blueprints for your cells or for making proteins. And if that happens, obviously that's a pretty serious problem.

So that's kind of the bad side of things and up and when we you know a lot of things like your mitochondria produce almost 65% of the oxidative stress in your cells.

But oxidative stress can come from a whole other thing. You got toxic chemicals breaking down, radiations of various sorts. And so all of these things can can cause oxidative stress.

Now, on the the the good side of things, a little oxidative stress is good for you. Like, for instance, the oxidative stress you get when you work out right, that gets your mitochondria going.

It gets a whole bunch of other chemical processes going. You get a little bit sore and tired, but you know, that's necessary for muscle growth and obviously for heart health.

People know, you know, that's what your doctor tells you. Go out and exercise because it's so critical. And then there's things that oxygen stress is caused by things called oxidative radicals.

And, you know, some are just totally bad that are like superoxide, which is not oxygen with that extra electron, obviously, that would rush things or the hydroxyl ion.

But then there are some really good ones that the body actually uses as signaling molecules. And the main one of that is one of those is nitrogen oxides and that's what makes your capillaries contract or, or or dilate.

And that's really important for a lot of things. So you got having a healthy nitric oxide production in your body is it's hugely important and that actually goes down as we age.

So that's something you need to look into. And then another thing is the hydrogen peroxide. You know, normally we think of it as a cleaner, but it actually the body uses that as a signaling molecule.

And technically that's a not actually too radical, but it does oxidize things as we know. And and then there's some other oxidative radicals that the body uses as signaling molecules, and they're based around sulfur ion and zinc, and they're kind of lower energy and so they go around and but they're the body they're very important in signaling molecule for this process or that process.

So and that's also one of the things you have to look out with antioxidants, because it's when you take antioxidants which neutralize oxidative radicals, you've got to be careful because if you take too much, you can start interfering with some of those signaling molecules.

And now your body has those problems. And they've done studies like mega studies of vitamin C and meta studies and vitamin E where they you know, the dozens and dozens of studies and none of those none of those those two antioxidants do not increase athletic performance because when you get too much of them, then they start interfering with a single molecule which decreases your athletic performance.

So basically getting those in a healthy diet is the best way to go. Can you talk a little bit about signaling molecules? Unpack that and tell us what you mean by that.

Oh, okay. Well, like let's say let's say it's really hot and your body needs to sweat. Well, one of the ways it's got to do that, it's got to release open the capillaries like on your skin.

So this, you know, so you get the blood flow to get rid of the heat and then also make the sweat. Well, the the body will release nitrogen oxides into the bloodstream and they go through those capillaries and then they cause them to relax.

And that allows the blood flow, for instance, to go to the outside of your body so your body can can regulate it. And conversely, it can reduce nitrogen oxides and cause your capillaries to contract.

So it runs when it's really, really cold. So all your blood goes to like the core, your heart, lungs and brain. And so that's. So our signaling molecules are not working.

Then basic processes in our body are dysregulated and we might be, we might run cold or we might run hot or we

might run tired or we might run over the top, you know, stressed out feeling.

I mean, it sounds like these signaling molecules help with keeping everything in balance. Yeah, that's exactly right. And then there's a whole bunch of others that are like there's all kinds of little biochemistry that goes on inside your cells, like the hydrogen peroxide uses that that's more local inside your cells.

But they're critical for for hormone regulation that is super critical and also for the production of proteins and other substances that your body needs.

You need these these signaling molecules. And if they don't happen, well, then those things don't you don't fit in. So, like, you know, your blood your blood pressure and your and, for instance, your blood glucose levels, all of those need these signaling molecules and there's a whole bunch of them.

And so they're they're really important. So oxygen radicals are not bad necessarily. They're it's kind of the balance and the same with antioxidants. So you have to have a nice balance there, homeostasis.

So everything kind of stays regulated the way it's supposed to. Okay. So you started to mention some antioxidants and there's four big players in the antioxidant space.

So can you chat about what those four big antioxidants are? Well, in your cells, there's basically four big ones. There's other things like the Newtons and vitamin C and vitamin E that come in.

But there's really the four big ones inside the cell for the main chemistry. And one of them is O, Q10, Coenzyme two underpinning all of what you're saying.

And of course, you can supplement for that. And as you get older and one of the other things I bring up is as you get older, these antioxidants that your cells produce go down.

So you need to make up for them. So Cocu Tan is one we can supplement for and then the other is glue to thiamin and people. A lot of people have heard about glue file and how super important it is for your health.

And actually recently they've actually got what was called liposomal glutathione. They put glutathione inside of like a little package of fat. So get through your digestive system, your stomach acid without being destroyed, and now can be absorbed in your body.

And so you can actually supplement for glutathione to a certain extent. And so that's really good. And then there's two others. One is called Superoxide Displace, and the other is catalase and superoxide.

And there's two super damaging oxidative radicals in your body that your body doesn't use as signaling molecules and one is superoxide and spesso. D Superoxide dismutase turns superoxide into hydrogen peroxide, then the catalase turns hydrogen peroxide into into water and oxygen.

Okay, so this is where we get into some of the heavy science. Yeah, that's right. So now I want you to put on your high school science teacher hat and explain to people why this is important.

So why. Yeah, go ahead. When you don't have enough catalase in levels, go down in your hair follicles. That's why you're here. Turns grayer or white because it's the hydrogen peroxide is actually bleaching your hair before it gets out.

So if you can raise your cattle it catalase levels then the the hair is not so gray. And of course, as we say, as you know, you get gray hair as you get older and that's because your catalase levels drop.

You're also D levels drop your co-cultured and glutathione iron and fortunately you can you can supplement for or you can supplement for the CoQ10 and glutathione.

And then there's other ways you can use to to increase your sodium catalase levels and other. People could reverse some of their grain a little bit. Oh, absolutely.

And that's another good thing, another method they do. And they used to do this glue to thiamin. You still can is glutathione made out of three amino acids?

Core Antioxidants and Cellular Defense

And if you supplement for those amino acids, then your body has the pieces and parts to put together. And that's true with CoQ10 and Catalase. And also D, if you go for the precursor molecules and then those precursor molecules are around, that allows the body, you know, the building blocks to synthesize them.

And so that's really important. And that's not just that. But for proteins and and cell walls and everything, having, you know, your proper nutrition and usually as we get older, you need a lot more of those because things aren't as efficient.

So that's that's important. That's why you can get away with abusing your body when you're in your twenties and thirties and, you know, fast food and don't get enough sleep and drink too much and all the things and you will tend to bounce back.

And then it doesn't work so well anymore. When you get older, you start to prioritize your sleep and your healthy eating and you start to feel it. When I don't eat well, I pay for it the next day.

Yes, that's the. We all know that. Yes, we do. I can remember I had my daughter when I was 32. And, you know, in your thirties, I think you start to feel this a little bit in your thirties.

In your twenties, you can pretty much go without sleep. But I can remember staying up late. I was going to pay for it the next day with a toddler. Like there is no way I started learning very quickly.

I cannot do this anymore. So kind of the same thing with your body here. Now, let's can we, can we chat a little bit about superoxide dismutase and the mitochondria because this is where, you know, you're an expert in C60, so I want to talk about that.

But they're linked together, right? Okay. Well, let's talk about the thing. Is there cells inside your cells? This is little organelles called mitochondria.

And when you crack cells were formed, they're actually symbiotic bacteria. So and now there's like 3000 genes and most of them are in your main DNA, but your mitochondria still have 37 DNA genes and and they kind of do the self regulation there so they can turn themselves up or turn themselves down.

They're self-regulated. And the mitochondria are kind of like the energy powerhouses of the cell. They make the ATP, the energy molecule that provides, you know, 95 plus percent of all the metabolism, energy for the metabolism, your cells, super critical for health.

The mitochondria make other things they make pregnant, alone the precursor molecule for all the hormones. And they also make the precursor molecules for RNA and DNA synthesis, which is super important.

And actually they have a whole bunch of other jobs and are still discovering some of the jobs that the mitochondria are doing. And depending on what cell type is in your body, the mitochondria will do different things like a nerve cells.

They, you know, there you can have different types like in the nerve cell because it's the most energy using cell of your body. You could have hundreds or thousands of mitochondria, whereas in a fat cell that doesn't do a lot of anything but, you know, store fat, it may just have a couple dozen.

So so any cells or mitochondria efficiency is really important for cells like well, for your your skin cells, you know, mitochondria and your gut cells, you know, they need to they need lots of energy to to function, too.

And so it's just just important to make sure your mitochondria are healthy and like little they're like little furnaces, right? Building this ATP and these other things.

And just like any furnace, they give off, you know, pollution, so to speak. And the biggest pollutant is superoxide. And usually, you know, your body has enough so d catalase to neutralize that superoxide before it can cause damage.

But sometimes, like, if you're exercising a whole bunch, you're so D levels can go way up because your mitochondria are going up, you know, 50 times more than they do when you're resting and when that also d kind of floods out of your cells and into your cells.

It's it's a it's that's what causes the lactic acid buildup. So when you're exercising and, you know, eventually you get tired, you can't go on. Well that's because you've made so many oxidative radicals.

It's overwhelmed your body's antioxidant production capacity. And and then that causes a buildup of lax acid. You get too tired to exercise. So the problem kind of fixed itself in less.

And then that takes a while for the body to recover and get back to where it was. Before Body Force is. It's you're forced to stop. Yes, there is this again.

So you have a solution to the super, the superoxide dismutase problem. Yes. And that's actually the molecule of carbon 60. Okay. Behind me. And it's a carbon molecule of 60 atoms shaped exactly like a little soccer ball.

And it's it's completely unique in nature. And it was it was discovered in 1985, got a Nobel Prize in 1996 when they did first testing for toxicity of double the lifespan of just animals.

And there's been lots of testing since. But basically what this found out, it's a it's what is called an SLG mimic. So it does the same job as superoxide dismutase and catalase in one step.

Because as I mentioned before, you know, you get the superoxide which is an oxide with an extra electron. Well, usually Saudi would take that, turn it into hydrogen peroxide, catalase would take that, turn it back into water and oxygen, which go back into Krebs cycle kind of recycling.

What was C60 basically the super oxide sticks to it, and C60 is unique among all the molecules. Like if we re going to go to chemistry, pretty much C60 likes to get a positive charge, but unlike every other molecule in nature which releases an electron into the environment to give itself a positive charge, C60 pulls little hydrogen ions, positively charged hydrogen ions inside of its cage like structure have been stored with six in there.

And so the superoxide sticks to it. It just steals the electron off the superoxide, turning that superoxide back into an oxygen, which we use the Krebs cycle and it takes that electronic, gives it to one of those positive hydrogen ions which turns it into hydrogen gas, which is also an antioxidant and signaling molecule.

So and then it and then it just kind of a, you know, the hydrogen molecule goes off and then it just pulls another hydrogen ion from the environment into its cage like structure.

So it doesn't use any of the body chemistry to reset itself. Like when you talk about glutathione or CO2 or catalase, when they interact with them, laxative radical, they change their shape, right?

Because they they interact. And so you have to get some HP and some enzymes for them to re, you know, go back to reset themselves so they're back ready to do their job.

C60 doesn't need to do that. It does it all on its own. It does the job of sodium catalase in one step. And so in the

scientific studies, they found that when you're taking C60, your catalase levels rise because instead of being used up in the SLB in the superoxide density catalase step, it's it's been done in one shot.

And so your catalase levels rise. Okay, so I know that people's brains are hurting right now, so we're going to show you that. Yep. So that was a science is we're going to get you guys that is like high level.

So so for the people who love that kind of biochemistry there you have it. But now let's talk about how people feel differently when they take C60.

Mitochondria, Superoxide, and C60

So let's talk about the health benefits in terms of people are here watching this interview right now because their energy's low, because they've got some mystery health symptoms that they just can't seem to clear because maybe their hormones are dysregulated, because maybe they've got gut health problems, maybe they've got chronic headaches, maybe they've got autoimmune disorders, maybe they've got brain fog.

So let's talk about what what will happen when you solve this problem. Well, once the C60 is out, is your gut barrier goes past your blood brain, where it's taken by endocytosis in your cells and in your mitochondria.

And once it's there, you know, the mitochondria are self-regulating. And because as you get older, you don't get as much sodium catalase. So when you get the mitochondria, get the C60, they can turn themselves back on.

And so now they start making that ATP, the first thing you notice more energy, especially mental clarity, because you know, your brain, your nerve cells have the most mitochondria of all.

So when they get back up and running, now that your nerves can work the way that they're supposed to, so you get this, you get the brain fog goes away, you get that more mental clarity.

But all the mitochondria in your body do this. So you're getting the more energy, you know, so you just feel better. You've got more energy and that's the first thing you go.

You go and then there's another thing that happens because C60 is an anti-inflammatory, right? And they use it like you can rub it on your skin on a mosquito bite in like 20 minutes.

The pain goes away. Well, all through your body. A lot of people have inflammation that you talk about that it's in the car, it's in your in your things.

And one of the things that inflammation causes is dopamine suppression. And that's good. In case you twist your ankle. Right. It swells up. And when you have inflammation, it reduces dopamine production, which is the motivation molecule that gets you out of the bed in the morning.

And if it's low, the body likes to lower it while you're injured so that you recover. But if it's chronic inflammation in your gut or your joints or something, then it's a problem because you just don't have the energy.

You don't have the motivation to do anything. C60 gets in there. This takes a couple of weeks and and suppresses the inflammation and then that your dopamine production restarts and now you've got that motivation, you know, you'll start you want to go clean the house or you'll, you'll go back doing that exercise routine or that hobby that you used to do.

You restore a lot of the normal things or the things that you like to do in the past, but you just didn't have the energy to do anymore. Something really important I heard you say was in a few weeks.

So oftentimes people are in a right now kind of energy. I want to feel different right now. And so, you know, give your body some time to reset is what I'm hearing here.

You need to. Yeah. You think that's that's the key? It's not going to happen immediately. You'll get the mental clarity pretty quick and the some of the more of the energy.

But a lot of that motivation, other stuff that just gradually grows. So it does take up, I recommend, at least a month, you know, and then you'll really see it.

And then there's long term benefits because one of the things that C60 does is you have senescent cells in your body. They're kind of like zombie cells instead of burning oxygen like normal cells do, they kind of they're damaged DNA or telomeres are too short or whatever the causes, they kind of go into the zombie mode and they go back into fermentation, which is 1/20 as efficient as oxygen burning.

But, you know, fermentation makes alcohols and other nasty substances and so they start poisoning the cells around them, as well as draining a bunch of energy from your body and giving them nothing back.

Right. When C60 gets into senescence cells, it'll restart the mitochondria in those cells and the mitochondria will send a little messages to the nuclear DNA and they won't get the right message back.

And the mitochondria can actually cause apoptosis programed cell death. So those zombie cells will break down and at the topic bodies and go away. It's a non inflammatory process.

The phagocytes come and clean it up and so and so that. So that gets rid of those poisonous cells that are not doing anything for your body. But their messages go out, say, oh, we need more cells.

And so you get a big increase in stem cells. And that's a and that's really important because then those stem cells go and become new cells in your body or your tissue or whatever it is.

And so that and that makes your organ or so more efficient. Hmm. Can are you possibly saying that this is important for regenerative medicine and anti-aging?

Because that's what I think I just heard you say. Oh, hugely. It's huge. I could I could tell you a testimonial. If it's okay, please do. Okay. Here is a okay.

Here's I'm active 70, 71 years old. This is a cut about two or three months after you started taking CS 63, I had an appointment to receive stem cell therapy.

After separating the stem cells, which were removed via liposuction, they were counted and subsequently discovered. I had over 73 million cells. The two doctors processing this process in the cells came rushing into my room saying that I had one of the highest counts they had ever seen, especially for my age.

And whenever I wondered what they were doing to get such a high stem cell count, of course you know what I told them, C60, Purple Power. But that's just the process.

Go see 60,000 wipes out those senescent cells. You get a huge increase in stem cells. And so like people that take C60, if you go into surgery before and after, you get great outcomes because you've got all those stem cells.

Those are like, you know, baby cells ready to go. So let's see if you have an immune challenge. The immune system will say, hey, we need more white blood cells.

And so whatever type it is and so all of a sudden you've got an army to recruit and all those stem cells can turn into more immune cells or they can turn into, you know, whatever cell type, you know, if you need more muscle cells or in the best case, one of the things they found, that's the first human test of C60.

It was put into a face cream and then applied to the faces of Japanese women, applied it to their faces, and it got rid of lines and wrinkles and Japanese women and and how well that did it because it stimulated stem cell production in the skin.

Then there was more skin cells. As the turnover happened, you had more stem cells that became skin cells. And so when that happens, your link wrinkles and fine lines go away.

That's pretty incredible. Now. Now, C60 is something that people can get. I mean, we have we have a link where people are watching this interview right now and links all over our summit for C60.

So you just have to click any of those links and you're going to find the product that Ken is talking about. But what I want I want you to talk about now is there are other C60 products on the market and not everything is created equally.

And definitely when I'm when I am recommending something to my audience, it's because it's in a class that is that is higher level than most stuff out there.

There's a lot of knockoffs. There's a lot of products that are contaminated.

C60 Health Benefits and Regenerative Effects

So tell us what you're looking for in C60. Why? Why is it important that the source matters? Well, it's because we'll see when that when C60 mark was real small, everybody made a quality product because they in their families used it.

Then C60 became popular and we had all these fly by nighters get into the business. And what they're doing is they're making products with no C60 in it, low concentrations of C60 or or low quality C60.

So there's basically three things you want to look for. You want to look make sure your C60 is sublimated C60. And if you remember that from high school, that's when a solid turns into a gas.

Then back to a solid. It's like it's like and it's like evaporation. And sublimation is like distillation. So when you do a sublimation, you get like 99.99% pure, which is why don't you want to look forward 99.98.

Those are just by the nature of sublimation, it makes a very pure product. The other main problem is a lot of C60 out there is produced by solvents, primarily solvent called methyl benzene, also known as toilet, which is a known carcinogen.

So you really don't want to be taking an unknown carcinogen in some product or taking. So always look for sublimated and 99.99% pure. And then the second thing, C60 has no solubility in water.

So if you see somebody out there telling you they've got water soluble C60, they're just basically lying to you. And but so it has to be dissolved in a non-polar substance like oils.

And in this case, you want to make sure you get the right healthy oils. There's there's oils. You don't want to be like those seed oils, those omega six oils, which are inflammatory, like chinchilla oil or on oil or soybean oil or sunflower oil.

All of these oils are highly inflammatory. They're great for birds, but they're not good for humans. And so so you don't want any of those oils in your diet.

So what we did is we put it in really healthy oils, all these avocado oil. That's that's a healthy oil. Also olive oil. We all know about the Mediterranean diet.

People have been using olive oil for thousands and thousands of years. And we also have it in MSC Coconut Oil. And recently we put it in gummies. So we have a sugar free and a a sugar gummy.

And so that's whole coconut oil. I'm all about the gummies. That's what I like. Yeah. And the MCT oil is really important for those with diabetic processing issues or or athletes because MCT is their medium chain triglycerides

and they are turned into ketones by your liver really quickly.

And ketones can be used like a flex fuel for your cell. So if you're an athlete, it's extra energy. If you got like glucose processing issues, the salt can run off ketones or glucose.

And if there's no glucose around or can't get a hold of it, it can run off of ketones. And that's really important. And then I'll go ahead, finish that up and then I have a question.

Yeah. And then the third one is you want to make sure your products safe and effective. And in our products, all of our products come with a QR code. So you can just scan your phone into it and scan your phone on it and you can get cure.

You can get certificates of analysis of our oils. So it's real olive oil, it's real avocado oil, 100% organic, of course, and real mukti or coconut oil.

So we have those certificates analysis. And then after we process that, we make our product, we send it to a third party tester and they test it for microbiological contamination and see 60 concentration.

So you have third party testing, so you know your product is safe and effective. This is really important. So this was going to be my question. So I know people are scratching their heads going, what do you mean that people can get away with selling a product that doesn't actually have C60 in it or and so can you explain the supplement industry in the United States is kinda like a circus.

It's a three ring circus. And it is. It's like they regulate what you say on your label, not what's in your bottle. It's nuts. So talk about that a little bit because I know people are thinking, but the FDA approved it.

It has to have what they say is in there. Yeah, they the FDA actually doesn't approve supplements. Yeah, it just it just kind of it just. Well, just looks at the labels, that's all. Yeah.

So what a lot of people are doing is they're putting in, well, low quality first. Some of them have no C60 at all. Right. They'll just claim it. Or you see like charcoal C60, you know, there's about 0.25% C60 in the wake of a candle.

Right. But, you know, it's you'd have to eat a bucketful of Berwick's to get it off C60. So there's like 0.1% of charcoal in activated charcoal. So they say, oh, look, they're C60.

And so you know what you want to look for? Like in our product, this is in pure MCT oil and you can see it's like a clear purple color and olive oil in avocado oil, which your tan, it turns out like a dark amber and it should be clear.

So, you know, some people are selling stuff that looks like black ink that's just activated. Charcoal has no effective amounts of C60 in it. The other thing is that there's also low cal quality C60 people selling like 99.5% purity of their products or 99.9%.

That comes from the solvent production that's solvent. And using methyl benzene, the non carcinogen. And so when you see like low quality low concentrations like 99.9% or 99.5%, the other 2.5% or 2.1% is methyl benzene and that's why you have to be very careful.

And then a lot of people just don't have much C60 in it. They claim, Oh, we have C60 products and they do, but it's such a low concentration that it's it's not effective.

Yeah, maybe safe, but it has no effectiveness. And so, and of course, the same as with the oils, you want to make sure you get a healthy oil if you're putting it in sunflower oil, that's inflammatory.

The whole reason you're thinking C60 is to reduce inflammation, not cause it. So you've got to make sure it's in a healthy, healthy way. And also some people put it like into it, like hemp oil and stuff and maybe maybe canola or canola what hemp oil or perhaps flaxseed oil problem is, those are really omega three rich oils and they're really

healthy for you, but they go rancid really quickly.

Oh, boy. So if you buy hemp seed oil or flaxseed oil or like krill or fish oil, always buy them out of the refrigerated section of your health food store because they go rancid really quickly.

And if you buy them off the shelf, you don't know how long it's there. Chances are that fish oil is rancid, so always buy like omega three rich oils like fish oil, krill, hemp seed oil or flaxseed oil out of the refrigerated section, because otherwise you're probably just buying rancid oil that is bad for you.

So important. This is so important that we're going through this because I know people are watching this right now. They're they really do, you know, take supplements.

They're really interested in supporting their health. And they don't want to be they don't want to be going backwards with their health by taking, you know, poor quality supplements.

The third party testing is really important. This is where the company actually pays a third party company to test it. They actually spend more money to test it so that they can independently prove that their product is reputable.

And a lot of supplement companies won't go through that process of spending that extra money. That's really important.

Product Quality, Testing, and Safety

There's a reason for that their products aren't safe or effective. Yeah. No, actually C60 costs a lot more by weight. The goal so that's that's why it's expensive.

So if you see like a cheap C60 product, there's a reason for that. Yeah, there's a lot of supplements. There's a reason for that. Yeah. So we actually are working on a new process for purifying C60 and making a purifying C60, which will probably reduce the cost to a 10th of what it is, at least the cost of the C60.

So it's not quite done yet, but it's we're it's works on the bench now. It has to be sold. Well, congratulations, Ken, because that's a sign that the world is starting to understand the importance of your product.

And they're they're buying it, which means you have more money for research and to create new ways to get this to people. So congratulations for that growth.

I can remember when I first heard about your company, you know, three or four years ago, and it was so tiny and I've seen you grow so much. So I want to congratulate you on that.

Now, is there anybody who shouldn't take C60 or should be cautious? Yes, there is a counter indication that's for people that are on blood thinners, the things that C60 does, because it restores mitochondria function, it restores needle and production in your hormonal organs, and then pretty pregnant.

Those are precursor molecules for all your for all your hormones. So like in your pineal gland, you're going to produce more melatonin, you'll get more human growth hormone and other hormones in your pituitary hypothalamus complex.

You get more T3 into T4. But in your adrenals, your adrenals produce mineralocorticoid and they're what, regulate blood thickness. So if you're on a blood thinner, the underlying cause of your blood being quite thick could go away with the increased production of mineral cortical sites.

And then if you're taking a blood thinner now, your bloodstream thin and that's bad for you. So if you're on a blood thinner, you want to consult with your doctor, get more testing so that that isn't a problem for you.

And one other thing, it's not as critical, but if you're on hormone replacement therapy, you can sometimes your

hormones can other hormone reproduction.

Here's a typical case. We had a seven year old guy. He's he goes to his doctor. He does. He's got low testosterone, 3050. Right. The doctor puts him on creams.

He's on the low seven hundreds and then he takes see 68. A couple months later, he goes in for his bi annual testing and his testosterone is 1200. So the doctor takes him off his creams.

And so because he's but C60 isn't like hormone replacement therapy where it's one hormone, it just kind of rises, the boat rises. So all your hormone levels, you know, rise as your body wants them because it's got the pregnant alone.

Now, it can do whatever it is. And there's a thing called Craig Needle and still a lot of people help because they it because we have so much stress these days.

And as you're getting older, you know, your adrenals, the pregnant women is being produced as being probably being used for cortisol or other stress hormones.

And there's nonetheless left over for glucocorticoids or mineralocorticoid. So regulate sugar and blood level and blood thickness level. So, so those go down.

But when you take C60, you've now got enough pregnant alone and you know, a lot of things that have been dormant restart and and and you'll notice that because increase in libido is a was a side effect of C60 for both men.

This is really important to note that you know I run adrenal tests on people we work with supporting people pregnant, alone, you know, giving pregnant alone as a solution when people have high cortisol and low DHEA levels.

And it's part of a way to get people a quick win to feeling better. And what and what we're talking about with Ken, with you right now is kind of a it's a it's a different way to approach this.

If people could be patient and trust that if you take for a couple of months, you can get under this and raise the pregnant alone level. Your body can start to raise it more naturally than just dumping it into the body.

So when we as practitioners are supporting people with, that's the fine line we're walking. We want people to get quick wins right now, but we also want to solve problems long term.

And so sometimes we're going to recommend that you take pregnant alone upfront, and then we're going to recommend something like C 60 to help improve your production underneath.

That's how I would explain that. It's great. Yeah. And so those are the kind of the benefits you'll see. You know, a lot of times, you know, if you have all white hair, it'll come back salt and pepper because that's because when you because now that you've got your raises, your your catalase levels and now the catalase, you're more catalase.

So your hair doesn't bleach out as much. Now, now, we can't promise that you'll go 100% back. On us out. But it definitely it definitely slows the graying process.

And and the other study they found that if applied topically would increase hair growth and people are taking a turn and everybody knows that your nails grow more and your hair grows more when you're on C60.

So in your and some people say that your skin gets better too. And so do you have a topical one? I mean, you know, if you put it topically, that's going to support and you do have a you do have a topical product.

Final Cautions and Closing Remarks

Yes, we do have a topical product. And for those people listening in, hopefully by the beginning of July, we will have a under I anti-gravity cream and a peptide based facial cream with C60 and both, of course.

Amazing. Amazing. Thank you so much, Ken. Any final words as we wrap up today? Well, you know, I just want to remind people that C60 is not the magic pill, that it's one tool in the toolkit for better health.

You still have to do the good nutrition, proper sleep, exercise, supplementation, you know, avoiding stressful situations and substances. I mean, all of these things are important and it's in good health.

Takes it takes effort. It doesn't happen magically. It just you have to put effort into it to get results. This is what I love about you guys. You've got this product and here you are saying, don't forget, you have to do all these other things.

So thank you for being such an advocate of wellness and health. I know you. I know your team really well. I have a lot of trust for what you do and what you stand for in the world and what you put out there so they can find you at your website.

Is Shop C second? Okay. Another C60 purple tower. It'll take you there too. But the officially it's shop C second, right. And then there's clickable links all over this summit.

You can find it on all of our pages. Just go for the fun C60 logo and click it. Thank you so much. Can you enjoy the rest of your day? Glad to be on. Take care now. Bye.