## Introduction and Healthgevity Overview

Everybody, Dr. Rob Silverman here. I have CEO and founder, good friend of mine, Mr. Michael Antonelli from Health Jeopardy. Micheal, thank you for taking time out of your day to come join us.

The pleasure is all mine. It's great to be back with your community. We're going to have a ton of fun. I know we have. A lot of topics to get over today, so let's do it.

Oh yeah, well, let us dig in. You know, you've got a company called Health Jevity and you know it's without question blazing a forerunning trail in that you talk about longevity.

Talk about peptides, talk functional medicine. Where did you get this idea and how were you able to mesh all those ideas into one cognitive point. Well, for the last 20 years, I've been aligning and collaborating with frontline experts like you, who really tell me what's working and what falling short within your protocols.

So coming out of COVID, a lot of the practitioners that I have been working with over the past 20-years urging me to do something, raise the bar, disrupt what is happening, identify and bring to market technology from all over that's bridging these unique bioactives, oral peptides, all into one collaborative synergy so we can really address the root dysfunction present with so many of your patients.

You know, I'm excited to really get into some of the formulas. Normally I don't talk about formulas on the podcast, but your formulas are so cutting edge.

Your formulas, you use a quercetin, a curcumin that are highly bioavailable. So I really want to delve into that and get a little granular, but let's really start off with the idea of longevity.

It is without question the conversation of now. it's been that conversation for the last two years. When you break up longevity, talk about lifespan, how long you live, health span, and how you're healthy.

Why don't you give me your view on how healthgevity fits into longevity? Absolutely well i think you know we were recording this a decade ago we would be talking about life span that was a big buzzword was how long we can live for you'll see a lot of the longevity research being conducted during that time frame spearheaded by researchers like david sinclair was all about how do we live the longest and what we saw coming out of covid was it.

A shift about health span optimization so it wasn't the road to live to a hundred and twenty five anymore it was. Decisions and opportunities that we have day in and day out that impact our health spend so our quality of life are now and overtime.

We'll see a profound change and impact in our quality of life. So for those listening, if your goal is to listen to 125, we're going to talk about some incredible takeaways.

But if you're like me, you just want to live the best life, the most robust and healthy life Then we're going to also deliver some some cutting edge clinical pearls today because I always say there's this image I like to use in my presentations, right?

You have that 100 year old that's in a wheelchair with no memory, limited function, or you have 100-year-old, 90-year- old running, active, lifting weights, so it's what path do you want to be on?

Without question, it's interesting you talk about health span, lifespan. I think what you're trying to encompass is vitality. And I know you know I've had a lot of off podcast conversations daily, to be perfectly frank.

## Metabolic Health and Satiety Peptides

And that's because I'm always relying on you for some new up-to-date information. That said, you do not necessarily want to add years to your life. You want add life to years.

I really like your position. So let's start with the biggest thing, metabolic health. It's such a critical issue today. How can peptides bioactive proteins help optimize insulin sensitivity, glucose levels, and energy balance?

Yeah. And there are some incredible peptide and unique bioactives that we were really impressed with when we reviewing the literature because what we looked at about 8 to 9 out of every 10 patients are metabolically unhealthy.

this is a huge area and it's not always so obvious right if you're listening and let's say well you not getting routine blood test you don't have a continuous glucose monitor that doesn't mean that you are not part of this eight out of nine people right so we think about the role of ghrelin and leptin, and cholecystokinin and hormones and this connection with satiety, So we think about many of us that have tried to do these diets and failed.

Hunger is a major component. And there is unique peptide through fermentation, saccharomyces cerevisiae, which is trademarked in publications as DNF 10. This is novel peptides because over time what it's doing is modulating hunger cues and signals.

And this is a peptide that we tapped into to be the base to overcome many of those obstacles. So it's helping the body more efficiently dispose of excess glucose.

How do we support healthy insulin levels? How to we modulate those hunger cues? And then looking deeper than that is you how do we beige that tricky sticky white fat the role of healthy ketone levels all of the mitochondrial have this is all happening and peptides are there to really move the needle and efficient and safe.

mechanism. And so that's one of the peptides we've talked about before that I think is a good place to start for those that are trying to tackle and improve that area of their health.

DNF10, satiety peptide complex, reduces the physiological hunger cues. I thinks that is great place start because the idea is if you are hungry, you're not eating nutrient rich food.

You may have leaky gut. you may something wrong with your vagus nerve. In addition to that, to speak to the 93.2% of the American population is metabolically unhealthy.

So that means if you have a conversation with 25 people, two of them are metabolical healthy. That is without question insane. And when you talk about a peptide, I'm not trying to divert.

But what do we mean by a peptide for those listeners? And what how does a pep tight work? So peptides are strings of amino acids, usually two to 40 amino assets, and then larger will be a protein.

And so these peptids and historically, peptidies could either be injected, it could be done orally, topically, even strips now, depending on what the peptidae is.

Not all peptides can be done orally, and many peptide do need to be injected. So what we're doing with our researchers and collaboratives are identifying the peptids that can't be don or early and these are there to the modulators of proper signaling pathways in the body, but also very safe so it's there i like to say the analogy of the power lines in our neighborhood.

And you might have a neighbor say, hey, did you just lose power? But it didn't affect you, right? So we have power outages that can affect a single home, a block, town, community.

And the peptides are in there to fix signaling locally, regionally, and then in bigger networks. So with this particular

area, when we're tackling metabolic health, we are talking about ghrelin and leptin, neuropeptide Y, and call is just a kind of active and active opponent levels and add a connected levels i mean so this peptide and there's thousands of peptides right so we're really identifying.

The targeted peptid for a specific action that we are needing in the body so in this case it's hunger cues. and it's not a magic bullet right this isn't a peptide that's going to shut the lights off on dose one but over time and this is what the research showed so one of the studies i saw that really impressed me at the 500 milligram dose is by week eight with over 120 participants the average person on this peptides was consuming around 600 less calories per day and so we think about that area right if all of us listening could just do a better job making better decisions with food intake a lot of the other stuff that we're doing is going to be that more effective so a great place to start with the metabolic dysfunction that's present with so many of those.

Without question, I want to echo what you said. People make bad choices. They're searching for something to light up the reward center of their brain, i.e.

that overuse of ultra-processed food. Most Americans do eat too many calories, but they eat way too much calories that are nutrient-deprived. You talk about metabolic health, you also spearhead that formula with something called berberine, which is a very famous herb, but you use a specific kind of berberein that has higher absorption.

I'd like you to take the mantle and run with it from there. There's no shortage of publications confirming the utilization and clinical success of berberine, but what happens on a provider level?

I've been hearing this for a long time to get the doses that mimic the studies to move the needle. There is a patient population that have GI distress from standard berbere and extracts.

So some of our ingredient partners that do advance ingredient technology have found a way to identify what's called dihydro berberine and in the body not to get too technical standard berbere in in-the-gut converts to di hydro berbre by eliminating that phase.

And those steps and relying on the gut to do that by delivering pure dihydro berberine we're seeing five times better absorption and double the half life.

So what does that mean we don't need those high levels the high doses to get the therapeutic outcome. And now it frees up space within the capsule to bring in additional therapeutic supportive cast to compliment.

The goal of what we're seeking so dihydro berber it's the first time you're hearing about it is one of the new kids on the block so. 200 milligrams is that sweet spot.

And especially in collaboration with satiety peptides, in this case, a really effective one-two punch to help tackle things like glucose and insulin issues.

You know, you really speak to the idea of utilizing peptide with herbs.

## Berberine, Blood Sugar, and Cardiovascular Support

So that's one of the reasons that I believe that your formulas are so cutting edge. a new type of herb so you can use less of a dose. So any side effects, if there were to be any with the usage of berberine, would be mitigated.

And more so than that, you're talking about blood sugar hunger, which really segues into my next topic about cardiovascular disease because the number one killer in America, believe it or not, is cardiovascular disease.

51% of Americans die from cardiovascular diseases. Much to the chagrin of many cardiologists, it's really not cholesterol that is the igniter. There's a word that you may want to use for a formula at some point.

It is without question blood sugar, blood-sugar regulation, and insulin regulation. That said, what innovations are

you working on that support cardiovascular health from endothelial function to mitochondrial resilience.

You hit it right there. The leading cause of death today is still heart disease. And so it's an area that we had to take very serious and analyze what some of the leading nutritional dispensaries are offering on a provider level and what the new research is showing.

But it is a bigger approach, similar to the IGNITE formula that just hit on. the cardiometabolic connection is really addressing some big buckets. elevation of lipids, hypertension.

You talked about the endothelial glycocalyx. That's one of the most emerging areas in clinical research right now. The capillary, the outline. Could you go over that?

I don't mean to interrupt you, could you? Because that's a topic that no one's discussed and is without question at the top of my consciousness. So go for it, my friend.

Yeah, so the glycocalyx is the lining of our vessels. So it's a slippery, slimy substance that make up and outline our whole microvascular system. And it can be quickly degraded.

alcohol, toxins in the environment. But the good news is, is that as quickly as it can degrade, we can repair and regenerate. So what I like to refer to the glycocalyx is the bodyguard or the security network outlining our whole vascular network.

We think about capillaries, blood vessels, right? This is a huge area and within our body, And leaky vessel right i need to come out leaki got for a long time but your listeners are gonna start being very familiar with what we call leakey vessels and that is the degradation of the glycocalyx so in our view in order for cardiovascular formula to be relevant.

in 2025 and beyond, you need to be addressing glycocalyx health. We already talked about elevation of lipids and hypertension. we also want to talk about noctric oxide and circulation and fibrinogen levels and another emerging area is vascular aging and NAD decline and there is a formula that we've been working on for the last couple years that is tackling all of these areas we call it cardio and ad to help talk about all these correlations but you let me know where you want to go within this or other topics i'm happy to dive deeper i love the idea of leaky vessel leaki got leakey ball bearing barrier leeki vessel which really speaks to idea specific things that are supposed to be carried that getting through into the bloodstream and stimulating an immune response, which ultimately stimulates inflammation.

And that is the backbone. If you have uncontrolled inflammation, that's where you had all these deleterious effects. It's funny that you talk about specific vessel issues.

There was a study that just came out that at 50 and over, and I'm there and you're way far away from it, God bless you. is where your vessels start to really stiffen.

They start become leaky. So I think in the cardio NAD, I thinks the specific nutrients become very important. And I maybe if you could detail them a little bit for our listeners, that would be a great starting point.

Yeah, absolutely. And for us, it's all about compliance and convenience. So we wanted to replace multiple bottles that people were having to open up every single day to tackle this major area.

We'll start with the role of the NAD, which is N-A-D-3 and niacinamide. Nad3, you might have read about this in Tony Robbins' book and Mark Hyman's book.

It is a very unique compound now with three human studies that is playing offense and defense within the cell, so it's addressing the root cause of NAD decline and depletion while helping the body restore healthy youthful levels.

And so, it is all about the salvage pathway and supporting the CD38 and the whole cascade of helping to body

produce levels of To mimic like we were in our prime so that's the first component then we get into the weeds okay well lipid and circulation things like bergamot at a healthy dose of hundred milligrams right it's not just about ingredient selection it making sure that the dosing is matching what the studies are being performed at.

So there's no window dressing here there is no proprietary blends it's truth and labeling so you can actually backtrack. Why we made that selection and how we got to the do so five hundred milligrams of bergamot is in here another big area coke you ten and to overcome some of the absorption limitations that coke can have this is coke ten bound with collagen peptides.

And these peptides will help create a absorption matrix in the blood to help the Koki 10 levels be utilized as a fat soluble vitamin 300 milligrams are being delivered on the cookie 10 side.

Which is what a lot of our medical advisory board urged us to be at. And so that's there. Then we start talking about nitric oxide, both acute and chronic restoration of nitrous oxide.

So there's an ingredient matrix called Fitnox, which is pomegranate, moringa, and black ginger with multiple human studies to confirm its utilization and absorption.

From there, we talk about the glycocalyx and one of the most easiest ways to restore and regenerate and repair damage to the Glycocalypse is looking into the seaweed families for rich high polysaccharide content.

In this case we're looking at the makambu extract which is a rich source of phacoidins. So phocoidin is being delivered a very nice area dose of 250 milligrams and that is there to be used for daily repair of the endothelial glycocalyx.

Then peptides, right? How do we not talk about peptide? These are lentil-derived peptids called PeptiPump. That's for ACE inhibiting blood flow and circulation, which is really, really important to also help deliver some of those other bioactives we just spoke about to make sure they get to where they're needed and intended to be used.

Last but not least, nanokinase. So when we think about spike protein and fibrinogen, you get a nice dose of nanokenase to round out this formula. Nanokonase is hot.

You know, it's interesting that you talk about all these different ingredients. Just for clarity, spoiler alert, Michael believes that these are all supplemental to lifestyle.

lifestyle being exercised, good nutrition, and possibly some other needed supplements, vitamin D, omega-3, pre and probiotics. So we're not saying this takes the place of anything.

It enhances your outcomes. Now, we were talking about placking. We're talking ability to deal with inflammation in the heart. Well, since the body's all interconnected, obviously we gonna talk about the brain, which if the number one killer of death is cardiovascular disease, Alzheimer's is the sixth leading cause of death.

I can tell you as a practitioner, people are more concerned, maybe understandably, of Alzheimer than cardiovascular disease. There are some great peptides that have a very health promoting effect on the brain.

Could you share that? Absolutely and not all peptides are we gonna start with some peptide but there's some really unique emerging bio actives to tackle our brain to make sure we're keeping it.

And maintaining it in its prime we start to die hexa it's another emerging peptid that can be done orally across the blood brain barrier the secret sauce here it all about promoting neural plasticity and the synaptic connections.

Acute and chronic, we also see it can help with learning and memory and focus and cognitive function, all the big buckets.

## Brain Health, Sleep, and Cognitive Support

It also helps with circulation of the brain. We've had a couple of people talk about they feel that this is helping even with tinnitus. And so it's an area that when you go to the peptide conferences, the faculty, This is gonna be a peptide that gets a lot of play in action from there another peptides and helping with managing and modulating cortisol is going to be something called peppy sleep these are brown rice derived peptids that's gonna help quiet the brain and the mind to get you to sleep but also research is showing it lengthens every phase of sleep so.

As you know our deep sleeps where we're doing a lot of the repairs where our body's recovering but so many of us are not sleeping enough so definitely check out pep t sleep which is in our sleep Jeopardy.

And then outside of peptide are getting the brain health right so we look at di hexa another emerging ingredient ergo thionine is really talking about the role the mitochondrial and brain aging.

And a real recent publication talks about ergo dying especially when you get to the levels that were dosing at a twenty five milligrams it promotes and supports neuronal senescence and that's the healthy turnover within the brain.

Making sure that the body's recycling and not accumulating these zombie cells in the brain so are go tiny is gonna be one that you're gonna hear for a lot of different longevity pockets but it's up and coming in a row for brain health another newcomer is going to be so little side.

Solithrocyde is occurring naturally in rhodiola at about 1%. And over the last year, rodiola has now been added to the endangered species list. So through our novel ingredient innovation partners, through natural fermentation, we're able to mega dose solithroside, which is responsible for a lot of the more adaptogenic properties of ridiola, especially in the brain and our body ability to handle stress.

So so let's go side is gonna be a newcomer we're using it but as of today we are the only practitioner brand using. And then from there i think saffron another ingredient to put on your radar there's a lot of unique data from sleep to even mood balancing but saaffron is.

I think one that's getting a lot of play in here to stay, so I wanted to put that on the listener's radar. Also sticking to that in the GABA agonist family is dihydrohenokial, DHHB for short, where it crosses a blood-brain barrier and really think about it as like a natural chill pill, really helps you 20 minutes or less feel calm.

And and you do that without the loss of motor function at some of the more prescription options that are available have the tendency of doing so dihydrogen okie all again i'm just kind of.

Giving you some some where we're seeing the trends emerging in the publications and then a big area here i don't know if you want to you were still talking about the brain but fatigue.

inability to focus, motivation. This could be a good time to even talk about paroxanthine if you want. We got a lot to unbox there. You did a great job in detail.

Just so you know what you were speaking about, and let's go back to the idea of Alzheimer's. If it's mild to moderate Alzheimer, you can stop and reverse it.

Dale Bredesen's work, Recode has done it, Dean Ornish has published articles on that. So that's number one. Number two, sleep. Great idea. I mean, patients complain, do you have a sleep formula?

What can you do for sleep? Sleep is your time where your brain, tying sleep and brain come in and this brain goes to a sponge and squeezes to about 40% of its size, squeezing all its metabolic waste.

I think I want to date ergo thionine. So I know you may be a little quiet on the theme, but everybody asked me about methylene blue. I will give Rob's opinion on methyline blue, number one, it does help with mitochondrial function, But it didn't make the list on your formula.

It doesn't made the lists on any of my formulas that I would use in my office. If you can ask me About methylenine blue you have to ask Me five times first about ergothionin.

without question for mitochondrial function. So now that we put that all together, I think that should talk about the parazenphine because I believe it is critical into overall outcomes.

It's so important because we look at the research and how many people listening right now are either not waking up refreshed or crashing in the afternoon.

They just feel like their mind's not firing the way it used to. And what are so many of us turning to? usually caffeine driven options. But what does the research show that far too many of us are either slower, fast caffeine metabolizers and or have genetic issues.

And we were so grateful for some of our clinical partners here who invested a lot on a lab side and clinical studies to identify the breakdown of metabolites that caffeine converts into.

And what they uncovered is that the majority caffeine downstream will convert into what's called paroxanthine. What they found was if we can isolate out paraxanthenine and just deliver this as a pure ingredient, well, what happens?

And we see is you get all the benefits, all of the good side of caffeine while still calling it caffeine-free. But you don't have to worry about the jitters, potential anxiety, the tolerance buildup, or even the crash.

So you're still even getting the caloric burning properties of caffeine. You're getting still the neurological and neurotransmitter benefits. but you're bundling all the benefits for three to three and a half hours.

And this has been what we feel is one of the unfair advantages within our portfolio because it's one that works on the first dose. It truly elevates your brain to fire on all cylinders.

Without this, feel like you are on something, right? So you have this elevation in performance. And then gentle it just wears off and you can repeat it if you want but this has been a big game changer to help so many of us it's a great place to start right i know we're already touching on so.

But this is an affordable option that you could include feel right away and maybe that's the difference between. Waking up sitting on your couch versus waking up and going for a walk or going to the gym or lifting weights really just putting the protocol into motion.

But paroxanthine is another ingredient that's here to stay and there's a ton of research ongoing and or just recently published that you should definitely check out if you haven't yet already.

Parazanthine, to reiterate, gives you all the benefits of caffeine without all of the side effects. And being a consumer, and my wife always reaching for it in the morning because she's always reach for coffee because don't talk to my life before she gets her caffeine, it is just a bad day.

A lot of people consume coffee, you have to run to the bathroom, we spoke about them, fast metabolizers. You don t get that with the parazantine. So, speaking about the idea of brain health and cognition, And using Alzheimer's as our staple.

Alzheimer is a dysfunction in the immune system. So as you know, I'm a big proponent of immune-system conversation because I think inflammation adversely signals the system and immune health.

I wrote a book, Immune Reboot. Are there peptides to support a healthy immune Now you're talking my language absolutely there's several and that this is where it really gets intriguing when we talk about immune resilience and immune modulation and just helping rewire some of the dysfunction that accumulates over time so we can start with things like the thymic peptides right time is in beta four time isn't alpha one and even the time it's in.

fragments right the tb4 fragments are the ones we've really dug into cleaving off the first four amino acids of t b4 where we see that be the workhorse and and provide a lot of therapeutic outcomes and what's great about the thymic peptides is again its ability to be modulator so not forcing the issue which in some autoimmune issues you want to avoid but there to be stabilizing some of the dysfunction.

## Immune Resilience and Gut Health

And so thymus and beta-4, and then even in the bioregulator world, thiamogen, which really gained popularity overseas in Russia while it was a prescription for its ability to beat that immune modulative issue.

We've stacked it with the thamic peptides, the TB4 frag, to make this really nice, dual peptide matrix on a cellular level to help restore some of that dysfunction.

And so whether it's the reoccurring illness and sickness, right? You know, if you're listening, you get sick, get better. It's this continual roller coaster.

This could be peptides you can consider tapping into to restore that balance in the immune system. Really love the idea of balance because that's what it is.

So you've got three lines of defense. Number one is your gut microbiome, your digestive system, which we're going to just put a little pin in and wait five minutes and get to because we have to have a lengthy discussion on that.

The other one, is the balance and what we are talking about between the innate and the adaptive immune system. What you're born with the adaptive is what you acquire over a period of time, antibodies, B and T cells.

So, which one of these peptides affects the balance, or better yet, if we could share which of one these of peptide work within each unique part of the immune system.

Yeah, well, I think the beauty is not only the safety, but the ability to have impactful support in all of these areas that you outlined. So we talk about the TB4, we talked about Thymogen, and really looking at it, in my view, to help recruit the T helper cells and the TH1, TH2 balancing.

Then we look at a peptide we haven't talked to about yet, KPV, that also will help restore the cytokine balance. and meaningful for mass cell dysfunction, that could also be looked at.

Then we have this whole other area of proteins or bio-functional proteins, or even peptides, things like lactoferrin or, even, bio functional colostrum that would be also meaningful to help restore damage to the immune system and really accuse up this whole gut immune system crosstalk to then look at another popular peptide like BPC157 as another option here.

And we talk about immune support. Oh, boy, here it comes. Bpc 157. Everybody's talking about it. So before we delve into that, I just want to share I know I'm going to get a lot of questions, so here you go.

I've got an affiliate code with Michael. It's called Dr. Rob S. it's a one-time order. You can receive 15% off if you listen to the podcast. So that'll be in the show notes.

Getting back to BPC 157 and gut health, ooh, this gut has become a central focus in your portfolio without question. Understandably, the gut is the epicenter of your health.

It's where your macro and micronutrients are absorbed. 80% of immune cells are in you gut. But more than that, here's the lining of you got, imaginary lining.

On the inside of the gut, we spend all this time worrying about anti-inflammation. We're worried about heel and ceiling gut lining, and we should. But we totally forget about the other side of gut where the bloodstream work, which really affects adversely our immune system.

So what I like what you've done is you have packaged some formulas and taking some insight into not only healing the gut, but healing in reference to the immune system on the other side of the gateway.

Absolutely. I know some of your listeners are probably like, how long is it going to take till they talk about this peptide? I think we did pretty good.

We hit on a lot of other… Yeah, I mean, we were holding it out. You know, We brought Wonder Woman out, you know. It's there. But you know as as you're listening and parking up all roads usually lead to BPC 157 to be talked about in great length because it's so meaningful in a variety of protocols and it so go to for so many of our top practitioners.

Because it sets the tone and has this domino effect so you hit it right got repaired all starts in the gut but this is a peptide that works systemically and so your gonna see not only got healing but on a muscle skeletal level and advantage of the repair.

And regeneration properties and this will also connect with the immune system so if you're listening and give the aches and pains. Or you're on a ppi or you try to stay on the field longer and maintain that edge right this is gonna be a peptide that we can.

Massage the messaging for for all these and more one of our favorite formulas and for a very obvious reason but in your view. And I guess to ask you a question, just to change it.

Where do you see this peptide make the biggest difference in how you're using it clinically? Because that can kind of set the tone of where we go and talk about it?

It's interesting. I believe that it's the Wolverine supplement, because as the character Hugh Jackman portrays so favorably, as he gets shot, he heals before your eyes.

It is a quick heal. And when we talk a about a click heal, we're talking about quick healing the gut and musculoskeletal life. Interestingly enough, I like to call it the Swiss Army Knife because it has so many different positive health promoting features.

I actually made a list because as everybody knows, if you're any kind of action hero, Brad Pitt, Tom Cruise, Frank Grillo, they are taking BPC 157 because its great for tissue and injury repair and accelerates healing.

It enhances cell and regeneration. Digestion and gut health, it protects and repairs the intestinal lining and everybody knows I'm a gut guy. It supports gut, health it reduces inflammation, that helps with chronic pain.

it may also have some neuroprotective effects which really speak volumes to the idea of brain health. Perverse nerve regeneration, And you know what? It's got a great safety profile.

So everybody says, let's talk about human studies. Guys, there are some human Studies. There's not a plethora of them, but there's something called the window of opportunity.

I always say the Window of Opportunity is the surfboard. Well, where do you want to catch the wave? Well the best ride is catch it at the beginning, because once the waves comes and drops down, you got nothing but sand.

And I believe that the Crescent is coming with BPC 157. How'd I do? Amazing. And I knew you would. I cued you up. But I think the big takeaway here…

I dunked it finally. The point guard got the score. Thank you. Absolutely. It's all about systemic resilience. That's what this peptide is delivering.

All those things that you just outlined for the listeners we've seen clinically confirm. And that's the beauty of serving practitioners all over the country.

In many countries, actually, this has been a peptide that we have seen translate what we saw in animal models or what saw we in theory. The N of 1 here is so powerful.

I'm glad we kind of waited to dive into this. People are listening, where do I start? This potentially could be it. I called it the Wolverine peptide.

Let's talk about some Wolverines stacks. So my Wolverin stack, and help me with this, would be BPC157, KPV, TB4 frag. And let's not forget PEA. so I just queued you up.

Everybody's going to go, what in God's name is PEa? Is it green stuff? When they go to the bathroom? What do we got here? Yeah, no, PEA is in the anacanabinoid family, over 600 publications.

It's referred to as a lipid resolving mediator. When we were in our formulation journey, these peptides at microgram dosing play such a small component of the landscape and real estate within a capsule.

And so we we're looking at functional fillers that also have dual purpose. What better way to complement the actions of BPC 157, then a lipid resolving mediator like PEA.

So we're using 500 milligrams per capsule of a micronized PE A and our body's naturally producing this compound in response to elevations of pain and inflammation, both in the gut and all over the body systemically.

And so there's no shortage of data on the human side of this ingredient, especially how we are dosing it.

## BPC-157 and the Wolverine Stack

This is the ingredient that most likely you're going to feel Before the peptide component but together an absolute game changer and so when you are talking about the wolverine stack and to kind of repeat that it's the bpc kpv pea combination stacked with the thymic peptides you got the tb4 frag with thimogen and that's what's really creating an environment on a cellular level.

to create sustained change. And I think that's what's so important for those listening that want Dr. Rob's Wolverine protocol. So to reiterate, BPC 157, Swiss Army Knife, KPV, really more of a gut promoting peptide with immune system.

TB4, what would you say? That's going to bring tissue repair and immune repair on that component. So would it be fair to say with the PEA, we're talking about calling the firemen and putting out the inflammation and the BPC and all the others coming in and being the contractors and construction guys and rebuilding the body?

Absolutely. And I think that's where a lot of formulas fall short because you have these regenerative ingredients that are there to repair but really hard and challenging to repair the house when it's still on fire.

And so this dual matrix approach is helping control the fire as an analogy, while putting the body on a cellular level in a better position to prepare and regenerate and thrive on its own.

Fire and healing and everything really speaks to the chiropractor or the people that are talking about musculoskeletal injuries. Which one of these translates into musculo-skeleton healing?

Cause eight out of ten americans have some form of lower back pain and one of the biggest complaints going to the medical doctor is rotator cuff lowerback headaches just basically musculoskeletal damage.

Yeah great and i think one the nice starting points of how you integrated this into your practice was. Really supporting that patient that you're seeing every day and especially with how long you been integrating nutritional supplements to come now with the peptides and either layering into someone that's been a long term supplement user and seeing this elevate.

You know this long term protocol and see the difference and also into a novice or a newcomer to supplements and seeing even short term what this peptide complex is able to do and the healing and healing journey for that patient.

So it gets into the musculoskeletal regeneration, musculo-skeleton healing. So my chiropractic PT brethren may want to consider this. We've got a good friend of ours who remained nameless.

He's been on a fence so long, I think he's got splinter in his buttocks. But it's going to happen. I can tell you that. One of the things that we didn't talk about is how muscle mass, as it's been called by Gabriella Lyons, is the organ of longevity and how important muscle-mass is.

I refer to it as the currency of the longevity. And also, believe it or not, one of bigger tests I want to throw out there is fat-free muscle index. So how much fat free muscle do you have really determines can you raise the level.

The patients who have a decent fatfree muscles index but still have way to go, I've used creatine derivatives, but your formula doesn't have just creatinine.

And I want to be specific. It has createne monohydrate, which has the bulk, 90% to 95% of the data. Nobody's saying createen HCl doesn' work, But the gated for muscle protein synthesis is without question weighted heavily in the corner for createine monahydrates.

Creatine has been around so long, I wrote it as a thesis in chiropractic school 27 years ago. So I'm going to detail it for you and then I want you to do the color commentary for me.

So the play-by-play is what creatine does. It's great. And it allows ADP to go to ATP. Gives you energy. Creatine is also fabulous for muscle protein synthesis.

But more so than that, really seeing a great cognitive boost of more in women than men. Then when you mix creatine with taurine, I love tauring because taurene closes the synaptic cleft and allows the decrease in excitotoxicities.

And I think as you would say the secret sauce, tauren allows for bile acid promotion, bile acids. If you have decrease in bile acids, you'll have an increase in leaky guts, small intestinal bacterial overgrowth.

So it's a pleiotrophic type of amino acid. You have glycine, which is a great add. Lysine which a critical element. If your eating plant-based protein you need lysine to make it as effective as animal protein.

And you glutamine which the most abundant amino acids. in the body. You put these all together, I'm seeing a tremendous improvement in muscle mass, longevity organ, and fat-free muscle index scores.

It's all yours, baby. The mic is open. Yeah, at the end of the day, creatine monohydrate is still, as you spoke about, been the most published form of creatine, but even talk about long term safety studies, there's nothing coming close to that.

So that's the foundation of the formula. The five grams, the two grams of taurine two and a half grams a glutamine, and then the powered by peptides. What does that mean?

So prime strength is going to feature dual peptide. In this case, you're going have pepti strong, which now has three human clinical trials published to confirm its 2.4 grams.

Of what it's delivering. And that's supporting fast and slow twitch muscle fibers all about activating muscle protein synthesis but also confirming double the strength double power.

And double efficient of recovery and these peptides derived from fava beans. AI discovered has been a total game changer even in the last clinical study we showed in fifty six days and almost one percent increase in bone density so this peptide when you layer those other ingredients you spoke about is a game-changer the other newcomer of

the peptides world is short and as d l one eight five more dye lucy It's the dipeptide form of leucine.

## Muscle Health, Creatine, and Prime Strength

This overcomes some of the issues of high dose leucein for absorption issues, but bundling all the benefits. Dilucin, and there's a lot of studies underway and have just also been recently published, has outperformed leuccine head-to-head for activating muscle protein synthesis, strength and recovery.

And so that is in here. That all makes up what we call prime strength and unflavored no sweetener no flavor powder and then for those that love capsules we have the pepty strong paired with peppy pump and that's the lentil derived ace inhibiting peptides to allow blood flow in the muscle.

And we've paired that with ginsenosides RG1 for senescence cell burden within the muscle and gincenoside RB1, for the gut muscle connection. But we have taken muscle health very serious as an organization.

We know it's one of the biggest predictor in biomarkers of how well or how poor you're aging. And without skeletal muscle, what do we? So you hit it right here.

These are so foundational. When we think about age-related muscle loss immune-related muscle decline, prescription- related muscle potential issues, to your weekend warrior, your seasoned athlete.

It's all about maintaining and achieving that edge. And either of these formulas are certainly designed to give you that. So the PeptiStrong, which I forgot, I apologize, you called it the hydrolyzed fava bead.

My understanding is it's much more effective for muscle protein synthesis. I think you'll know the number than whey protein. Yeah outperform weight protein four to one in the original study and they also looked at hospitalized bed down patients so patients that forget about going to the gym couldn't even walk and think about the muscle wasting that's occurring and saw that this peptide.

Provided support to keep the muscle that was there and minimize the decay and decline so it is definitely one of those peptides that should be on your radar.

We've been talking about it for several years now and just even super excited to have the dilucine finally available and available for utilization. Yeah, I think I said lysine and it was leucine, and I apologize.

Let's talk about how we want to consume it, because with creatine you don't want eat it in a hot aqueous solution, so it's not like collagen where you can dump in your coffee.

You want avoid it with caffeine. And the other question that I'm going to ask you is what about, you know, the old shake, with the little blender stuff?

Can you shake it up or does it have to be straight? No, it's really designed to enhance any other beverage carrying the flavor, so we've given you this neutral addition to upgrade your beverage.

So for those listening, if you're already consuming a protein shake, this is absolutely gonna enhance and supercharge it. If you already consumed the fruit and veggie powder or a smoothie or an electrolyte powder, Or if you're still utilizing the fruit juice or any beverage ice coffee all these things you can throw this scoop in there.

And elevate and enhance its impact everybody money listens to every one of my podcasts as we come to the close and he says you know what rob i need one thing.

to do differently on Monday? Michael, what would you suggest the one thing he should do? That is a big question. If you want me to pick one, it's to incorporate something like paroxanthine.

I think a lot of us, similar to sleep, we live with either not sleeping well or being fatigued for so long it becomes the

new norm. So to give you one actionable impact that's gonna work quickly and elevate you on so many levels, We deliver paris and what we call brain boost that would be where i would start.

To set the tone put our bodies in a better position for sustained change. and then circle back with us and we'll tell you where to go from there. Sounds great.

And I have one question, BPC 157, the question that's always asked, what are the doctors saying about it? Because everybody's taking it and people want to know and they want know if they can trust it.

I wholeheartedly trust. It is the go-to peptide as far as I'm concerned. Yeah and i think we're a lot of that trust question is coming into is how many these random fly by night companies now are selling research only peptides or not for human consumption but yet they're investing in instagram and facebook and tiktok ads.

So at the end of the day, it's really aligning with the right practitioner and the companies that are getting vetted and are doing third party testing, both as a raw material and a finished formula.

So we take the guesswork out of what might be in that capsule. And so it's not to say we're the only ones doing it, but I would certainly say, we've been vetted and trusted by thousands of practitioners.

It's a good place to start. But I think that's where that trust question is coming into, you know, and hopefully some of these pointers are a place. To help you ask the right questions to make sure that you are putting what you want in your body and it is not something else.

So let me ask you, if you could look into the crystal ball as we close, and with your health jeopardy eyes, what would you say you're going to see in the next one to three years in reference to longevity, peptides, et cetera?

I think you are going see a lot more clinically validated with human studies, bio-functional proteins, binding proteins. These are all areas that research is undergoing right now.

Whether it's AI-derived peptides or natural fermentation or utilizing things like CRISPR, this area is just heating up and there's a lot more to come.

## Closing Thoughts on Trust and the Future of Peptides

And part of our commitment to you is to make sure that we're aligning with the right companies investing in this research and innovation all over the world to be sure we are keeping our fingers on the pulse to ensure that our pipeline is accurately representing the emerging research.

So we're on the precipice of an explosion. That's right. And we are at the right place, right time, and right community. You are the Right Guy. I'm happy you are on my team.

Happy I know you. For the last 20 years, it's been great to see where you've come from to where are you now. My man, you have done a great job. Thank you for sharing all your knowledge bombs with everybody.

Look forward to seeing you soon. Mike Antonelli, Health Jeopardy, Dr. Rob Sullivan, Proven Health Alternatives.