Introduction and Speaker Background

Ladies and gentlemen, welcome back to the Bioregulator and Peptide Summit. My guest today. Well, I've actually recorded at least one podcast on my own podcast with Chris Burres.

He is the head scientist at ESS60, and he is the published author of Live Longer and Better, host of the Live Beyond the Norms podcast and patent holder with a surprising twist.

Not only is he a visionary scientist, but also a master of comedy improv. I didn't know that. No wonder I'm always laughing when I'm around you. Chris Burres is the founder and chief scientist at My Vital Sea, where he manufactures a Nobel Prize winning molecule responsible for the single longest longevity experimental result in history a full 90% extension of life, which I remember when I read that study, I was like, Holy crap, even if it doesn't translate 100% over to people.

Pretty sweet. He is the intersection where science meets laughter, and his life's mission is to help people live longer, healthier, happier, pain free lives with science.

That's amazing. Welcome. Welcome to the summit, Chris. Thank you. Natalie, thank you so much for having me. And you know, when people can touch on my comedy improv, I get a little bit nervous.

Now I'm going to have to actually entertain somebody there. There is. The bar has been raised. Yes. So I will save my biological analogy that starts with Mardi Gras in at some point that will come out in this presentation.

All right guys, you heard it here. First. Stick through the interview until you get to the Mardi Gras part. All right. So people might be wondering why is a C60 company a part of a peptide and bio regulator summit?

And I to me makes all the sense in the world. But let's talk a bit about this concept that you talked about before we started recording, which was using C60 or S60 as hardware optimization for the software that are the peptides and bio regulators that we would be introducing into our bodies.

Yeah. So I do have a presentation. Is now a good time? We'll pull that up. Whatever you're going to do to make it easier for the audience to. And look first slide, it actually has you you're in the first slide.

Me oh my. God that looking amazing as always. Now I'll breeze through this. We do want to keep this really tight. There'll be a disclaimer. We'll talk about optimizing peptides and bio regulators.

How do we think S60 works? I'll actually talk about the difference in our mind between S60 and carbon 60. Of course we've got a health disclaimer. Our product has not been evaluated by the FDA, is not intended to treat, diagnose, or prevent any disease.

We will probably be sharing anecdotes, not antidotes, anecdotes. And I always just say, hey, just assume this won't happen for you. Dig into the research.

If this really does resonate with you. There'll be a link that will share at the end. Just a little bit about me. You talked about this. I've been working with this molecule. We'll dive into this molecule.

It's a Nobel Prize winning molecule. Since 1991. I have written the book Live Longer and Better. I've also recently finished the book The Longevity Molecule.

I did a summit, which you like.

Peptides, Bio Regulators, and Mitochondrial Hardware

Again, I can't thank you enough. I think you got somewhere between. You helped me get somewhere between 8 and 12 interviews, people that I could interview.

So that was fantastic. That's called Uncovering the Secrets to Longevity. I do have the podcast live beyond the Norms. And then, of course, you can connect me on Instagram and YouTube.

I was recently on the Dave Asprey podcast, so that was really exciting for me. I don't know if anybody else out there is excited, but I was absolutely excited about that.

So here's kind of what I was talking about, that peptides are this software and your physiology. Right. And even more specifically in this case we're going to be leaning on the mitochondria as the hardware.

So if you've got great software and your hardware is dysfunctional and you've had a recent experience like, you know, maybe the peptides were less effective as you're going through these kinds of experiences, I think that's really important.

So there's different receptors. If you think about insulin it's going after the mTOR pathway. You think about it. And the IG one pathway BPC 157 your G. H.

I am reading this because you are the expert. I'm a guy who reads these things. CJC 1295 circadian Rhythm and regulation. And then of course GLP one the GOP one pathway.

But if you're communicating and all you're dealing with is these mitochondria whose Krebs cycle isn't functioning, the electron transport chain chain isn't working.

You've got this oxidative stress. You've got this inflammation again like the hardware is is key to kind of drive this a little bit home. How are these different regulators bio regulators and peptides dependent on the mitochondria.

Well listen we don't have to go through all these really it's about ATP production the energy production. It's about nutrient efficiency. It's about low oxidative stress.

Ultimately powerful mitochondria support these bio regulators. By the way, if at any point you want to jump in, wave your hand, I'll see you and we can get get you.

Otherwise I'm just going to let you rip and you know. Yeah, I. Just want to the right here what I will say and just to put it in planar language for the audience, for those of you who might be new to this space, if you happen to stumble upon this interview, what we're really talking about here, the mitochondria, which are, as Chris said, they're the their the engines in your cells that produce energy for your body, that runs everything.

They also sense the environment. They're very important signaling molecules when they don't function properly. All these peptides you're bringing on to to effect change are not going to be able to do what you want them to do.

So either you're not going to get results or you're and you're just wasting your money, or things could actually go sideways with the bio regulators because they're acting on the DNA of the cell.

You still can't bring a bio regulator peptide into what Chris really, or referred to something else as a dumpster fire. If the dumpster is on fire, there's not much you're going to be able to do in there.

So this really gets to the root of optimizing the environment and the terrain for these other small molecules to do their work. Yeah. That's it. So hopefully yeah.

Like you started with that question, why might a C60 or an S60 company be in a bio regular peptide. Correct. Well I get to get the hardware right. Here's a couple more.

Right. Tessa morrell and Morrell. And again you're just back to better sleep quality restore cellular wellness. By the way, our most consistent testimonial is people take the product in the morning.

They report mental focus and energy during the day and then better sleep that night. Right. So that better sleep quality to kind of bring it back again.

You've got all these signaling molecules coming in. Really. If they don't land well then, you know, you're probably wasting your money, right? And, you know, peptides tend to require injections.

There's some commitment. And let's let's make sure that that hardware is where it needs to be. So you can really reap the benefits to the max. What are we even talking about? Right.

So is a 60 molecule was discovered in 1985. There is actually a book called The Most Beautiful Molecule because it is actually a beautiful structure. I don't know how many molecules have books written about them, and certainly not saying that they're beautiful.

So it's it's actually stunning. And the three scientists, Doctor Smalley, Doctor and Doctor Kroto, who discovered it, went on to win the Nobel Prize for that discovery.

C60 Discovery and the Longevity Rat Study

I like to share our lab started manufacturing it in 1991, a full five years before they were awarded the Nobel Prize, and may be a funny person, but I am not a very braggadocio person.

It is. This is as much as as you'll get from me. It is not unreasonable to suggest that because we were delivering commercial quantities of this carbon nanomaterial to research institutions around the world in 1991, scientists could get their hands on it.

They could do experiments with it. They could understand how impactful this molecule is. Partly the reason, at least maybe the timing of when they won the Nobel Prize.

And this molecule is amazing. Part of the reason they won the Nobel Prize is the way I describe it, the molecule performs as well or better than the current best material in almost every application.

So it makes better inks, better tires, better batteries, better photo cells. This is where people get nervous because we're like, is this a health supplement or nobody in your audience?

And I know your audience is like bio hackers, right? Nobody woke up this morning, looked at their car battery and thought, I wonder what part of my car battery I should be consuming on a daily basis for my health?

No, as a matter of fact, you're sending people running for the hills. But but I think that, you know, and I'm sure you're getting to this part, the reason why it was discovered as maybe potentially having benefits for live organisms, were the testing that you have to do on animals to determine how toxic a molecule is that's being introduced into the market, even for industrial purposes.

You're so good. This is exactly right. Like if man is going to if it makes great inks, batteries, tires and photo cells. By the way, I really do hope the batteries land.

It is cost competitive with lithium and a kind of a colloquial name for this is a Bucky ball. I just think a Bucky battery should exist, like just on principle.

There should be a Bucky battery. Yeah. So in fact, this shape right up front, front and center is the same shape, not the same formula, but the same shape as benzene.

Now benzene ubiquitous in our society. If you need some a little bit of evidence, you look around you. Everything

that's plastic would be gone without the benzene ring.

But it is known that when benzene is on its own, it's known to be toxic and known to be carcinogenic. So because this shape exists 20 times on the exterior of this cage, they assumed it would be toxic.

So they put it in a toxicity study. And this is where things get really interesting. In this study there were three groups of Wistar rats. And again toxicity there were three groups of Wistar rats.

One group was given water. That's a control group. One group was given all of oil. That's a semi control group. And then one group given the S 60 molecule in olive oil.

And I'll share here because you and I are both familiar with this as C60, we kind of picture the market this way where C60 is for industrial applications.

And there is peer reviewed, published research that if you improperly processed C60, it's harmful. S60 is C60 that's been processed for people in pets.

That's the the kind of separation that. We tend to different. Okay, I was wondering about that. Cool. I'm glad you clarified. Thank you. And so you can see, a typical Wistar rat usually lives out to 32 months, which is exactly what happened in this study for those rats given water.

You'll notice here that the group given olive oil, they lived 18% longer. So so like Ben Johnson, doctor Stephen Gundry, like everybody who's coming out with olive oil, it's for good reason.

Olive oil is I love what Doctor Gundry says. He says the purpose of food is to get more olive oil into your mouth. That's how healthy olive oil is. But that's still just an 18% extension of life, the one.

I think most people would take. Yeah, no. Like what. Is not for nothing. That's almost 20%. Yeah, it's going to be top 5% things you can do to extend your life.

Like in the case of this. And these are Wistar rats. So there's some you know what is how much of this transfers to humans, which is an interesting and potentially philosophical question.

But you look here, we've got the SS 60 rats. They lived out to 62 months, a full 90% extension. I will share. This is a study out of the University of Paris.

Our lab provided the material in our lab is mentioned in that original study. So very proud to not only be the oldest and longest manufacturer and distributor of the molecule, but really to be the lab involved in the original study that kicked it off.

There was one other piece of the study, which is absolutely fascinating, which is a typical Wistar rat will live 32 months, as we've said, and it will have a known amount of tumor mass.

You can see this tumor mass continues to grow. The longer it lives, the more tumor mass it has in its body. And, you know, if you were to project that out.

But the reality is, is those given those Wistar rats, given the S 60 molecule dissolved in olive oil, none of them had any tumors. That's because there are two little tumor factories.

These guys. That's why they're used in clinical trials. Right? Yes. Yeah. Because they because they perish quickly. Right. Then you can get your studies published faster.

And they are exactly tumor factories. And I've told that story and some people have been like, oh cure for cancer. And I'm like, no. And then I follow that with another no.

Let's be very clear. That's a hell no. Yeah. And the hell no. Yeah. We'll throw in a third. Yeah. Big difference between dealing with a cancer that has metastasized and potentially being a cancer preventative.

Right. And I'm going to share this one other study. That is pretty fantastic. It is a petri dish study, literally the lowest I would take any rat study mouse study over a petri dish study.

But this is fascinating. If you take cancer cells and healthy cells in a petri dish and you introduce an anti-cancer agent, typically a poison, right?

You're trying to poison the cancer cells before the healthy cells and the presence of the S60 molecule, there was increased efficacy against the cancer cells and protective effects for the healthy cells.

So in the presence of S60, more cancer cells died, less healthy cells died. And why that might be we'll get into our boss theory. It's we believe well, we understand from the boss theory that this is working at the level of the mitochondria.

Cancer cells use a different energy source. I don't really have a theory for that. Cancer is not our focus, but the fact that you're operating at the level of energy production and cancer uses different energy than healthy cells.

That's probably we're in the right neighborhood of understanding what was going on there. Interesting. And so are there human studies happening with the SS 60 currently?

So we are driving and I've got a slide for this, but let's hop into it. Right now we are driving for clinical trials. One has already started. It's on severe and frequent headaches.

Human Use, Testimonials, and Early Research

You're not allowed to talk about migraines when it comes to this. So that clinical trial has already started. The next one we're doing is here. We're going to see a video a little bit later.

That's a high sensitivity C reactive protein. That's an inflammatory marker. We'll just summarize it that way. We've already done an ad hoc sleep study.

And in a small cohort of of participants, 100% of the participants reported improvements in sleep when they were on the product. Again, not we're not we weren't that surprised because, I mean, 100% is pretty pretty, you know.

Pretty a lot. Yeah. Yeah, pretty a lot. But again, our most consistent testimonials, people take it in the morning. They report mental focus and energy during the day and better sleep at night.

And I'm just going to throw this out right now. Are you aware of something that you can take in the morning and positively impact sleep at night? Yes. Okay.

It's good. What is it? There's one thing the Neil Glenn bio regulator, but that does it directly impacts your circadian rhythm. And I'm I'm sitting here thinking, okay, I need to put these two on top of each other because they're going at it from two completely different pathways. Yep.

I think that would be so interesting. You are literally the first. Well, somebody once said ashwagandha and then another person was like, no, you have to take ashwagandha in the morning.

And then you also have to take it in the evening. This is something you take in the morning positively impacting sleep. And that's again because working at the level of the motto, and we'll get to that kind of method of action.

I want to share a little bit of my story because this is kind of fun. By the way. This is this is my impression of bio hackers. This is you and I over here, these crazy, wacky bio hackers.

So this study comes out in 2012. In mid 2013, we start getting these phone calls from these crazy wacky bio hackers going, hey, I saw that one study I want to put how much should I be consuming?

And my business partner Robert and I were like, you mean that stuff that we sell to research institutions to put into ink, batteries, tires and photo cells?

We think you should take zero. We actually added not for human consumption to our labeling in mid 2013. Yeah. And that led to these really interesting phone calls.

You know, 2 to 3 phone calls a week. And they would sound something like this. Hey Chris my knee pain is gone. And I'd be like, hey, Joe, you mean the knee pain of your rat?

Because it literally says not for human consumption on the labeling, on it. And he goes, yeah, yeah. Hey, if my rat weighs 275 pounds in those pit training on Wednesdays and Fridays, should I?

I mean, should my rat take more before hit training? And so we knew what was going on and we were okay with it. From the perspective of, in the literature, this molecule is safe, right?

Because those toxicity rat studies showed that there was no toxic level. Right. Or it was insanely high. Yeah. It was what was the opposite of toxicity.

Right. It was. Yeah. It doubled. Share this. And kudos to Bharti for doing the research. Because if anything was ever true about a toxicity study, when all of the control rats are dead and all of the quote unquote toxic rats are still alive.

It's not toxic. They could have ended their study right at 32 months when that last. Well, it's an average at 30 minutes. So it was like 34 months when that last control rat died.

And when the ES 60 rats were still alive, they could have ended it. But they did. For another two and a half years. They did the animal husbandry to get this fantastic result.

And so, you know, I'm of course very thankful to them. Yeah. So these bio hackers, they're calling my business partner and I are meeting literally in the conference room behind us going, do we want to get into the supplement market?

And some of my story is like Chris wishes he was smarter and did things sooner, but we're just conservative carbon nanomaterials scientists. And we were uncomfortable.

We just didn't end the supplement. You know, we were talking before the supplement industry is challenged is maybe a generous way to put it. So every quarter we're getting together between 2013, really in 2017, do we want to get into this market?

I actually, in that time frame, found a peer reviewed, published research paper that showed that 50% of the supplements this group had purchased off the market didn't have in them what they said they had in them.

Yeah, it's horrible. Horrible, right. And so. It's not even the worst of it. I mean there's yeah, I was. It's so much worse. There's some that have stuff in it that shouldn't be in it.

Period. Right. And there's unsafe stuff out there. So every quarter we're like, no, we don't want to get into this industry. Finally, at the latter part of 2017, a guy with a big YouTube following, actually, he was a Bitcoin guy.

He started talking about all the benefits he was getting, taking it on a daily basis, and our phone went from ringing 2 to 3 times a week to ten times a day.

And so now we're like, okay, well, this is an entrepreneurial opportunity outside of the realm that we really realized.

We asked ourselves two key questions.

The first is a moral question are we comfortable? And we were talking about this off air like moral questions should be asked maybe more often. Are we comfortable selling it?

And I take it my wife takes it. Everybody on our team here takes it, by the way. Not a requirement like we don't. It's not a dystopian office office where they clock in and they take.

Their shot and it gets poured in. You imagine? I mean, they have access to all the research like everybody else, and probably even better, they have access to all the calls coming in, the testimonials that are coming from our customers.

So yes, we're comfortable selling it. And then the next is the legal. So you've got the FDA and the FTC. You got to cross the T's, you got to dot the eyes.

And we're certainly doing that. And so in the beginning of 2018 we started bringing this to the market. I want to hop in here. Let me I think good. It doesn't start.

So this is from Doctor Lane Young. He came up to us at a forum in Las Vegas. So that's American Academy of Anti-Aging. And he said this and I was like, oh my God, Doctor Young, I have to record you say it again, right.

So he did, and I think this will work and you'll be able to hear it. It's super short. The summary is it doesn't matter what state you're in. This product is reducing HSC into normal levels.

And then I love what he says kind of here at the end. All right. So you've become a big fan of my Vital Sea since we met at the biohacking conference right.

Yeah. And you have some some data that's going to come out soon. We're excited about that. Talk a little bit about whatever you're comfortable talking about that data.

And then you just shared with me something that you're doing with your employees. So male female doesn't matter post-surgery. Otherwise. Super healthy heart disease diabetes anyone with C reactor protein, it will bring it completely down to the normal levels within 4 to 8 weeks.

Like very quick. As far as tracking HV and sleep, it improves both dramatically, anywhere from 20 to 60% with seeing improvements there. So it's pretty pretty dramatic.

And everybody should be just something that we just is available for our employees. And Alexis. Amazing, right? To keep it available for your employees in the long term, which, by the way, is a perk of working here.

And S60. Yeah. Yeah, free as much as you want, like Gwen is an interesting one. I think we have time. Gwen is a our largest distributor here in Houston, and I did an interview with her and she shared that at the three month mark, she would have not really said that she noticed anything.

And then she kind of slowed down and took stock of her life. And she shared, oh, wow. I'm, you know, actually working later, I'm waking up. Earlier, I was never a morning person.

And then arguably the worst testimonial you will ever hear about a supplement. She shared that she cleaned her garage. We don't use that in any of our marketing material, but anyone who has a garage cleaning your garage like it's too hot, it's too cold, it's too, you know, maybe there's emotional baggage.

I think ultimately it really it really does mean something. And then this one I'm super proud of. This is Kyle's. He is the owner and founder of Osteo Strong, which is a global franchise helping women with osteopenia, osteoporosis and his.

You're welcome to read it, but I'll summarize it. His son brought home two pugs. One of them was the runt of the litter. He couldn't leave it, so he brought the run of the litter home.

It had water on its brain, is what they figured from the.

Boss Theory and Mitochondrial Oxidative Stress

Yeah, water retention on the surface of the brain. From the visit to the vet. My product arrived like three days after the pug. He started giving it three doses.

By the time he took this was a busy guy. He took the time to write this testimonial. The dog was like 80% better. He's now running in straight lines, playing with other dogs, the vet, basically all that as a miracle.

What Kyle said. And I also got a video of him saying this is I will never not take your product. So pretty, pretty powerful stuff now. Great. We're we're bio hackers.

That's exciting. Now we're interested. We're interested in supporting the impact that we're going to have from our bio regulators, from our peptides. What is this actually doing. Yeah.

And so we we've already really talked about sleep you know super super important. If you get sleep right you're going to improve your mental, physical and emotional well-being.

Again I showed this I mentioned this study. It's a crossover study. We collected ten days of sleep survey data before while they were before they tried the product ten days back, ten days on the product, ten days back off the product, and then ten days back on the product.

And not only is the data good here, but each individual reported improvements in sleep when they were taken the product. And you know, what's interesting is that the for almost all of them, there's just that one group there, the third group.

But the baseline, the when they come off the product, they're still better than before they started. Yes. Because we believe this actually stays in your system for about ten days.

So this is probably not the best. You need a longer washout period. Yeah. Gotcha. I think a longer washout period would have really shown up. In fact, you almost want to show different data points, which is ten days, ten days off and then 10 to 20 days off.

Like, what was that drop back into normal results. Cool. And then next we my next role. Right now I'm a chief scientist of a health and wellness company with a supplement, you know, begrudgingly on the market.

How why did these rats live 90% longer? And I looked at the medical community and they tend they don't all agree, but they tend to think of aging as an oxidation and an inflammation process.

So in terms of an antioxidant, there's an ad hoc study on the web showing us to be 172 times more powerful than vitamin C. There's peer reviewed, published research showing us to be 125 times more powerful than vitamin C, so we get to put a big ol check Mark.

I'm in Texas, so we put a big ol check mark on antioxidant. When it comes to inflammation, we have to be really careful here in the States, probably the same in Canada because the FDA equates conversations of inflammation with the diseases of inflammation, which are also the diseases of aging.

So arthritis, Alzheimer's, cardiovascular disease, cancers. So I come on your comment. Yeah. Not say that. So I come on your summit and I share that we address inflammation.

And what the FDA hears is me claiming weaker cancer, a weaker cardiovascular disease. That is not what we're

doing. There is so much research that needs to go in to be able to make those claims.

And it's really expensive research. We hope to do that someday. What the FDA does allow us to say is we address inflammation, at least as it relates to exercise induced inflammation.

So I don't know. We have a small old checkbox check mark on inflammation. And then really what's. So we're bio hackers like. So what's driving the deep sleep. What's driving this antioxidant.

What's driving this inflammation reduction and inflammation, at least as it relates to exercise. This is where our boss theory comes in. So the boss theory it stands for buffering oxidative stress system.

And the thing that gives credit two things that give credibility to this is we know from peer reviewed published research this S60 molecule gets into the mitochondria.

We all know from way back in the 90s. I have a nice little model here that the that the exterior of this S60 molecule can hold up to six negatively charged particles.

Refresher I know you and most of your audience knows this. Your mitochondria is the powerhouse of every cell. There's between 50 and 5000 mitochondria in every cell in your body except for your blood cells, which have zero, and your brain and neurons, which have 2 million.

It is amazing how much energy our nervous system uses relative to our other system. Like every power source, there is a negative byproduct. You think about your car going down the road, its exhaust.

You think about a power plant. There's a smokestack. In the case of mitochondria, it's reactive oxygen species. Now, the the way I picture these are like if they're left to their own devices, they're like little bumper cars running around the body.

Everything they smack into, they cause rust, right? They cause oxidative stress, oxidative damage, ultimately inflammation. And that's horrible. But like so many biological systems that we have, there is a way to manage it.

And that is with the internal glutathione and melatonin. It's worth a pause here. Melatonin is the sleep hormone. Our most consistent testimonial does involve sleep.

And you can see here in this healthy mitochondria we've kind of pictured these reactive oxygen species as this nice tranquil blue color. They've been bonded with glutathione.

They've been bonded with melatonin. But what happens if you stress them out of first off you know, how do you stress the mitochondria? I like to point out if you're alive in modern society you have a stressed mitochondria, and once you stress it, it starts producing more energy and more reactive oxygen species that can be managed.

So you can see there's still some reactive oxygen species that are this baby blue color being managed by the glutathione and the melatonin. But there's extra runs.

And that's when they if they're left to their own devices, they run around and they everything they smack into, they cause this oxidative stress and oxidative damage.

And that's where the S60 molecule comes in. So again peer reviewed published research. It's in the mitochondria. You can see here holding up to it's actually this is a misrepresentation.

It can hold up to six of these negatively charged particles. And what we believe it's happening is it's not replacing glutathione or melatonin. It's actually holding on to them as a buffer. Right?

A buffering oxidative stress system. So when that particular mitochondria replenishes the glutathione, replenish the melatonin, then it can grab those reactive oxygen species and manage them properly.

This is we could do the drum roll. Now this is the time for the Mardi Gras analogy right. Here we go. All right. But I feel like all biological analogies should start with Mardi Gras.

I don't know about you. I mean, a lot of biology happens at Mardi Gras, so? So why not? You've got these drunk. You're going to leave that alone. We've got these drunk reactive oxygen species on Bourbon Street after Mardi Gras.

Again, everything they're smacking into their causing their spray painting cars, they're smashing windows. And the New Orleans Police Department, the glutathione and the melatonin come on to Bourbon Street, handcuff themselves to those reactive oxygen species and get them off of Bourbon Street.

But what does the New Orleans Police Department do when they're overwhelmed? They take those reactive oxygen species and they attach them to the s. They put them in a paddy wagon, they attach them to the exterior of the SS 60 molecule so they can't do any damage.

And then when the New Orleans Police Department can replenish the glutathione, replenish the melatonin, they can handcuff themselves to those reactive oxygen species and get them off of Bourbon Street.

And that's why we say the S60 molecule is the boss, right? A buffering oxidative stress system. And the real summary is we believe we're reducing the negative impact of stress mitochondria.

And if you reduce the negative impact of stress mitochondria you should have systemic benefits. And you should have what we have which are head to toe testimonials.

And so that is the buffering oxidative stress system. I'm going to share one I actually have kind of three tests. But glycan age is an inflammatory market right.

It's looking at glycans and how they attach to different cells in your blood. And they tend to go one direction as you age. And so it's a it's an age test a biological logical age test.

When I took this test it had me at age 21. At the time, biologically, I've been taking this test in well, but 34 years younger than my chronological test.

I like to joke if your biological age is under 21, can you still drink like I don't? I don't know, maybe maybe we'll be able to do a biological. Yeah, okay.

And then just talking. We are a very strange supplement company. Most supplement companies don't do research. And even fewer published. We published in 2024 2025.

We will be publishing this year. We already talked about that crossover sleep study. And we've already mentioned the trials that we're doing. Right. So the well, again, it's a headache. I need to change that.

It's a headache. You know, a frequent and severe headache. Study HSC according to Doctor Lang Young by the way there's already an CRP study on beagles and it reduced their HSC.

Research Pipeline, Results, and Product Journey

No surprise a more formalized sleep study. So we can have a clinical quality data. And then a wrinkle in age spot study. This is just a screenshot of our of our headache study.

And then I'm going to wrap up here. People ask what kind of experience might I expect on the product. We tend to think of it as a three month journey.

That really parallels the most consistent testimonial of people taking it in the morning, reporting mental focus and energy during a and then better sleep that night.

So month one is really focus and energy. I lean on one testimonial here. We got some product to an influencer. She took the product in the morning, recorded her video in the evening, and when she sent it in, she pointed out that she didn't finish her cup of coffee.

Nice. Now, I don't know if you're a coffee drinker, but if you notice and point out that you didn't finish your cup of coffee, like that's a big deal.

I used to be a 2 to 3 cup of coffee per day person. I'm now down to half or one. It's really a lot of it's about the ritual. I come in, I like to smell.

That's what I do at the office kind of thing. So that's month one. Month two is deeper sleep. And I actually believe that this is happening sooner. But everybody gets a little bit more or less sleep, right?

You know, we're not Brian Johnson. We're not waking exactly up at the same time, going to bed exactly at the same time. So it can be hard to map back that you were getting good sleep this whole time.

Usually that kind of lands that month to my business coach shares that for 50 years he needed alarm clock. When he started taking my vital see. He wakes up before the alarm clock.

Now he's, you know, late night mixers, late night dinners. None of that matters except if he doesn't get the product for about ten days. He actually sent me a note recently.

Like, I need to get him some more. He starts to need the alarm clock again. And that coincides with what we see in the literature of this molecule clearing out in about ten days.

And I'm going to share one other thing on sleep. I've in the last three weeks, I've had two conversations where people are like, oh, you know, Chris, I haven't really noticed anything.

And I'm like, well, how are your dreams? And their eyes get like big like Bambi. Big guys like, oh yeah, man, I've been my dream. Recall is like, I'm having amazing dreams.

And we think I think that is because every sleep cycle you have this checklist, right. And one of the things on your checklist is your mitochondria. You've got to do mitochondrial repair.

And that's actually in your deep sleep. If that's already done then your body your physiology can move on to the next thing on the checklist or next things on the checklist, which, you know, cementing memories, processing emotions.

That's the dreams. And I think that's why people tend to have better dreams. And then on month three it's really systemic benefits, right? If you think about reducing the negative impact of stress mitochondria then you should have systemic benefits.

We actually have testimonials that again we have to do the research before we can share them. I will share. My father in law was walking with a cane at about the three month mark on the product.

He stopped using the cane, started walking further. Of course you walk further. You're losing weight. That's because he's walking. So that's kind of the systemic benefits.

And then I'll just share. We've got a URL people can go to Peptide Summit I've got from for you. Help me with so many interviews on that longevity summit I've got 18 biohacking tips.

That's for free. There's a 40% offer. There's a 30% coupon there. Take advantage of subscriptions. There's additional discount. And this is something I'm really proud of.

So my book, Live Beyond the Norms is available on Amazon for 1995. If you are also available on that landing

page for ten extra dollars, I'll autograph it.

100% of that $10 fee goes to Operation Underground Railroad. So you may remember that movie The Sound of Freedom, which is an amazing movie about a horrible topic, child exploitation.

Operation underground is doing a great job getting that off of our planet. So 100% of that signature fee goes to Operation Underground Railroad. Beautiful.

Well, before we close, I do want to mention I want to tie it back to peptides a little bit, okay. Because because you did a great, such a good job telling us about how S60 really optimizes the terrain.

But people are going to want to ask, well, does that mean I can, you know, does this replace things like SS 31 or using something like Motsi, like what are your thoughts on that.

Because you know, those those peptides are really not typical. They're not actually approved for whom human use at this point. And so it's a very interesting conversation to me about thinking, you know, you have this we have this molecule that does all this amazing stuff that optimizes the mitochondria, it optimizes the terrain.

So on the one hand, you could say maybe it would reduce the need for those peptides. But on the other hand, in any event, is it possible that it might make it easier for those peptides to do what they do when they get to the point where they're approved for human use?

So I'm going to say a couple of things to that because and I'll pull up that slide, that kind of hardware and software slide kind of one last time. People often ask, hey, if I'm new into longevity, I'm new into health, what should I start with?

And I'll be honest, my first response is like, maybe you don't want to start with our product. Like, that's that's fair. Like you've got to get your diet right.

You've got to get your movement right, you've got to get your sleep right. And all of that takes mindset, right. Because if you don't have the mindset to change your diet, to change your movement, to change your sleep, right, put your phone away before you go to bed.

If you don't have that mindset, then like it all depends on mindset, but this might fit in there like some people might be. Does I write this? I think I think that if a see, here's the thing, like a molecule like this one might just be the thing that gives you the energy to do all to implement all those other changes.

Like we're always like, you know, when I was coaching people, we're always looking for the quick win, right? We're looking for what is the one thing we can help people to do to start that will, number one, show them the light.

They will experience a benefit in a short period of time that says to them, I want more of that. And also that will give them a little more energy so that because a better resource system is a system that is able to say no to the chips or say no to scrolling until 1:00 in the morning, or say no to or say yes to going outside for a walk.

So, you know, we can go around in circles on this, but I actually think that I frankly, I think that something like S60 should be further up the pike like way before you move into a peptide, just to help to optimize the landscape so that the peptide or the bio regulator and bio regulators.

By the way, guys, if you're taking the natural form by a regulator is a nutritional supplement. And so if you're taking if you're basically using bio regulators, if you can optimize that terrain, if you can manage the oxidative stress and reduce inflammation to any degree, you're creating a better environment for your bio regulator to do its thing.

Yeah. And then I would fall in the camp that I think you do, which is like peptides have their purpose. If you're trying to accomplish very specific things, great.

You've got the terrain kind of optimized or at least moving in the right direction. And then yeah, so I play around with peptides too. Like it's an important thing.

You know, I can legitimately call myself a bio hacker. That's important to me. Yeah. But to go back to the the original because, you know, we've got peptides like BPC.

157 CFPB like we've got all these peptides that are that are purported to have anti-inflammatory benefits. But we have a molecule here that might raise the bar on that a little bit and or maybe help to reduce inflammation even before you go to the peptide.

And I know this is the peptide bio regulator summit. Don't yell at your screen. I know I'm not saying not to do both.

Peptides, Terrain Optimization, and Product Options

We're saying but what we're saying is that first of all, there's different ways, many different ways to skin a cat, which is a horrible expression if you think about it as I'm coming out of my mouth, I'm like, why do you even say that?

That's a horrible expression. But also that and I think you will, guys, you will hear this from so many of the guests is that there's so much more to dealing with anything with peptides before you even bring the peptides on board, or as you're bringing the peptides on board, like all of those are true.

So I just wanted to circle back to the the topic at hand, because you did a beautiful job of explaining the molecule. It's research why you've basically, you know, pivoted into this space, which makes all the sense in the world.

And you're so dedicated, right. Like, I mean, studies are expensive and you guys are putting your money where your mouth is, and that's that's a beautiful thing to see.

But I just wanted to bring it back to the the summit a little bit because, you know, there was that question at the beginning, why would you be part of a peptide summit?

And I and I said yes, because I said, heck yes. Because I'm a big believer in helping people to make all the changes that can help no matter what they're doing.

You and me both. Right? Like start, start in the right place. And and I do think there, you know, just to go back, you know, getting mindset right. Remember there's 2 million mitochondria in every brain cell and every neuron.

Yeah like bizarre right. It's crazy. And so if you're if you're supporting your brain right. Which supports that mental focus and energy during the day and that sleep at night, that's just going to be a significant improvement of that hardware.

So those software pieces, those bio regulators and those peptides can do a better job. Beautiful, beautiful Chris, thank you so much. This has been amazing. One last time.

Why don't you give people the link and code if they are feeling utterly in which they should be at this point, fully inspired to go get their hands on some of your beautiful products.

I also want to tell people that you use different substrates. You use different fats to float the C60. Do you want to maybe talk about that a little bit?

Number one, we can we're stacking extra virgin olive oil with our C60, which means you might live even longer than longer. Yeah. Well having it's affinity for the brain maybe helps to get it in different places.

So would you have people use both or alternate? What's your thought? Well, I'll share and let me share this just so that it's up pulled up on the screen I'll share.

So we do have olive oil, avocado oil and MCT oil. And when people are like, where should I start? By the way, I have a little bit of MCT, about a teaspoon and a half of MCT.

And my coffee, well that's blending. I take a teaspoon and a half of our olive oil. If people ask where you should start, we always say the olive oil for two reasons.

The first is we are research based organization, and almost all of the research is on the ES 60 molecule in olive oil. Right. So that's number one. Number two there's a higher concentration of the Issa 60 molecule in olive oil versus avocado oil versus MCT.

Just for reference, it's about 0.8mg/ml in olive oil point six and avocado and then point three in MCT. So it's a lot lower NMC. Why is. That soluble.

It's it's literally just because of the makeup of the lipid. And how much of that lipid can dissolve the ES 60 molecule. Right. It's just you can't dissolve any more than those.

And those and and we get a little bit of variability from olive oil batch to olive oil batch. By the way we source our olive oil in Tunisia, a particular orchard trying to reduce the number of touch points between us and that orchard.

And so yeah, we get a little bit of variability and we get even even actually at this event we were just at the Beyond biohacking event. The first round of our samples were didn't have as much bite as the second round.

And that's just what's going to happen. It's a natural. Part is a very it's a natural food. Yeah for sure. Yeah. So the link is my vital SI.com forward slash peptide summit.

And yeah the link the coupon code is there. We do have as much as 40% that I'll share. The 40% off is on six bottles. Our thought process is we talked about a three month process for this.

So I think, hey, you could have three months for yourself, maybe three months for somebody else, or you could be selfish like I would. I would just keep the six months for myself.

And there is a discount, additional discount on subscription. Take advantage of that. Our customer service team has 1005 star reviews on Google. They're not trained to talk you out of canceling your subscription.

You can cancel at any time. It just turns out that most people stay with the subscription. Thank you Chris. This has been fantastic. As always, thank you for being part of the summit and I look forward to talking to you again soon.

Yes, we will talk soon.