The Nobel-Winning Molecule: How ESS60 Extended Lifespan By 90% Transcript

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Introduction to Chris Burris and C60

Welcome to the Fasting and Longevity Summit. I'm your host, Doctor David Jokers, and today I'm interviewing Chris Burris. He is a published author. He is a host of the Uncovering the Secrets to Longevity Health Summit.

And he is a founder and chief scientist at My Vital C, where he manufactures a Nobel Prize winning molecule responsible for the single longest longevity experimental result in history, a full 90% extension of life.

And, he's going to talk all about this molecule, the SS 60 extended life by 90% and supports your mitochondria. So you guys are in for a treat. Here's some really great information.

You're gonna learn all about S 60 C 60 the C 60 molecule. And so without further ado, let's go into the interview. While Chris Burris really excited to be able to talk to you today.

And we're talking about this molecule S 60. And I'm really interested in this study where it was shown to extend life by 90%. And I'm all about mitochondrial health.

This is the fasting longevity summit. So we're talking about mitochondrial health. So really let's dive into this. Yeah. So first, thank you so much for having me.

I'm excited to be connected with you, excited to be sharing really kind of cutting edge research with your audience. We're really talking about this molecule.

I know, and a lot of your audience might be familiar with it. We call it S60. The S stands for Elemental Safe Spheres. And then there's 60 carbon atoms.

And the molecule was discovered in 1985. And the three scientists who discovered it won the Nobel Prize in 1996. So a short 11 years from discovery to being awarded the Nobel Prize.

The material the reason they won the Nobel Prize is the material performs as well or better than the current best materials and almost every application.

So it makes better inks, better batteries, better tires, better photo cells. And this is usually when people start getting a little bit nervous because like I thought we were talking about a health supplement, I thought, you're talking about healthy stuff.

I've never really thought about a car battery and thought, hey, what components of that car battery should I be consuming on a daily basis? The story gets a little bit worse.

There's one shape on the exterior of this cage that's reminiscent of benzene, and benzene is ubiquitous in our society, right? We we don't have much of what we have.

If you just look around and imagine all the plastics gone, because benzene is the base molecule for plastics, like modern society falls apart. But benzene on its own is known to be toxic and carcinogenic.

The Nobel Prize Discovery and Longevity Study

So because that shape exists on the exterior of this S60 molecule, they thought the molecule would be toxic. They put it in a toxicity study, and instead of being toxic, the test subjects that they gave it to, in this case it was Wistar rats lived 90% longer than the control group.

So it's the single longest longevity experimental result on mammals. It's peer reviewed, published research. That's kind of the the research that somebody would hang their hat on.

And it is the this study that changed me from being a happy go lucky carbon nanomaterial scientists. I've actually been manufacturing that molecule since 1991.

It shifted me from that position to getting into the health space. Yeah. Really interesting. Let's talk more about your journey there. So you were scientists working with carbons, but not in the health space.

So what were you doing? Yeah. So that particular molecule is like I mentioned good for, you know, batteries, tires, photo cells. And we were selling literally if you've heard of a research institution, whether it's there's, there's, you know, MIT or if it's Harvard research, if it's a Naval aeronautical weapons station, if they were doing research on fullerenes, then we actually probably provided the material for whatever research that, that we were doing.

And when you think about it, remember, the molecule was discovered in 85. The Nobel Prize was awarded in 96. We actually started manufacturing it in 1991.

So for five years before, before the Nobel Prize was awarded. So I think it's fair to say that the fact that we were getting quantities of material that researchers could actually work with into their hands is probably part of why they won the Nobel Prize.

And then you fast forward to this study, where you've got a 90% extension of life. And we started getting kind of wacky. Biohackers I can say that affectionately because now I am one.

And we started getting phone calls of how much of this should I be consuming? And our first response because again, we're you know, we've got our conservative carbon nanomaterial hats on.

Our first response was, well, this is stuff we're selling to research institutions around the world to put into inks, batteries, tires and photo cells.

We really don't think you should be consuming any of this. So our initial response back in 2013 was to say not for human consumption. Now, it's interesting because we started manufacturing in 1991 all the way to mid 2013.

We don't have to have not for human consumption on our labeling. We actually add it because these biohackers were taking it. Now, I do want to be clear in the literature, it was very clear that the molecule was safe.

We're just conservative, ultra conservative carbon nano material scientists. And then it took us a while to shift. I never really wanted to be in the supplement space, actually.

Yeah for sure. Well, I mean, you can have one amazing study, but you still need to do backup studies to ensure that it's safe. Right? And also to ensure that it can get repeatable results.

And I know see, so the C60 molecule does have a lot of research beyond just this one study. Yeah. Well, one you're right. It needs more research. And I'm very proud to say we published about four months ago.

We published an article with the original researcher out of the University of Paris is Doctor Fatima Moussa. So we're one of those kind of rare supplement companies that's doing research and then also publishing that research.

And this is such a cutting edge molecule that that somebody has got to do that. And we're actually stepping up to the plate to do that. There is more research.

In fact, let's just talk like our most consistent testimonial is that people take the product in the morning, they report mental focus and energy during the day.

And then better sleep that night. And we actually have head to toe testimonials. I'll talk about those in a minute. But

as you're trying to understand why you might have head to toe testimonials.

Our first kind of swing at that concept was, hey, they're getting better sleep. We all know that sleep is good for your mental, physical, and emotional well-being.

I was doing some kind of backup research on you. You've done lots of videos on sleep. Like sleep is so paramount to our health and well-being. If we're just helping them get better sleep, then overall we're going to be improving again.

Their mental, physical and emotional well-being. Yeah, 100%. Sleep is absolutely critical.

From Carbon Materials to Health Applications

That's when we produce melatonin, which is an amazing antioxidant that actually cleans up the mitochondria and and human growth hormone, which, you know, is a quintessential anti-aging hormone that helps with fat burning, preserving lean body mass, collagen tissue, preservation bone tissue and helps balance the immune system.

So sleep is, is, you know, if you could bottle up the benefits of sleep, it'd be the most powerful drug on the planet. So, yeah, anything we could do to help support good sleep.

Now, let's go back to this study. So with this study, it extended life by 90%. Was that was that a rat study? Can you give us more of the details behind that?

Yeah, absolutely. And actually, my director of research at one point said that that particular study could have been five separate research studies, like it's there's just so meat in that study, so much meat in that study.

And just to kind of kind of frame the study, it was Wistar rats. Those are a typical rat lab rat. One group was given water. One group was given olive oil.

And then one group was given SS 60 with olive oil actually dissolved in olive oil. Again, instead of being toxic, the test subjects given the S60 and olive oil, really the My Vital C formula lived 90% longer.

Another amazing aspect of that study was the fact that none of the rats died with tumors. So we restart walking on, you know, delicate ground here. But a typical Wistar rat lives about 32 months and have a known amount of tumor mass.

The longer they live, the more tumor mass they have in their body. Even though the my vital sea rats lived out to 62 months, none of them had any tumors.

Now, I can tell you, I tell that story to a lot of people and their first thing is like, oh, cure for cancer. And the answer to that is no. And then I follow that up with no.

Like, there was a you got cancer is a very sensitive situation. And there's a big difference between dealing with a cancer that has metastasized and then being just a cancer preventative.

We know simple things like good exercise, good nutrition, good sleep, as we've already mentioned, are great cancer preventative is that piece of the study suggests that the S60 molecule, at least dissolved in olive oil, has this opportunity to be a cancer preventative.

Yeah. Yeah. Really interesting. And so let's talk about how it impacts our physiology, how it impacts, the mitochondria and other other areas of our body.

Well, if it's okay I'll, I'll kind of walk you through. It's my job to try and figure out what's going on. Our first thought. Okay. Sleep. That's our most reported testimonial. Better sleep.

You know, take it in the morning. Better sleep at night. Which, by the way, is pretty fantastic. And you're. You've been in this industry so much longer than I.

I don't know if you're aware of many things that you can take in the morning that tend to positively impact sleep at night, like, I know, exercise, or if you get exercise in the morning, you'll sleep better that night.

If you get exposure to the sun, you'll get the the rising and falling of the sun, your circadian rhythm in alignment. And that will help your sleep. But to have something that you would take in the morning and then positively impact your sleep is fairly rare.

So that was kind of our first thing. The next is when you think about the medical community's view on aging. And this is a of course, as with many things, is debatable, but they tend to think of it as an oxidation and an inflammation process.

I mean, we even have a word called inflammation. Now. Right? And so we take both those boxes and I'll tell you how we do that. The first one is as an antioxidant.

Sleep, Testimonials, and Research Updates

So there's an ad hoc study out on the web that shows us to be 172 times more powerful than vitamin C. There's actually peer reviewed, published research that shows us to be 125 times more powerful than vitamin C.

And, you know, we happen right now to kind of be going into the holidays. It's kind of flu season. People, when they get sniffles, they tend to lead on lean on vitamin C, again, 125 times more powerful than vitamin C.

So we certainly check that antioxidant box when it comes to anti-inflammatory. You know as well as I do, we've got to be really careful about how we speak about anti-inflammatories.

The FDA has equated talking about chronic inflammation to the diseases of inflammation, which are also the diseases of aging. So Alzheimer's, arthritis, cardiovascular disease, cancers, what we're allowed to say, what the FDA does allow us to say is that we address inflammation associated associated with exercise induced inflammation.

Right. So we've all had a tough workout or maybe just walked a real long distance relative to our normal walking and woken up and felt that inflammation in our bodies, well, we absolutely addressed that type of inflammation.

What we're not yet able to say is that we address, you know, more chronic inflammation. We've got a lot more research to do. You know, that that research is extremely expensive.

We're moving in that direction. And I can kind of wrap this up by saying we fit perfectly in with an anti-inflammatory diet, right? That's the diet associated with the blue zones.

People from the blue zones tend to have reduced incidences of stroke, reduce incidences of heart attack, and actually tend to live longer. And so we fit perfectly in that diet.

So that's where we kind of check the the antioxidant and the anti-inflammatory. Boxes. Great. And let's talk about how it impacts the mitochondria. Yeah.

So this is kind of our most recent theory. We call it the boss theory buffering oxidative stress system and actually have a slide here. Let me see if I can figure out how to pull it up.

If we go here and then we go here and then share. So hopefully you can see that and then see my cursor. So the boss theory again buffering oxidative stress system.

What you see on the top left here is just a healthy mitochondria. Right. So let's spend a little bit of time talking

about the mitochondria I'm sure your audience knows it well.

So bear with me. Mitochondria is a powerhouse of every cell. Every cell in your body has between 50 and 5000 mitochondria, except for blood cells, which have none, and brain and neurons, which have 2 million, up to 2 million.

That's how much energy our nervous system and our brains use. They need 2 million mitochondria. Again, it's the powerhouse of every cell, just like every other powerhouse we're familiar with.

There are negative byproducts, right? Your car going down the road has an exhaust, your power plant has a smokestack, and there's smoke coming out of there.

In the case of mitochondria, the negative byproduct is reactive oxygen species. So hopefully you can see that. Well here maybe I can zoom in a little bit reactive oxygen species.

So these are things that if they're not managed inside the mitochondria will run around the body and do damage. When the medical community is kind of ascribing oxidative stress to aging or aging to oxidative stress, they're really talking about these reactive oxygen species internal to the mitochondria.

You've got two key antioxidants to manage those reactive oxygen species. And that's melatonin. We've already mentioned that right. That's the sleep hormone.

Again our most consistent testimonial is related to sleep. So there's nice parallels here. And glutathione kind of known as the master antioxidant. What we have though is when a mitochondria gets overworked when it's stressed and there is stress in so many places, it can be just exercise.

Rat Study Details and Cancer Prevention Discussion

It can be, you know, your your if it's from toxins in the environment, it can be from that phone call or that email you just read that causes your adrenaline to spike those stresses in your body can cause the mitochondria to produce more reactive oxygen species than your glutathione and melatonin can handle.

So that's the picture over here on the top right where you've got extra unbound reactive oxygen species. And those are the ones that can run around and do damage in the body.

And what we think that the S60 molecule is doing even back in the night. Well two things. So one, we know from peer reviewed, published research that this SS 60 molecule gets into the mitochondria.

So we know it's there. We also know from way back in the 90s when it was discovered and when they won the Nobel Prize, that it can hold up to six negatively charged particles on the exterior of that cage.

Well, reactive oxygen species are negatively charged particles. So the theory is, is that it can hold on to those overwhelmed reactive oxygen species and prevent them from doing damage.

And so I have a pretty good kind of fun analogy. So imagine it's Mardi Gras, right? And we're on Bourbon Street and the drunk reactive oxygen species.

So Mardi Gras is over are running around doing damage on the street. They're breaking windows and messing up cars and the police, the glutathione in the melatonin come in, handcuff themselves to those reactive oxygen species and get them off of Bourbon Street.

But what does the New Orleans police do when they get overwhelmed? Well, they take those drunkards, those drunk reactive oxygen species, and they stick them in a paddy wagon.

And that's where we think this SS 60 molecule comes on, comes in because it can hold up to six of those negatively charged reactive oxygen species. And then when that mitochondria is able to replenish the glutathione

in the melatonin, it can then handcuff them to those reactive oxygen species and get them off of Bourbon Street.

And that's why we say that the SS 60 molecule is the boss, the buffering oxidative stress system. Yeah. So it's like a free radical scavenger going in there.

And by reducing the reactive oxygen species, it allows the mitochondria to be able to produce energy better, which you know, really is the key. We want really great stress resilient mitochondria.

I always say the quality of our life is going to come down to the amount of high functioning, stress resilient mitochondria. And we can we can enhance the resilience of the mitochondria through hermetic stressors like exercise, for example, but also by having things that help to limit the amount of oxidative stress if the system is overwhelmed by it.

So something like this carbon 60 molecule, really helps, you know, with that as well as as well as the glutathione and melatonin. Super important as well.

Well, when and when we say, you know, and I'm going to let's throw out the FDA disclaimer. You probably had the text. You know, the FDA has not evaluated our product.

It is not intended to treat, diagnose, cure or prevent any disease. And, I when I give kind of anecdotes, I really just recommend this is a brand new.

We have a lot more research to do. Just assume these won't happen for you, dig into the research and understand where you sit. And then if you're interested in trying it, great.

We have head to toe testimonials, right. And literally hair growing in, hair growing in original color. The toe testimony like I find it fascinating. We've got a guy we've been working with who is a former Navy Seal, who, when he was five years old, a crab bit his big toe and split his big toenail.

Fast forward to age 65. It was split all this time after he started taking our formula that toe healed. Right. So we literally have head to toe testimonials.

And when you know, it's my job to try and figure out what this is and what might be happening, if you think about mitochondria, right. The powerhouse of every literally every cell in your body again, except for hemoglobin sales.

Then if you can improve that, or at least reduce the damage that those cause when they're overwhelmed, right, when they're having so much stress, when they're being worked so hard, then you're going to have head to toe improvements.

Mitochondria, Oxidative Stress, and the BOSS Theory

And that's why we really land really solidly on that. That boss theory. Yeah, it makes a lot of sense. And so let's talk about S60 and how it relates to fasting and the impacts of fasting.

Yeah. So I don't you might have a more specific question that I could address. Yeah yeah. Yeah. Do. Yeah. Please. So I think well I think where I'm going is a fasting one way that so when when a cell is overwhelmed by oxidative stress and mitochondria is overwhelmed it, it causes mitochondrial dysfunction and it causes the development of senescent or aged mitochondria within the cell.

And these mitochondria are not able to not able to burn fat effectively for fuel. And so they're very much dependent on glycogen glycolytic energy production, which is very inefficient as a whole.

Does it produces much cellular energy. And really we should be burning fat as our primary fuel source, because a cleaner energy source produces less oxidative stress as a whole.

And so one of the mechanisms, one of the great benefits of fasting. And a lot of people think about fasting, they just think, okay, less calories, you're going to you're you're going to lose weight, right?

One of the amazing benefits of fasting is it actually turns on what we call my autophagy, where the body actually breaks down these old, damaged, senescent mitochondria that are inefficient.

And they take we take the raw materials and create new, healthy, stress resilient mitochondria. And like going back to what I was talking about earlier, the amount of high functioning, stress resilient mitochondria is really going to determine the quality of our life.

And so, so fasting has is a powerful effect on it. Now, there's very few things that can mimic the benefits of fasting. And there's different fasting strategies.

You know, one of the main, one of the great ones is a fasting mimicking diet, where in a sense we're eating food. So it's it's counterintuitive, you know, fasting, you think you're going without.

So you're actually eating food with a fasting mimicking diet, but you're not actually activating certain nutrient sensing pathways that would stop this form, this this might haffajee process.

You're still getting a lot of these benefits in my even though you're you're eating a certain amount of food and it's, you know, basically like a partial fast, you're eating a lot less than what you normally would, and a certain macronutrient ratio that doesn't stimulate nutrients and pathways like IGF one and mTOR.

And so it's a it's another, you know, fasting mimics in a sense why it's called a fasting mimicking diet. And so people are always looking for things they can do.

You know, because fasting is a stressor on the body and it's not always the most comfortable thing. And and you want the great benefits of fasting. What are other things people could do?

Obviously exercise plays a good role. It stimulates my. And I'm under the understanding that this S60 compound will also do something similar with the mitochondria.

Well. So I think I'm not aware of how any research that's been done that is looking specifically at mitochondria. And my, it wouldn't surprise me, right.

If we're if we're thinking about head to toe testimony and again, I'm putting on my hey, I have to solve this problem. Why are we getting all these great testimonial literally from head to toe?

One, I do believe this boss theory where it's actually when that mitochondria starts getting overwhelmed and run down and would typically release reactive oxygen species, then it's not going to do that.

Those. And there's one other component. And this is this is what's. Important because it's going to reduce this. Excessive oxidative stress produces these senescent.

We also call these zombie cells right. They don't die and they sputter out inflammatory compounds in a sense poisoning the cells around it and driving up overall inflammatory activity in the body.

And so, you know, if it's protecting against that, then you're gonna have healthier, more well functioning mitochondria, which is similar to the benefits that you're going to get with fasting.

And I want to share one other aspect, right. Because I think fairly recent and recently it's we've come to understand that those reactive oxygen species are actually important as signaling molecules.

Right. So it's important that some of these reactive oxygen species are running around and saying, hey, that mitochondria over there is overwhelmed. We need to make more mitochondria.

So mutagenesis. Maybe hey, I got out of that one and we need to do some mighty haffajee on that one. Like let's get let's get, get rid of it. Our thinking.

So one step beyond the boss theory is that this holds on to those reactive oxygen species, but they're still able to have access and do signaling. Right?

So this is one step further because in reality, yeah, you get a roomful of mitochondrial medical experts and you say, hey, would you like to have a free radical sponge?

Would you like to have a reactive oxygen species sponge in the mitochondria when it's doing its job or specifically overwhelmed? They would all raise their hands.

But I think if you said if we were to just magically make reactive oxygen species disappear, is that necessarily a good thing? And I think the answer is no. Right.

There's a feedback loop that's necessary. So we take this really to the next level. Hey, let's prevent it from doing damage, but still allow it to do the signaling that our body understands we need it needs to react to.

Yeah, that's really interesting. Now when people are looking to take something like yes, 60, what should they be looking for? I'm I'm under the understanding that it you absorb it best when it's in a fat form like you had mentioned olive oil.

Right. And also let's talk about, you know, how it's in a sense kind of diffuse or is it sublimated in there? And, you know, what is the processing like?

And then also the dosage. Yeah. So, well, there's a lot to unpack there. You if you take this material and you have a handful, it but it's carbon. So it's going to be a black powder. Right.

Fasting, Mitophagy, and Reactive Oxygen Species Signaling

You can consume that black powder or there's no ill effects, but it's not bioavailable because that black powder is not water soluble. So you would just excrete it out with very little bioavailability.

It does dissolve in oils. It actually dissolves the most. And olive oil really kind of in terms of things that we would sell. Avocado oil and MCT oil are the next two.

And I'll just give you some ratios. We get about 0.8mg/ml and olive oil about 0.6, and avocado oil and about 0.3 and MCT oil. So less than half an MCT oil.

So when you're when when you're able to dissolve it in an oil, you break down. Imagine that black powder that's in your hand is very much like sugar crystals or salt crystals.

Right? They're big giant crystals relative to the individual molecules. When you get it to dissolve, you break it down to one individual molecule floating around in this olive oil.

It's actually, dissolved in this olive oil. And so that makes it significantly more bioavailable. And you do want to focus on something that's bioavailable.

So if, if you, you know, have some sort of C60 product and we really think of C60 as for industrial applications, and there's peer reviewed published research that proves if it's improperly process, it's harmful.

S 60 is C60 that's been processed for safe for human consumption. If you look at some products out there and there's any blackness to it, like if you see a black powder floating in some sort of a solution, that's not C60.

Like that's not SC 60 and it's not even C60, because it should dissolve now, maybe it's fully saturated and they've

added extra, but that's not a situation.

It's just not bioavailable. So it's a waste of really money. Probably you the consumers money or or the companies money. So really shouldn't see it. Like if it's an olive oil should just look like olive oil.

Yeah. And in fact, this is kind of cool. An MCT, right? Mk2 is a pretty clear liquid. Right? Right. You take this black powder, you dissolve it, MCT oil, it turns a beautiful purple color.

That's just how the chemistry works, how the physics works. And so it's this beautiful purple color. Now the same thing happens in olive oil, but in olive oil it's kind of a murky amber color.

And the reason is, is olive oil already has a green tint. And when you throw a green tint with a purple, you end up with this kind of murky amber color.

So that's really how you'll know that it's dissolved. That's how you can kind of understand to some degree the concentrations. I would always look for a lab.

I know there are some companies out there talking about better production techniques. You know, something about solvents and being safer. The reality is every C60 molecule that's been isolated has been exposed to solvents.

There really is no I mean, we've been working with this molecule for 33 years. There is no practical way to not expose it to solvents. You can sublimate it after being exposed to solvents, but it has been exposed to solvents, is the reality.

And then you just kind of roll back and say, my lab provided the material. In that original study, the rats lived 90% longer. My lab is actually mentioned in that study.

You know how much more safe than a 90% extension of life are you looking for? Like what? What is the real concern here? I think typically. And you, you know, you're in the supplement space.

The typical concern is do I have a reputable company that's being run by a reputable person? And or in our case, are they involved with the research since the very beginning, and are they continuing to do research?

Like in our case, we just published a paper with that original researcher from the University of Paris. Yeah. And why? Why is it why is it absorbed or dissolved?

More potently in olive oil than, avocado oil or MCT oil? And that's a good question. I mean, the reality is, is different. Solutes will dissolve in different solvents typically.

It's probably the complexity of the actual oils. So olive oil, I think being a more complex oil has more sites for it to be dissolved in than avocado.

And clearly MCT is, you know, just medium chain triglycerides. And so there's less locations within the oil for it dissolved. I don't know if you know this.

It actually takes three weeks to dissolve, S60 in olive oil. And we know that we actually tested a long time ago. A lot of the the kind of C60 again, industrial C60 products on the market.

Choosing the Right C60 Product and Dosage

And the way I describe it is, is there were some I'll just be gentle and say there were concentration issues, right, relative to the to the labeling. And I think why that was, is, is what I'm about to describe in the original research, that original paper again, my lab provided the material were mentioned in it.

They took an early Meyer flask. That's kind of the triangular shaped flask, and they mixed the C60, S60 in olive oil

for two weeks, and it took two weeks to get to full concentration. And when we shifted to larger Vats, right as our customer base grew and we're now going to 100 liter vats, we have the equipment because we've been working with this material since 1991 to actually test it.

So we're testing daily, and we came to understand that it takes three weeks to mix it after there's fluid dynamics going on that limit, the solubility limit, how quickly it solves, dissolves.

And so I think a lot of the companies, at least at that time, I don't know if they've made any changes, but at least at that time they were like, hey, we mix it for two weeks and that's how we get the right concentration, and we'll just put it in a bottle and sell it and not really get it properly tested.

We actually have the ability to test and out so we know exactly what we're producing. Yeah. And so when when it comes to dosage, first off what is like the proper maintenance dosage.

Is there like an upper limit. You know, what are your recommendations there. And then does it, does it change based on the oil like if it's in avocado oil, olive oil or MCT oil?

Because I know that, those are the main oils that are used. Think thankfully not seed oils and stuff like that. The healthier oils, right, that we recommend from a nutrition perspective.

But is there is there a difference in the dosage based on which oil you're using? So that's really an interesting question because the first thing, one of the things that I had to do as we're were coming into the market is figure out how do we translate what was done in this original study, this University of Paris study into humans?

Right. Because we kind of understand and in fact, if we had taken on a how many milliliters per kilogram, was given to the rats, if we were to just equate that up, we would be taking about one cup of olive oil with S60 in it for a day, right?

So that math doesn't work like that. There's nothing about that that makes sense. It turns out there's a thing called an Allen metric calculation. And an Allen metric calculation basically takes into account the, the metabolism of the rat versus the metabolism, in our case of a human or any other sort of animal, which, by the way, I'm super geeky.

It's fascinating that the metabolism of different animals is Co is correlated with their actual, surface area. So basically, if you take the surface area of a rat and a surface area of a human, you've got this good calibration.

So I took all of the what was the dosage that the rats were given. And we can get into that because there might be, hey, is this going to be a product that's viable for me because I'm older and I can address that.

But I took all the dosage that was given to the rats, kind of extrapolated that based on humans, lifespan, and then also use this metric calculation. And so a typical serving we recommend is a teaspoon.

We do recommend that you shoot for that same quantity of the S60 molecule in the avocado oil. And in the MCT oil. So you're almost at a tablespoon in the MCT oil.

You mentioned kind of safety I think there's that. You know, that's always going to be a big concern. Our current understanding is that the the our product, it's it's toxicity is related to the toxicity of olive oil, which is an interesting discussion because that involves drowning.

Like, yeah, water is actually more dangerous than olive oil because you can actually consume water at a rate fast enough to actually explode your cells. Hyperhidrosis.

Where olive oil, you'll actually your body will just reject it. Right? Do we want to call it throwing up poisoning? Well, it's not actually doing anything. For diarrhea or something like that.

Yeah, exactly. Right. Both ends is probably what's gonna happen. Yeah. And so, so yeah. Really a safe, molecule.

We, tend to recommend a teaspoon. And then, I'm just going to share a story.

I got a two time U. S ultra running champion who absolutely loves our product. His name is Anthony Kunkel. My first conversation with him is. Hey, Chris.

I originally tried the formula. I was taking one teaspoon a day. Didn't really notice anything, but when I tripled it, I was like, wow, right now the concept of him tripling, if you want to talk about overstressed mitochondria, this is a guy who won a US championship at 50 miles and a 100 K, so that's 62 miles.

He's the kind of guy who will run out, go out and run 30 miles. His mitochondria are stressed to the max and regularly he tends to start on or in the beginning of his training blocks.

Safety, Athlete Use, and Where to Learn More

We'll start on our MCT product because it also supports weight control, right. It's got MCTs are good. Your body uses. Tunes. Yeah, yeah. It right away.

And then he'll ramp up and he's, you know I'm sure significantly more than three teaspoons per day as he's going into a competition. Yeah. And he loves our product.

And I love one of the things I love about Anthony. He's actually going to be at a forum with us. He helps us work the booth because he's so passionate about the product.

One of the things I love, he's extremely analytical. Like he even had a conversation. I was like, I'm worried this product is so good. It might be a crutch, like I might be weakening other systems in my body.

So he cycles off of it, cycles back on it. He takes incredible notes. He's got a really kind of active, interactive, Instagram page. And so I love how analytical he is about it.

Yeah, really cool stuff. Really cool stuff. And so you guys obviously are seeing great results with it seems like a really powerful molecule. And you're obviously doing research as well, which I think is always, always key, especially with newer molecules like this.

I think that's really important that we're getting more and more of this. This sort of research. And so people can find this. Chris, at my vital SI.com forward slash fasting, longevity.

Fasting, longevity. Excellent. I was going to make sure we had that. Yeah, absolutely. So guys go to my vital C comm forward slash fasting longevity. So you can learn more about the S 60.

And you've got some good videos over there and really good content. Reviewing a lot of the stuff that we talked about here and how to use it properly.

Yeah. And if I could add, when they go to that link, there is a $15 off your initial coupon code on that page you can find our product. People ask like, which one do we recommend?

We always recommend the olive oil for two reasons. The first is we're a research based organization. All of the research is in olive oil. And so that's where you kind of hang your hat.

The second is because as I mentioned, it's got the higher concentration of olive oil. There's also a significant discount for subscription, like a 25% discount for subscription.

Even if you're just thinking about trying it, take advantage of that discount. You can cancel at any time. Our customer service department has 950 plus five star reviews.

They are not trained to talk you out of, you know, canceling your subscription. They're there to help you. And by the

way, if you have any questions, they are amazing wealth of knowledge.

You can you can dig into them. And if anybody's interested, a lot of this story is in my book Live Longer and Better. It's available on Amazon and also available on the website if you're interested.

Perfect. Well, thanks so much, Chris. Guys, check out his website, check out the S60 and we'll see you all soon. Be blessed everybody.