The Science Of S60: The Molecule That Rebuilds Mitochondria Transcript

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Introduction to Chris Burres and C60

Joining me now is a published author of Live Longer and Better, host of the Live Beyond the Norms podcast and patent holder with a surprising twist. He's not just a visionary scientist, but also a master of comedy improv.

Chris Burres is the founder and chief scientist at My Vital C, where he manufacturers a Nobel Prize winning molecule responsible for the single longest longevity experimental result in history.

A full 90% extension of life is the intersection where science meets laughter, and his life's mission is to help people live longer, healthier, happier, and pain free lives through science.

Chris, thanks for joining me. Jason. Thank you. It's always great when we get to get together in, I'm excited to jump into, to topics today that might surprise some of your audience.

Me too. And C60, and the things that we're going to talk about, I think are really, really interesting, because, as I told you before, I first discovered what we call carbon 60 or C60.

Years ago, 15 years ago, maybe something like that, and was playing around with it. And, I know it's become much more popular, much more sort of mainstreamed, since then.

And yet I still find that that a lot of people have never heard of this. So, that's what we're going to be talking about today is carbon 60 C60 and your sort of unique aspect to this, and why you were such a big player in this, in this game.

And something I didn't realize until I had a deeper conversation with you. So that would be interesting, but maybe you can kind of, tell me how you got into this sort of longevity space.

What was your your real driver, of exploring this? Yeah. So, so many people get into longevity or, you know, health and wellness, through, you know, often it's a pain to passion story.

I like to think of it in these terms where I say I am officially a supplement guy, right? I have a supplement on the market. I tried very frankly, very hard not to get into this space because I was happy manufacturing a carbon nanomaterial scientists and delivering it to research institutions around the world.

This study comes out where the test subjects live 90% longer than the control group. And now I'm kind of forced, really? Our customers drug us into this supplement space, and I like to describe the supplement space as most people get into it.

One of two reasons, right? The first is they wake up one day and decide to be wealthy, and they decide to do it with supplements. And I have no problem with people being wealthy.

It's just not how I ended up here. The other is, you know, and this is more the pain to passion where they've got their own health challenges or the health challenges of others, and then they solve them and now they want to save the world.

Hopefully it doesn't surprise you. I am not against people saving the world. It's just not how I ended up here. I've been manufacturing this wacky molecule, we call it S60 since the 1991, so I'm the oldest.

Our company is the oldest and longest manufacturer and distributor of this molecule on the planet. And we'll talk about some of the nuances of it. It it ended up in a study where it's responsible for this longest longevity experimental results on mammals in history.

And now I'm in the health space, so I'm, I'm absolutely not reluctant to be here. I just didn't have, you know, I didn't end up here on this vision of, like, this is what I'm supposed to do with my life.

It just, you know, smacked me in the face and, like, this is what I'm supposed to do with my life, right? Well, and so I first learned about this as C60, and you call yours S60.

So maybe for those who are familiar with C60 or carbon 60, what's the difference? Or why do you call yours S60. So the molecule S60. So I'm holding up a model. If you happen to be listening.

Just imagine a soccer ball where the lines on the soccer ball represent the bonds between the carbon atoms through a spherical molecule of 60 carbon atoms.

It was discovered in 1985. The scientists who discovered it when the Nobel Prize in 1996 for that discovery. My lab's been manufacturing it since 1991, a full five years before they discovered, I mean, before they won the Nobel Prize, not before they discovered it.

Obviously, but before they won the Nobel Prize. We were manufacturing this molecule. The molecule is amazing. It performs as well or better than the current best material in almost every application.

So it makes better inks, better batteries, better tires, better photo cells.

Why S60 Was Created and How It Differs

This is sometimes when people get nervous or like you think, why am I ingesting this? Are you suggesting, Jason, that nobody in your audience woke up and looked at their car and thought, I wonder what parts of my car battery I should be consuming today?

Well, you know, there are some biohackers out there who are making those considerations, but, yeah, so that makes people nervous. And then it actually gets a little bit worse because, 20 of the shapes on the exterior of this soccer ball molecule are the same shape as benzene.

Benzene is very important and useful in our society. But when it's on its own, it's known to be toxic. So since there's 20 of those shapes on the exterior of this molecule, they thought the molecule would be toxic. Right?

So they put it in this toxicity study, in that study, they gave Wistar rats water as the control group, olive oil, as I said, my control group, and then olive oil with what we call S60.

And we'll we'll talk about that here in a second. And again, instead of being toxic, the test subjects that they gave it to lived 90% longer than the control group.

So we're faced with this. I wish I could tell you that, super smart and hopefully genius level. And I saw this study and I knew that there was a supplement opportunity, and I took it and ran with it.

But basically, my business partner and I were like, we don't want to be in the supplement industry, right? We were very happy delivering commercial quantities of carbon nanomaterials to research institutions around the world.

And, you know, getting into the supplement space, I think it's it's I, it's generous to say that the supplement space is challenged. Right. Like, you hear of a new molecule and you're like, oh, man, now I gotta go figure out where to get a good one. Right?

Like and it's a research effort that goes into that. So quarter after quarter we're deciding not to get into the space. And this is despite the phone calls we were getting.

We added at one point not for human consumption to our labeling, mostly because the molecule was good for inks, batteries, tires and photo cells. Right. Like so our mindset was like, you probably shouldn't be consuming this.

The literature was safe, but that was still our conservative, you know, carbon nanomaterial mindset. And around this time, we're getting these phone calls from, again, these crazy, wacky group of people called Biohackers.

And I can say that now because I am, a wacky biohacker. And they were saying things like, hey, Chris, my knee pain is gone. And we were like, you mean the knee pain of your rat, right?

Because it literally says not for human consumption on the labeling. And their response would be even more entertaining. They would say, hey, yeah, hey, if my rat lives 200, I mean, weighs 275 pounds and goes into training on Tuesdays and Thursdays, should they, like, be taking extra servings on Tuesdays and Thursdays?

And so, again, we we know this is going on in the literature. We know that it's safe and we're still getting together every quarter and deciding not to get into the supplement space.

It didn't happen until the latter part of 2018. And I will tie this together, I promise. So in this time period, I found a peer reviewed, published research paper that showed that 50% of the supplements that this company purchased off of the market didn't have in them what they said they had in them.

Right. So this was more of the reason that we didn't want to get into the supplement space. Finally, at the end of 2017, a guy with a big YouTube following.

That's how it always happens these days, right? Starts talking about all the benefits he's getting, taking it on a daily basis. And our phone went from those two wacky, 2 to 3 wacky calls per week to ten calls a day.

So now we're looking at this industry, and we're thinking about that paper where 50% of the supplements on the market don't have in them what they say they have in them.

We're the oldest and longest manufacturer and distributor of this molecule on the on the planet. We have the lab, we have the expertise. We've been delivering this high quality nanomaterial to scientists around the world.

Like we can do something to make sure this is safe. And around that time we did test in that kind of C60 space, 22 of the products. And the way I describe it is many of most of them were woefully low in concentration. Really.

There was actually only one that met its own label standard and ours. Right. So one company and ours. So we that's part of the reason that we separated out S60, if not too many people have heard of it.

And I'm talking about S60, which by the way stands for elemental safe spheres and 60 atoms. And the element is of course carbon. If I'm sharing this with new people, I can either kind of throw them into a C60 bucket where there's so many products there.

Honestly, there's three products that don't even have any C60 in them at all. It's just really bad. Or I can talk about S60, and S60 is something that's going to be a high quality product.

It's going to be a high concentration. And the summary is we think of carbon 60 for industrial applications. And there is peer reviewed, published research that shows if you improperly process it, it's harmful.

S60 is C60 that's been processed for people in pets. I'm sorry that was so long winded. But like that's why we landed in this kind of S60 space. This is really to differentiate it from all the other potential garbage out there on the market.

Yeah, we know that not only you guys, the experts, the one that have been producing this the longest, but that's a central focus for you guys is to is to recognize the purity, which makes sense.

So on a high level we'll get into kind of how it works. But on a high level, what kind of benefits are people seeing? What what's the real, juice here when it comes to like, why would I take this?

Well, I've got a slide. Yeah, I really started. I kind of put this slide together, and it's wordy. Right. So you may need to pause this and kind of read through it.

I'm just going to touch on we really think about the benefits of our product across three months. Right. Like because there are so many things if you just take them right away.

This is this is working at the subcellular level. And we'll talk about that, at some point. So what is it that you might notice in month one, clearing the fog, right, with a focus on your kind of mental clarity and mental energy, our most consistent testimony all across the board is that people take the product in the morning.

They report mental focus and energy during the day and then better sleep that night. So when you think about clearing the fog, you know, sharper focus in the mornings, calm or digestion.

Because remember, our product is a high quality extra virgin olive oil with as much of the SS 60 molecule as you can get it to dissolve in that olive oil.

Olive oil is a fantastic oil, right? There's a reason that Brian Johnson and Doctor, Steven Gundry are big proponents and have, you know, high quality olive oils on the market.

In fact, I love what Doctor Gundry says. He says the purpose of food is to get more olive oil into your mouth. Like that's how valuable olive oil is, right?

So you're calming digestion, more energy regulation. Mood left, better sleep. Right. So you can read these details if you want to pause this month. Two you start thinking about this gut reset in progress.

Better digestion. Some of that is because of the olive oil, and some is because what we believe is happening with the S60 molecule improved mental stamina, clearer skin, balanced appetite, more emotional stability, which may not seem obvious and certainly is relevant right to this, this particular summit.

And then finally month three, you're really kind of combining them. You've got the mind gun gut synchrony. Sustained mental clarity, digestive resilience, stable mood, higher motivation, overall vitality.

Benefits, Timeline, and Early User Experiences

Like these are the things that we see as people kind of progress through month one, month two, and then month three. I mean, that's that's what we're all looking for, right?

Like I want my brain to work better. I want my digestion to work better. So let's get into kind of the mechanisms of this. Right. Because, it's not totally clear, I think, on the surface of why this carbon nano molecule can deliver these types of benefits.

So what is the research showing? What do we what are we seeing in terms of how this actually works to benefit the brain, the gut, energy, sleep, etc.?

One of my first roles was to figure out what might be going on here and remember I mentioned that our most consistent testimonial is you take the product in the morning, mental focus and energy during the day, and then better sleep that night if you just get better sleep.

Like all of the things we've already talked about will be better, right? We know that sleep improves your mental, physical and emotional well-being. So that was the first place we hung our hat.

The next thing that I started thinking about was, well, what is the medical community? Think about aging, right? Because we have this study with a 90% extension of life in the medical community, tends to think about aging in two regards, right, oxidation and inflammation.

Now, in terms of an antioxidant, there's an ad hoc study on the web that shows us 272 times more powerful than vitamin C. And then there's a peer reviewed, published research that shows us to be 125 times more powerful than vitamin C, so I live in Texas.

We put a big old check checkmark next to antioxidant. When it comes to inflammation, we have to be really careful 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. And if I come on this particular summit and I say we address inflammation, what the FDA hears me claiming is we cure cancer, we cure cardiovascular disease.

No, that's not what we're claiming. There's so much research and extremely expensive research that we need to go into that in order to be able to start making that claim.

What the FDA does allow us to say is that we address inflammation as it relates to exercise induced inflammation, right? So we've all had a tough workout, maybe just walked farther one day than we normally do.

Woke up that next day with that kind of sense of inflammation in our bodies. And we're allowed to say that we address that type of inflammation. So those are the first two places that I landed.

We're now on what's called our boss theory. So buffering oxidative stress system. So we know from peer reviewed published research that this S60 molecule gets into the mitochondria.

That's pretty impressive and very useful when you couple it with the fact, way back in the 90s when this was discovered, we understood that this molecule could hold up to six negatively charged particles on the exterior of the cage.

So what that looks like, we'll do a quick kind of brief, recap. 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 then your brain and neurons have 2 million. It is amazing how much energy our nervous system uses relative to our other systems in our body. Just like any power source, there is a negative byproduct.

If you think about your car back to the car, you think about the car going down the road. It's got exhaust. You think about a power plant, it's got smoke coming out of the smokestack.

These are the negative byproducts. In the case of mitochondria, you have reactive oxygen species. The way I like to picture these, they're like little bumper cars that everything that they slam into, if they're left to their own devices, that everything they slam into, they're causing rust, oxidative stress, oxidative damage, ultimately inflammation and internal to the mitochondria as it's producing this negative byproduct.

It has two antioxidants to manage those reactive oxygen species. And those are glutathione and melatonin. And so they normally manage them. But what happens when you stress a mitochondria.

Right. Well first off, how do you stress the mitochondria? I like to point out if you're alive in this modern world you are stressing your mitochondria, right?

It's smog traffic. It's if you drink, if you smoke, if you're exposed to any of those, if you take an airplane flight, you have an increased EMF radiation.

You're like, it's just everywhere. So you have stressed mitochondria when they're stressed, they produce more reactive oxygen species than the glutathione and melatonin can manage.

And that's where we think the S60 molecule comes in. So we believe this holds up to six of those negatively charged particles. So they can't do any damage.

And then when that mitochondria can replenish the glutathione and it can replenish the melatonin, then it can manage those reactive oxygen species without them having done any damage.

So if you look at this slide, you can kind of see in the first slide you've got healthy mitochondria. You've got your melatonin and glutathione bonded to the reactive oxygen species.

So everything is nice and organized right. When you stress that mitochondria you can see there's additional unbounded reactive oxygen species there overwhelming that glutathione and that melatonin.

You can actually see we've drawn a hole in the mitochondria. So now can get out and start doing that bumper car damage to the cell. And then you look here at the last one where we've got S60.

This is our boss theory right. The buffering oxidative stress system. And in this case you do have those extra reactive oxygen species. But up to six of them are attached to the exterior of this cage.

And then again when that mitochondria gets back to homeostasis, when it can replenish that glutathione, replenish that melatonin.

How S60 Works: Mitochondria, Oxidative Stress, and Inflammation

Then they can grab those reactive oxygen species off of the S60 molecule and manage them appropriately. And that is why we say that the S60 molecule is the boss, right?

Buffering oxidative stress system. Perfect. Yeah, that makes sense. I mean, you know, my my whole, I guess, teachings when it comes to longevity, really center around the gut microbiota and the mitochondria.

And of course, we have our human DNA, which, expresses in certain ways. And, and it's really the gut microbiota and the mitochondria that are in constant communication and not only communication with each other and, and communication with our human DNA.

But but really, the way I look at it is there's sensors of our environment. So what are we thinking? What are we feeling? What are we eating? What are we taking on through our skin?

The stresses that we're going through, right? Are we getting sleep or not getting sleep? All of the things that we experience in life, our mitochondria are like these little internal sensors of that, and they will react accordingly based off of the inputs that they're given.

Right. And and as you mentioned, these reactive oxygen species is oxidative stress. Is really, a key driver in a lot of the theories of aging. We know we look at the, the, the membranes, right?

The cellular membranes and, sort of a membrane theory of aging. In other words, once those membranes start to get damaged, we see reduced function at the cellular level. Right?

We have the human DNA component when that gets damaged, right? We don't see proper expression at the at our human DNA level. And when our mitochondrial DNA get damaged then we see poor function at the cell overall. Right? So it's kind of like this.

This is a key component to not only aging well but in the management of all chronic disease. So whatever chronic issues or suffering from, you know, whatever we can do to support the mitochondria and, and help clear the body out of these toxic byproducts, being reactive oxygen species as well as some of the other, let's say, waste components that we might produce or might be taking in, this becomes a key factor. Right?

So it's it's really providing a good terrain at the cellular environment and at the sort of macro environment in the gut and elsewhere, so that the body can do what it knows how to do.

And there's, you know, I've taken a sort of a different trajectory in my practitioner, sort of life over the years, which is to say that is to really acknowledge that the body has profound wisdom and we cannot manage it at the micro level. So which isn't to say we shouldn't support it, but trying to manage, you know, I've seen I see practitioners still do this.

They're trying to manage hormones. They're trying to manage the the gut microbiota. They're trying to manage all these little key pieces. And the reality is, if we just get the stuff out of the way, then the body knows how to be healthy, right?

And that is like a really deep and profound realization when you get down to it. Because then then it changes our entire approach, which is why I kind of leaned into these type of things, using, you know, S60 as a, as a mechanism to kind of clear out this stuff.

So it makes so much sense to me. Yeah. Well, I mean, you point out something that's absolutely fantastic, which is what you need to be focused on. Isn't even our own human cellular DNA, right?

It's the DNA that is inside of the, of the mitochondria. And then also our, inside of our gut microbiome. Right. So we think, like, how do we help the human.

Well, we really need to be helping the mitochondria that's in the human cells and then the gut microbiome. I think that's, I mean, it's profound, right.

And it's it's surprising how much we need to be focusing on this. And I want to talk a little bit about stress because I've got kind of an interesting, analogy.

And, and we've got some good support for this. So I like to think of we need to stress ourselves. Right. If we are, if we no longer have stress, then we turn it into like little blobby amoebas and nothing happens, right?

You need to be working out. You need to be stressing yourself. And if you have any doubts about that, think about astronauts when they come back from space like they're their health dumpster fires, right?

Their bone density is decreased, their immune system is compromised. Stress is actually good for us. So I like to picture us like a prairie, a beautiful prairie with prairie grasses and flowers.

And the gentle rain is the right amount of stress that we need to be giving to our body on a regular basis. But what happens when you stress that mitochondria right.

It feels like I picture it like a big, dark, ominous cloud, pouring rain, you know, pouring a stream into one spot in that prairie that's going to do damage.

And in my mind, I picture this S60 molecule like a sponge between that dark cloud and that prairie, absorbing that stream so it doesn't do any damage.

Now, it is important to notice like we're not we're not saying, oh, miracle molecule solves all of your stress problems. If you don't deal with that stress, that deep dark cloud, eventually the sponge fills up and starts pouring back on the prairie.

Right? So you've got to deal with that stress. But once that stress is gone, then you can, you know, I picture you gently squeezing this sponge across the prairie and you've gotten away without damage.

And there's one particular testimonial, that that really kind of mirrors that particular, that particular analogy. Anthony Kunkel is a two time U. S ultrarunning champion.

He won a U. S championship at 50 miles, a U. S. championship at 50 K. He is a guy who is stressing his body, stressing his mitochondria, and my first conversation with him was just fantastic.

First he said, Chris, I was taking one serving of your product. I didn't really notice anything and I kind of joke like all good biohackers he tripled the serving.

Don't do that. Like, there are things that you absolutely should not triple. In this case it's fine. And when he triple that, he shared with me, I think your product could be the difference between somebody having running as a hobby and somebody having running as a career.

He went on to say, I don't believe your product, speeds exercise recovery. I believe it prevents damage in the first place. And he said that because on the last five miles of a 50 mile run, which is a phrase you may never hear again, like I only hear it from Anthony, where strength and stability were previously a problem.

They're no longer a problem. And if you think about that testimonial about actually using this in an incredibly stressed environment, that of running 120 miles a week, it's kind of like that to Anthony.

Absolutely has these deep, dark, ominous clouds. And if that S60 sponge is helping to mitigate the damage during those stressful events, it just all folds into place and makes perfect sense.

Now you start rolling this. It's in the mitochondria. Our brains have 2 million mitochondria in every cell. Then you start thinking about okay well that explains focus and energy.

Brain fog. You know, getting rid of this. And then the olive oil and just the cells functioning better in your stomach. You're really talking about addressing the toxic gut like it really is a it's a natural molecule when thinking about this particular summit.

Well, and and it works in, in a sort of electrical way. Right. So we can think about this as a cage, but it's really like an electrical cage. Right. And so, you know, I don't know what studies there are out there.

But you know, I've I've definitely seen people argue that this is likely acting as some sort of a binder, that the toxic molecules that we end up that are in the gut, this can actually sort of electrically grab hold of those and escort them out of the body.

What are your thoughts on that? Yeah, I think that it's highly probable. I, you know, we need more research on it. Here's how I think about it. So, we all know that one of the great detoxes is activated charcoal, but activated charcoal is actually too big of a particle size to literally get into our physical system, right?

It doesn't get into our bloodstream. It is, it's dependent on the bio pathway in order to get toxins from internal right into the intestines. And then your, activated charcoal is now interacting with them and getting those toxins out of your body.

Remember, we know that this is a 60 molecules getting into your system. Way back in the early 2000, we gave some of our product to the mechanical engineering department at the University of Houston.

That's where we're based here in Houston. And they came back to us and said, like this material that you gave us, which absolutely had the S60 molecule in it performed as well, or better than activated charcoal in the studies that we're doing.

So think about having an activated charcoal that can actually get into your cells. Right. And you know, potentially getting into the fat cells where maybe some of these toxins are stored.

And then as you kind of describe it, I think that's highly probable. But it is still conjecture. I've got to throw that out there. And I'll say too, that things like activated charcoal on some of these other binders, you know, they can bind onto minerals and take some of these good things that, that, that we want in our bodies, out and, and so that's, that's not necessarily the best thing.

You have to use them in very specific ways. Whereas S60 doesn't seem to, to have those same, qualities to them.

Right. So there's a there's an added benefit there.

I'm curious, you know, because I've, I've taken as I as I said, I've experimented with with S60 and prior to that what I called T6 or what I knew it as C60 and I took various forms, so I took it in, coconut oil.

I took it in olive oil and I believe avocado oil as well. And I think you can still see this on the market out there in these a variety of oils. And I it even got to the point where the supply was so low I couldn't buy the stuff that I was normally buying where early it was like it was, wasn't around.

And so I had to figure out how do I get this stuff. So I had to I don't even remember where I bought it, but I bought just the, the actual carbon nano molecule.

And it was just this black, right? It was just pure black. And then I bought the device that would actually spin it into an oil. And so I was like trying to produce my own, which was just kind of a headache, to be honest, and still fairly expensive at that. At that point.

So, anyway, I've experiment experimented with this in a variety of ways, and I'm curious why olive oil seems to be kind of your go to oil. Aside from the qualities of the oil, right?

Is there anything else that that really lends itself? Well, I think when people ask, you know, if if I'm thinking about olive oil, if I'm thinking about avocado oil or I'm thinking about MCT oil, what would we recommend we as a company recommend the olive oil for two key reasons.

Stress, Recovery, and Athletic Performance

The first is we're a research based organization, and almost all of the research is on olive oil with this S60 molecule. Right. So that's the first one.

The next is you do get a higher concentration of the S60 molecule in olive oil. You get about 0.8mg/ml in olive oil, about 0.6 in avocado oil and then about 0.3 in MCT oil.

So olive oil is the place that you want to land in. And I'll share. You know, we go to events and people can come up to our booth and try a shot of our product, and I warn them before they take the shot of the product, like, listen, this is a high quality extra virgin olive oil.

It's going to leave a peppery flavor at the back of your throat. So, can I can I speak to that? Because, I'm actually sort of. I wouldn't say I'm kind of sewer of olive oil, but I've had I've had enough and I've been to Greece, Maine and Ikaria, where they're producing in small batches, small farms.

And I know what good fresh olive oil taste like that is. That is a pure olive oil, because not all the olive oil out there on the market is pure olive oil.

And B, it's not rancid. It's not, it's got it's fresh, compounds still there. And that's what you get. And there's variety of taste. Right. And flavor profiles in olive oil. It's kind of like wine in a sense.

But what you get is this very pungent like strong spike spiciness. I love it, and it's not like it's not horrible. It's just it's if you're not used to high quality olive oil, it's probably going to shock you.

And so when I first tasted yours, I was like, oh, they're actually using good olive oil. So it's not just like off the shelf crap olive oil that you can get in bulk.

This is like good stuff. And so that was my that was my first impression when I tried the S60 from you guys. I was like, this is great because it's real olive oil.

I love that, right. Because lab that started it. Right. And then they also choose to use a good olive oil. I mean that is

just our pedigree. This one.

I mean look, at the end of the day, like you could have chosen a pretty easy route, which is let's get an economical form of olive oil that isn't as high quality, and we'll just use that because we're just by that, we're just using it as a delivery mechanism.

In other words, we're just thinking about it as a fat, as an oil, and who cares about the quality, right? But, you know, thank God you guys have some integrity because you're delivering a health product so you can double up the benefits, right?

So as much as we can say S60 is a is a sort of a miracle molecule, it's amazing. And it's like, well, why not just take advantage of like what olive oil can do for you anyway?

Yeah, yeah. It's interesting kind of the what you just laid out there. We do get a super small percentage, you know, maybe 1% of customers who will kind of call in and say, hey, it's burning my throat.

Is it rancid? And we're like, no, no, no, that's the opposite. Like it's not it's burning your throat because it's so high quality. And you may have been to an Italian restaurant.

Well, they'll put olive oil on a like a little plate in order for you to dip your bread in it, and then they'll crack pepper onto it. And the reason they're cracking pepper onto it is to try and make this inexpensive olive oil give that peppery sensation that is indicative of a high quality olive oil. Right?

So these are tricks in the restaurant industry. But I'm so happy you noticed that we use it high quality because it is more expensive. And we go through effort to make sure that we use the good stuff.

So I think it's really important to recognize that if you're if you're taking even the high quality, S60 or C60 from another company, that the oil that is that's being used is actually going to determine how much you can actually get.

I think it's a really important note because, for me, I'm always trying to get the most effective form right. And so if we can get more of the S60 in an olive oil, to me it's kind of the go to.

And I think, do you guys how you guys think you guys have other oils as well that you use. Because it's probably personal preference. People like other things right.

Yeah. Personal preference. And I actually bumped into one guy at one point and only one at this point, but who was allergic to olive oil, which I didn't realize was even really possible.

And then also MCT, which, because it's just a medium chain triglyceride, like that was even more surprising. So he ended up with the olive oil. So we do get people who have different preferences.

We also some people don't like Olive oil. So we do have capsules available. And those actually travel really well. But yeah, olive oil is the is the one that we prefer and absolutely recommend.

I will say that the delivery mechanism mechanism you guys have, which is, I think probably an ounce of olive oil, is that what it is? It's a little two.

It's one teaspoon or five mils. Yeah. Sorry. No doubt it's. Yeah a teaspoon. And so, so that's actually really convenient. I've taken that traveling many times.

Short travel. Long travel. Yeah. Super super easy. Yeah. And just twist it off and you can just take it straight from the from the tube. It's fantastic. It's like a little treat.

In my opinion. It's I would say it's actually, it's one of the things that I, that I make sure to bring on flights because of

the thing you mentioned.

So when you're on an airplane, not only is the air quality absolutely horrendous, right. You're obviously in close quarters with a bunch of other people. Right?

So you're being exposed to a, an inordinate amount of, let's say, things from other people. But not only that, we now and you're at elevation, so you're going to get more of the cosmic rays from space, right?

So yeah, because atmospheres thinner. So you're going to get that in you're in a metal tube, which we now have Wi-Fi and all kinds of, emfs inside this metal tube.

So we're kind of like hunting around. Yeah. Now we're a little microwave floating through space. So it's it's pretty tough on ourselves. It's pretty tough on our body, which is part of the reason why people, tend to feel pretty sick and get and drag, you know, they feel draggy after, after a flight.

And so, this is one of those things.

Delivery Methods, Olive Oil Quality, and Travel Use

It's kind of a quick little biohacking. If you bring something like this with you, take one before you leave. Take one on the plane, take one when you get off.

That's my strategy. And then, of course, I take one every day, you know, after that, and it's just a nice way to mitigate some of those dangers that we're going to get inherently by flying.

And to me, this is the this is the essence of life for me, which is I can't put myself in a little bubble. I can't protect myself from all the microplastics and all the chemicals and all the metals and all the harmful things that are in our environment.

I can do my best to mitigate them, but they are everywhere, right? Not to mention the glyphosate and all these things. And so instead of just being fearful and trying to, again, trying to put myself in a bubble everywhere I can, it's being mindful of these things.

And also, what can I do to mitigate? What can I do to counteract some of these effects? And so that's that's been, you know, a pretty Go-To strategy for me is, is finding these, these little ways that I can do that.

And I think S60 is, is one of those things that is kind of a no brainer for me, no matter what what's going on. Not to mention if I feel sick, that's when I increase my dose.

You know, if I'm just starting that. Just starting to feel sick. It's okay. I take this, And that's going to help. If I get poor sleep. Right. Had a you have a child, you're going to get, you know, a few months to a year of bad sleep.

Well, you know, you better be taking this stuff. So it's like all these little stressors. And of course, if I work out right, and doing it before and after, can be really, really effective to try to mitigate some of that, that extra damage.

So again, it's just one of those tools that is so available. And again, I want to commend you guys for the convenience factor of that you guys provided in this.

It's not a bottle that you have to measure out and take with you. It's glass and you have to worry about it. It's so easy to do this. So, again, it's just it's just really easy.

Well, I'm glad you mentioned, you know, traveling, you know, one, there is actually some study. I think that study is on mice and mitigating the damaging effects of EMF, right?

Yeah. So so you've got that history and that is related to again, kind of reactive oxygen species control. We also my

wife and I travel internationally, you know, once a year we try and make it more.

So far, it's only we have kids. So where it's once a year at this point, and when we travel, we actually don't experience much jet lag. And I think that has to do. Well.

I'll just tie this into the quality of sleep. Remember, our most consistent testimonial relates to sleep. Again, if you just improve sleep, mental, physical and emotional well-being is improved.

My business coach, shares that for 50 years he needed an alarm clock to wake up. Once he started taking this product on a regular basis, he was waking up before the alarm clock.

Right? He's a business coach, right? So he's got, you know, mixers and late dinners and all that stuff. None of that really matters. And then when, you know, he's, he's still waking up before the alarm clock when he doesn't get the product for ten days.

It's right about the ten day mark where he needs that alarm clock again. And so if you're just having a positive impact on sleep, that's going to have a significant impact on your jet lag, too.

I also think, you know, this, helping from these reactive, really, again, when you're in a plane, what you're doing is you're stressing your mitochondria.

And we fundamentally believe that what we're doing is reducing the negative impact of stressed mitochondria. And if you do reduce the negative impact of stress mitochondria, you should have exactly what we have, which is head to toe testimonials about improvements.

Yeah. And if you have if you're suffering from a chronic inflammatory condition or if you're suffering from, you know, really any anything that is that is creating this inflammatory environment, right.

Could be heavy metals, could be mold, could be various other gut infections. You know, whatever. We can do a name and sort of the medical industry, these conditions are going to have stress mitochondria.

And so whatever we can do to provide that buffer is going to be helpful in that recovery. Right. So this is something that can be layered in with, you know, a obtained integrative therapy protocol.

Right. And no matter what you're doing, you can read this in and this is going to help buffer. Right. So imagine somebody that has heavy metals. They're just because they are, prevalent in the body to such degree.

We're going to create inflammation, right? So that is the negative byproduct of having those. Now we can escort those metals out, we can detox those and get those out of there.

But as we're doing that, you know, part of the process of clearing infections, clearing metals, clearing mold, these type of things, it is kind of an effort for the body.

And there's generally an increase in inflammatory symptoms as we do that, even if we do that really intelligently because of the nature of these things and the the sort of the bio transformation that has to take place, at the liver and in various other places, there's going to be an increase in the sort of inflammatory load.

So to me, this is like a really good buffer for this process of recovery from these chronic conditions. Yeah. I think I'm glad that you kind of brought it back to inflammation because, you know, there's the reason the word inflammation exists, right?

This confluence of inflammation and aging. And as I mentioned, we have to be careful when talking about inflammation, but we are in the process. We've already started an ad hoc CRP study.

So we'll, I'll talk about that. Stands for high sensitivity C-reactive protein. And I'll tell you why we started this study,

at a forum in Las Vegas last year.

Doctor Lane Young came up to me and we had had a conversation at the biohacking conference, and he said the following. And as soon as he said it, it was like, I have to take a video.

You have to say it again. So I'm like, I know what he said. I have it available. But he said, Chris, I don't care if you're male, female, pre-surgery, post-surgery, cardiovascular disease, otherwise healthy, your product is reducing elevated CRP numbers.

And he mentioned a number of nine. He had a patient that he wasn't able to move off of nine into normal ranges and tell people what crp if they're not from there, what does that really signify?

So it stands for, high sensitivity C-reactive protein. It is a marker that you use to understand your inflammatory status. So I'll give you an example I just mentioned as an HCP of nine.

After this kind of experience with Doctor Young, I talked to an oncologist and told the same story, and the oncologist was like, wow, if you have an HSC or P of nine, we assume you have cancer until we prove otherwise.

Like this is an inflamed system with this such an elevated CRP. And so, you know, we have to be careful about talking about inflammation, but we can do studies and talk about specifics like CRP, which is which is kind of cool, which is why we have a study kind of going on.

So he said his client was at nine, brought it down to 0.9. So under one is normal ranges. You actually really would like that lower. But brought it from nine to point nine and 4 to 8 weeks, he said.

Also we're seeing improvements between 60. It's excuse me, 20 and 60% improvement in, heart rate variability and deep sleep. Right. So these are the like these are these are the things that are following in line.

And I'll share. I've got some kind of fun, stories. So I don't know if you've done much with biological age testing. I think they're interesting. They I think they don't say exactly what people think.

They say. Yeah, I mean, they're interesting and they can be they can be useful as a tool to track. Like, for me, I think about it as like a scale, right?

When I step on a scale, it's going to give me some version of accurate, and some of them, you know, they can measure your visceral fat and your subcutaneous fat. Right.

And they're using sort of bio impedance to do this. And the way I look at that is, is like, yeah, I don't know how exactly accurate this is, but if I'm using the same scale, the same technology and I continue to do it, I can see some sort of progress. Right?

So that's how I kind of think of it as like this loose way of describing how well the system is sort of functioning. So so I've got a couple stories kind of related to biological aging.

One at the Health Optimization Summit recently, we had a booth next to us, and they had a piece of equipment looking at, ESR, ureter site sedimentation rate.

Research, Testimonials, and Ongoing Studies

This is an inflammatory status marker, kind of more of a global, not as specific as CRP, but kind of kind of a little systemic inflammation status. And basically you take a drop of blood, you put it in a capillary tube, hold it vertically so it's exposed to gravity.

And the rate that the blood cells separate from the plasma is an indication of your inflammatory status. So I took that test. It had me at 20 plus years younger biologically than my chronological age.

Now that's great. I'm doing a lot of things right. So you'd kind of expect that, everyone on our team also showed positive results. So younger than their, biologically than their chronological age.

And they're, of course, all taking the product. The next one is glycan age. I don't know if you've played around with this. This is looking at glycans and how they attach to your blood cells.

And it tends to go one particular negative direction as you age. When I took that test, it had me at 34 years younger than my, chronological age. At the time it had me at 21.

And I kind of joke, what happens if I'm biologically under 21? Can I still drink? I don't know, I don't know, I don't know what's going on here. So that was great.

And then the last one not great result. Right. So this was my DNA age. I took that when I was 51 and it had me at 59. And I got to tell you, I wasn't really happy about this.

I was like, I don't like this test. But, you know, again, it's looking at different factors. And so you take it as a with a grain of salt. It's a scale.

Hopefully the scale is off, but it's a scale. Three years later I took the same test. So now, I'm 54. It had me at 58. So over the course of three years, I had reverted biologically my biological age.

According to the my DNA test had reverted one year. I'll take that all day long, like you have it. Have me at 70. But if it's at 70 and going down like I'm good, it's just that you gained the next four years, right?

Yeah. Yeah, exactly. So, I just tell that because glycan age ultimately is a really good inflammatory status, a test. Right? So is the ESR. And in my DNA age certainly has that component.

And here are some very specific results. In my case. So I'm curious, you know, you've mentioned a couple things from the some of the people that have taken 60.

You mentioned sleep. You mentioned the athlete. What else are people kind of saying? What are some common kind of testimonials and things that you guys are getting?

What are you hearing back from your customers? Yeah, we of course have to be careful, right, with the FDA. And any time I'm sharing testimonials, they can be misconstrued.

Well, what I'd like to do, actually, I'll pull. I've got one more slide, which is about our ongoing studies. So this is just a brief slide of our ongoing studies.

Remember, number one, we were mentioned in that original study. We provided the material in that original. That's the Botti study. That's where the rats live, 90% longer than control Group.

We're extremely proud of that. It's called the bowtie study because the grad student body is the is the first scientist mentioned on that particular paper.

But the lead researcher behind that study was actually Doctor Fathi Moussa. We've published with Doctor Fathi. Moussa couldn't be more excited about doing that. Actually.

One of them was published last year in June. Another one was published this year in May. So pretty excited to continue. We're a very weird supplement company, and you probably know this, that continues to do research and then also continues to publish.

Most supplement companies don't do that. We did do a crossover sleep study. I think I have a slide for that. So I kind of lied. There's another one. So really this is small.

We're trying to get more people through this. This is ten people. Crossover means we collected ten days of data about their sleep prior to them trying the product, ten days when they were on the product, ten days back off the product, and ten days back on the product.

The summary because I know I want to be mindful of time. The summary is that 100% of the participants, again, it's only ten at this point, but 100% of them reported improvements when they were on the product.

We're doing that CRP study. And then finally, because of just massive positive testimonials related to migraine, don't even have time to get into them.

Again, I wish I could say I was smarter, and when we got the first testimonial, we started the study. But it just keeps smacking me in the face. And so now we're we're starting a migraine study.

Wow. That's amazing. You guys, I love it. And this is this mirror sort of anecdotes that I've heard as well, from a number of people, you know, in sort of the health and wellness industry, you know, generally on the, on the sort of bleeding edge of a lot of these things, willing to give them a shot ahead of the general public.

Noticing a lot of these things, I would say energy, too, is another one that I see a lot of. I see a lot of people reporting better energy. And I wouldn't say not in this, like, super profound way.

It's almost like it's almost this subtle recognition of like, hey, I'm not as tired. I'm not as fatigued. I just feel better throughout the day. Right.

And so and these are generally people that don't have energy issues. Right. So that's pretty interesting to note that somebody who feels like they're they feel pretty good.

And and this is something that they're noticing. And to me this is really what it comes down to.

Discount Offer and Closing Remarks

You know, we can talk about the science. We can talk about studies, we can talk about all kinds of mechanisms. But at the end of the day, does this product actually make people feel better?

And unfortunately, I would say most supplements don't do that. Right? And in fact, there are a lot of marketing and they're based on a lot of scientific research.

But due to the fact that the body's much more complex, and these various supplements are only working in targeted ways and very specific things, and there's much more of a global issue.

They tend not to see a lot of results unless it's some, therapeutic protocol that somebody is going on generally integrative functional medicine, Ayurveda, naturopathy, etc., that there's this kind of bigger approach.

Right. So this is what's so fascinating to me for one product because it works out globally. And it works so fundamentally at the mitochondrial level, it can have a global effect and produce noticeable effects for the person.

So, again, kudos to you for for wandering into the space and doing the work that you did years and years of wandering like a blind monkey into the space and then managing it, you know, just shepherding it.

Well, and one more thing before before we close out here, I think you have a, a special, discount offer for for people that are, attending the summit.

Yeah, absolutely. So let me. It is not a complex slide, but this is a special deal. The particular link is my vital c c as in carbon. My vital SI.com forward slash broken brain, toxic gut.

There is a coupon on that page that has $30 off of your original order. I'll give you some advice about when you

land on that page. When you land on that page, you at the very top, you'll actually see the coupon code to make sure you grab that.

There's also, I did a longevity summit that you participated in, and I kind of consolidated 18 biohacking tips so people can get for free, 18 biohacking tips.

We just need your email for that. As you scroll down the page, I've really consolidated on this page. The focus should be two, three, maybe six months of the, olive oil product.

And so those are available at good prices. And plus you have that discount, coupon code. And then I want to share one last thing that I'm really proud of.

So I do have a book. It's called Live Longer and Better and it's available on Amazon for 1999. It's also available on that page for 1999. But I have a charity piece to it.

If you there's another button where you can pay ten extra dollars and I'll autograph that book for you, and 100% of that $10 fee goes to Operation Underground Railroad.

You may remember a movie called The Sound of Freedom, which is an amazing book, movie about a horrible topic, which is child sex trafficking. So one and Operation Underground Railroad is doing a great job to try and do something about that horrible issue.

So 100% of that signature fee goes to Operation Underground Railroad. Amazing. Chris, thanks so much for joining us. And I appreciate it. Jason, thank you for having me.