Introduction to Jerome Anello and Myos MD

For this Doctor Talks. I have a guest with us, Jerome Anello, who is the CEO of Meiosis Corp, which is a medical nutrition company based in new Jersey.

And we are going to be talking a little bit about lean mass, why it's important to health, why it's important in weight loss. And he is the CEO of a nutrition company that has, done six clinical studies in the last few years, received five U. S.

patents, and has launched a successful business for both animal and human nutrition. In the spring of 2024. So just recently launched a new product line exclusively for health care providers.

This new product, myosin MD, is powered by the company's proprietary ingredient for the open, and it helps to reduce muscle mass that is lost with aging, disease, medical treatment.

And importantly, I think to this summit with GLP one treatments. So thank you so much for joining us, Joe. And can you just tell us a little bit about, you know, how you got here about the background of the company?

And, you know, it seems like the right place, right time for this. Everyone is talking about lean mass right now. So how did you guys get here? I'll tell you a little bit about the company, how it got there, and I'll tell you a little about how I got to the company.

So, the company was founded with the premise that, modern medicine doesn't adequately really look at muscle health and address muscle health as we age.

Yeah. Younger or older. With injury, with surgery, with illness. And how often do you go to your doctor and they say, well, you really, really gotta improve your lean muscle.

Rarely it's starting to change, which I think that's good.

Company Origins and Early Muscle Health Research

So they hypothesize that fertilized egg yolk had some special ingredients in it that, that was bioactive, that could help significantly improve muscle health.

And they had an issue. How do you formulate it so it can be taken orally? And then what at work. So, the they spent quite a bit of money for the formulation, which is our formulation now patented with numerous patents.

It's proprietary. And once we got that done, we embarked on proving it. So we approved it. We put it out in the bodybuilding community to see if we could get some anecdotal evidence of how it was changing their muscle.

And we got we received some great feedback, and we then did a study in 18 to 21 year old males at the University of Tampa. And we found that the product, in a double blind placebo study, increased lean muscle mass and size relative to the placebo group.

And then there was an interesting thing. The people who were taking forward a trope in our product had no doubt had a reduction in myostatin, which is a protein that puts a lid on muscle growth.

That was one study. It was a study where these gentlemen did resistance training. So when I came on board, I didn't feel like running a supplement company or a company that was just going to use marketing to get out there in the sports nutrition world, that's a difficult place to be.

And I said, let's see if we can get some evidence here greater than what we have to prove that for the trope and really, really makes a difference. A couple of interesting things happened.

One, we had people who had been taking our product for a while, gave it to their aging dogs. Two people called us and said, you wouldn't believe my dog would not go up to the stairs.

And I've been had them on this product for a month and a half, and he's now going up the stairs. Wait. And then we'll just started giving this to their dogs like there was no way to.

People just decided to try this on their own. Well, they knew it was all natural. Yeah. And it was derived from yo fertilized egg yolk. So they said, what harm could it do?

Now, sure, I wouldn't have done that. But they did. And they reported crazy results. You know, dog starting running. One individual, there were two who said, my dog now jumps on the bed again.

So we thought, okay, that's all well and good, but we brought it to a large animal center and they gave it to geriatric dogs. And they gave it to dogs in rehab.

And they reported the same results after about month to two. They started seeing great results. Dogs were more mobile, more just more energetic, moving better.

And so and the great thing about dogs, right, is that they're not going to be susceptible to the placebo effect. The dog isn't like I think the supplements making me, you know, I can jump higher, I can I'm stronger, I feel better, right?

Like the dog is not susceptible to the placebo effect. Exactly. A we get more testimonials from dog owners that this has made such a difference to their dog.

So we launched a pet product and we started getting great anecdotal evidence. There. And then we embarked on some science to prove this out in humans and dogs and then in cats.

And now we have another five additional studies that really what was interesting about the first study is, was the reduction in myostatin. So, that was just, you know, what the increase in lean muscle mass and size made sense, and was great.

Animal Studies and Human Clinical Evidence

But the reduction in myostatin seemed unique. So the next study we did or a couple we did a few at the same time, we did a hundred dogs study, which is a fairly decent sized animal study at, Kansas State University.

And there were 100 dogs in the study. And it was a study done after TLO surgery, similar to ACL surgery in humans. 50 a double blind study, 50 on a placebo, 50 on our product.

Given the product after surgery and the dogs loss that were on our product, lost less muscle around their thigh and their myostatin levels stayed flat, the dogs on the placebo had an increase in myostatin, again, something unique.

Then we did a study at U Cal Berkeley, and this was 60 to 75 year old men and women. That's right in the pocket. In and the they gave these patients getting double blind.

Was it a 21 day study? And as you get older, there's something called. And bear with me because, this is a layman's terms for all this science, but anabolic resistance, meaning you're getting older.

Exercise and protein don't help you build muscle as easy as when you were young. And so the people in this study were not they couldn't change their diet, their exercise, everything had to stay the same.

And after 21 days, the people on our product had an 18% increase in muscle protein synthesis, which was just a phenomenal study and again, proved out that there's really something going on with this product.

So now at that point, we had three studies and we did another study at McMaster University. It was a leg mobilization study. They essentially create muscle atrophy.

And in that study, again, myostatin did not go up in the placebo group. It went up. We did a study on geriatric and arthritic dogs, something called a load study, to see if they were mobile and active.

It's a questionnaire study. And many of the dog owners were veterinarians. And it we this study proved that aren't the dogs on our product were more mobile and not athletic energetic then more active than the placebo group.

And then finally all those studies have been published in peer reviewed journals. And finally we did a study recently in cats with chronic kidney disease.

Cats, when they get older, often get chronic kidney disease, which they're not able to take in protein. They lose a lot of lean muscle mass. So, we did cat stage two and three.

70% of the cats had an improvement in lean muscle mass, and it didn't change their renal panel in any way. So we now have this group of studies cats, dogs, humans that really show an effect somewhat more unique than just building muscle, but decreasing muscle atrophy and decreasing muscle loss from surgery or from injury.

And that's pretty powerful. So I'm excited about where we're heading with this new product. Yes. So, you know, for the people in the audience who are like, that's great about dogs.

But I was here to learn about, you know, how I can have healthy weight loss. Let's talk about, you know, how the sort of trope in, applies to those people.

So, you know, one challenge with weight loss is when people have a large amount of weight they lose, whether that's through a newer treatment like a GLP one or whether that's through bariatric surgery, or whether that's someone who responds really well to, you know, just dieting to eating less, which is not as common, but is possible when someone loses a lot of weight.

One of the big challenges is that oftentimes they will lose lean mass. They will lose muscle mass. Now it's not a guarantee. And there's there's things we can do.

Resistance training, eating enough protein. But those can be challenging for for various reasons. And sometimes those aren't enough. So can you tell us a little bit about how the myosin product, you know, may work for people who are taking GLP ones or having a lot of weight loss in in another way.

So as you were alluding to, when you lose weight quickly or you take in a low amount of calories, which will help you lose weight quickly, your metabolism slows.

And part of the reason is you're losing muscle. One way to keep your motor's metabolism moving is to keep muscle or increase muscle. And the study I was talking about at U Cal Berkeley, and we showed that people did not change.

They didn't have to exercise. They changed nothing. And they had an increase in muscle protein synthesis. So if you look at all our studies now, surgery, you have muscle atrophy, all these things, all these different things that create muscle atrophy, like low calorie intake, fast weight loss, or slow down your metabolism.

The key is to keep it up. The beauty about our product, it really has a great bang for the caloric buck, I like to say, and it helps you. We believe when you lose this weight to keep, your lean muscle mass so you will not your metabolism will stay up, which will give you an added benefit of losing more weight.

Because if your metabolism slows, it's harder to lose more weight. And it's not it's there's not a lot of calories in our product. It's very dense, though, and we believe and we have not proved it in a GLP one study.

Lean Mass, GLP-1 Weight Loss, and Metabolism

But with all the other studies we have where we really believe it will help with that, you know, keeping your muscle mass or increasing your muscle mass while you're losing weight, that will help you lose more weight, help you be more, let you be more healthy.

So we think it has the potential to really be a game changer for people who are losing weight. And it's all natural. It's not. So go a bit more about what exactly it is, because you mentioned eggs in the beginning as sort of like, you know, the theory of, of where this four to open would come from and how it work.

Can you tell us a little bit more about what the actual product looks like? You know, how it's taken? And then, you know, is it egg based? Can people who can't have eggs eat it?

If you have an egg allergy, you're out of, what is going to be my guess? It sounded like this was like a no go for egg people. Yes. I mean, some people have been able to, you know, increase the dose over time, start low and get on it.

But I would not recommend it for anyone with an egg allergy. It is derived from fertile egg yolk in a process that we have patented proprietary. It looks like this crumble yellow crumble.

Plus the yolk. Look, it actually tastes very good. So, but it's in a yellow crumble and you want to put it in something with fat. You don't put it in water, you put it.

It's a powder. You put it in yogurt, you put it in a protein shake, you put it in milk, you put it. Want to put it in something with a little fat to it.

And and that's how you take it. Very simple. And, like I said. And you take it you can't. Some people say, well, I took it for five days. I have yet to see something.

It's not a drug. If you need to take this daily for, you know, we believe 1 to 3 months before our studies are all 12 week studies. So, often you see results dog see results in about a month.

But it's not everyone's different. Everyone's wired different. Different weight different genes. So. But it takes some time. But the results are it. It's not like Popeye.

Like I'm not going to eat spinach and then, you know, like bust out a muscle, but it makes sense that it would take, you know, weeks to months. Whenever I advise on a medication or a supplement, I usually three months, unless someone, of course, isn't tolerating whatever it is, is, is about that trial that is appropriate for most things.

Right. And, you know, because most of these things are not going to happen overnight. You don't just grow muscles overnight. Right. And so you're you're going to have to take it for a little while to see if it's giving you the benefit that you're looking for.

But yes. And if it did overnight, I wouldn't be having this conversation because that's true. That's true. It is a great product to take. And the beauty is not synthetic.

It's all natural. It actually has a nutrition fact panel rather than a supplement fact panel, because it's derived from a food. Yeah. So, you know, I think one question that, has come up when when I mentioned this product to colleagues and when I, you know, sort of is, what would you say is the benefit above and beyond, just say maybe increasing protein in the diet, like what would be the benefit of using the niacin as opposed to just, you know, increasing the amount of protein that you're eating?

It seems to have an effect and we don't know all the mechanisms of action. But remember, in these studies, people are still taking the same amount of protein.

What it seems to do is it's almost like an a protein accelerator. It helps that protein work better to help you build lean muscle or reverse atrophy. I can't like we haven't taught, you know, taking a person apart to watch it work, but that seems to be how it works.

So when you get older and that protein doesn't do what you would it used to do when you were young, or that exercise didn't do what it used to do when you were young.

This product seems to have an effect of getting you back there.

How Myos MD Is Taken and Who Should Avoid It

And so I'm all for taking protein. I eat a lot of protein, don't typically like protein shakes for some reason I like natural protein. But, this product, like I says, thinks to get that protein to work faster.

And you see it by the studies, what it does to myostatin. And you see what it does in that 60 to 75 year old men and women study. And then you see it in the dogs, and the cats, it's crazy.

So, you talked a little bit about, you know, aging as we've gone through this. And I think that is such a hot topic right now. Everyone is sort of focusing on aging better, right?

We don't want to just live longer. We also want to live better. And one thing that, you know has been coming up along with that is the importance of lean mass, of having muscle mass as we age.

Because like you talked about before, our muscle mass does decline for most of us with age, and it gets harder to build with age. So when it comes to longevity, you know, living longer, living better.

Can you tell us about the role of the myosin MD sort of in in longevity? Sure. Let me just talk a little. Like you said, the really we're addressing it today, lean muscle mass.

You talked about Peter Attia. He talks about it constantly. Ubermensch is out there. There's all these podcasts and they they also they talk about lean muscle mass and and think about it.

It's so important. And these aren't longevity studies that we've done. But there's a ton of them with women, men and even in animals. But it it is great for cognitive more muscle seems to have some benefit with your you know with cognitive decline reversing that has very good cardiovascular benefits, diabetes benefits.

I mean, there are so many different benefits. And just two things not falling because, you know, I have I have a 98 year old mom who has fell. Luckily she bounced.

So she's still doing well. Today's actually her birthday, but the you don't want to fall muscles can help you. There. And two, you really want lean muscle mass, so you move.

You know the old adage, if you lose it, you if you don't move, you lose it. So you have to move and having more muscle. There's something also about it when you're older, you when you have arthritis, let's say in a joint, if that muscle around the joint tense, that muscle tends to atrophy.

If you can keep that muscle stronger, you can move more. If you move more, that arthritis tends not to be as, you know, as painful and you keep moving.

And the key is movement, movement, muscle and muscle. And so our product really helps you keep your muscle or but so you can move and you move, you build more muscle.

So it's I think it's not just protein. This product seems to benefit by helping accelerate all the positives of protein and resistance training. Yeah.

You're a man after my heart with the move it or lose it. I tell my patients that all the time because it is so true.

Protein, Longevity, and Muscle Preservation

When we look at the people, you know, that I want to age like, personally, I want to always be able to put my suitcase above me on the airplane. Right. I want to be able to do that.

I want to be able to get my suitcase into a trunk of a car so I can travel. I want to be able to bend down and pick things up. Right. These these things that we take for granted when we're younger.

But when we watch people age, we see that a lot of that strength and mobility and function goes down. And along with that almost always correlates with that lean mass, right?

If you don't have the muscle, then you don't have the ability to do those movements. And so, I think it's just so important that we focus on this and we have to, you know, if you're older, you know, if you're 65, 70, like you mentioned in your studies, great.

Like, let's add what we can now. Right? Let's build that muscle. But if you're younger, you need to be thinking of this too, because you want a good foundation going into aging.

We don't want to try to catch up when we're 65 if we don't have to. Right? So even though, you know, I think some of your studies are in older populations, sounds like that would be a great fit for people who are trying to build it.

It's never too early to start building that foundation of lean mass, either. We, actually our biggest our product, it really actually in the human side is around a 40 to 50 year old.

We have tons of people who take it, and and I have exercised and lifted weights my whole life. You don't want to weight it. You can change it at 60 and 70 and 80.

But why weight? It's much easier if you keep yourself with good muscle mass and eat, take good supplements and take and eat well. Well. So when you're 60 and 70 and 80 and 90 and hopefully later that you're moving like you said, that you can still play pickleball and that you can still play golf and you can still do yoga and you can still swim, because that builds on to itself.

So we really do push, even though our studies, we have the 18 to 21 year olds and the 60 to 75 year olds, we think prevention is key. And so you start losing muscle in your late 30s to all early 40s, and it accelerates.

I can tell you at 67 it accelerates. But if you do the right things when you're younger and get yourself in position, I think our product fits that well.

You want to keep your lean muscle mass. Clearly, it'll make healthspan or longevity whatever you want to talk. You just still want to enjoy your life when you're older.

Yeah. So whether, you know, building it now or whether you're trying to, you know, build that foundation later in life, like, there's a role really, it sounds like no matter what age you are, four and women, two, they, you know, women have been lied to.

That skinny is right. No, nothing wrong with skinny. Don't get me wrong. But you need muscle. And women look beautiful with muscle. And they should. They should address the muscle.

And they're starting to. You go to gyms now. You see a lot more women than 20, 30 years ago. And that's a good thing. Yes, yes, yes. That resistance training is key.

And it's that function too. Right. So you want the muscle there. But doing some strength training, some resistance training is going to make that muscle more functional. Right.

So you can have all people there but you want to be able to squat. You want to be able to push things overhead. You want to have that right to that muscle too.

So it's it's are synergistic, right. Those things are going to go together. So going back a little bit to the meiosis M. D., if someone is interested in trying this, how do they find it.

And you know we talked a little bit about how they take it, but is there anything they need to be looking for on it in terms of side effects? What else do people need to know?

We have not experienced side effects other than if someone has an egg allergy, which is self-explanatory. It's egg, or it's derived from egg. The the male MD is only going to be sold at the moment in the physician space, so you'd have to get it from your doctor.

You can go to Miles, MD and learn about it or Miles Corp and learn about it. But Miles md.com is a great site.

Access, Safety, and Future Research Plans

And we'd like people to speak to their doctors about it and their doctors to understand the science and to call us, call me, call any, you know, our our team here and discuss the science with us and their thoughts.

We are we have more science going. You know, this is an a company that just sits back. We are doing more science. So, we are now doing a study at NC state in overweight dogs and they are on a low calorie diet.

We want to see how they do with our product. We are looking as we as we navigate through meiosis. MD we're thinking of doing a GLP one study, a study on kidney dialysis, because there's tons of muscle loss there.

And then a geriatric study, not people who infirm are infirmed, but people who are older and see if we really can have an effect there. You know, we've proved it.

In athletes, we have proved it in younger population. We proved it in an older population. Now we're and in the dog and cat world, we proved it in some specific areas.

We want to do that also in the human side. So, these are some of the we don't sit around. We're not a big company. We're a small company. So we don't have, you know, the, the amount of money Pfizer has to do studies, but we like so walk the talk.

And, so I just urge everyone go to Miles, MD, find out about it. Talk to your doctors. We'd like them to talk to their positions and say, would this be right for me?

And, I can't imagine them say it wouldn't be, but, and if they have questions, give us a call. Wonderful. Well, thank you so much for your time. And again, just such a timely, option for people because we are really realizing the importance of this lean mass.

And if you are, you know, losing a significant amount of weight, it is definitely something that you want to pay attention to. You want to keep as much of that lean mass for some people, even put on lean mass in that process. So.

So thank you so much for sharing about this option with us. Carolyn. Thank you so much for doing this.