How to take: Take 1000 mg (2 capsules) at the same time each day, with or without food.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per 2 Capsules	%DV
Mitopure® (Urolithin A) 1000mg	**

**Daily Value not established

Other Ingredients: Veggie Capsule.
Made Without: Milk, Eggs, Nuts, Crustaceans, Shellfish, Wheat, Soy, and Sesame.
Safety and precautions: Clinical studies have found that Mitopure is well tolerated and safe in doses up to 1000 mg daily. Do not exceed this dosage.

Always consult with a healthcare professional before starting supplements, especially if you have any pre-existing health conditions or are taking medications. Mitopure is not recommended for use during pregnancy, breastfeeding, or in children without medical advice.

CONTENTS CERTIFIED NSF · clean label PROJECT CERTIFIED · 3RD PARTY TESTED · GLUTEN FREE

Directions For Use: Apply 2-3 drops on clean, dry skin. Use fingertips to gently press formula into face and neck. Use daily, morning and night, before moisturizing. For daytime usage, follow with SPF.

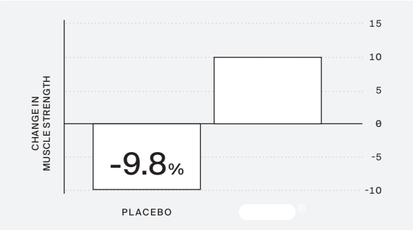
Ingredients: Aqua (Water), Propanediol, Butylene Glycol, Niacinamide, Bis-PEG-18 Methyl Ether Dimethyl Silane, 2,3-Butanediol, Caprylic/Capric Triglyceride, Panthenol, Ascorbyl Glucoside, Dimethicone, Glycerin, Urolithin A, 1,2-Hexanediol, C13-15 Alkane, Squalane, Glyceryl Stearate Citrate, Coco-Caprylate/Caprate, Carbomer, Sodium Hydroxide, Triheptanoin, Trehalose, Dimethiconol, Maltodextrin, Caprylyl Glycol, Lecithin, Mannitol, Xanthan Gum, Hydroxyethylcellulose, Lysolecithin, C9-12 Alkane, Diilnoleic Acid/Butanediol Copolymer, Alpinia Officinarum Root Extract, Tocopherol, Ethylhexylglycerin, Sodium Hyaluronate, Castor Oil/IPDI Copolymer, Helianthus Annuus (Sunflower) Seed Oil, Xylitol, Caprylic Acid, Disodium Phosphate, Sodium Phosphate, Polysorbate 60

Caution: Avoid direct contact with eyes. For external use only.
Safety and precautions: Longevity Serum Pro is safe for sensitive skin and has excellent tolerability across 109 men and women with no signs of irritation or sensitivity. (f)

DERMATOLOGIST APPROVED · SENSITIVE SKIN SAFE · FRAGRANCE & COLORANT FREE

Clinically Proven Benefits

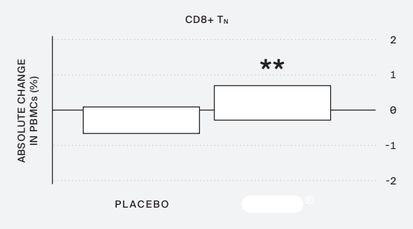
1000MG UROLITHIN A



Increases muscle strength by 10%.[a]



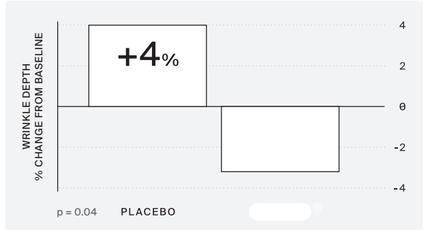
Improves leg muscle endurance by up to 17%.[b]



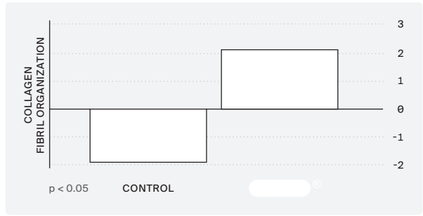
Improves the number of early-responding immune cells and their mitochondrial function.[c]

Clinically Proven Benefits

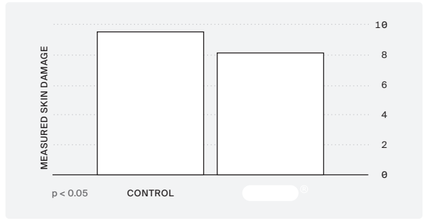
TOPICAL



Visibly reduces wrinkle depth in two weeks, with a significant reduction after eight weeks.[b]



Upregulates genes involved in collagen organization and assembly that are typically downregulated with age.[b]



Improves redness from controlled sun exposure by 14% over 24 hours.[b]

What to Expect

Clinical data shows improvements in mitochondrial function, muscle strength, immune fitness and more after 1–4 months of supplementation and after eight weeks of topical application.*[,a,c] Consistent use drives best results.[f,6]

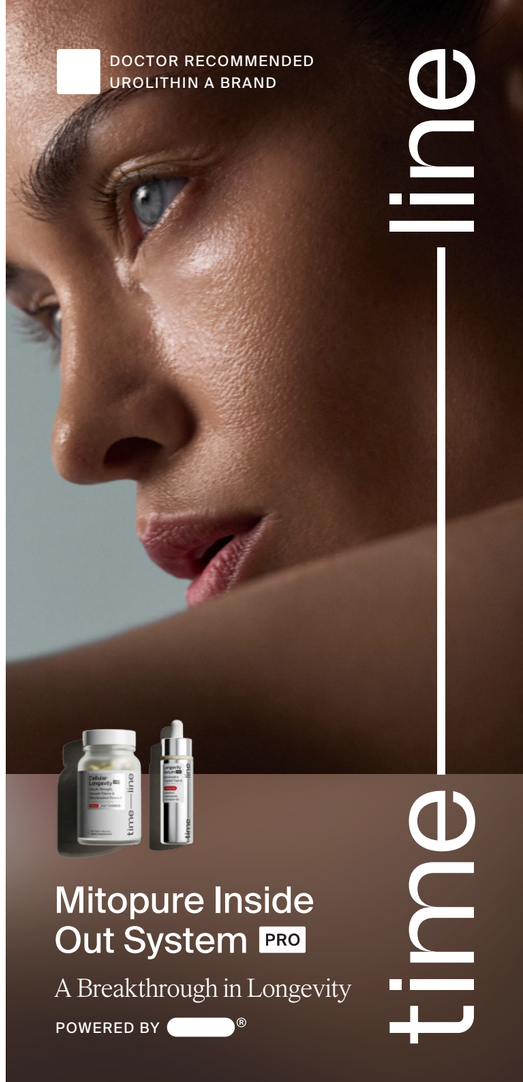
Cellular Longevity Pro Capsules

- **Hour 08** Urolithin A levels peak in the bloodstream
- **Day 02** Mitophagy begins, activating cellular recycling†
- **Day 30** Healthy mitochondria replace damaged ones and immune fitness improves[c]
- **Day 42** Physical performance increases[d]
- **Day 60** Muscular endurance increases[a,b]
- **Day 120** Muscular strength increases[a]
- **Day 120+** Clinical trials are studying the system-wide benefits of long-term use

Longevity Serum Pro Skincare

- **Day 03** Mitophagy begins, activating cellular recycling†
- **Day 15** Visibly reduces the appearance of wrinkles[b]
- **Day 60** Significantly improves the depth of wrinkles and improves collagen assembly[b]

† According to preclinical data



Timeline is a longevity brand on a mission to extend healthspan and skinspan through clinically proven science. Our researchers uncovered that Urolithin A, a postbiotic nutrient, can change how cells age.

[redacted]®, our proprietary Urolithin A technology, improves mitochondrial function and targets signs of aging inside and out, helping you live the life you love for longer.*

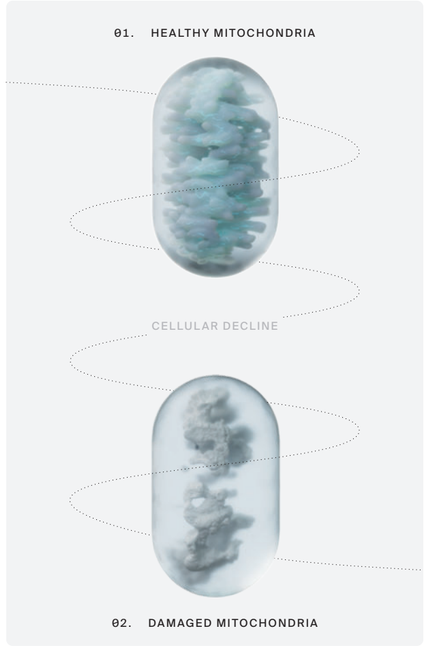
DR. CHRIS RINSCH
CO-FOUNDER AND PRESIDENT AT TIMELINE

Mitochondria Power Your Cells

The body is made up of trillions of cells, each containing thousands of mitochondria responsible for creating 90% of your body's cellular energy.

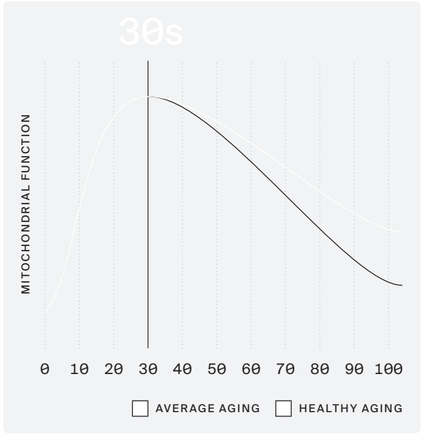
Muscle, immune, brain and skin cells are among the most energy demanding in the body, relying on mitochondria to power them.

Actively supporting your mitochondria is foundational to how long and how well you live.



Mitochondrial Health Declines After 30

Mitochondrial function declines with age, leading to a lack of cellular energy that impacts whole-body health.



This happens because mitophagy — the quality-control process responsible for removing damaged mitochondria and clearing the path for healthy new ones — becomes less efficient with age.

Inefficient mitophagy leads to a central hallmark of aging: the accumulation of dysfunctional mitochondria.

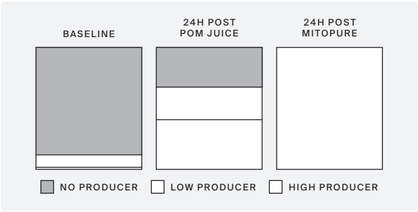
THE RESULT:

- Reduced muscle strength
- Decreased immune health
- Visible signs of skin aging

Mitopure Actively Stimulates Mitophagy

Urolithin A is produced when gut bacteria metabolize polyphenols from pomegranates.

60% of people can't produce Urolithin A from food. That's where Mitopure comes in.



Mitopure, a pure and patented form of Urolithin A, activates mitophagy: the cleanup process that removes damaged mitochondria so energy production can work effectively.



One Breakthrough Ingredient.
Mitopure is proven to revitalize mitochondria in muscle, immune and skin cells.*

Our Complete Longevity Protocol.
Mitopure improves muscle strength, endurance and immune health with supplementation and delivers healthier, more youthful-looking skin when applied topically.*[a,b,c,e,f]

The Leaders in Longevity™

18+ YEARS OF RESEARCH

25+ CLINICAL TRIALS

80+ GLOBAL PATENTS

Consult with your healthcare provider to learn more about Timeline.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

a. Clinical studies consistently find improvements in muscle strength and endurance in a varied subset of the population ranging from resistance-trained athletes in their 20s to middle-aged adults with an average BMI of 29.52.

b. Our clinical studies showed that sedentary adults aged 65–90 improved muscle endurance, measured as leg and hand repetitions to fatigue, after daily supplementation with 1,000 mg Mitopure®.

c. Our randomized, placebo-controlled clinical study showed that supplementation with Mitopure® 1,000 mg for 4 weeks was associated with improvements in mitochondrial health of immune cells, favorable shifts in T-cell populations (including naïve cells), and markers of healthy immune function, in healthy, middle-aged adults.

d. Our clinical study showed that trained runners reported lower rate of perceived exertion (RPE) after 4 weeks of daily supplementation with 1,000 mg Mitopure®, and lower creatine kinase (CK) levels at 1 and 24 hours post-exercise, compared with placebo.

e. Based on an 8-week randomized clinical trial of 48 healthy women aged 50 to 75 years.

f. Based on in-vitro laboratory testing on skin cells.