

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

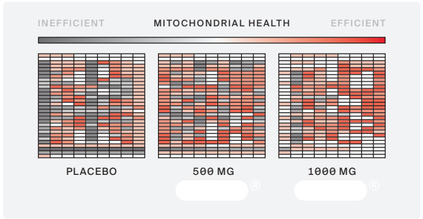
Other Ingredients: Veggie Capsule.
Made Without: Milk, Eggs, Nuts, Crustaceans, Shellfish, Wheat, Soy, and Sesame.
Safety and precautions: Clinical studies have found that Mitopure is well tolerated and safe in doses up to 1000 mg daily. Do not exceed this dosage.

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.

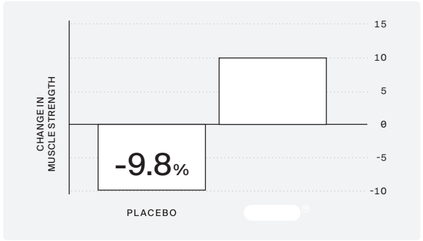
CONTENTS CERTIFIED NSF · clean label PROJECT CERTIFIED · 3RD PARTY TESTED · GLUTEN FREE

Clinically Proven Benefits

1000MG UROLITHIN A



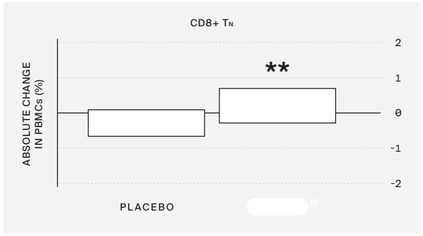
Renews mitochondria, mitophagy and biogenesis for more efficient function.



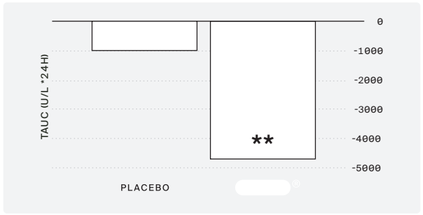
Increases muscle strength by 10%.[a]



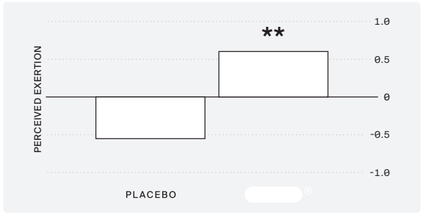
Improves leg muscle endurance by up to 17%.[b]



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



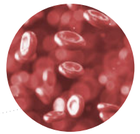
Supports recovery by lowering creatine kinase (CK) levels by 37%, 24 hours after exercise.[d]



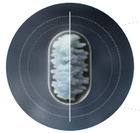
Enhances athletic performance by improving rate of perceived exertion (RPE).[d]

What to Expect

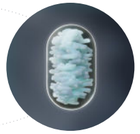
Clinical data shows improvements after 1–4 months of daily supplementation. Like exercise, consistent use drives best results.[a,c]



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]

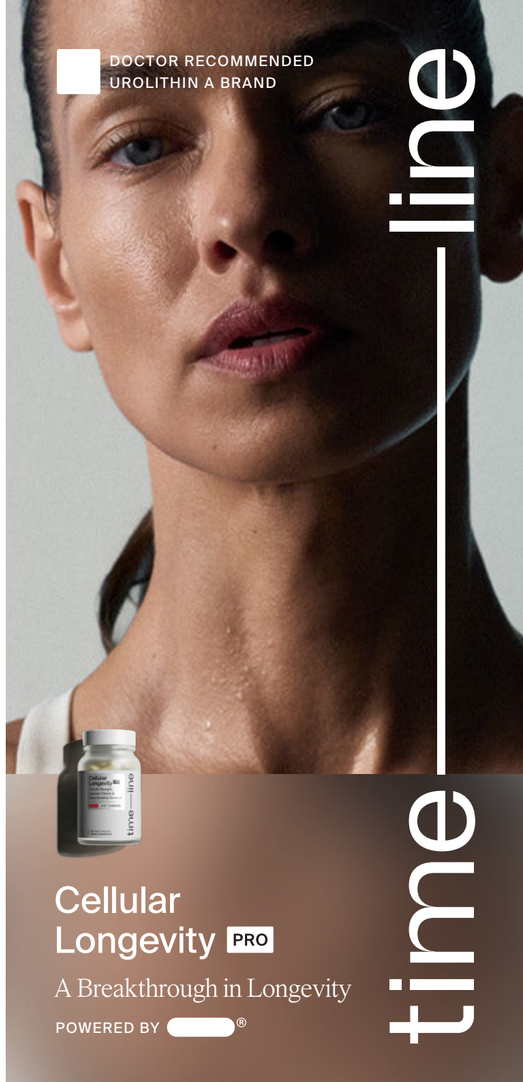


Day 120
Muscular strength increases[a]



Day 120+
Clinical trials are studying the system-wide benefits of long-term use

† According to preclinical data



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

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

Chris Rinsch

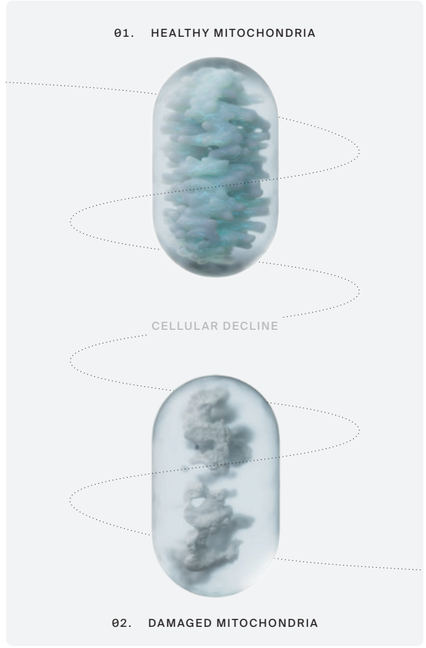
DR. CHRIS RINSCH
CO-FOUNDER AND PRESIDENT AT TIMELINE

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.

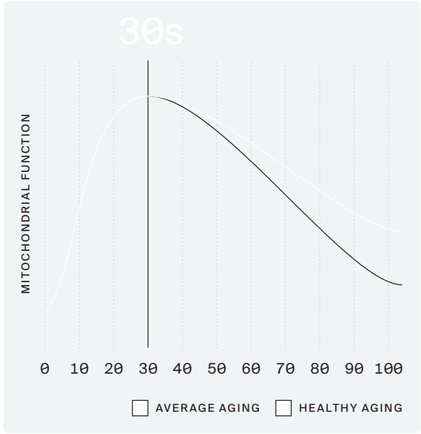
Muscle, immune, brain and skin cells are among the most energy demanding in the body, relying on mitochondria to power them.

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.

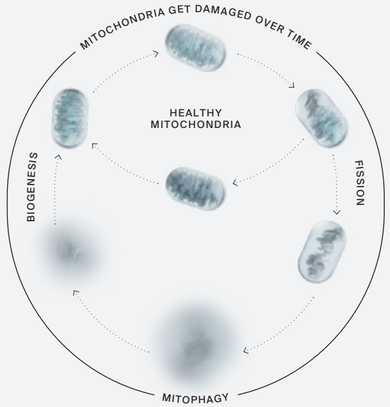
THE RESULT:

- Reduced muscle strength
- Less muscular endurance
- Decreased immune health

Mitopure Actively Stimulates Mitophagy

Urolithin A is produced when gut bacteria metabolize polyphenols from foods like pomegranates. By stimulating mitophagy, Urolithin A activates the cleanup process that removes damaged mitochondria so energy production can work effectively.

60% of people don't have the gut bacteria to make enough Urolithin A from food.



Mitopure is a pure and patented form of Urolithin A that is clinically proven to stimulate mitophagy and renew mitochondria, addressing signs of aging.*

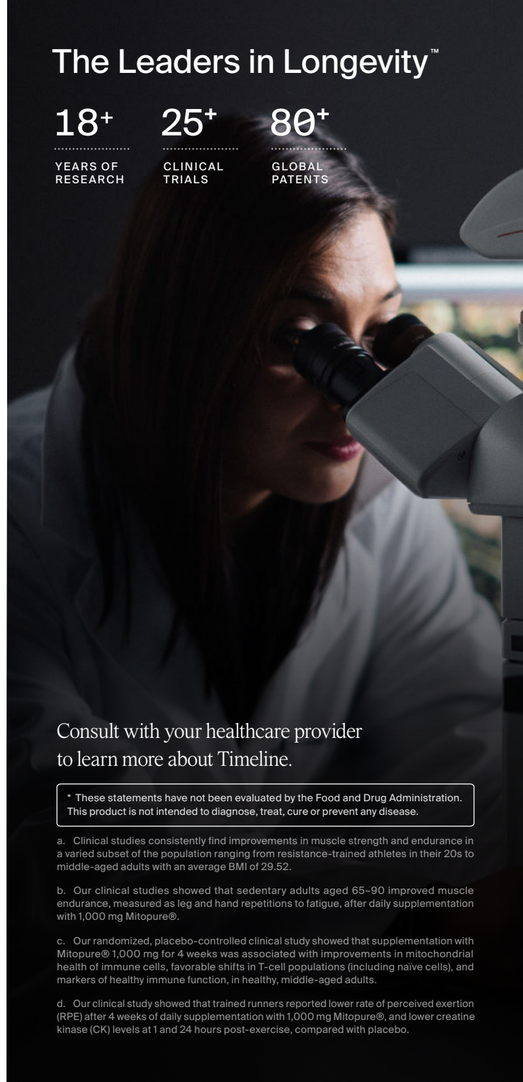
Other supplements focus on building new mitochondria, but they ignore the damaged ones taking up metabolic real estate. It's like organizing a junk drawer while still throwing trash in it.

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.