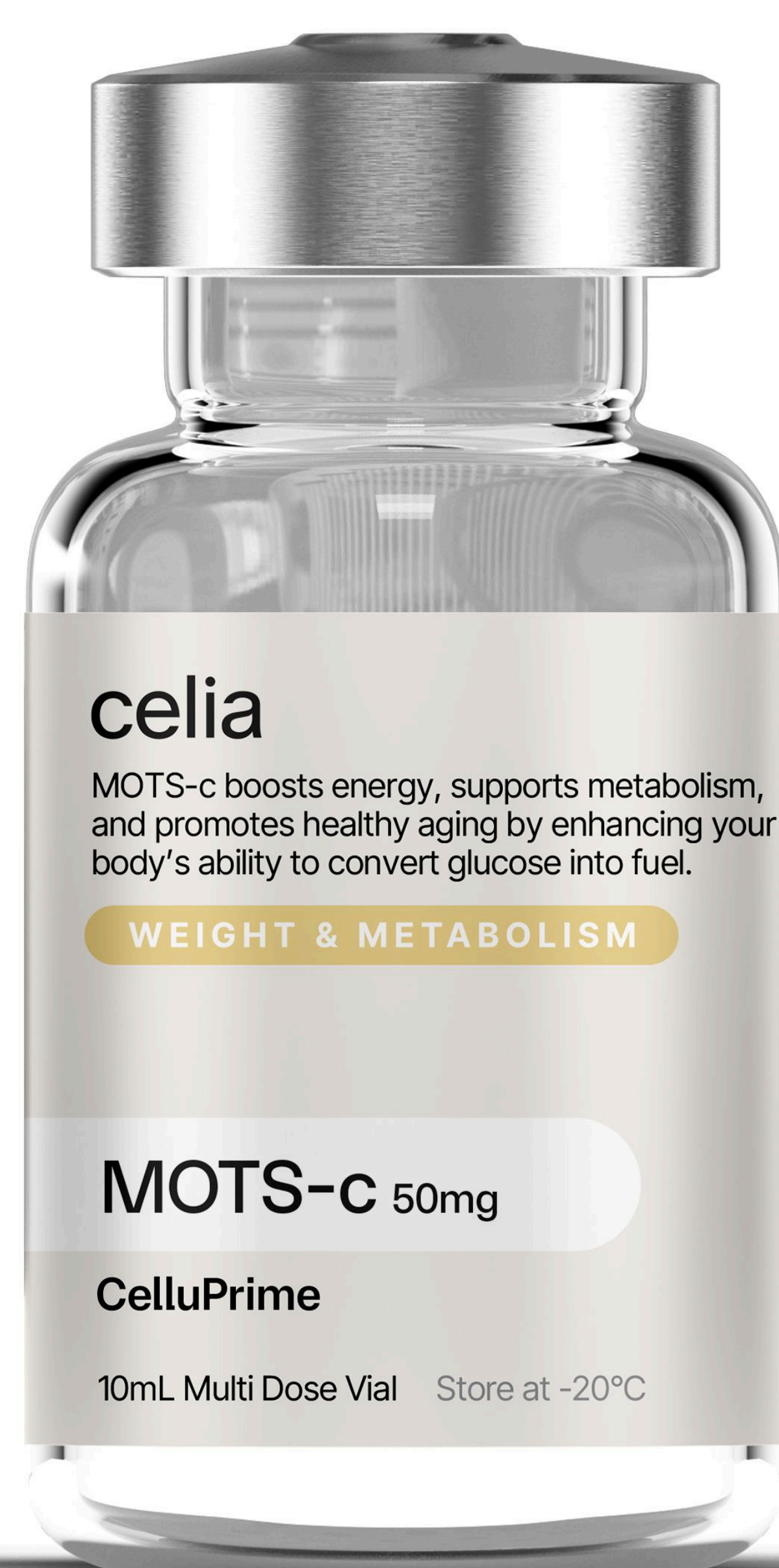


celia

Weight & Metabolism

Boost metabolism and energy levels to support maintaining a healthy weight

MOTS-c



Mechanism of Action

Learn more on page 2.

What's Included

- (4) 27-30G subq needles
- (1) 5 or 10 mL syringe
- (1) 15G needle with syringe
- (1) 10mL Saline

*Products are shipped from an FDA approved Lab

celia-health.com

About

MOTS-c is a mitochondrial-derived peptide that boosts metabolic function, enhances energy levels, and supports healthy aging by regulating cellular stress and promoting fat metabolism.

Benefits

- Enhances cellular metabolism and energy
- Improves exercise endurance and recovery
- Promotes longevity and anti-aging effects
- Improve insulin sensitivity
- Increase fat breakdown
- Enhance mitochondria health

Dosing

Phase One Dosing:

- Pull 0.50mL (50cc) dose into a syringe and administer, subcutaneous injection 3 x's per week for 2 week
- On week 3 titrate to 10 mg
- Pull 1 mL (100cc) dose into a syringe and administer subcutaneous injection 2 x's a week for 1 week

Phase Two Dosing:

- Pull 1 mL (100cc) dose into a syringe and administer, subcutaneous injection 2 x's a week for 5 weeks

*Can be administered IM if experiencing redness, itching or swelling at the injection site.

Duration

2 months



celia

Weight & Metabolism

Boost metabolism and energy levels to support maintaining a healthy weight

MOTS-c

Reconstitution Instructions

Reconstitute with 2 mL of saline into MOTS-c vial. You will put 2ml of the saline into the vial. It will take two x to do this if you pull the saline into the larger syringe in your reconstitution kit.

Mechanism of Action

1. Regulation of Metabolic Pathways:

- Modulation of AMPK Activity:
 - MOTS-c activates AMP-activated protein kinase (AMPK), a key energy sensor.
 - AMPK activation enhances glucose uptake, fatty acid oxidation, and mitochondrial biogenesis, promoting energy balance during metabolic stress.
- Inhibition of Folate Cycle:
 - MOTS-c suppresses the folate cycle, redirecting cellular metabolism toward enhanced glycolysis and reducing reliance on mitochondrial oxidative phosphorylation.
 - This action helps maintain ATP levels under stress conditions.

2. Nuclear-Mitochondrial Communication:

- Stress Response Signaling:
 - MOTS-c translocates to the nucleus under metabolic stress, where it interacts with transcriptional regulators.
 - It influences the expression of genes involved in antioxidant defense, metabolism, and stress resilience.

3. Role in Insulin Sensitivity and Glucose Metabolism:

- Insulin Mimetic Effects:
 - Enhances glucose uptake in cells by promoting GLUT4 translocation to the cell membrane.
 - Improves insulin sensitivity by modulating insulin signaling pathways, contributing to glucose homeostasis.

4. Anti-Inflammatory and Cytoprotective Actions:

- Reduction of Inflammatory Signaling:
 - MOTS-c dampens pro-inflammatory pathways, including those driven by NF- κ B.
 - This contributes to its protective effects in metabolic disorders like obesity and type 2 diabetes.



celia

Instructions

Heal your gut for a lasting impact on overall health

MOTS-c Reconstitution Phase 1



Pull

Using the large syringe from your administration kit, pull air into the syringe first to about 0.50mL (50cc), then plunge syringe all the way back into vial. Then pull out 10mL Low Soluble Saline Solution to fill the syringe. It may take a few repetitions to load your syringe with the full 10mL with no air pockets.



Inject

Once you've loaded your syringe, inject the Low Soluble Saline into your MOTS-c vial on its side to not damage the bonds of the product. **Do not shake.** Allow the solution to sit for at least 5 minutes before dosing.



Dose

Clean both your injection area and the product top before dosing. Pull 0.50mL (50cc) of the MOTS-c and Saline mixture into the small syringe from your kit. Inject subcutaneously into abdomen (at least 3 inches from belly button) 3 times per week. Repeat dosing for 2 weeks. On week 3, titrate to 10mL. Increase dose to 1mL (100cc) 2 times per week for 1 week. After this week, begin phase 2 dosing.



celia

Instructions

Heal your gut for a lasting impact on overall health

MOTS-c Reconstitution Phase 1



Pull

Using the large syringe from your administration kit, pull air into the syringe first to about 0.50mL (50cc), then plunge syringe all the way back into vial. Then pull out 10mL Low Soluble Saline Solution to fill the syringe. It may take a few repetitions to load your syringe with the full 10mL with no air pockets.



Inject

Once you've loaded your syringe, inject the Low Soluble Saline into your MOTS-c vile on its side to not damage the bonds of the product. **Do not shake.** Allow the solution to sit for at least 5 minutes before dosing.



Dose

Clean both your injection area and the product top before dosing. Pull 1mL (100cc) of the MOTS-c and Saline mixture into the small syringe from your kit. Inject subcutaneously into abdomen (at least 3 inches from belly button) 2 times per week. Repeat dosing for 5 weeks.

