

## INGREDIENTS

### **C8Vantage® (Caprylic Acid Powder)**

This is a pure MCT (medium-chain triglyceride) that can enhance the body's ability to create ketones, thus resulting in increased energy, mental clarity, appetite control and physical performance.

C8Vantage® has been shown in clinical trials to:

- | Assist in greater ketone production than coconut oil or regular MCT
- | Help with greater beta-oxidation (fat burning) than C10, which has been known to increase ketone levels efficiently
- | Reduce appetite and increase satiety
- | Improve endurance and longer time to exhaustion

### **MitoBurn™ (L-BAIBA)**

L-BAIBA is a key ingredient in M\*L\*T and has been awarded an important classification called GRAS, or generally recognized as safe by the United States Food and Drug Administration (FDA). This unique ingredient comes from Valine, a BCAA that helps to reduce fatigue during exercise. L-BAIBA is key in supporting the body's ability during high intensity exercises so that you can get more out of every rep!

MitoBurn has been shown in clinical trials to:

- | Decrease body fat and improve body composition
- | Improve carb tolerance
- | Enhance the body's exercise signal to intensify exercise efforts
- | Promote mitochondrial function, and cellular energy benefits
- | Increase ketones, promoting cognition, reduced appetite, and muscle protection

### **L-Carnitine Fumarate**

L-Carnitine is an important amino acid. It plays a significant role in supporting your body's metabolism. It does this by helping improve mitochondrial function and increasing cellular energy. Many athletes use it to help them burn fat, enjoy enhanced recovery, and prevent muscle fatigue.

L-Carnitine may:

- | Facilitate the oxidation of glucose, which may allow the body to use it more effectively
- | Improve athletic performance
- | Help transport fatty acids into the mitochondria, where they can be burned for energy
- | Help support the systems that influence your cognitive health

### **Methylcobalamin**

Methylcobalamin is a form of Vitamin B12 involved in metabolism. Methylcobalamin promotes the synthesis of lecithin, a type of fat found naturally in many foods that is essential to total body wellness.

Methylcobalamin may:

- | Support bone strength
- | Improve mood

## Theobromine

Theobromine, also known as xantheose, is extracted from the cacao tree (*Theobroma cacao*). It's a naturally occurring stimulant similar to caffeine, but it's much milder on the body and doesn't cause a spike and crash in energy levels. Theobromine may also activate thermogenesis and improve systematic lipid metabolism to protect against obesity and other metabolic disorders.

Theobromine may:

- | Help remove impurities in the body
- | Promote sleep
- | Help support mind and body wellness
- | Promote weight loss

## Pyridoxal-5'-Phosphate

Pyridoxal 5'-Phosphate, or P5P, is the most bioactive and readily usable form of vitamin B6, a fundamental nutrient that aids in promoting energy production and neurotransmitter synthesis.

Pyridoxal-5-Phosphate may:

- | Provide support to your body's protective functions
- | Support a positive mood
- | Promote relaxation

## 5-Methyltetrahydrofolate

Methyltetrahydrofolate is the metabolically active form of folic acid, which is needed to form healthy cells, especially red blood cells. Methyltetrahydrofolate plays an essential role in methylation, it enables the conversion of homocysteine to methionine, the production of serotonin and melatonin, and it is indirectly involved in the synthesis of DNA.

Methyltetrahydrofolate may:

- | Contribute to the production of serotonin, melatonin, dopamine, epinephrine, and norepinephrine
- | Support a healthy mood

## Alpha-GPC (L-Alpha Glycerylphosphorylcholine)

Alpha-GPC is a natural choline compound found in the brain. It promotes and increases the release of the neurotransmitter acetylcholine and facilitates learning and memory. In athletes, Alpha-GPC supplementation aids with exercise-induced reductions in choline levels, endurance performance and growth hormone secretion.

Alpha-GPC may:

- | Aid with enhancing focus
- | Help improve memory
- | Support increased growth hormone levels and better athletic performance
- | May increase ketone production

## Coconut Water

Coconut Water Powder provides an abundance of 5 electrolytes that are known to support rapid hydration: sodium, magnesium, calcium, potassium, and phosphorus. Coconut water is also a very good source of B-complex vitamins such as riboflavin, niacin, thiamin, pyridoxine, and folates.

Coconut Water may:

- | Aid in Hydration
- | Help replenish electrolytes
- | Support enhanced recovery times
- | Help to optimize metabolism

## MLT Ingredient Clinical Studies

| C8Vantage:

[blog.priceplow.com/supplement-ingredients/c8vantage](http://blog.priceplow.com/supplement-ingredients/c8vantage)

| MitoBurn:

[blog.priceplow.com/supplement-ingredients/mitoburn](http://blog.priceplow.com/supplement-ingredients/mitoburn) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6470580/>

| L-Carnitine:

[ncbi.nlm.nih.gov/pmc/articles/PMC5872767/](http://ncbi.nlm.nih.gov/pmc/articles/PMC5872767/) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3099008/> <https://www.sciencedirect.com/science/article/abs/pii/S1043661819315117>

| Alpha GPC:

[ncbi.nlm.nih.gov/pmc/articles/PMC4096089/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4096089/) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4595381/>

| Theobromine:

[ncbi.nlm.nih.gov/pmc/articles/PMC4335269/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4335269/)

