



My Supplements

Urolithin A+ (MitoPure)

Summary: A powerful postbiotic that rejuvenates mitochondria and supports aging cells by encouraging **mitophagy** (cell cleanup).

Benefits:

- Boosts energy and stamina
- Improves muscle strength, even without exercise
- Supports brain and metabolic health
- **When to Take:** 1 scoop or capsule **in the morning**, with food (fat helps absorption). I do a spoon of coconut oil or eat an avocado with it.

Vitamin D3 + K2

Summary: Essential nutrients that work together to absorb calcium into bones and **keep it out of arteries**.

Benefits:

- Builds strong bones and teeth
- Supports immunity and mood
- Protects arteries from calcification
- **When to Take:** 1 softgel **in the morning**, with your first meal (especially with fat like avocado, eggs, etc.).

Natural Remedies & Benefits

Trish's Tried & True

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