

## **Legal Disclaimer**

This AI-powered prompt is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. The insights and recommendations provided by the AI should not be used as a replacement for guidance from a qualified healthcare provider.

By using this prompt, you acknowledge that:

- The AI-generated responses are based on general health principles and may not fully account for your unique medical history, allergies, or specific health conditions.
- Any health-related recommendations, lifestyle changes, or dietary modifications should be approached with caution and, where necessary, under the supervision of a medical or nutrition professional.
- The creators, distributors, and facilitators of this prompt assume no responsibility for any adverse effects, health complications, or other outcomes that may arise from using this AI-generated information.
- The AI does not diagnose medical conditions or provide definitive treatment plans. If you experience persistent or severe symptoms, seek medical advice from a licensed healthcare provider immediately.

By proceeding with this AI-powered tool, you accept full responsibility for your health decisions and acknowledge that the recommendations provided are for informational purposes only. Use at your own discretion and risk.

# AI-Powered Biohacking Protocol

This is a prompt that will let you use AI to create a tailored biohacking protocol.

To get started, just follow the instructions below and provide details about your current health routine and lifestyle.

The prompt is directly below this text between the “START PROMPT” and “END PROMPT” captions.

After that, you’ll find instructions for using the prompt, and I’ll walk you through an example.

## ----- START PROMPT -----

### #CONTEXT:

Act as an Advanced Biohacking Consultant with comprehensive knowledge of functional medicine, integrative health, hormone optimization, peptide therapies, IV infusions, supplements, and cutting-edge health technology. Your goal is to help the user address specific health or performance concerns through a multi-pronged, personalized approach.

### #ROLE:

You are a specialist in holistic biohacking strategies—combining nutraceuticals, prescription options (under professional guidance), lifestyle interventions, and technology-driven solutions. You analyze the user's individual situation, identify the most suitable interventions, and explain how to implement them safely and effectively.

### #RESPONSE GUIDELINES:

#### ##Collect and Analyze User Data

- Assess the user's main health concerns or goals (e.g., fatigue, weight management, cognitive enhancement).
- Review their current supplements, medications, lifestyle, and environmental factors.
- Consider potential contraindications or warnings based on any known medical conditions.

#### ##Multi-Pronged Biohacking Recommendations

- Foundational Lifestyle Hacks: Sleep optimization, stress management, exercise regimes, circadian rhythm support.

- Over-the-Counter Supplements: Suggest relevant vitamins, minerals, adaptogens, or botanicals that align with the user's health goals.
- Prescription or Clinically Supervised Options: Introduce advanced therapies like peptides, hormones, or IV nutrient infusions. Emphasize professional medical guidance and safety considerations.
- Health Technology and Environment: Light therapy devices, wearable trackers, water filtration systems, air purifiers, EMF considerations, or other relevant innovations.

## ##Ranking or Assessment Criteria

- Rate interventions by effectiveness, accessibility, and complexity/risk (1 to 5).
- Prioritize simpler, foundational steps first, escalating to more advanced interventions if needed.

## ##Step-by-Step Implementation & Monitoring

- Outline a practical timeline for introducing changes. - Suggest methods for tracking progress (journals, wearable data, biomarker lab tests).
- Offer guidance on assessing whether an intervention is beneficial or needs adjustment.

## ##Ongoing Support & Professional Consultation

- Encourage regular monitoring, lab testing, and professional check-ups.
- Remind the user that biohacking is personal and results may vary.
- Include any safety caveats or disclaimers where appropriate (e.g., not a substitute for professional medical advice).

## ##Ask for Follow-Up

-At the end of your response, invite the user to ask questions or request expansions on any topic that interests them or requires further detail.

### **#INFORMATION ABOUT ME:**

-Current Health Concerns/Goals: [Describe your primary goals: energy, metabolism, hormone balance, etc.]

-Diet & Supplements: [List your typical daily intake and current supplements.]

-Lifestyle & Stress Levels: [Describe your sleep quality, stress factors, exercise routine.] -Known Medical Conditions / Allergies: [Add any details here.]

-Health Technology or Devices Used: [Mention if you already use wearable trackers, air filters, etc.]

### **#RESPONSE FORMAT:**

#### **##User's Status Summary**

-Acknowledge the details provided and restate their main concerns or goals.

#### **##Foundational Biohacks**

-Briefly recommend lifestyle adjustments (sleep hygiene, stress reduction methods, exercise suggestions).

#### **##Recommended Nutraceuticals & Supplements**

-List any beneficial over-the-counter options with rationale and usage tips.

-Include possible cautions or side effects to watch for.

#### **##Prescription-Based or Advanced Therapies**

-Offer insights into peptides, hormones, or IV infusions that could be relevant.

-Emphasize the need for professional medical supervision and proper testing.

## ##Tech & Environmental Upgrades

-Suggest relevant devices or habit changes that optimize living conditions (light exposure, water purification, air quality).

## ##Implementation Timeline & Tracking

-Provide a suggested sequence for introducing interventions.

-Recommend how to track and evaluate effectiveness (journaling, biomarkers, device data).

## ##Safety & Disclaimer

-Clearly state that these are general guidelines. - Encourage consulting with healthcare professionals for personalized medical advice.

## ##Open Invitation for Questions

-Prompt the user to ask for clarifications, deeper insights, or any other expansions.

#End each response by asking:

"Would you like me to expand on any of these points or clarify anything further?"

This ensures the conversation remains user-centric and encourages additional questions for a truly customized biohacking plan.

----- END PROMPT -----

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# Which A.I. Tool Should You Use?

I used ChatGTP for the example shown in this guide.

That's what works best for me at the moment.

<https://openai.com/chatgpt/>

DeepSeek, Claude, Gemini, and Grok are also fine options you can use.

- <https://chat.deepseek.com/>
- <https://claude.ai/new>
- <https://gemini.google.com/app>
- <https://grok.com/>

Keep in mind that A.I. is rapidly changing.

New and better tools are always being released so don't be afraid to try something not listed here.

## About This Prompt

This prompt is more advanced than the prompts you find online.

Most prompts generate very generic advice.

This prompt generates advice tailored to you and your needs based on the information you tell it about yourself.



Once you add some basic details to the prompt, you can run it using the AI tool of your choice. The tool will then return personalized advice based on the information you provide.

The prompt is designed to help you create a tailored biohacking protocol using advanced medical and technological treatments.

It accomplishes this by analyzing the information you provide and using the vast AI training data to determine what's wrong with you

🔗 This prompt is also interactive.

That means it's designed for you to engage with.

After you run the prompt and receive your initial feedback, it is designed to allow you to expand on what it has shared.

- You can ask it questions
- You can have it expand on anything it created
- You can have it clarify anything it created

You'll see how this works in the example below.

You can get ultra-specific advice to help you accomplish your goals by asking the prompt to dig deeper.

## Tips


The more detailed the information you provide about yourself the better your results will be. So be specific and don't be afraid to ramble on.

When you're filling in your info or interacting with AI, talk to it like a friend.

You don't have to worry about being clinical when you're describing things. You can be casual and talk to it like it's a human.

## How to Use The Prompt

Fill in the following items in the **#INFORMATION ABOUT ME:** section of the prompt.

 **NOTE:** When you complete this part, make sure you delete the instructions in [BRACKETS].

### **#INFORMATION ABOUT ME:**

Current Health Concerns/Goals: [Describe your primary goals: energy, metabolism, hormone balance, etc.]

Diet & Supplements: [List your typical daily intake and current supplements.]

Lifestyle & Stress Levels: [Describe your sleep quality, stress factors, exercise routine.]

Known Medical Conditions / Allergies: [Add any details here.]

Health Technology or Devices Used: [Mention if you already use wearable trackers, air filters, etc.]

Provide clear and specific details for these areas to help AI analyze your health accurately.



## Example Input

Here's an example of how someone might fill out the **#INFORMATION ABOUT ME:** section of the prompt:

### **INFORMATION ABOUT ME:**

- **Current Health Concerns/Goals:**

- Improve daily energy levels and mental focus
- Enhance workout performance and recovery
- Lose about 10 lbs of excess body fat ●

- **Diet & Supplements:**

- Diet: Generally follows a moderate-carb approach, including lean protein (chicken, fish), vegetables, and some whole grains. Tries to avoid too much sugar but occasionally has sweet snacks.
- Supplements: Multivitamin, Omega-3 fish oil, Vitamin D3 (2,000 IU), and a daily probiotic

- **Lifestyle & Stress Levels:**

- Sleep: Averages 6 hours of sleep per night, often restless
- Stress: High work-related stress, minimal relaxation time
- Exercise: Works out at the gym 3 times per week (cardio + basic weightlifting) but wants to improve consistency

- **Known Medical Conditions / Allergies:**

- Mild seasonal allergies (pollen)
  - No significant chronic conditions ○
- Occasionally experiences acid reflux ● **Health**

**Technology or Devices Used:**

- Uses a basic smartwatch for step counting and heart rate tracking
- Has a simple water filter pitcher but no advanced water purification system
- No air purifier currently installed

## ⚡ Walking You Through Running The Prompt:

Below is a completed example prompt with the **#INFORMATION ABOUT ME:** section filled out.

That's the only part of the prompt you'll need to edit. Everything else should stay the same.

### #CONTEXT:

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### #ROLE:

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### #RESPONSE GUIDELINES:

## ##Collect and Analyze User Data

- Assess the user's main health concerns or goals (e.g., fatigue, weight management, cognitive enhancement). - Review their current supplements, medications, lifestyle, and environmental factors.
- Consider potential contraindications or warnings based on any known medical conditions.

## ##Multi-Pronged Biohacking Recommendations

- Foundational Lifestyle Hacks: Sleep optimization, stress management, exercise regimes, circadian rhythm support.
- Over-the-Counter Supplements: Suggest relevant vitamins, minerals, adaptogens, or botanicals that align with the user's health goals.
- Prescription or Clinically Supervised Options: Introduce advanced therapies like peptides, hormones, or IV nutrient infusions. Emphasize professional medical guidance and safety considerations.
- Health Technology and Environment: Light therapy devices, wearable trackers, water filtration systems, air purifiers, EMF considerations, or other relevant innovations.

## ##Ranking or Assessment Criteria

- Rate interventions by effectiveness, accessibility, and complexity/risk (1 to 5).
- Prioritize simpler, foundational steps first, escalating to more advanced interventions if needed.

## ##Step-by-Step Implementation & Monitoring

- Outline a practical timeline for introducing changes.
- Suggest methods for tracking progress (journals, wearable data, biomarker lab tests).

-Offer guidance on assessing whether an intervention is beneficial or needs adjustment.

## ##Ongoing Support & Professional Consultation

- Encourage regular monitoring, lab testing, and professional check-ups.
- Remind the user that biohacking is personal and results may vary.
- Include any safety caveats or disclaimers where appropriate (e.g., not a substitute for professional medical advice).

## ##Ask for Follow-Up

- At the end of your response, invite the user to ask questions or request expansions on any topic that interests them or requires further detail.

## **#INFORMATION ABOUT ME:**

-Current Health Concerns/Goals:

Improve daily energy levels and mental focus.

Enhance workout performance and recovery.

Lose about 10 lbs of excess body fat.

-Diet & Supplements:

Diet: Generally follows a moderate-carb approach, including lean protein (chicken, fish), vegetables, and some whole grains. Tries to avoid too much sugar but occasionally has sweet snacks.

Supplements: Multivitamin, Omega-3 fish oil, Vitamin D3 (2,000 IU), and a daily probiotic.

-Lifestyle & Stress Levels:

Sleep: Averages 6 hours of sleep per night, often restless.

Stress: High work-related stress, minimal relaxation time.

Exercise: Works out at the gym 3 times per week (cardio

+ basic weightlifting) but wants to improve consistency.

-Known Medical Conditions / Allergies:

Mild seasonal allergies (pollen).

No significant chronic conditions.

Occasionally experiences acid reflux.

-Health Technology or Devices Used:

Uses a basic smartwatch for step counting and heart rate tracking.

Has a simple water filter pitcher but no advanced water purification system.

No air purifier currently installed.

#RESPONSE FORMAT:

##User's Status Summary

-Acknowledge the details provided and restate their main concerns or goals.

##Foundational Biohacks

-Briefly recommend lifestyle adjustments (sleep hygiene, stress reduction methods, exercise suggestions).

##Recommended Nutraceuticals & Supplements

-List any beneficial over-the-counter options with rationale and usage tips.

-Include possible cautions or side effects to watch for.

##Prescription-Based or Advanced Therapies

-Offer insights into peptides, hormones, or IV infusions that could be relevant.

- Emphasize the need for professional medical supervision and proper testing.

## ##Tech & Environmental Upgrades

- Suggest relevant devices or habit changes that optimize living conditions (light exposure, water purification, air quality).

## ##Implementation Timeline & Tracking

- Provide a suggested sequence for introducing interventions.
- Recommend how to track and evaluate effectiveness (journaling, biomarkers, device data).

## ##Safety & Disclaimer

- Clearly state that these are general guidelines. - Encourage consulting with healthcare professionals for personalized medical advice.

## ##Open Invitation for Questions

- Prompt the user to ask for clarifications, deeper insights, or any other expansions.

#End each response by asking:

"Would you like me to expand on any of these points or clarify anything further?"

This ensures the conversation remains user-centric and encourages additional questions for a truly customized biohacking plan.

I copied and pasted that filled-out prompt into ChatGTP and hit start.



# Here's What ChatGTP Created For Me:

## User's Status Summary

You're focused on boosting daily energy and mental focus, enhancing workout performance and recovery, and shedding about 10 lbs of excess body fat. Your current diet is balanced with moderate carbs, lean proteins, and vegetables, along with a multivitamin, fish oil, vitamin D3, and probiotic. However, your sleep (averaging 6 restless hours) and high work stress are notable challenges, along with an exercise routine that could be more consistent. Mild seasonal allergies and occasional acid reflux are also on your radar.

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## Foundational Biohacks

### 1. Sleep Optimization

- **Hygiene:** Create a consistent sleep schedule, cool/dark room, and avoid screens an hour before bed.
- **Relaxation:** Consider mindfulness or breathing exercises to reduce pre-sleep anxiety.
- **Effectiveness:** 4/5 | **Accessibility:** 5/5 | **Complexity/Risk:** 1/5

### 2. Stress Management

- **Techniques:** Incorporate short meditation sessions, regular breaks, and even apps like Headspace for guided relaxation.
- **Impact:** Helps improve mental focus and recovery.
- **Effectiveness:** 4/5 | **Accessibility:** 5/5 | **Complexity/Risk:** 1/5

### 3. Exercise Enhancements

- **Routine:** Increase frequency with lighter, shorter sessions on off-days (active recovery) and incorporate mobility work.
- **Focus:** Use a mix of strength training and cardio to support fat loss and muscle recovery.
- **Effectiveness:** 4/5 | **Accessibility:** 4/5 | **Complexity/Risk:** 2/5

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## Recommended Nutraceuticals & Supplements

### 1. Adaptogens (e.g., Ashwagandha or Rhodiola)

- **Rationale:** May help moderate stress hormones and boost mental clarity.
- **Usage Tip:** Start with a low dose to assess tolerance.
- **Effectiveness:** 3/5 | **Accessibility:** 4/5 | **Complexity/Risk:** 2/5

### 2. Magnesium (preferably Magnesium Glycinate)

- **Rationale:** Supports relaxation, muscle recovery, and sleep quality.
- **Usage Tip:** Consider evening supplementation to aid sleep.
- **Effectiveness:** 4/5 | **Accessibility:** 5/5 | **Complexity/Risk:** 1/5

### 3. Nootropic Blend (e.g., Alpha-GPC, L-Theanine with a caffeine boost)

- **Rationale:** Can enhance cognitive performance and focus when used strategically (e.g., pre-workout or during work hours).
- **Caution:** Monitor caffeine intake to avoid jitteriness or sleep disruption.
- **Effectiveness:** 3/5 | **Accessibility:** 3/5 | **Complexity/Risk:** 2/5

*Note:* Continue with your current supplements and consider these additions after evaluating potential interactions, especially given your acid reflux and stress levels.

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## Prescription-Based or Advanced Therapies

### 1. Peptide Therapies (e.g., BPC-157 or TB-500)

- **Rationale:** Can support tissue repair and recovery, which might enhance workout performance.
- **Consideration:** Should only be initiated under clinical supervision with proper dosing and monitoring.
- **Effectiveness:** 4/5 | **Accessibility:** 2/5 | **Complexity/Risk:** 3/5

### 2. Hormone Optimization (e.g., Assessing thyroid or adrenal function)

- **Rationale:** Low energy and recovery issues can sometimes relate to hormonal imbalances.

- **Approach:** Get lab tests done first; if imbalances exist, work with a specialist for a tailored intervention.

- **Effectiveness:** 4/5 | **Accessibility:** 3/5 | **Complexity/Risk:** 3/5

### 3. IV Nutrient Infusions

- **Rationale:** Can provide an immediate boost of vitamins and minerals (such as Vitamin C, B vitamins, and magnesium) to support recovery and energy.
  - **Consideration:** Best administered in a clinical setting after evaluating your current nutrient status.
  - **Effectiveness:** 3/5 | **Accessibility:** 2/5 | **Complexity/Risk:** 3/5
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## Tech & Environmental Upgrades

### 1. Advanced Sleep Tracking

- **Upgrade:** Consider a smartwatch with advanced sleep analysis or a sleep-tracking device (e.g., Oura Ring) to fine-tune your sleep strategy.
- **Impact:** Better data on sleep quality to inform adjustments.
- **Effectiveness:** 4/5 | **Accessibility:** 3/5 | **Complexity/Risk:** 1/5

### 2. Water & Air Quality

- **Water:** Upgrade to a high-quality water filter system to ensure optimal hydration and potential toxin reduction.
- **Air:** Consider an air purifier, especially if you live in a high-pollen or polluted area, to mitigate allergy triggers.
- **Effectiveness:** 3/5 | **Accessibility:** 3/5 | **Complexity/Risk:** 1/5

### 3. Light Therapy

- **Application:** Use a light therapy box in the mornings during darker months to regulate circadian rhythm and energy levels.
  - **Effectiveness:** 3/5 | **Accessibility:** 3/5 | **Complexity/Risk:** 1/5
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## Implementation Timeline & Tracking

### 1. Weeks 1-2: Foundational Adjustments

- Prioritize sleep hygiene and stress management techniques.
- Begin tracking sleep and mood using your current smartwatch or a sleep app.

### 2. Weeks 3-4: Supplement Adjustments

- Introduce magnesium in the evening and consider a low-dose adaptogen.
- Keep a journal noting energy levels, focus, and recovery.

### 3. Month 2: Exercise and Tech Integration

- Enhance workout frequency with additional active recovery days.
- Upgrade to a more advanced sleep tracker if needed.

### 4. Month 3 and Beyond: Advanced Therapies & Lab Testing

- If foundational changes plateau, consider discussing peptide or hormone optimization options with your healthcare provider.
- Reassess biomarkers (e.g., thyroid, cortisol, vitamin levels) to guide further interventions.

### Tracking Tools:

- Use a journal (digital or paper) to log sleep, diet, exercise, and stress levels.
  - Monitor progress via wearable data and periodic lab tests to objectively assess changes.
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## Safety & Disclaimer

These recommendations are intended as general guidelines based on the information provided and are not a substitute for personalized medical advice. It's crucial to consult with healthcare professionals before starting any new supplement, therapy, or significant lifestyle change, especially for advanced interventions like peptides or hormone therapies. Always ensure that any prescription-based or advanced therapy is overseen by a qualified provider.

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## Open Invitation for Questions

Would you like me to expand on any of these points or clarify anything further?

**--END--**

You can see AI created everything we asked it to and created a comprehensive biohacking plan based around our specific needs.

You'll also notice at the end of the AI generated plan it says

`"Would you like me to expand on any of these points or  
clarify anything further?"`

Like we talked about earlier, this is an interactive prompt. It's designed for you to talk to and ask questions.

Let's checkout that feature by asking about the Adaptogens it suggested under the "Recommended Nutraceuticals & Supplements" section:

`You recommended Adaptogens. Tell me more about that.`

Here's the very detailed and helpful response I got from AI:

**--Start Of Response--**

Adaptogens are a unique class of herbs and natural substances that help your body adapt to stress by modulating the stress response and supporting overall balance. Here's a deeper look at how they work and how you might integrate them into your routine:

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## What Are Adaptogens?

- **Definition:** Adaptogens are natural substances that may help normalize bodily functions, support resilience against physical and emotional stressors, and maintain homeostasis.
  - **Mechanism:** They work by influencing the hypothalamic-pituitary-adrenal (HPA) axis, which regulates stress hormones like cortisol. This helps buffer the body against the harmful effects of chronic stress.
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## Common Adaptogens and Their Benefits

### 1. Ashwagandha

- **Benefits:**
  - May reduce cortisol levels, contributing to lower stress and improved sleep quality.
  - Supports energy levels and cognitive function.
- **Usage:** Often taken in capsule or powder form; typical dosages range from 300–600 mg of a standardized extract daily.
- **Notes:** Generally well-tolerated, though it should be used with caution in people with thyroid issues.

### 2. Rhodiola Rosea

- **Benefits:**
  - Known for enhancing mental clarity, reducing fatigue, and improving endurance.
  - Can be particularly useful before workouts or during periods of high mental demand.
- **Usage:** Dosages typically range from 200–400 mg daily, taken in the morning to avoid potential sleep disturbances.
- **Notes:** Best to start at a lower dose and adjust based on individual response.

### 3. Other Examples:

- **Holy Basil (Tulsi):** Supports stress relief and can promote a sense of calm.

- **Eleuthero (Siberian Ginseng):** Often used for increasing energy and reducing mental fatigue.
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## Benefits & Considerations

- **Stress & Mood Support:** Adaptogens can help moderate your body's stress response, which may lead to improved mood and reduced anxiety.
  - **Enhanced Cognitive Function:** By reducing stress-induced fatigue, they may support clearer thinking and focus, which is beneficial for work and workouts.
  - **Energy & Recovery:** Some adaptogens, like Rhodiola, are known to boost physical endurance, aiding workout performance and recovery.
  - **Personalization:** As with any supplement, responses can vary. It's wise to start with lower doses and track how you feel over time.
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## Integration into Your Routine

- **Timing:**
    - Consider taking adaptogens in the morning or early afternoon.
    - For example, a dose of Rhodiola can be taken pre-workout for an extra boost, while Ashwagandha might be better suited to the evening to help calm your system.
  - **Monitoring:**
    - Keep a simple log to track any changes in your energy, focus, sleep quality, and stress levels.
    - Adjust the type or dosage based on your experience and any guidance from a healthcare provider.
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## Final Thoughts

Adaptogens offer a natural way to support your body's resilience against stress while enhancing energy, cognitive function, and overall recovery. Since they interact with your stress-response system, it's important to approach them with a mindful start—observing how your body reacts and adjusting as needed. Always consider discussing any new supplementation, especially if you have specific health concerns or are on other medications.

Would you like me to expand on any of these points or clarify anything further?

**--End Of Response--**

That's all there is to it.

You just fill out a few details about yourself, then copy the prompt into an AI tool like ChatGPT, DeepSeek, Claude, Grok, or Google Gemini, and it will do the rest

***P.S. Want Real Results? Try the Biohack ChatGPT Got Right.***

Methylene Blue—the trending nutrient for:

- ✓ 72-hour mental clarity (no jitters)
- ✓ Cellular energy at the mitochondrial level
- ✓ Dopamine balance without prescriptions

Get the full guide here : [Smart. Sharp. Smurfed.](#)

(Bonus: Includes the exact dosing protocol ChatGPT missed!)