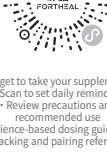


FORTHEAL® 肆膳®

Fourth Meal. For Heal. For Real. 三餐之外・由内而愈・真材实料



- Detailed product documentation
- Full raw-material CoAs for this batch
- Official supplier materials
- Research summaries on ingredients
- Test reports and supporting files



- Forget to take your supplements?
- Scan to set daily reminders
- Review precautions and recommended use
- Science-based dosing guidance
- Stacking and pairing references



- Scan to join the FORTHEAL health community
- Product Q&A and personalized guidance
- Wellness practices and discussions
- Supplement-selection tips
- Member-exclusive offers



- Scan to follow FORTHEAL
- Subscribe to brand updates
- Access full product documentation
- New launch announcements
- Brand events and updates

【About FORTHEAL肆膳】

Drained by work all day, yet reluctant to fall asleep at night — we know this state too well. We've been those office workers. We've worked in nutritional supplements and pharma. We've been picky "supplement people" for years. And yet, even we — the ones who supposedly knew the industry — kept hitting the same walls: dosages left vague, suppliers undisclosed, no way to verify whether the label matches what's actually in the bottle. You buy a bottle, and you can't say what's in it, how much of it, or whether it's doing the right thing. We didn't want to keep being uncertain consumers — and even less, we didn't want to become that kind of brand. So we built FORTHEAL. Three meals a day take care of hunger and immediate energy. But the body wears down at deeper levels that three meals can't always restore. We call this the modern person's Fourth Meal (FORTHEAL: Fourth Meal • For Heal • For Real) — not medicine, not habit-forming, not a fix for "what happens if I skip a day," but a way to fill in what's hard to get from food yet quietly accumulates as a long-term deficit. A way of living we can sustain — and a brand we ourselves, and our friends and family, would take long-term.

【What We Believe】

What goes into your body deserves caution. Health products are things you ingest. If we wouldn't take it long-term ourselves, or give it to our families, we won't sell it to you. Respect the science — and respect the limits of the evidence. We prioritize ingredients with human-trial support. We don't chase folk remedies or unproven trends. We say only as much as the evidence permits — and never overstate. Compliance isn't a cost. It's the floor. From raw materials and packaging to credentials and processes, compliance is a line we won't cross — no gray areas, no shortcuts. This is what we owe you, and what we demand of ourselves. Treat customers as we'd treat ourselves; treat friends and family as our users. We want transparency, so we hide nothing. We want dosages that work, so we don't underdose. We want to be respected, so we don't treat you as an afterthought.

【How We Make Our Products】

Sourcing — money goes where it actually decides effect and safety. For ingredients where safety, oxidation, or absorption is the real challenge, we favor globally patented raw materials and don't try to save money here. For ingredients where Chinese manufacturing has matured to export-grade quality, we refuse to pay the premium for an overseas brand name and choose market-tested, scaled suppliers instead.

Dosing — enough to work, never wasted. For each ingredient, we triangulate multiple references: common and recommended ranges from human studies, guidance from authoritative bodies (e.g. EFSA), input from raw-material suppliers and field experts, and dosages used in established market products. We aim for an "evidenced and safe" range — not for a number that looks impressive on the label. We won't pile on either: when the marginal gain from an extra dose is negligible, we won't charge you for it.

Absorption — what's invested has to be usable by the body. We don't just look at how much went in, but how much your body actually takes up. Where absorption enhancers or synergistic pairings are needed, we don't skip them.

Formulation — only combinations with real grounding. Every ingredient is here because it mechanistically complements the others — not to inflate ingredient count. We don't slap our label on off-the-shelf formulas, and we don't chase trends. If an ingredient would need too much volume to be effective but genuinely complements the formula, we'd rather suggest you buy a quality version separately than add a token amount to "look comprehensive."

【Our Promises】

Full dose, no shortcuts. We dose to the level needed to be effective, and add buffer to compensate for losses in production and

storage — what's on the label is what's in the capsule.

Every batch is tested. Reports accessible. Every finished batch is sent to an independent third-party lab for multi-panel testing (microbiology, heavy metals, and core active-ingredient content). Test reports and raw-material CoAs can be accessed via our website, WeChat service account, the QR code on this insert (linking to the digital "Full Product Documentation"), or by contacting customer service.

Safety and compliance are non-negotiable. Each formula has undergone an ingredient-compatibility safety review, with no known adverse interactions found. We use no substandard substitutes in raw materials, excipients, capsule shells, or packaging. Production is at a GMP-licensed Hong Kong pharmaceutical factory — credentials in order, processes by the book.

No price gouging, no race to the bottom. Our pricing reflects only quality ingredients + strict QC + basic marketing + reasonable margin. We don't make cheap products, and we have no interest in making something merely "passable."

What we save, we return to you. We don't try to win customers through heavy ad spend. We return that budget to long-term repeat customers and to those who recommend FORTHEAL to friends and family.

【Who FORTHEAL Is For】

Few people will read this far. Most people buy a supplement, glance at the package, and toss it in a drawer. But you opened this insert. You want to know what's actually in the capsule, why these dosages, where the evidence comes from. That "I need to understand this" instinct may have cost you extra time on many things — but it's probably also kept you out of a lot of traps. FORTHEAL is built for people like you: those who, when uncertain, look things up and consult AI tools; who weigh evidence over slick copy; who care about the raw materials themselves, not the adjectives on the box; who'll pay for what truly works — and can tell the difference from what just looks like it does. Whether you're running on all cylinders in a demanding career, looking after your own and your family's health, or simply playing the long game for your body — if you're serious, we're with you.

【Testing Statement】

This product undergoes pre-release testing for pesticide residues, heavy metals, microbial contamination, and other safety parameters, and meets the applicable safety standards. Every finished batch is independently tested by a third-party laboratory, with test reports made publicly accessible.

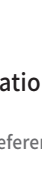
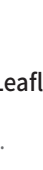
【Producer Information】

Manufacturer
WRIGHT LIFE PHARMACEUTICAL LTD. (莱特维健药厂有限公司)
Address: 2A, Universal Industrial Bldg., No. 60-62 Sha Tsui Road, Tsuen Wan, N.T., Hong Kong
Wright Life is a Hong Kong-licensed pharmaceutical manufacturer, holding the Hong Kong Department of Health's Proprietary Chinese Medicine Manufacturer Licence and a U.S. FDA Food Facility Registration. It is certified to GMP, ISO 22000, and HACCP quality-management systems, and its products are independently tested by third-party authorities including STC and SGS. As a long-standing supplier to Mannings, Watsons, and major chain pharmacies in Hong Kong, Wright Life brings over a decade of manufacturing experience.

Brand Owner
FORTHEAL INTERNATIONAL LTD. (肆膳国际有限公司)
Address: Room 1450, 14/F, Eton Tower, 8 Hysan Avenue, Causeway Bay, Hong Kong
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Mainland China Affiliate and Operating Entity: Beijing Sishan Health Technology Co., Ltd. (北京肆膳健康科技有限公司)

Website: www.fortheal.hk • Phone: (852) 9274 4156 • Email: contact@fortheal.hk

Official WeChat Mini Program Store: [FORTHEAL肆膳](#) • Official E-commerce Store: [FORTHEAL肆膳海外旗舰店](#)



FORTHEAL® 肆膳®

Ergothioneine Complex Capsules — Product Information Leaflet

*Please read this insert carefully before use and retain for future reference.

Disclaimer: This product is a dietary supplement, not a drug. It is not intended to prevent, diagnose, treat, or cure any disease or condition, and has not been approved, registered, or evaluated for efficacy by the U.S. Food and Drug Administration (FDA) or the Hong Kong Department of Health. All descriptions of ingredients in this insert are drawn primarily from publicly available research, nutritional properties, and official supplier materials. They are intended to clarify each ingredient's role in the formula, not to make any preventive or therapeutic claim regarding any disease or condition. This product is intended for daily nutritional supplementation by healthy adults and is not a substitute for a balanced diet or professional medical care. Individual responses vary. If you are pregnant or breastfeeding, under 18, have a medical condition, or are taking medication, consult a physician or qualified professional before use (see Contraindications and Use With Caution).

【Who It's For】

This is a high-density formula targeting cellular metabolism and the antioxidant system, designed for adults who want to support the body's foundations gently and over the long term. It is particularly suitable for:
Those in sustained, high-intensity cognitive work whose mental clarity dulls as the day wears on
Those who sleep enough hours but still see daytime variability — fine in the morning, scattered or low-energy by mid-afternoon
Those who feel "slower to recover, less stamina than before" — finding the same workload more tiring than a few years ago
Those who rely on coffee to get into gear daily and would like to reduce that dependence
Those taking many separate supplements daily and looking to consolidate into one high-density formula
Those with long daily screen time who care about antioxidant support for the eyes, skin, and nervous system
Those interested in mitochondrial function and cellular metabolism, who prefer gentle long-term approaches over stimulant-type ingredients

The "quantified-self" type — those who use smart rings, wearables, and other devices to track and observe their own state over time

【Formula Logic】

The decline in high-pressure individuals tends to be gradual — the same workload feels heavier, meetings are harder to focus through, even adequate sleep doesn't leave you as fresh as before. At the cellular level, several lines are usually at play simultaneously: depletion of neurotransmitters, the daytime energy rhythm, mitochondrial efficiency, and accumulating oxidative stress. This product doesn't lean on caffeine to "push through today" — instead, it assigns one ingredient to each of these lines, so seven ingredients each play a distinct role and back each other up:
Signal and structural material for the brain — Citicoline (Cognifocus®), which participates in acetylcholine synthesis and in building the phospholipids of neuronal cell membranes.
Daytime energy rhythm — Red ginseng extract, whose more balancing-and-calming ginsenoside profile works with the body's

rhythm rather than forcing central stimulation.

The cell's energy factory — Reduced Coenzyme Q10 (Cocrysta® QH) addresses the efficiency of existing mitochondria; PQQ is a nutrient that has drawn attention in recent years — the two complement each other.

The body's antioxidant defenses — Astaxanthin (AstaZine®) protects outside the cell membrane; L-Ergothioneine (Dr.Ergo®) operates inside the cell — together forming an "outer + inner" layer.

Absorption support — Black pepper extract (BioPerine®), used in research to improve the uptake of fat-soluble ingredients.

Three principles run through the formula:
Enough is enough — no padding. Each ingredient maps to one clear line of action — no overlap, no filler.
Stay within evidenced ranges. Every dose references common human-study ranges and the guidance of authoritative bodies.
Zero caffeine, zero stimulant dependence. This is gentle, long-term nutritional support — not an instant boost.

【Basic Information】

Packaging: 60 capsules per bottle, 2 capsules per serving, 30 servings per bottle — a 30-day supply at one serving per day. Size 0 capsules, approximately 520 mg each (with approximately 420 mg fill weight). Contains no animal-derived ingredients; suitable for vegetarians.

Ingredients (per 2-capsule serving): Citicoline (Cognifocus®) 250 mg, Red ginseng extract (≥20% total ginsenosides) 150 mg, Reduced Coenzyme Q10 (Cocrysta® QH) 120.5 mg (providing 100 mg ubiquinol), Haematococcus pluvialis powder (AstaZine®) 100 mg (providing 4 mg astaxanthin), L-Ergothioneine (Dr.Ergo®) 30 mg, Pyrroloquinoline quinone disodium salt (PQQ) 20 mg, Black pepper extract (BioPerine®, ≥95% piperine) 5 mg.

Other ingredients: Hydroxypropyl methylcellulose (Huangshan HPMC clear, gastric-soluble vegetarian capsule shells), modified starch (pregelatinized starch), anti-caking agents (magnesium stearate, silicon dioxide).

Shelf life: 36 months. See outer packaging and bottle for specific expiration date.

Product note: This product uses a high proportion of natural-source raw materials. Minor settling or stratification of the powder

inside the capsules during transport is normal and does not affect quality or use.

【Ingredient Profiles】

Our sourcing logic is to spend where it truly matters for effect and safety. For ingredients where safety, stability, or absorption is the central challenge, we favor globally patented raw materials. For ingredients where Chinese manufacturing has matured to export-grade, we choose market-tested, traceable, scaled suppliers.

Citicoline (Cognifocus®)

Role in the formula: Targets the post-mental-exertion state — "two hours into a meeting, my brain is idling; I have to re-read a long document several times." Acetylcholine is a neurotransmitter closely tied to focus and memory, and neuronal cell membranes need continuous repair. Citicoline is a nucleotide metabolic intermediate naturally present in the brain (not a foreign compound) — it is both an upstream precursor for acetylcholine synthesis and a participant in building neuronal membrane phospholipids. In effect, it supplies both "signal material" and "repair material" at once. It has decades of clinical use across multiple countries, with a well-established safety record.

Raw material highlights: Cognifocus® uses a clean fermentation / enzymatic catalysis process, sidestepping at the source the high-risk solvent residues — such as DMF (an EU Substance of Very High Concern, SVHC) — associated with traditional chemical synthesis routes. The fermentation product is naturally the bioavailable L-configuration. This batch's HPLC-tested purity: 99.72% (pharmacopoeial minimum ≥98.0%); the four heavy metals (lead, arsenic, cadmium, mercury) meet USP <232> and <233> pathogen testing negative.

Supplier: Suzhou Myland Nutraceuticals Inc. The founder has worked in nutritional raw materials since 1992 (over 30 years). The R&D team is led by four PhDs. Holds U.S. FDA Food Facility Registration (FFR) and ISO 9001:2015 certification, with manufacturing capacity meeting both Chinese and U.S. GMP standards.

Dose rationale: For everyday dietary supplement use, 250 mg/day is the broadly recognized effective dose in the international

nutritional-neuroscience literature. Multiple RCTs show that 250 mg and 500 mg yield comparable results on cognition and attention metrics. This product uses 250 mg/day as a steady-state maintenance dose for long-term daily use.

Red Ginseng Extract

Role in the formula: Targets the "fine in the morning, suddenly out of steam at 2–3 PM, coffee carrying you to evening" state. Red ginseng is ginseng prepared by steaming and drying, with a long history as a tonic ingredient. Its more "balancing and calming" ginsenoside profile is traditionally used to help the body maintain its own steady rhythm — supporting the body's natural pace rather than forcing central stimulation, as caffeine does.

Raw material highlights: Sourced from a GAP-certified proprietary plantation in the Changbai Mountains, with pesticide and heavy-metal control from seed cultivation through to 5-year harvest. This batch's standardized total ginsenosides: ≥20% (measured 20.4%). Heavy metals, pesticide residues (HCH/DDT), and pathogens all meet compliance standards. Grinding and inner packaging are completed in a Class D cleanroom.

Supplier: Jilin Province Hongjiu Biotechnology Co., Ltd. Established in 1998, with over 20 years' focus on Changbai Mountain ginseng extraction. It conducts joint industry-academia research with several universities, and holds the full series of certifications including ISO 22000 and HACCP.

Dose rationale: Standardized ginseng extract is typically dosed at 100–300 mg/day. This product uses 150 mg/day — in the mild range, suitable for long-term continuous use.

Reduced Coenzyme Q10 (Cocrysta® QH)

Role in the formula: Targets the "still feel low after 7 hours of sleep, struggle to recover after exercise, jet lag hits harder" state. Coenzyme Q10 is central to mitochondrial energy metabolism. This product uses the reduced form (ubiquinol) — the form Q10 naturally takes in human plasma to do its work. The oxidized form (ubiquinone) must be reduced in the body before it can act; ubiquinol skips that step, taking a more direct route to function. However, ubiquinol itself oxidizes very easily on exposure to air,

light, and heat — this is the real difficulty on the formulation side (see "supramolecular co-crystal patent" below).

Raw material highlights: Cocrysta® QH addresses the industry-wide problem of reduced Q10's extreme instability" with a supramolecular co-crystal patent. After 28 days in open (uncapped) storage at 25°C / 60% RH, conventional ubiquinol content drops by over 70%, while Cocrysta® QH retains over 98% of its activity. Pharmacokinetic data show Cmax approximately 4.3× that of conventional Q10 and AUC approximately 4.5× that of both conventional Q10 and traditional ubiquinol (manufacturer animal / in-vitro data). The patent portfolio covers four major jurisdictions: China, U.S., Europe, and Japan. The research has been published in the international pharmaceuticals journal *Pharmaceutics*.

Supplier: Cocrystal Technology, with technical support from the Shanghai Institute of Materia Medica (Chinese Academy of Sciences). The underlying technology draws on the "supramolecular chemistry" theory recognized by two Nobel Prizes in Chemistry, breaking the long-standing import dependency for reduced Q10.

Dose rationale: Energy-metabolism research typically uses 100–200 mg ubiquinol/day. This product uses 100 mg ubiquinol/day — a reasonable level for steady-state daily use.

Haematococcus pluvialis Powder (AstaZine®)

Role in the formula: Targets oxidative-stress-related states such as "long screen time, dry eyes, complexion not what it used to be." Natural astaxanthin is one of the few fat-soluble antioxidants able to cross the cell membrane, blood-brain barrier, and blood-retinal barrier — giving it the broadest coverage of any antioxidant in this formula.

Raw material highlights: AstaZine® uses a proprietary high-yield algal strain; 100% physical cell-wall disruption gives markedly higher bioavailability than processes without wall disruption; the natural 3S,3'S esterified configuration is the form the human body recognizes and utilizes. This batch's all-trans ratio: 86.4% (standard ≥70%). Ecocert organic certification was achieved as early as 2016 (covering the full chain from algal cultivation through finished processing — rare in astaxanthin sourcing). Also holds GRAS, EU Novel Food, and other certifications.

Supplier: BGG, founded in 1995. Holds approximately 30–40% share of the global astaxanthin market. Uses a closed glass-tube

photobioreactor cultivation system. A contributing party to China's astaxanthin oil industry standard.

Dose rationale: Common effective range in astaxanthin human studies is 2–9 mg/day, with absorption approaching saturation at 4–12 mg/day. This product provides 4 mg/day — a foundational effective starting dose.

L-Ergothioneine (Dr.Ergo®)

Role in the formula: Pairs with astaxanthin to form an "outer + inner" antioxidant layer — ergothioneine is concentrated more in mitochondria, the cell nucleus, and similar intracellular sites. This is a "quiet" ingredient whose value shows up over the long term. The human body cannot synthesize it; it must be obtained from a small set of foods such as mushrooms, and is actively taken up by a dedicated cellular transporter (OCTN1). It has been discussed in the scientific community alongside PQQ as a candidate "longevity vitamin."

Raw material highlights: Dr.Ergo® applies the Nobel-Prize-winning "directed enzyme evolution" technique, completing over 10 rounds of synthesis evolution within six months and achieving substantial performance gains. A patented crystal form solves the industrial pain point of standard ergothioneine being prone to moisture absorption and clumping — at room temperature, HPLC content remains 99.9% after one year. This batch's measured purity: 99.99%; specific rotation: +124.2° (100% L-form). Holds U.S. FDA GRAS status — meaning the FDA recognizes it as "Generally Recognized As Safe" — as well as European Novel Food authorization; its oral efficacy and safety have also been evaluated in a human clinical trial conducted by the Japan Clinical Trial Association (JACTA).

Supplier: Shanghai EGT Synbio Group Co., Ltd. Core technology supported by the Shanghai Institute of Organic Chemistry, Chinese Academy of Sciences. Holds the U.S. FDA certification series and VEGAN / HALAL / KOSHER certifications.

Dose rationale: Human studies have largely focused on 25–100 mg/day with good tolerability. The European EFSA's recommended adult daily upper limit is 30 mg. This product uses 30 mg/day — the EFSA upper limit.

Pyrroloquinoline Quinone Disodium Salt (PQQ)

Role in the formula: Addresses the "after 30, overall baseline energy has dipped — want to support energy metabolism from a more fundamental level" need. Reduced Q10 concerns the operational efficiency of existing mitochondria, while PQQ is a nutrient that has drawn attention in recent mitochondrial and energy-metabolism research. The two complement each other in approach: efficiency vs. metabolic support.

Raw material highlights: A Crystal Form A patent solves the industrial difficulty of PQQ disodium salt's "high hygroscopicity and unstable solid form." The patent family covers five major jurisdictions: China, U.S., Europe, Japan, and Hong Kong. This batch's measured content: 99.19%; moisture content: 9.21% (well below the upper limit of 13.0%).

Supplier: Weifang Shengyu Pharma Co., Ltd. (U.S. FDA Food Facility Registration #10560243178). Its affiliate, Zhubei Haojian Pharmaceutical, brings over a decade of expertise in fermentation-based raw materials and ranks among the global leaders in inositol and natural stearic capacity; its PQQ was approved as a new food raw material in China in 2022. International clients include multiple mainstream North American supplement brands.

Dose rationale: China's NHC Announcement No. 1 of 2022 sets the recommended daily intake of PQQ disodium salt at ≤20 mg/day, which is also the baseline dose used in many international RCTs. This product's 20 mg/day matches both the China compliance upper limit and the internationally common research dose.

Black Pepper Extract (BioPerine®)

Role in the formula: The "absorption support" of the entire formula. It does not directly participate in brain energy or antioxidant action, but by modulating first-pass metabolism in the gut and liver and activating nutrient transporters, it helps lift the actual absorption of the above fat-soluble ingredients (especially Q10, PQQ, astaxanthin, and ergothioneine) by a notable margin — so high-value inputs aren't wasted.

Raw material highlights: In 1996, BioPerine® received from the U.S. Patent and Trademark Office the supplement industry's first patent for using piperine to enhance nutrient bioavailability. A patented process raises piperine content from the 3–9% naturally found in black pepper to ≥95% (this batch measured at 95.72%). It is one of the most extensively studied black pepper extract

brands worldwide.

Supplier: Sami-Sabinsa Group, founded in 1988 by Dr. Muhammad Majeed. Holds over 490 global patents and operates multiple production facilities. Customers include hundreds of mainstream international brands such as Doctor's Best, Life Extension, and Thorne.

Dose rationale: 5 mg/day is the classic enhancing dose used in most BioPerine® combination studies — enough to trigger the synergistic effect without commonly causing gastrointestinal discomfort.

Cognifocus®, Cocrysta® QH, AstaZine®, Dr.Ergo®, and BioPerine® are registered trademarks of their respective owners, used under license.

【Directions】

Standard use: 1 serving of 2 capsules daily, taken with warm water after breakfast or lunch; avoid taking with coffee, strong tea, or grapefruit juice. This formula contains multiple fat-soluble ingredients; taking with a meal containing some dietary fat significantly improves absorption.

Split dosing: To sustain cognitive output into the afternoon, you may take 1 capsule after breakfast and 1 after lunch for a smoother absorption curve.

Dynamic adjustment: During high-intensity periods (project sprints, cross-time-zone travel, exam or thesis defense), you may increase to 3 capsules/day for 1–2 weeks short-term. During holidays or lower-pressure periods, you may reduce to 1 capsule/day for baseline support. Linear gain drops rapidly past saturation; exceeding 2 capsules/day long-term is not recommended.

Evening note: This product contains no stimulants and generally does not affect sleep. However, a few people sensitive to red ginseng may feel mentally activated if taking it close to bedtime; if so, finish the day's dose before 4 PM.

Product synergy: This product focuses on daytime cognitive energy and antioxidant support. Pair with FORTHEAL's GABA Complex Capsules to form a complete day-night cycle.

【Contraindications】

The following groups should not use this product:

Minors under 18, and women who are pregnant or breastfeeding (long-term clinical data are lacking for these populations across several ingredients)

Cancer patients undergoing chemotherapy or radiotherapy (high-dose antioxidants may interfere with mechanisms by which some chemo/radio therapies rely on oxidative stress to kill cancer cells; wait at least 6 months after treatment ends and consult your oncologist before considering use)

Those taking CYP3A4-substrate targeted anticancer drugs (e.g. dasatinib, imatinib, everolimus) — BioPerine® inhibits CYP3A4, which may cause abnormal fluctuations in the blood concentration of these drugs.

Those taking strong anticoagulant or antiplatelet drugs such as warfarin, clopidogrel, or rivaroxaban, PQQ and red ginseng saponins may mildly affect platelets and the coagulation system.

【Use With Caution】

The following groups should consult a physician before use:

Those taking antihypertensive medications (reduced Q10 has a mild blood-pressure-lowering effect; combining with ACE inhibitors, ARBs, or β-blockers may compound this — please monitor blood pressure).

Diabetic patients taking hypoglycemic agents or insulin (Q10 and red ginseng saponins may affect blood glucose control — please monitor blood sugar).

Those taking other common CYP3A4-substrate medications (e.g. amlodipine, simvastatin, atorvastatin, certain antidepressants and immunosuppressants) — blood concentrations of these may be altered.

Those with thyroid disease or severe hepatic/renal impairment (multiple ingredients are metabolized by the liver and kidneys, and red ginseng may interact with thyroid medications).

Those with a history of autoimmune disease (rheumatoid arthritis, lupus, Hashimoto's thyroiditis, etc.) — ginseng has mild

immune-modulating effects.

Adults aged 65+ (start with 1 capsule/day, observe tolerance for 2 weeks before any increase).

【Interactions】

Be mindful of the following during use:

Coffee: This product contains no caffeine, but high daily coffee intake may produce an "additive alertness" effect. Keep coffee to ≤2 cups/day.

Alcohol: Increases hepatic metabolic load and offsets antioxidant benefit. Avoid heavy drinking on days when this product is taken.

Grapefruit / grapefruit juice: A strong CYP3A4 inhibitor that overlaps with BioPerine®'s mechanism, which may abnormally magnify drug / interaction risks. Do not take with grapefruit.

Other high-dose supplements: Avoid stacking with supplements high in Q10, PQQ, astaxanthin, or ergothioneine. This product's ergothioneine already reaches EFSA's upper limit of 30 mg/day.

【Side Effects】

This product has a good safety profile. A small number of users may experience the following mild, reversible reactions:

Initial adaptation: A very few users may experience mild "over-alertness" or stomach discomfort in the first 1–3 days (often from taking on an empty stomach, or from sensitivity to piperine). Switching to taking after meals typically resolves this within 3–7 days.

Stool color change: Stools may appear slightly redder-brown than usual during use. This is a normal metabolic effect of the natural pigments from astaxanthin, red ginseng, and PQQ. If the change is in color only — with no abdominal pain, blood in stool,

or other discomfort — it is normal. If accompanied by other abnormalities or concern, consult a physician.

Skin reaction: A few people may experience brief facial flushing in the early days, due to red ginseng's mild vasodilatory action. This typically subsides within 1–2 weeks. If discomfort persists or worsens, reduce the dose or stop use and consult a physician.

【Storage】

This product contains moisture-sensitive and oxidation-sensitive components. Always tighten the cap immediately after use. Store below 25°C in a cool, dry place, away from direct sunlight. Do not refrigerate (condensation will accelerate moisture absorption and oxidation). Keep away from bathrooms, sinks, and heaters. Do not discard the desiccant inside the bottle until the bottle is finished. If capsules turn dark brown to near-black, or the powder develops a rancid odor or clumps, these are signs of oxidative degradation — do not continue use. Keep out of reach of children and pets.

【Special Notes】

This product is not a substitute for professional medical diagnosis and treatment. If you have been diagnosed with a cognitive disorder, chronic fatigue syndrome, or any neurological condition, follow your physician's plan.

Effects vary by individual (genetics, gut microbiome, absorption capacity, stress, lifestyle) and are maximized only when combined with adequate sleep, regular exercise, and a balanced diet.

We recommend taking a 1–2 week "metabolic holiday" each year during a low-stress period (such as a long vacation) to let the body recalibrate its endogenous synthesis. Year-round, uninterrupted overuse is not encouraged.