



# LIMITLESS

an aura. protocol

(2025 updated version)

## nature's multivitamin 92 trace vitamins & minerals



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### icelandic seamoss



Rich in calcium, iodine, potassium, phosphorous and vitamins - used to remedy numerous conditions.

### bladderwrack seaweed



Boosts the immune system & increases energy. Also used for joint pain, weight loss, arthritis, anxiety, blood cleansing, and more.

### kelp seaweed



Source of Vit. A, B, C, D & E. As well as minerals like zinc, iodine, copper, magnesium, calcium potassium. (10x more calcium than milk)

## taurine low-emission rocket fuel

### dosage

500-1000mg, a.m. on an empty stomach



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### mechanism

Cellular energy support helping mitochondria produce ATP more effectively. Facilitates neurotransmitter signalling and regulation.

### benefits

Improved mitochondrial function, mental focus, neuroprotection, mood stabilisation, reduced fatigue, stress resilience.



[3]

## methyl B-complex your body's energy converters



[5]

### methylation

Undergoing a process called methylation makes substances more easily absorbed by the body.

### methyl B12

Vital for nerve & brain function, energy conversion, and a cornerstone for red blood cell, white blood cell, and platelet formation. **Extremely** common deficiency.

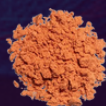
### methyl folate

Crucial for cell growth and DNA synthesis & repair. Supports the conversion of homocysteine to methionine.

## safron/potassium your gas/break pedal

### safron

Mood enhancer, nervous system tonic, energy booster. Enhances dopamine and norepinephrine signalling. Increases BDNF and reduces mitochondrial dysfunction.



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### potassium

Balances sodium retention from high cortisol state, reducing stress response. Supports adrenal function. Plays key role in parasympathetic nervous system function, increasing heart rate variability (HRV).



[8]

The following supplements are not essential and should be taken at your own discretion. These statements have not been evaluated by the Food and Drug Administration. The products listed are not intended to diagnose, treat, cure, or prevent any disease.

Sparked a desire to go deeper?



**CLICK HERE**

to watch Becoming Limitless