



Renew and  
revitalize from  
within at the level  
of your DNA.‡

VELOVITA®



CELLULAR WELLNESS  
Day & Night

# AM | PM ESSENTIALS®

INTRODUCING

## THE NEXT EVOLUTION<sup>OF</sup> cellular nutrition



FAR BEYOND VITAMINS AND MINERALS ALONE

MEET YOUR BODY'S ULTIMATE

### Day & Night Wellness System

AM | PM Essentials® works like an **advanced protection software** for your health to help: protect your cells, repair DNA damage, and upgrade the way your **“genetic code”** runs all day, every day.‡





INTRODUCING THE FIRST  
**cell nutrition formulas**  
**designed to**  
**IMPACT**

**your body & stem cells.‡**



# POWERED EPIGENETIC science

Formulated by **Nobel Prize nominee Dr. Vincent Giampapa**, this powerful dual-phase system works with the science of epigenetics — how your lifestyle and nutrition can influence the way your genes behave — and is designed to help restore vitality and energy in the AM, and restlessness in the PM.



There is **no other way** to obtain **this many core compounds** twice a day.

– Dr. Vincent, Giampapa, M.D., F.A.C.S



IT OCCURS AT THE SOURCE:  
**your genes, your cells, and your biological rhythms.‡**

With over 70 science-backed ingredients, including essential vitamins and minerals, **AM | PM Essentials®** helps you stay sharp, energized, and resilient during the day, while supporting deep nighttime repair and renewal.

Now enhanced with patented **AC-11®**, a breakthrough ingredient linked to DNA repair, immune support, cellular health, and healthy aging, this routine isn't just a supplement regimen — **it's your 24/7 wellness upgrade!‡**

More Than Just  
**Supplements.**

Your Daily Genetic  
**System Upgrade.**

The **AM | PM Essentials®** routine is about supporting your body where it matters most, at the cellular level and your genes. Think of your body as the most advanced computer on the planet. **AM | PM Essentials®** is your **Day & Night Wellness System** — packed with key ingredients to help protect your DNA, repair cellular damage, and optimize performance so you can feel good, look good, and slow down the clock on aging.‡

**This is your daily ritual for sustained energy, balanced wellness, and healthy aging, because real wellness starts with your DNA.‡**



‡ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Individual results may vary. The statements associated with this product have not been evaluated by the FDA or any regulatory authority. Velovita Products are not intended to diagnose, treat, cure or prevent any medical condition. Velovita Products are not weight loss products, and individual results for fat loss will vary depending on the diet and exercise. Consult with your doctor or other qualified healthcare providers before undertaking a new treatment, diet, fitness, or exercise program.



## MORNING PERFORMANCE

Start strong with **70+ ingredients**, including adaptogens, antioxidants, and mitochondrial nutrients to help:



Boost **natural energy, mental acuity, and mood**†

Combat **oxidative stress** and **cellular aging**†

Activate **metabolism** and **mitochondrial repair**†

Support **telomeres** and **healthy gene expression**†

Deliver nutrients through targeted small-intestine release†

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### SOME KEY INGREDIENTS:

Niacin

Spirulina

AC-11®

Turmeric

L-Caritine

CoQ10

B-complex

Digestive enzymes



## NIGHTTIME RECOVERY

End the day with **cellular nourishment**  
and restorative botanicals that help:



Promote  
uninterrupted,  
**high-quality  
REM sleep**†

Support gut  
health and  
nutrient  
absorption with  
probiotics and  
enzymes†

Enhance  
**DNA repair**  
and reduce  
inflammation†

Regulate  
**immune system**  
and **stem cell**  
pathways†

Assist in  
**regeneration**  
**while you sleep**†

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### SOME KEY INGREDIENTS:

Melatonin

Resveratrol

Lycopene

AC-11®

Probiotic blend

# The AC-11<sup>®</sup> ADVANTAGE

Clinically studied and derived from *Uncaria tomentosa* (Cat's claw vine), **AC-11<sup>®</sup>** is a DNA repair catalyst that has been clinically shown to **enhance immune resilience, decrease inflammation, and boost cellular health.** As part of this formulation, it amplifies the body's ability to **reverse DNA damage, protect telomeres, and rebuild from within.**<sup>‡</sup>

## PROVEN RESULTS

### Backed by Data<sup>‡</sup>

In self-assessment after 8-12 weeks of use:



Clinical studies also showed **activation of genes** like **SIRT1**, **NANOG**, and **ECAT**, associated with **longevity** and **stem cell renewal.**<sup>‡</sup>

## WHY IT MATTERS:

Your **DNA** is the **code** to your **health** and longevity. **You control the program.**

Lifestyle + Nutrition + Gene Support =  
**Your Future Health**

**90%** of **serotonin** is produced in the gut.

**30+** **essential** nutrients are **commonly deficient** in modern diets.

**Aging starts with cellular decline.**  
**WE CAN'T PREVENT IT, BUT WE CAN SLOW DOWN THE PROCESS.**<sup>‡</sup>

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# KEY COMPLEXES

Per AM and PM Ingredients

## AM Essentials®

## PM Essentials®



**Telomere & Mitochondria**  
SUPPORT:

*Astragalus, CoQ10, ALA, NAD+ precursors*

**Gene**  
EXPRESSION:

*Quercetin, Resveratrol, Ginseng*

**Stem Cell**  
MAINTENANCE:

*Blue-green algae, Fucoxanthin*

**Micronutrients:**

*Vitamins A, C, D, E, K and key minerals*

**Digestive**  
ENZYMES:

*Amylase, Lactase, Cellulase, Lipase*

**Calming**  
BOTANICALS:

*Valerian, Rosemary, Melatonin*

**DNA Repair**  
COMPLEX:

*AC-11®, S-adenosyl Pterostilbene, methionine*

**Stem Cell Gene**  
ACTIVATORS:

*MSM, Royal jelly*

**Probiotics & Enzymes:**

*Bifidum, Plantarum, Casei and digestive enzymes*

More Than Just Supplements | A Daily Upgrade.

The **AM | PM Essentials®** routine is not just about feeling better, it's about functioning better at the source: your cells and your genes. Think of your body as a computer and **AM | PM Essentials®** as the **antivirus software** for your **genetic code** — helping prevent internal stressors, so you can feel good, look good, and defy the clock.‡

Paired with **LIFE NMN®**, this day and night powerhouse helps fuel cellular restoration and keep you running at your best. This is your **bioinsurance for the future**. A daily ritual to help you **reclaim your energy, reset your biology,** and **redefine youth.**‡



AM|PM  
ESSENTIALS®



BECAUSE REAL WELLNESS  
starts with **your DNA**

## TAILORED WELLNESS

for Every Stage of Life:

### TEENS & 20s

Supports a healthy foundation,  
promotes **steady energy**, and  
encourages **cellular renewal**.

### 20s & 30s

Helps **protect cells** from everyday  
stressors and sustain your **natural  
vitality**.

### 40s & 50s

Supports healthy **DNA function**,  
promotes balance, and encourages  
**restful sleep**.

### 60s+

Helps maintain **cognitive function**,  
supports **cell health**, and promotes  
**overall well-being**.



# YOUR DAILY AM | PM Essentials® Routine

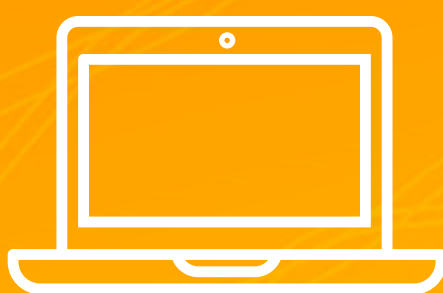
WAKE UP **HAPPY**, SLEEP **RESTFULLY**.



7:00 AM



7:30 AM



10:00 AM



12:00 PM



2:00 PM



4:00 PM



6:00 PM



8:00 PM



10:00 PM



## When to Take

30 minutes  
before breakfast

## Recommended Use

### 100 - 110 lbs

Take 2 caplets of AM  
and 2 caplets of PM

### 200 lbs or more

Take 3 caplets of AM  
and 3 caplets of PM

You may adjust for your  
needs — for example, add  
an extra PM caplet to  
support restful sleep or an  
extra AM caplet for added  
daytime energy.



## When to Take

1 hour  
before bedtime