



Pre-Ozone Mitochondrial Boosting Protocol

Supports Oxygen Utilization & ATP Production

Your Morning Ozone Therapy Protocol + Mitochondrial Boost!

Look BELOW 📌 for Setting up Your Practitioner Account For Ordering Premier Mitochondrial Boost Supplements!

Premier Research delivers **raw, biofield-activated, quantum-state nutrition**, designed to ignite **cellular vitality**, optimize nutrient absorption, and restore the body's natural energy flow with Ozone Therapy!

STEP #1:


Set up your Professional Account to get access to PREMIER RESEARCH Botanicals and Superfoods below:

<https://prlabs.com/customer/account/create/code/611da5/>

STEP #2:

After you set up your account (SAVE YOUR LOGIN!) type the following Micronutrients BELOW in the search bar in the top right and order 2 of each.

#1. Use these Supplements BELOW Daily w/Ozone & Exercise with Oxygen Therapy (EWOT) or as Instructed By Your Practitioner.

 **Hydration:** Drink **16-32 oz Raw Limeade** (Pitta) **Lemonade** (Vata) w/Honey and 2 full droppers of **Max B**. Follow this with **Celery Juice** and your mitochondrial supplements to boost deep cellular hydration and all Ozone Therapies.

#2. Take the following micronutrients on an empty stomach 30 minutes before Ozone Steam Sauna, Ozone IV, Ozone

Rectal/Vaginal Insufflation or exercise with oxygen therapy (EWOT).

[Max B Liquid Vitamin](#) - **Take 2 Full Droppers in Raw**

Lemonade/Limade – Essential for methylation and red blood cell oxygen transport. Supports the nervous system, energy, and mood.

[Magnesium Glycinate](#) - **Take 2-3 Capsules** – Enhances mitochondrial function & prevents fatigue.

[Niacin](#) (No-Flush) - **Take 2-3 Capsules** – Opens capillaries, allowing better blood flow of oxygen and ozone to the tissues. Also supports detox of neurotoxins. *(3-4 for maximum energy)*

[CoQ-10](#) - **Take 2-3 Capsules** – Protects mitochondria & improves oxygen metabolism. *(3-4 for maximum energy)*

Enjoy this precise supplement protocol especially before Ozone Therapies or Exercise with Oxygen Therapy - Your AM Rhythms

Step 1: Drink 24oz Ozone Water, 32oz Raw Lemonade with Raw Honey, or 16-32oz Cold-Pressed Celery Juice

Step 2: Take Max B, Mangesium, Niacin, and CoQ10

Step 3: Do Ozone Ear Insufflation for 10min

Step 4: Exercise with Oxygen Therapy 15min (Every other day for beginners -- 5 days on 2 days off for advanced users)

Step 5: 25-30min Ozone Steam Sauna with Cold Rinse! (5 days on 2 days off)

