

# Metabolic Reset Protocol

## Overview

A comprehensive, multi-phase clinical framework designed to stabilize mitochondrial bioenergetics, clear accumulated oxidative stress, and restore metabolic homeostasis.

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## Phase Structure

### Phase 1: Mitochondrial Repair & Oxidative Clearance

#### SS-31 (MTP-131)

- Route: Subcutaneous injection
- Dose: 40 mg daily
- Duration: 10 days
- Frequency: 2 times yearly

#### Glutathione

- Route: Intravenous
- Dose: 600–1200 mg per treatment
- Frequency: 1–2 days weekly
- Duration: 8 weeks

#### Supporting Supplements

- Bioavailable B-Complex (ongoing)
- TMG/Trimethylglycine: 250 mg daily (ongoing)

The phase aims to restore inner mitochondrial membrane function and clear systemic oxidative stress before activating metabolic pathways.

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### Phase 2: Metabolic Acceleration & AMPK Activation

Continues Glutathione IV, TMG, and B-Complex while stopping SS-31. This phase introduces compounds to inhibit NNMT enzyme and activate AMPK pathways for fatty acid oxidation.

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### Phase 3: Transitioning to Maintenance

Ceases IV Glutathione and injectable peptides. Introduces GlyNAC to support endogenous glutathione synthesis. The protocol emphasizes preventing biological dependency on exogenous interventions.

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### Phase 4: Ongoing Maintenance

#### Daily oral support:

- NMN/NR: 500 mg
- GlyNAC: 600–1200 mg

- TMG
  - B-Complex
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## Clinical Notes

Patient-specific medical history, current medications, and contraindications (such as active malignancy for MOTS-c) must be thoroughly evaluated prior to initiation.

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## Clinical Disclaimer

This protocol is provided for informational and educational purposes for licensed healthcare professionals. These compounds and protocols are not intended to diagnose, treat, cure, or prevent any disease. A peptide reconstitution calculator is provided as a mathematical reference tool only.