

Precision performance packs

Specialised optimisation supplement packs, made for you

Our customised supplement solutions are curated to enhance your performance and longevity. Our uniquely formulated packs are:

- Expertly selected molecules to meet common health objectives
- High quality, practitioner only supplements
- More cost-effective than purchasing supplements individually
- Delivered to your door each month, by subscription
- Packaged in convenient daily sachets



Formulated for life

Focused on enhancing your longevity, improving cognitive function, having more energy, or ensuring you cover all the basic essentials for maintaining health? Select the packs that match your health aspirations:



See more information about what's contained in each pack, and their benefits, overleaf.

Longevity

Minimise ageing, maximise lifespan

- Protect and improve cellular health and function
- Enhance metabolic health and energy levels
- Reduce the risk of age-related diseases
- Support overall vitality as you age



Contents

31 sachets, each perfectly dosed with the following longevity-enhancing ingredients:

Nicotinamide Mononucleotide (NMN)

A vital precursor to NAD⁺ (nicotinamide adenine dinucleotide), NMN plays a critical role in cellular energy production and repair. As NAD⁺ levels naturally decline with age, supplementing with NMN can help restore cellular vitality, enhance energy metabolism, and support healthy ageing.

Trans-resveratrol

Resveratrol activates multiple sirtuins, an important longevity pathway that helps minimise DNA drift. Resveratrol is also a potent antioxidant that combats oxidative stress and inflammation, two major culprits in ageing.

Liposomal Berberine

Berberine is a potent AMPK activator, and mTOR inhibitor, the two key pathways for reducing metabolic ageing. Berberine works to improve insulin sensitivity, reduce glucose production in the liver, and lower cholesterol levels.

Phytosomal Quercetin Complex

Quercetin is a senolytic agent that helps break down rogue and zombie-like cells in the body that accelerate ageing. It is also a flavonoid that exerts powerful anti-inflammatory and antioxidant effects, helping reduce damage from free radicals and suppress inflammation. It also supports cardiovascular health by improving blood vessel function and reducing the risk of atherosclerosis.

Price: \$154 for 31 daily dose sachets per pack plus postage, delivered to your door.

Focus

For enhanced cognitive clarity

- Mental clarity and sustained focus
- Maintain and enhance cognitive function
- Improve mental performance and adapt better to stress



Contents

31 sachets with carefully formulated, premium cognitive enhancing ingredients:

Lion's Mane Mushroom

Renowned for its cognitive-enhancing properties, Lion's Mane Mushroom supports brain health by stimulating the growth of nerve growth factors (BDNF), which helps maintain and regenerate neurons. This results in improved memory, concentration, and overall cognitive agility.

Bacopa Monnieri

Bacopa Monnieri enhances cognition by improving information processing, reducing reaction times, and bolstering memory.

CDP Choline

Also known as Citicoline, CDP Choline is a powerful brain nutrient that improves the synthesis of acetylcholine, a vital neurotransmitter associated with memory and learning. Supplementing with CDP Choline can lead to better focus, memory retention, and mental energy.

Adaptogen Complex

This blend of adaptogens work synergistically to combat stress and fatigue. They enhance mental stamina and resilience, allowing for improved focus and endurance under stress.

Price: \$136 for 31 daily dose sachets per pack plus postage, delivered to your door.

Energy

For peak performance

- Enhance vitality and reduce fatigue
- Sustained energy for workouts and recovery
- Stamina to tackle daily activities



Contents

31 daily sachets with energy-boosting and metabolic-enhancing compounds:

Coenzyme Q10 (CoQ10)

CoQ10 is essential for the generation of ATP, the primary energy currency of the body, which fuels every cellular process. Supplementing with CoQ10 is particularly important as natural levels decline with age and in certain health conditions, helping to maintain energy and support a healthy cardiovascular system.

Energising Adaptogen Complex

This combination of energising adaptogens, including ginseng and ashwagandha, is designed to enhance mental clarity, reduce stress, and sustain your energy levels, helping you stay focused and resilient throughout your busy day.

R-Lipoic Acid

A naturally occurring antioxidant that is both water- and fat-soluble, allowing it to work in every cell or tissue in the body. R-Lipoic Acid helps protect mitochondria - the energy-producing factories within cells - from damage, and improves their function. This leads to increased energy levels and a slower ageing process, alongside enhanced glucose metabolism and decreased oxidative stress.

Methylene Blue

Methylene blue enhances cellular energy by improving mitochondrial efficiency in the electron transport chain, leading to increased ATP production. This boost in energy can enhance cognitive function, physical endurance, and overall cellular health. Additionally, its antioxidant properties help reduce oxidative stress, further supporting energy production.

Price: \$129 for 31 daily dose sachets per pack plus postage, delivered to your door.

Essentials

For optimal health

- Support overall wellness and prevent nutrient deficiencies
- Reliable nutritional support amidst hectic schedules
- Enhanced nutritional intake to maintain health as you age
- Supports the immune system



Contents

31 daily sachets with essential nutrients crucial for maintaining overall health:

Bioactive B Complex

These specifically partially methylated b-vitamins help maintain optimal energy production, cognitive performance, and cellular metabolism, and are essential for health, from the nervous system to the immune system.

N-Acetyl-Cysteine (NAC)

NAC is a precursor to glutathione, the body's 'master antioxidant' and major molecule for detoxification.

Vitamin C Complex

A combination of forms of vitamin c with synergistic phytonutrients, for collagen synthesis, aiding in the health of skin, blood vessels, bones, and connective tissue, immune health, antioxidant protection and iron absorption.

Magnesium Glycinate

Magnesium is involved in over 300 enzymatic reactions, including those related to protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. The most impactful nutrient for relaxing the body and mind.

Omega-3

Clean, high quality omega-3 fatty acids (plus astaxanthin), that act as the building blocks for a healthy brain and skin. Also useful for controlling inflammation, mood, and cognitive function.

Price: \$108 for 31 daily dose sachets per pack plus postage, delivered to your door.

Getting started with your supplement subscription

How it works

- Complete a kickstart session with Melbourne Functional Medicine
- Your practitioner will recommend 1 or more supplement packs, based on your health goals
- Authorise MFM to process monthly deductions from your nominated credit/debit card for the first Monday of each month
- Packs are posted on first Wednesday of the month
- An annual subscription review with your practitioner is recommended
- Available to Australian residents only



What's the cost?

The monthly price per subscription pack is:

- Essentials \$108
- Focus \$136
- Longevity \$154
- Energy \$129

Plus express postage \$9.90

What's included

- 31 daily dose sachets per pack, delivered to your door
- Product information with all listed ingredients

What's not included

- Any other products you've ordered outside of your selected pack/s

Getting started with your supplement subscription

How to pause or cancel your subscription

If you wish to pause or cancel your subscription, simply contact our clinic support team (pic, right) on 1300 614 814 or support@mfm.au before 12 noon on the first Monday of each month.

Updating your postal address

Contact clinic support before the first Monday of each month to make sure your supplements are sent to your new address.



Want other products sent at the same time?

If you're taking other supplements, we'd be happy to send any top-ups at the same time we deliver your subscription packs. Just let clinic support know before the start of the next month, and they'll organise those for you.

If requested additional items are not in stock at the time of processing, we'll send these out as soon as they are available, at no additional charge.