



AXISERA HEALTH

The 3-Minute Mitochondrial Vitality Guide

A practical 3-minute self-assessment for cellular energy, healthy-aging habits, and supplement quality.

INCLUDES SCORECARD + BUYER'S CHECKLIST

Your mitochondria power everything. Forge powers your mitochondria.

Created for people evaluating mitochondrial support, including Forge by Axisera Health.
Educational guide — not medical advice.

BEFORE YOU BEGIN

How to use this guide

This guide helps you evaluate mitochondrial vitality from two angles: your own lifestyle foundations, and the quality of any supplement formula you are considering. It takes about three minutes to score.

What this is
A self-assessment, a buyer’s checklist, and an expectation-setting guide for people interested in cellular energy, healthy aging, and long-term vitality.

What this is not
Not medical advice, not a diagnostic tool, and not a promise of specific results. Dietary supplements are intended to support normal structure and function.

Scoring method

For each of the 24 statements, choose one score. Answer based on your typical month, not your best week.

How to score each statement

SCORE	MEANS	HOW TO READ IT
0	Rarely true	This area may need foundational attention.
1	Sometimes true	You have some consistency, but there is room to improve.
2	Often true	This is already a relative strength.

Then total your score
Add all 24 answers for a total out of 48, and find your phase on page 6: Foundation (0–16), Optimization (17–32), or Performance & Longevity (33–48). These are the same score bands used by the assessment on axiserahealth.com.

A note on safety
Talk with a qualified healthcare professional before using supplements if you are pregnant or nursing, taking medication, managing a health condition, using blood thinners, or planning surgery.

CELLULAR ENERGY BASICS

Why mitochondrial vitality matters

Mitochondria help cells convert fuel into usable energy. They are also involved in signaling, adaptation to stress, and cellular resilience. Because mitochondrial function is influenced by age, training status, sleep, nutrition, stress and nutrient sufficiency, a quality approach looks beyond one ingredient or one quick fix.

Energy production

Mitochondria are central to how cells generate usable energy from food and oxygen.

Healthy aging

Mitochondrial quality control and renewal are increasingly studied in relation to aging, muscle function, and resilience.

Recovery capacity

Training, sleep, and nutrition influence how well the body adapts to physical and mental stress.

Nutrient support

Magnesium, vitamin D, vitamin K, CoQ10, PQQ and urolithin A are often discussed in advanced mitochondrial formulas, for different reasons.

Three principles to keep in mind

Principles that shape how to read the rest of this guide

#	PRINCIPLE	WHY IT MATTERS
1	Foundations amplify supplements	Sleep, movement, protein and stress management influence how supported your cells feel day to day.
2	Ingredient roles differ	CoQ10, PQQ, urolithin A, magnesium, D3 and K2 do not all do the same thing. Good education explains why each is included.
3	Results are measured in weeks	Cellular support is a long-term wellness strategy, not an overnight energy spike.

The quality difference

A quality mitochondrial routine sets realistic expectations: build strong foundations first, use transparent ingredients, evaluate over time, and avoid stimulant-style promises.

PART 1 OF 2

The 3-minute self-assessment

Choose 0, 1 or 2 for each statement. Answer based on your typical month, not your best week.

Statements 1 to 12. Score each row 0 (rarely true), 1 (sometimes true) or 2 (often true).

#	STATEMENT	0	1	2
Daily Energy				
1	I feel steady energy across most of the day.	☐	☐	☐
2	I can function without relying heavily on caffeine or stimulants.	☐	☐	☐
3	I feel mentally clear within the first hour of waking.	☐	☐	☐
4	I recover well after busy, stressful, or demanding days.	☐	☐	☐
Movement & Recovery				
5	I walk, train, or move intentionally most days.	☐	☐	☐
6	I include resistance training or strength work weekly.	☐	☐	☐
7	I recover well after exercise or physical activity.	☐	☐	☐
8	I maintain muscle, stamina, and mobility as I age.	☐	☐	☐
Sleep & Rhythm				
9	I sleep 7–9 hours on most nights.	☐	☐	☐
10	I wake up feeling rested more often than not.	☐	☐	☐
11	I get morning light or outdoor exposure early in the day.	☐	☐	☐
12	I keep a reasonably consistent bedtime and wake time.	☐	☐	☐

Continue with statements 13 to 24 on the next page.

PART 2 OF 2

The 3-minute self-assessment

Continue scoring, then total all 24 statements at the bottom of this page.

Statements 13 to 24. Score each row 0 (rarely true), 1 (sometimes true) or 2 (often true).

#	STATEMENT	0	1	2
Nutrition & Nutrients				
13	I eat enough protein to support muscle and recovery.	☐	☐	☐
14	I eat colorful plant foods most days.	☐	☐	☐
15	I include healthy fats and avoid extreme restriction.	☐	☐	☐
16	I pay attention to key nutrients such as magnesium, vitamin D, and vitamin K.	☐	☐	☐
Cellular Stress Load				
17	I have reliable stress-reduction habits.	☐	☐	☐
18	I limit alcohol and avoid smoking or vaping.	☐	☐	☐
19	I give myself recovery time after travel, illness, or intense work.	☐	☐	☐
20	I do not feel constantly wired, depleted, or overextended.	☐	☐	☐
Supplement Readiness				
21	I prefer long-term cellular support over quick stimulant effects.	☐	☐	☐
22	I read labels and look for transparent ingredient amounts.	☐	☐	☐
23	I understand supplements work best alongside lifestyle foundations.	☐	☐	☐
24	I am willing to evaluate results over 8–12 weeks, not just a few days.	☐	☐	☐

Total score

Add all 24 answers: _____ out of 48. Turn the page to find your phase.

YOUR PHASE

Interpret your score

Three bands cover every possible total from 0 to 48, with no gaps and no overlap. These are the same bands the assessment on axiserahealth.com uses.

Score bands and what each one suggests

SCORE	PHASE	WHAT IT SUGGESTS
0–16	Foundation Phase	Your highest return may come from strengthening sleep, movement, nutrition and recovery foundations before expecting a supplement to do the heavy lifting. It does not mean supplements are irrelevant — it means making the body more responsive first.
17–32	Optimization Phase	You have some strong habits and some inconsistent ones. This is a good time to combine targeted foundation upgrades with a clear supplement-quality checklist.
33–48	Performance & Longevity Phase	You already have a strong platform. Your focus may be on maintaining energy, recovery, muscle function and cellular resilience over time.

Category snapshot

Each category holds four statements, so each scores out of 8. Lower scores show where your highest-leverage improvements may be.

Your score in each of the six categories

CATEGORY	YOUR SCORE	WATCH FOR
Daily Energy	____ / 8	Energy consistency, caffeine reliance, mental clarity.
Movement & Recovery	____ / 8	Training consistency, strength, recovery after effort.
Sleep & Rhythm	____ / 8	Sleep duration, morning light, routine stability.
Nutrition & Nutrients	____ / 8	Protein, plants, healthy fats, key micronutrients.
Cellular Stress Load	____ / 8	Stress, recovery time, alcohol and smoking exposure.
Supplement Readiness	____ / 8	Expectations, label literacy, long-term mindset.

Six categories × 8 points = 48 total. Your six category scores should add up to your total score.

START HERE

The mitochondrial foundations pyramid

A high-quality supplement should sit on top of a credible daily foundation. Use this pyramid to identify your highest-leverage habit before changing everything at once.

5	Targeted mitochondrial support Transparent ingredients, realistic expectations, consistent use.
4	Recovery & stress capacity Rest days, breathwork, alcohol moderation, schedule boundaries.
3	Nutrition quality Protein, fiber, colorful plants, healthy fats, hydration.
2	Movement Walking, resistance training, zone 2 cardio, mobility.
1	Sleep & circadian rhythm Consistent wake time, morning light, wind-down routine.

Your first foundation action

Write down one change, one daily action, and how you will measure it

This week, I will improve	_____
My smallest daily action	_____
How I will measure it	_____

INGREDIENT LENS

What premium mitochondrial support should include

Use this page to judge whether a formula feels complete, transparent and credible. The point is not to chase every ingredient trend, but to understand the role each ingredient is meant to play.

Common mitochondrial-support ingredients and the question to ask about each

INGREDIENT	WHY PEOPLE LOOK FOR IT	QUALITY QUESTION
Urolithin A	Studied for mitophagy and mitochondrial quality-control pathways, especially in healthy-aging and muscle research.	Is the dose disclosed, and is the brand careful about claims?
PQQ	Discussed in research on mitochondrial biogenesis and cellular energy metabolism.	Does the formula explain why PQQ is included, rather than relying on buzzwords?
CoQ10	Naturally present in the body and involved in mitochondrial energy processes.	Are the form, amount and role of CoQ10 clear?
Magnesium bisglycinate	Magnesium supports muscle and nerve function and many normal body processes.	Is the form gentle and clearly identified?
Vitamin D3 + K2	Often paired as foundational nutrient support, especially in bone and calcium-related health education.	Are there safety notes for higher-dose D, or for blood-thinner interactions with K?

Premium formulation rule

A premium product makes comparison easy: transparent amounts, clear ingredient rationale, quality controls, realistic timelines, and no need to hide behind a proprietary blend.

BEFORE YOU BUY

Supplement quality buyer’s checklist

Use this for any premium mitochondrial supplement, single-ingredient or multi-ingredient. The more boxes a product checks, the more confident you can be.

Twelve checks to run against any formula you are considering

✓	CHECK
☐	The active ingredient amounts are clearly listed.
☐	The form of each ingredient is specified where it matters.
☐	There is no proprietary blend hiding key doses.
☐	The formula explains why each ingredient is included.
☐	The brand avoids disease-treatment language and instant-result promises.
☐	There are quality-control, purity, or third-party testing statements.
☐	The label is clean and easy to compare with other premium products.
☐	The usage instructions are clear and realistic.
☐	The brand explains who should consult a healthcare professional first.
☐	The product has a defined results timeline, ideally 8–12 weeks for evaluation.
☐	The site includes FAQs, ingredient education, and transparent expectations.
☐	The brand is clear about what you can actually do today, and about any guarantee and its limits.

Score it

10 or more checks is a strong signal. Fewer than 7 is worth a second look before you spend anything.

RESULTS TIMELINE

What to expect over time

Mitochondrial support is best positioned as a long-term wellness strategy. Some people notice subtle changes quickly, but meaningful evaluation usually requires consistency across weeks. These periods run back to back, with no gap between them.

A realistic evaluation timeline, week by week

PERIOD	PHASE	WHAT TO PAY ATTENTION TO
Weeks 1–2	Foundation period	Consistency, tolerance, routine fit, and pairing the formula with sleep, hydration, movement and protein. Do not expect a stimulant-like effect.
Weeks 3–7	Adaptation period	Some people may begin to notice steadier day-to-day energy, more consistent training recovery, or better routine adherence. Changes can be subtle and vary by person.
Weeks 8–12	Optimization period	A more appropriate window to evaluate whether the routine is supporting your long-term vitality goals.
Week 13 onward	Maintenance period	Reassess your foundations, review your score, and decide whether the routine still fits your goals, budget and health context.

Expectation-setting note

If a product promises dramatic results in days, be cautious. Premium mitochondrial support should feel measured, transparent and credible.

How a satisfaction guarantee fits alongside this

A guarantee window and an evaluation window are two different things. Forge, for example, is designed for consistent daily use, and meaningful changes may take 8–12 weeks to evaluate — while its 30-Day First-Order Satisfaction Guarantee gives first-time customers an opportunity to evaluate their initial experience with the first eligible bottle. It does not promise results within 30 days, and it does not apply to later bottles. Whatever brand you are considering, read the guarantee terms and check exactly which order it covers.

FIT CHECK

Who this may be for — and not for

May be a fit You want a thoughtful, long-term approach to cellular energy, healthy aging, recovery and daily vitality.	May be a fit You prefer transparent labels and comprehensive support over single-trend products.
May not be a fit You want an immediate stimulant effect, or a replacement for sleep, food, movement or medical care.	May not be a fit You are pregnant, nursing, taking medication, managing a health condition, or planning surgery without clinician guidance.

Your next best step

Choose one foundation habit to improve this week. Then decide whether a targeted mitochondrial support formula belongs in your longer-term routine.

Two practical next steps

Strengthen your foundations	Use the pyramid on page 7 and the 7-day plan on page 12 to pick one change and actually run it.
Evaluate a formula properly	Run the buyer’s checklist on page 9 against any product you are considering, including Forge by Axisera Health.



Forge — advanced mitochondrial support

Six active nutrients across four mitochondrial pathways, with every amount disclosed. Forge is launching soon; join the launch list at axiserahealth.com to get launch access.

MAKE IT PRACTICAL

7-day mitochondrial vitality action plan

Pick one or two actions and repeat them. Small, consistent steps make this guide far more useful than a one-time score.

Write one action per day and tick it off when it is done

DAY	ACTION	DONE
Day 1		☐
Day 2		☐
Day 3		☐
Day 4		☐
Day 5		☐
Day 6		☐
Day 7		☐

Notes

EVIDENCE-INFORMED, NOT OVERCLAIMED

References and safety notes

This guide is educational and uses conservative structure/function language. It is not intended to diagnose, treat, cure or prevent any disease.

- **NIH Office of Dietary Supplements — Magnesium.** Magnesium supports muscle and nerve function and many other normal body processes.
- **NIH Office of Dietary Supplements — Vitamin D.** Vitamin D is available as D2 or D3; excessive vitamin D intake can be harmful.
- **NIH Office of Dietary Supplements — Vitamin K.** Vitamin K is important for blood clotting and healthy bones; consistent intake matters for people using warfarin.
- **NIH National Center for Complementary and Integrative Health — Coenzyme Q10.** CoQ10 is naturally present in the body and is sold as a dietary supplement.
- **Liu S. et al., JAMA Network Open, 2022.** Effect of urolithin A supplementation on muscle endurance and mitochondrial health in older adults: a randomized clinical trial.
- **Hwang P.S. et al., JISSN, 2020.** Effects of pyrroloquinoline quinone (PQQ) supplementation on aerobic exercise performance and indices of mitochondrial biogenesis.
- **NIH Office of Dietary Supplements — Dietary Supplements: What You Need to Know.** Supplements vary in evidence and can interact with medications.

Important

Before starting any supplement, consult a qualified healthcare professional if you are pregnant or nursing, taking medication, have a medical condition, have kidney disease, use blood thinners, or are preparing for surgery.

Supplement disclaimer

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.

Full source links are on the next page.

CLICKABLE RESEARCH LINKS

Sources and safety resources

These references support the educational framing in this guide. They do not turn it into medical advice or a disease-treatment claim.

1. **NIH ODS — Magnesium Fact Sheet for Consumers.** Magnesium, muscle and nerve function, intake and safety basics.
ods.od.nih.gov/factsheets/Magnesium-Consumer/
2. **NIH ODS — Vitamin D Fact Sheet for Consumers.** Vitamin D forms, intake and cautions around excess.
ods.od.nih.gov/factsheets/VitaminD-Consumer/
3. **NIH ODS — Vitamin K Fact Sheet for Consumers.** Vitamin K, blood clotting, bone health and warfarin consistency.
ods.od.nih.gov/factsheets/VitaminK-Consumer/
4. **NIH NCCIH — Coenzyme Q10.** CoQ10 is naturally present in the body and sold as a dietary supplement.
nccih.nih.gov/health/coenzyme-q10
5. **Liu et al., JAMA Network Open, 2022 — Urolithin A RCT.** Human randomized clinical trial on urolithin A, muscle endurance and mitochondrial-health markers in older adults.
pmc.ncbi.nlm.nih.gov/articles/PMC8777576/
6. **PubMed — Urolithin A RCT record.** PubMed record for the same clinical trial.
pubmed.ncbi.nlm.nih.gov/35050355/
7. **Hwang et al., JISSN, 2020 — PQQ and mitochondrial biogenesis.** Human study on PQQ, aerobic training and indices of mitochondrial biogenesis.
pubmed.ncbi.nlm.nih.gov/31860387/
8. **NIH ODS — Dietary Supplements: What You Need to Know.** General supplement safety, label and quality guidance.
ods.od.nih.gov/factsheets/WYNTK-Consumer/



Built for people who question everything

Your mitochondria power everything. Forge powers your mitochondria.

Questions? info@axiserahealth.com · axiserahealth.com