

# Humans 7.0 System Design: A Precision-Timed Supplement Protocol for Optimal Absorption

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## Overview

Humans 7.0 is built on a fundamental truth: nutrients don't just need to be present—they need to be delivered at the right time, in the right combinations, and without interference. The system uses a four-part protocol to intelligently **space nutrients** across the day, respecting **transporter competition**, **circadian biology**, and **pathway activation windows**. Unlike typical “mega-multis” that cram everything into a single pill, H7 creates a dynamic, synergistic nutrient rhythm—your **true Nutritional Baseline™**.

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## The Four-Part Protocol

Product	Timing	Key Functions	Highlights
<b>Vital Brew AM</b>	Morning (empty stomach)	Hydration, nerve priming, mitochondrial ignition	Electrolytes (potassium, magnesium), iodine, taurine, ALCAR, spermidine, gentle calcium
<b>Essentials Lunch</b>	With lunch + fats	Methylation, detox, antioxidant protection	Full B-complex, CoQ10, PQQ, carotenoids, ALA, magnesium, fat-solubles—no iron or calcium
<b>Vital Brew PM</b>	Mid-afternoon	Mood balance, neuroprotection, second energy pulse	Adaptogens, carnitine, potassium, taurine, secondary mineral pulse—no iron, no conflicts
<b>RRR (Recovery)</b>	Evening (post-meal or empty stomach)	Muscle repair, deep recovery, ATP and iron replenishment	Iron, vitamin C, EAAs, D-ribose, glycine, citrulline, fiber blend for slow, steady absorption

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## Conflict Avoidance by Design

- **Minerals rotated and split** (e.g. magnesium, potassium, calcium) to avoid absorption saturation
  - **Iron isolated in evening (RRR)** away from calcium, zinc, and polyphenols to maximize bioavailability
  - **Zinc, magnesium, and fat-soluble vitamins** shifted to dinner for optimal tissue delivery
  - **Fiber in RRR** slows iron uptake gently without blocking it
  - **No megadosing**—everything is dosed for synergy, not surplus
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### **Scientific Optimization**

- **Transporter-aware spacing** ensures nutrients don't compete at the gut wall
  - **Timing matches half-lives** of compounds like D-ribose, CoQ10, taurine, and quercetin
  - **BioSwitches™** are timed to *activate* pathways, not just support them
  - **Neo-Vitamins™** (e.g., spermidine, sulforaphane) deliver long-acting benefits to mitochondria, membranes, and gene expression
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### **Why It Works**

Most systems throw nutrients at the body in a single bolus, assuming “more is better.” Humans 7.0 respects the body's **clock**, **kinetics**, and **capacity**—delivering nutrients when they're actually needed, in the combinations they can be absorbed, and without overwhelming the system.

This is **precision biology in motion**—a daily rhythm of restoration and optimization.