


















# Humans 7.0 Pathway Activation Map: Timed Support Across Core Biological Systems

## Key Concept

Humans 7.0 doesn't just "add nutrients"—it **activates the right pathways at the right time**, using transient and long-retention nutrients to switch on metabolic, detox, and repair cascades. Each day part targets distinct biological systems, guided by transporter logic, nutrient half-lives, and circadian cycles.

## Pathway Staging by Product & Time of Day

Time / Product	Pathways Activated	Nutrients / Bioswitches	Purpose
<b>Vital Brew AM</b>	 AMPK / PI3K–Akt / mTOR  Neurotransmitter synthesis  Na <sup>+</sup> /K <sup>+</sup> ATPase pump	<b>Taurine, Potassium, Choline, ALCAR, Spermidine, Carnitine, Iodine/Selenium, Calcium</b>	Activates energy metabolism, thyroid, hydration, mitochondrial priming, neurotransmitter support
<b>Essentials Lunch</b>	 Methylation Cycle  Detox (Phase I & II)  NAD <sup>+</sup> & mitochondrial turnover  Antioxidant defense	<b>B1–B12, ALA, CoQ10, PQQ, Quercetin, Zinc, Magnesium, Copper, Lutein, Zeaxanthin</b>	Supports gene expression, antioxidant systems, heavy metal detox, redox signaling, eye & brain health
<b>Vital Brew PM</b>	 Mitochondrial energy / AMPK  Stress modulation & neuroprotection	<b>Taurine, ALCAR, Adaptogens, Calcium, Potassium</b>	Second mitochondrial pulse, supports mood, hydration, and maintains calcium rhythm without iron conflict

<b>Dinner Stack</b>	 Bone mineralization  Anti-inflammatory signaling  SIRT1 activation  Antioxidant + Hormetic response	<b>D3, K2 (MK-4 &amp; MK-7), Resveratrol, Curcumin + Piperine, Sulforaphane, Magnesium, Tocotrienols, Lycopene</b>	Triggers SIRT1, supports calcium-guided bone metabolism, antioxidant hormesis, systemic recovery
<b>RRR (Recovery)</b>	 mTOR & protein synthesis  Iron uptake & RBC support  Creatine phosphate energy system  Sleep & neurotransmitter reset	<b>Iron + C, EAAs, Citrulline, Glycine, Creatine, D-Ribose, Fiber</b>	Muscle recovery, ATP reloading, NO production, neurotransmitter synthesis, deep repair during sleep

## Cross-Pathway Synergy Highlights

System	Supported By	Time Frame
<b>Mitochondrial Biogenesis</b>	CoQ10, PQQ, ALCAR, Spermidine, D-Ribose, Resveratrol	AM → PM → Night
<b>Methylation &amp; Epigenetics</b>	B12, Folate, B6, Betaine, Zinc	Midday (Lunch)
<b>Detoxification (Phase I &amp; II)</b>	Sulforaphane, NAC, Curcumin, ALA, Fiber, Molybdenum	Midday + Dinner + Night
<b>Bone Metabolism &amp; Calcium Handling</b>	D3, K2 MK-4 & MK-7, Boron, Magnesium, Calcium (AM/PM)	All day, with dinner peak
<b>Redox / Hormetic Response</b>	Quercetin, Sulforaphane, Curcumin, Tocotrienols	Midday + Dinner
<b>Iron Uptake &amp; Erythropoiesis</b>	Iron, Vitamin C, Glycine, EAA, Citrulline	Night (RRR)
<b>ATP Generation &amp; Recovery</b>	Creatine, D-Ribose, Glycine, Citrulline, Carnitine, Potassium	AM, PM, Night

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## Why This Works

Humans 7.0 doesn't rely on brute-force megadosing. Instead, it:

- **Times nutrient inputs** to align with pathway activation windows
- Uses **BioSwitch™ compounds** for transient signaling (e.g., taurine, quercetin, resveratrol)
- Includes **Neo Vitamins™** that integrate into mitochondrial and membrane function
- Keeps **transporters free of competition**, ensuring targeted delivery

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## Summary

Humans 7.0 is the **first supplement protocol designed from the inside out**—from the *pathways up*, not from the *pill down*. It's not a multivitamin. It's a systems reboot.