



# **Mitochondrial Nutrition for Optimal Health and Performance: The Streamlined Digital Companion** **excerpted from Dr Vasquez's Textbooks**

*Alex Vasquez*

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Updated Feb 2016: This is more than a simple ebook: DrV's "Mitochondrial Nutrition for Optimal Health and Performance" provides information within an overall context, links to videos (including more than 4 hours of Dr Vasquez's seminar presentations and instructional tutorials), links to full-text articles, and a complete mitochondrial protocol, including doses commonly used by doctors when treating adult patients. This "Streamlined Digital Companion" provides easy access to the dysmetabolism component (including mitochondrial dysfunction and endoplasmic reticulum stress) as contextualized within the full clinical protocol published in Inflammation Mastery (discounted black/white printing; now in the 4th Edition in 2016 with discount availability from ICHNFM.ORG) and Functional Inflammolgy (full-color printing); the associated presentation slides are included in the book Mitochondrial Nutrition, 2nd Ed.

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