

# Usage & Form

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- Capsules, 30 units per pack
  - Each capsule contains 50 mg CMS-121
  - Recommended dose: 1 capsule daily, in the morning or early afternoon, with a fat-containing meal
  - Optional cycling protocol (e.g., 5 days on, 2 days off)
  - Can be used alongside other compounds (NMN, NAD<sup>+</sup>, TMG, PQQ, spermidine, astaxanthin) under personal protocols
  - No toxic effects observed in preclinical studies
  - No adverse effects at dosages under 200 mg/day
  - Each batch is tested for: heavy metals, microbiology, chemical stability
  - Not recommended for use during pregnancy, lactation, or with anticoagulant medications
  - Usage should follow consultation with a specialist in functional medicine or longevity
  - In case of adverse reactions, discontinue immediately
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