MOTS-c

PATIENT INFORMATION GUIDE

PHASE
Longevity Clinic



What is MOTS-c?

MOTS-c is a peptide made by mitochondria, the energy-producing bodies with cells. Mitochondria create the fuel for cell metabolism in the form of a molecule called ATP. MOTS-c is produced in response to energy demands and helps regulate glucose metabolism and stress response. Low levels of MOTS-c correlate with higher BMI and Hemoglobin A1c.

How does MOTS-c work?

- MOTS-c is produced in response to exercise and fasting, and activates many of the same cell responses that are associated with longevity.
- It upregulates mTORC2, which promotes autophagy. MOTS-c works by inhibiting an enzyme called ATIC, which results in activation of another enzyme called AMPK, signaling your body to burn fat and produce ATP.
- MOTS-c promotes lean body mass and amplifies the effects of exercise.
- Its main target is muscle.

Risks and side-effects of MOTS-c

Although MOTS-c has been used for many years, it is not FDA approved for any indication so there is little published information about safety. Possible reactions include:

- Accumulation of homocysteine, a by-product of cell metabolism that promotes inflammation at high levels.
- Brain fog and fatigue after 2-3 weeks of use
- Headaches or dizziness
- Nausea or bloating

How to use MOTS-c

- Dose: 1 – 2.5 mg by subcutaneous injection 2-3 times per week in the morning on an empty stomach or 30-60 minutes before working out.
- Methylated vitamin B12 (methylcobalamin) may help offset some of the adverse effects.
- A prescription-only, biologically active form of folic acid called leucovorin may counter the buildup of homocysteine.
- It is a good idea to give your body a break every few weeks of using MOTS-c.

Call us for appointment and consultation (425) 776-0880

6100 219th ST SW #290
Mountlake Terrace, WA

www.phaseps.com

office@phaseps.com