APLGO Product Call Q & A with
Julia Flynn Werre and Nutritional Physiologist Mary Esther Gilbert
November 9, 2026

The Balance & Recharge Kit - BRN + GTS + HPY + NMN

1. **If you could give customers one compelling reason to choose the complete Balance & Recharge Kit instead of purchasing individual products, what would it be?**

The synergistic nutrient combination of this kit helps fulfill the body's energy requirements in order to fuel various body systems that govern thoughts, thinking, learning, influence positive moods and inner calm, and daily mental and physical endurance.

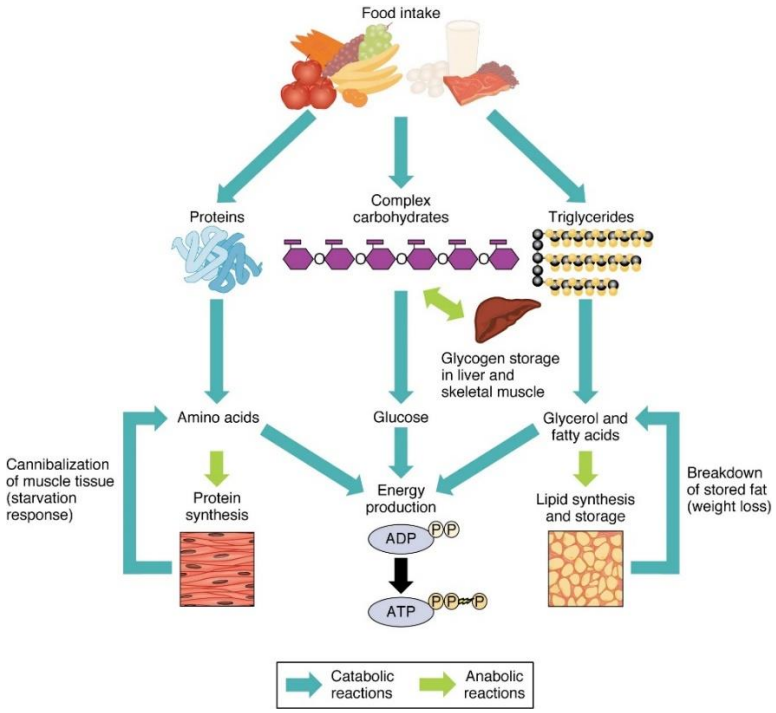
2. **What is the difference between feeling temporarily energized and supporting sustained daily vitality, and where does this kit fit?**

- Although it's a misconception that coffee, energy drinks, or high sugar snacks give one energy, they actually overstimulate the nervous system, causing a cascade of stress reactions that consume the body's nutrient resources in order to eliminate the substances as soon as possible.
    - Detrimental health reactions occur within 10 minutes:
        - Spike in blood pressure due to causing blood vessel constriction.
        - Elevated heart rate due to induced adrenaline, forcing extra glucose into the bloodstream.
        - Temporary alertness spike due to the blocking of the brain's adenosine receptors that tell one they are tired.
        - Can cause arrhythmias or irregular heartbeats or palpitations.
        - A faster heartrate and narrowed blood vessels forces the heart to work harder to pump blood throughout the system.
        - Cause an adrenaline surge, putting the body into a low level "fight or flight" response.
        - Cause excessive nervous system stimulation that leads to tremors, restlessness, and heightened anxiety.
        - Cause the pancreas into insulin spikes, releasing a great amount of insulin to remove the sudden influx of sugar entering the system.
        - After the insulin crash or when the massive amount of sugar is removed from the blood, energy levels drop, leaving one feeling more fatigued than before (Costantino, 2023).

- To support sustained daily vitality, a regular intake of the great array of highly compatible phytonutrients in the Balance and Recharge Kit, however, enter the body's cells readily and innately go to work in the cell mitochondria and ultimately produce the energy molecule, ATP (adenosine triphosphate).

- The Cell Energy Production Krebs Cycle is continuous, and involves a chain of electrons being transported from one molecular form to another, which ultimately create the perpetual unit of energy, ATP.

- All cells in the body require ATP to fuel all of their functions::



ATP Production Explained | How Mitochondria Make Cellular Energy



https://www.youtube.com/shorts/97wx1z5FDdI?feature=share

3. How do NMN, GTS, HPY, and BRN complement one another, and what makes the combination more valuable than using each product separately?

With this kit, the ***combination and synergy*** of its many botanicals and their phytochemical compounds are focused on helping the cell generate more "fuel" for brain activity, aiding cognition and thinking, physical strength and endurance, improve mood and ease general anxiety. Most importantly, these plant compounds help bring the body back to hormonal balance after stress responses.

NMN - nicotinamide mononucleotide

- Naturally produced by the body by utilizing vitamin B3 (nicotinamide, a form of niacin) in order to subsequently produce NAD+ or nicotinamide adenine dinucleotide (Yu, 2024).
- NMN is a precursor for the body's production of nicotinamide adenine dinucleotide (NAD+) as part of the energy-producing ATP molecule.
- NMN restores NAD+ levels, which decline with age, addressing age-related issues such as oxidative stress, DNA damage, and cognitive decline.

GTS Botanical Phytonutrient Factors:

- Improve energy levels by boosting mitochondrial function of converting nutrients to energy-rich ATP molecules, therefore increasing stamina.
- Combats weakness and fatigue.
- Accelerates metabolism.
- Can improve brain activity: protect cognition, improve alertness, focus.
- Strengthens blood vessel walls and improves flow and distribution of oxygen and nutrients.
- Speed up metabolic rate, including speeding up fat metabolism.

HPY Botanical Phytonutrient Factors

- Improve energy levels by boosting cell mitochondria functions of converting nutrients to energy.
- Help form new red blood cells, metabolize fats.
- Improve brain focus.
- Calms the nervous system without sedation.
- Help fuel muscles for better physical sustained energy and endurance.

- Help improve mood and general anxiety.

BRN Botanical Phytonutrient Factors

- Detoxifying effects on liver and kidneys, suppressing biomarkers of cell toxicity such as reactive oxygen species (ROS).

- Aiding in regulating blood pressure, preventing excess tissue fluid buildup.

- Helps inhibit inflammatory reactions such as histamine while stepping up antibody production, which enhances immune cells activity.

- Protect cells against damage from the degenerative effects of oxidative stress, including psychological stress.

- Improves circulation, allowing oxygenation and nutrient delivery for better functioning cells and maintaining the **brain-hormonal-adrenal axis**—the systems that help one maintain feeling energetically and psychologically balanced and consistently energetic.

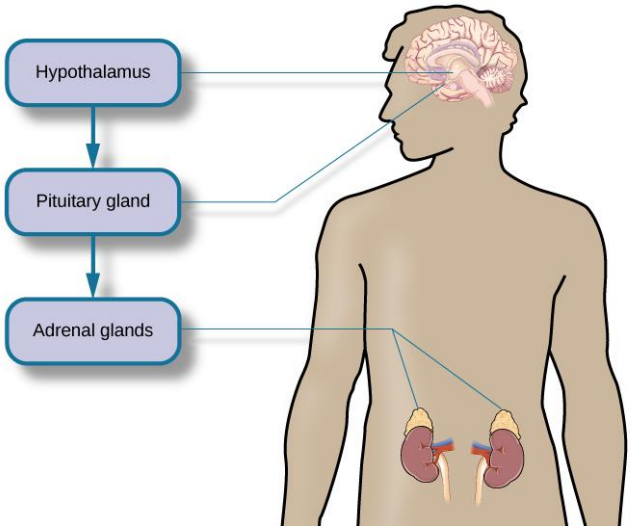
    - **Hypothalamic-Pituitary-Adrenal (HPA) Axis:** the body's central stress response system and adaptation of the stress response.

        - **Hypothalamus –** releases corticotrophin-releasing hormone (CRF). Keeps the body in a balanced state in regard to body temperature, hunger, mood, by directly influencing how the body manages hormones.

        - **Pituitary gland –** CRF binds to receptors on the anterior pituitary gland and then releases adrenocorticotropic hormone (ACTH), which directs other endocrine system glands to release hormones.

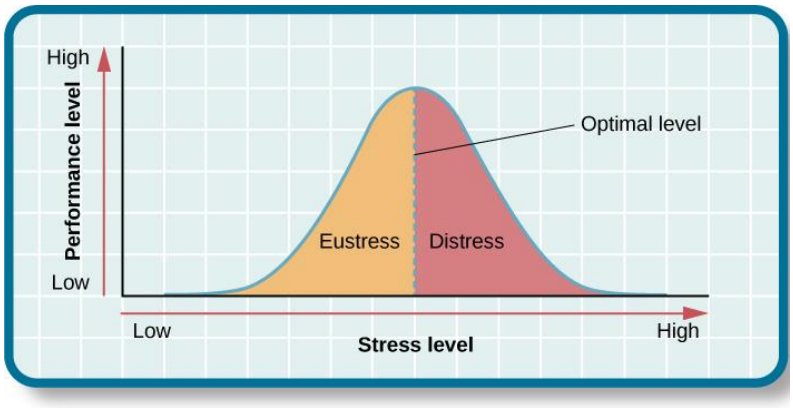
        - **Adrenal glands –** ACTH binds to receptors on the adrenal cortex and stimulates the release of cortisol, which is released in response to stress. Adrenal glands produce hormones such as cortisol that regulate stress reactions .

Hypothalamic-Pituitary-Adrenal (HPA) Axis



(Psychology, 2026)

As stress levels increase from low to moderate, performance increases and can reach its peak. This is considered "good stress" or eustress. However, if stress exceeds the manageable optimal level, it can reach a limit of distress, where it can then become debilitatingly excessive, causing performance to decline.



(Psychology, 2026)

4. Without discussing individual ingredients, how would you explain the combined benefits of all four products working together?

You get a highly potent synergy effect that provides the body with more of what it needs and is searching for in its quest to maintain its biochemical balance or homeostasis, especially when under mental or emotional pressure, or physical stress.

- They work together to fuel the cells of the body for constant energy production and supporting an efficient metabolism (the rate at which the body processes and utilizes nutrients).

- They provide the nutrient factors in maintaining hormonal homeostasis for better mental perceptivity and cognition, and especially for performance and stress tolerance.

- They support a person's capacity for living life stronger and better physically, mentally, and being emotionally balanced—the fundamental formula for success.

5. What is the ideal daily routine for using all four products, including the best time of day, order, and whether they should be taken together or separately?

To boost your cells' capacity for better energy production and cellular functions, all three drops taken together, the array of botanical phytonutrients in BRN, GTS, HPY, and the NMN molecule work in synergy to provide a balance of the aforementioned mental and physical benefits.

- BRN and GTS work together to aid in better mental work for a productive day requiring sustained focus and concentration, studying, learning, and enhanced information retention.

- GTS and the NMN molecule boost the fueling of the cells for better endurance during exercise, being better motivated to exercise, and aiding in better energy levels post-exercise.

- HPY is an important part of the Kit as its botanical phytonutrients are known for helping to calm the nervous and hormonal systems, which help prevent reactions in the body due to anxiety or other forms of stress.

- Overall, the Balance and Synergy Kit helps the body be better prepared for meeting daily life with a higher level of calm, alertness, and efficiency.

6. How long should someone use the complete kit before evaluating their experience?

- The nutrients in the drops go to work immediately in optimizing body functions at the micro cell level. When the body's cells are receiving a wide array of phytonutrients daily that are particularly energizing to the cells, one should feel the effects very soon.

- Experiencing the healthful effects of such a wide range of rapidly absorbed phytonutrients can be felt within a day; however, allowing the body's cells time to improve their functioning over many days provides for a better long-term evaluation.

- Since the drops come in 30 per box, it is advocated that they be taken consistently, finishing all of them during one month's time, in order to experience what the science has shown about how these botanicals work in the body (Gilbert, 2024).

- Feeling more alert, noticing how responding to stress may be different, and being more productive through better mind clarity and inner calm are some of the possible experiences.

7. Who is the ideal customer for this kit, and what everyday challenges or lifestyle patterns would indicate that this combination might be especially beneficial?

Anyone who:

- Is experiencing mental and physical fatigue.
- Wishes to improve their thinking, cognition, mental clarity, memory, learning.
- Wants to improve their work and/or athletic performance endurance, provided the daily diet is also nutrient-dense and balanced properly with protein, whole food fats and whole food carbohydrates (Gilbert, 2023).
- Works under pressure and wishes to maintain a calm composure and avoid the energy-draining physical and mental effects of stress.

8. How might the complete kit support energy, mental clarity, emotional balance, focus, and overall vitality throughout the day?

- Sleep, hydration, exercise, and a well-balanced, nutrient-rich whole foods diet is critical for the foundation of physical and emotional balance, and to maintain real health vibrancy.
- The great array of botanical phytochemical nutrients in the Balance and Recharge Kit provides a vital boost for the body's interactive systems, and is a very effective way to:
    - Enhance the body's ability to amplify the energy and nutrient needs of the brain and hormonal system for mental clarity, focus, and emotional balance—without stimulation such as from high sugar, high caffeine, so-called "energy" drinks.
    - Continue the critical ongoing work of fueling every cellular process to ensure the body maintains its biochemical equilibrium.

9. What is the simplest and most compelling way to demonstrate the value of all four products together without having someone consume them?

- Tell them how they have helped you or someone you know. Testimonials are inspiring and establishes confidence and trust.
- Show them the one-of-a-kind method of how the products are produced that makes APLGO drops so biocompatible and effective—the Acumullit SA technology. https://md.aplgo.com/en/acumullitsa/

- Share how the electrical potential or ionic charge at the atomic/molecular level keeps the botanical plant materials alive that makes them so readily recognized and used by the body's cells—the key to real health improvement toward health vibrancy.

- Share where the botanicals are grown and that they are harvested at their peak nutrient potency, and that the preserving of their vital active enzymes and ionically charged cells of those botanicals are what make them so effective—the closest a supplement can come to a fresh food in its raw, uncooked form.

- Inform them of the ISO and other honored certificates issued to APLGO, proving the products are of highest purity, potency and efficacy, and that the company is at the leading edge of supplement technology. https://us.aplgo.com/en/certificates/

- Show them The APLGO Product Reference Nutritional Guide by Mary Esther Gilbert, which documents the best and most credible, worldwide scientific research on the great range of health benefits due to the long-proven, vast variety of plant nutrient complexes contained in the APLGO product botanicals. https://www.holisticchoices.com/apl

10. How would you explain the complete Balance & Recharge Kit in 30 seconds to a customer, focusing entirely on the combined benefits, desired outcomes, and what makes this combination special?

- The Balance & Recharge Kit Supports:

    - Maintaining the body's communications via the Hypothalamic-Pituitary-Adrenal (HPA) Axis for the biochemical balance that results in a positive state of mind, being an active participant in life who manages their health and life effectively.

    - Improving the capacity to think better, stay calm and efficient under stress whether it's good stress that is an exciting challenge, or bad stress that is overwhelming, being able to recover more quickly and bounce back to a calm, alert, and mentally efficient state.

- It's an optimal combination of ***active nutrients*** for giving the body what it needs to optimize its functions, and which are unique to this product line and are not found in any other supplement.

Reference

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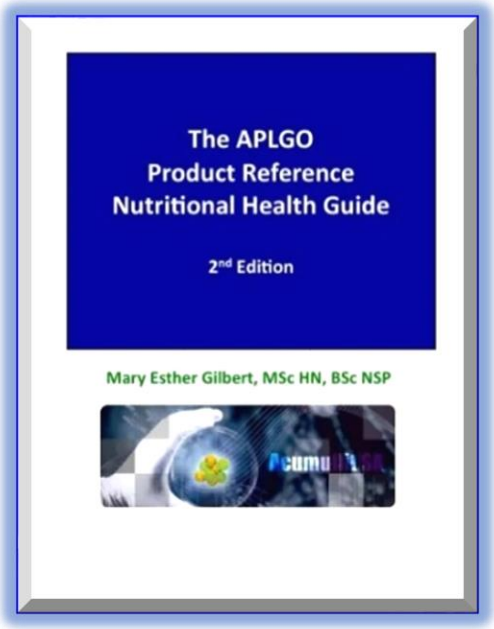
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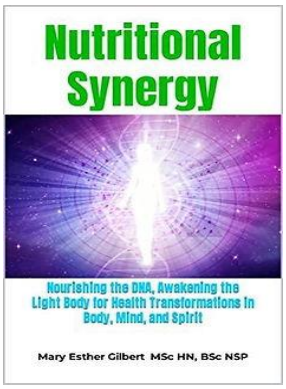
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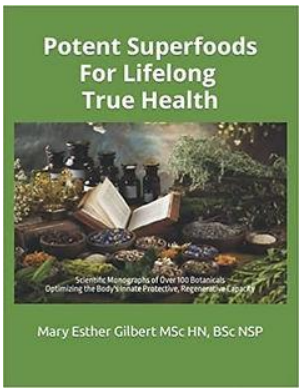
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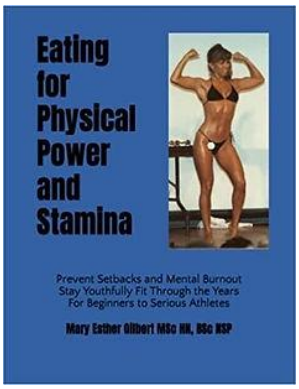
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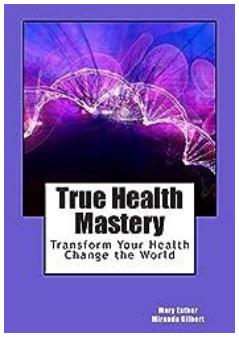
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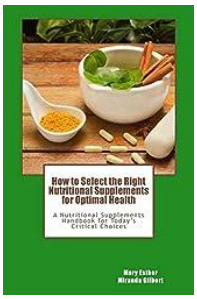
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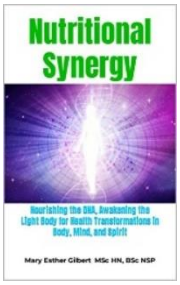
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