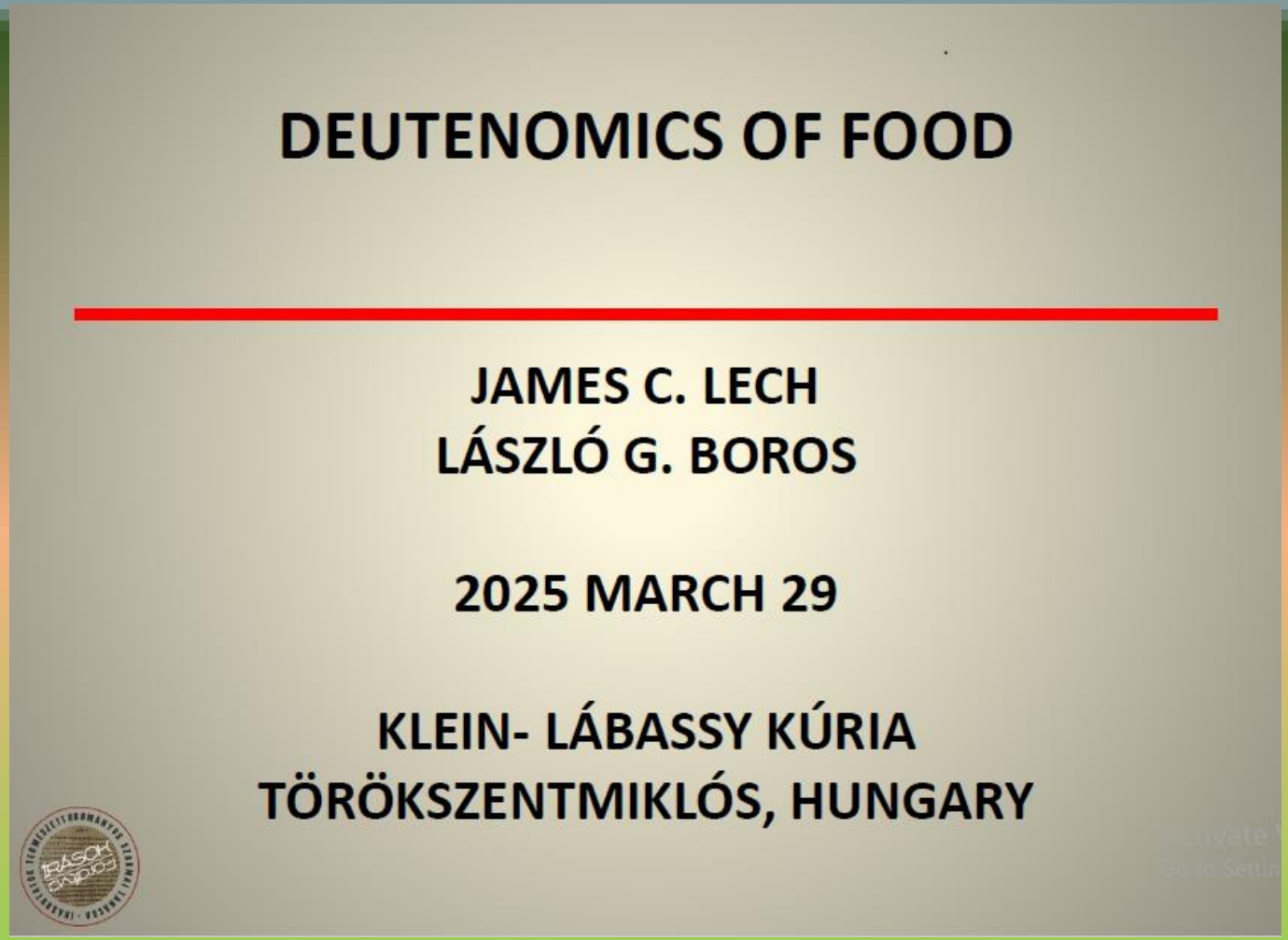
FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)



FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

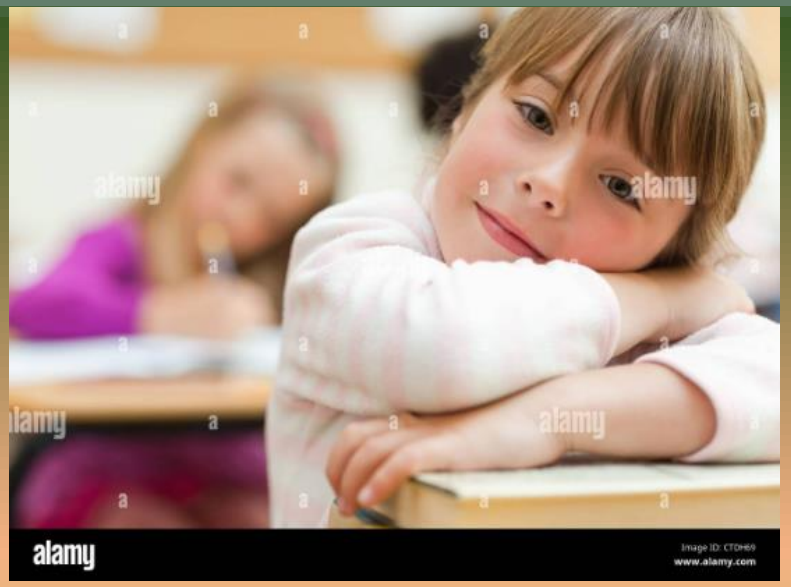
we can work when ATPase is at work

(https://www.mygoodbrain.org/blog/the-benefits-of-exercise-on-mental-health)

- **deuterium content of nutrients determines the same of matrix water, produced by mitochondrial nanomotor related proton influx and oxygen, upon complete substrate oxidation in the Krebs- Szent-Györgyi cycle[1,2]**

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)



nutrient deutenomics – is the basics of ATPase functions, mitochondrial health and quality of life

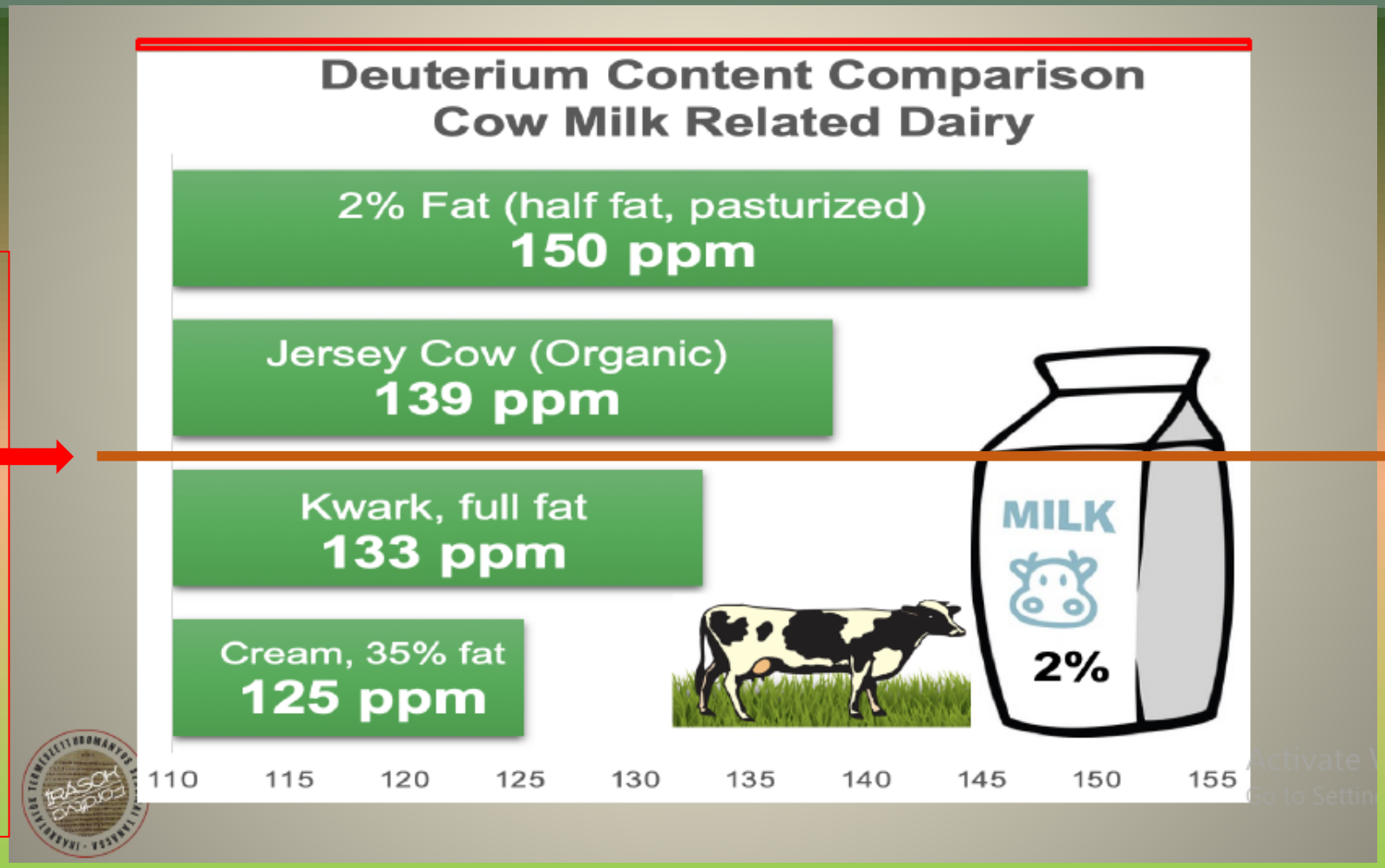
(https://www.alamy.com/stock-photo/schoolgirl-leaning-on-desk.html)

- **nutrients profoundly influence mitochondrial ATPase functions and thus health as the prime source of deuterium during life**

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients
(estimated average for humans in temperate climate per year)



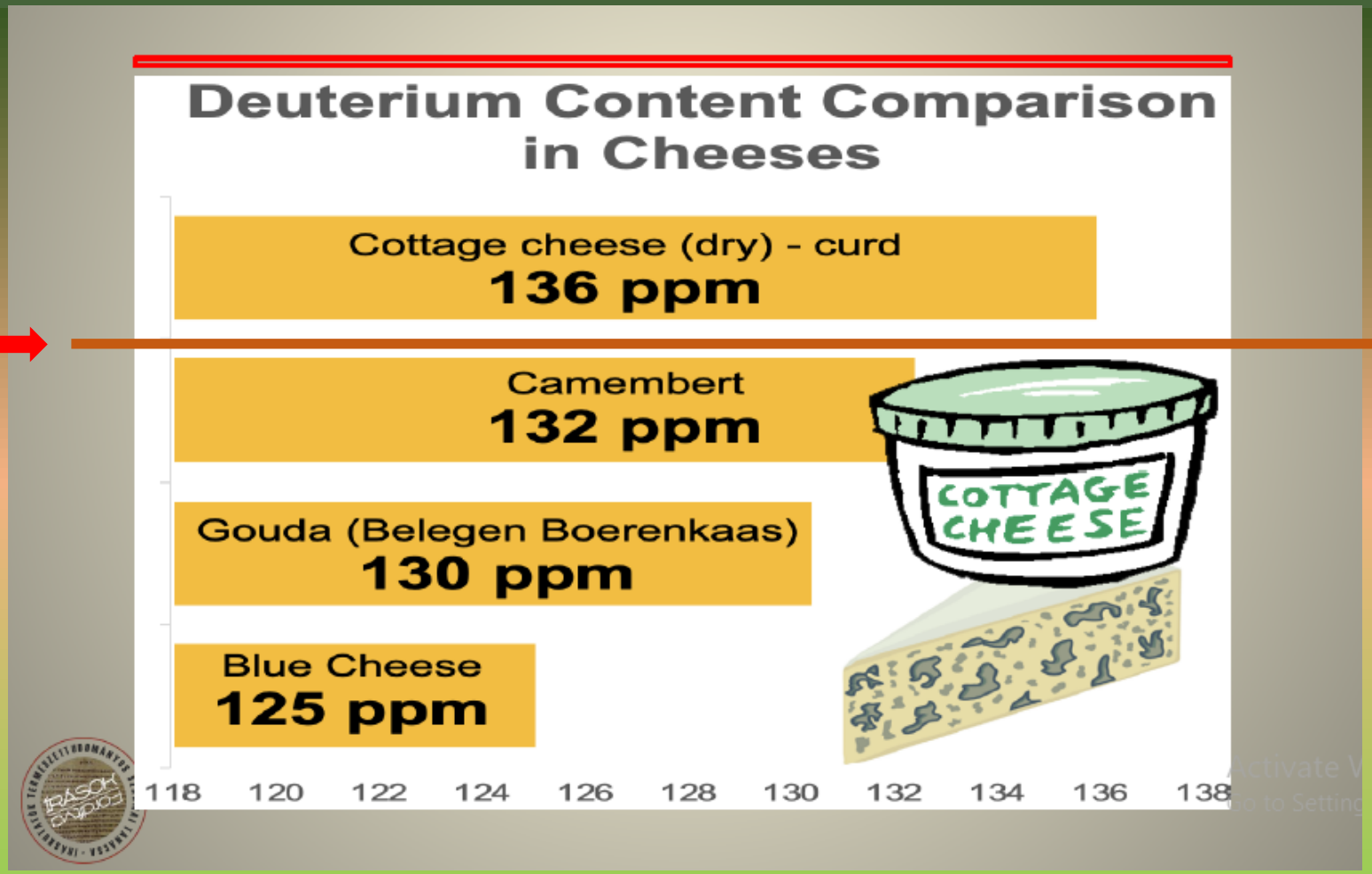
less favorable for mitochondrial ATPase

more favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients
(estimated average for humans in temperate climate per year)



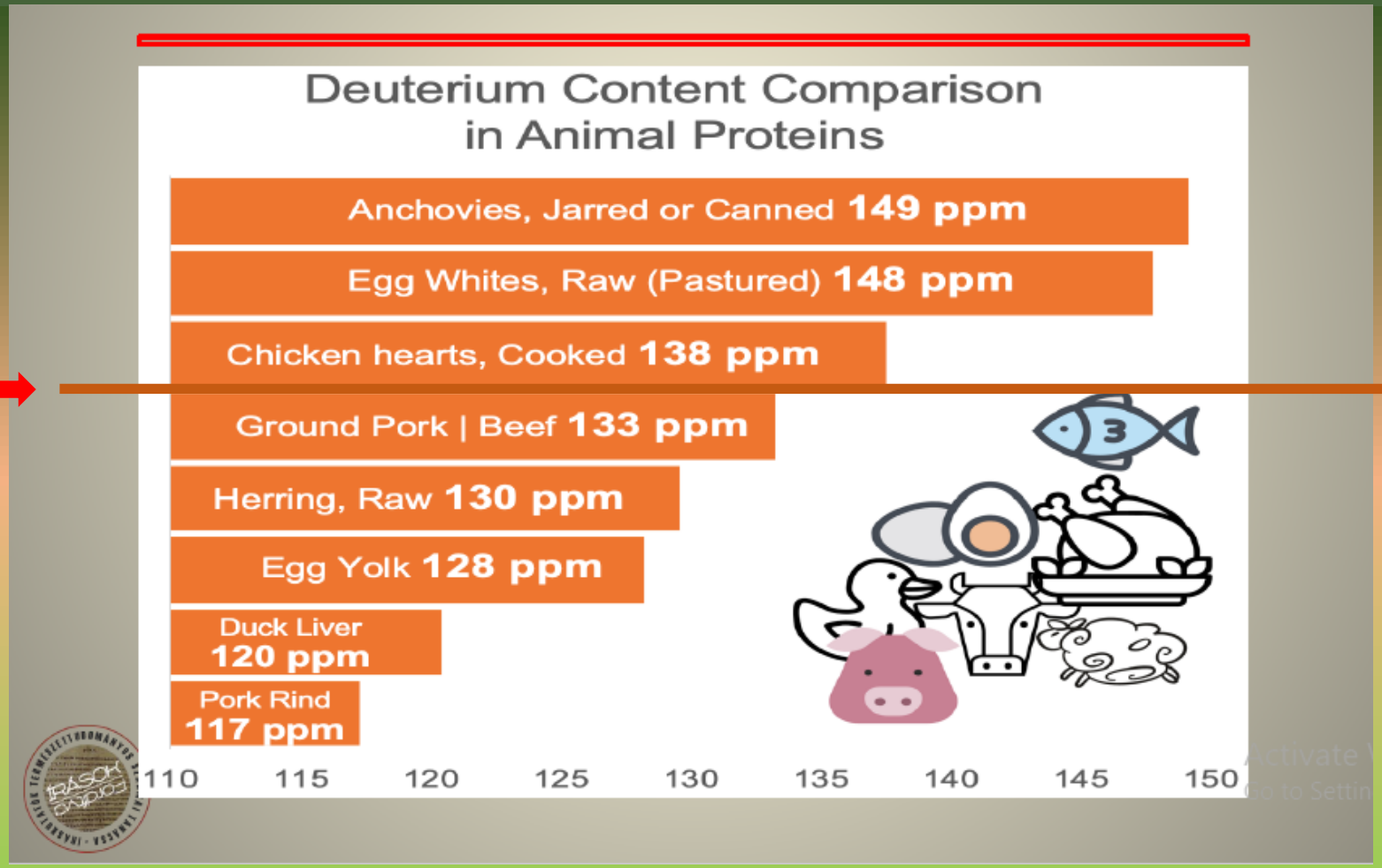
less favorable for mitochondrial ATPase

more favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients
(estimated average for humans in temperate climate per year)



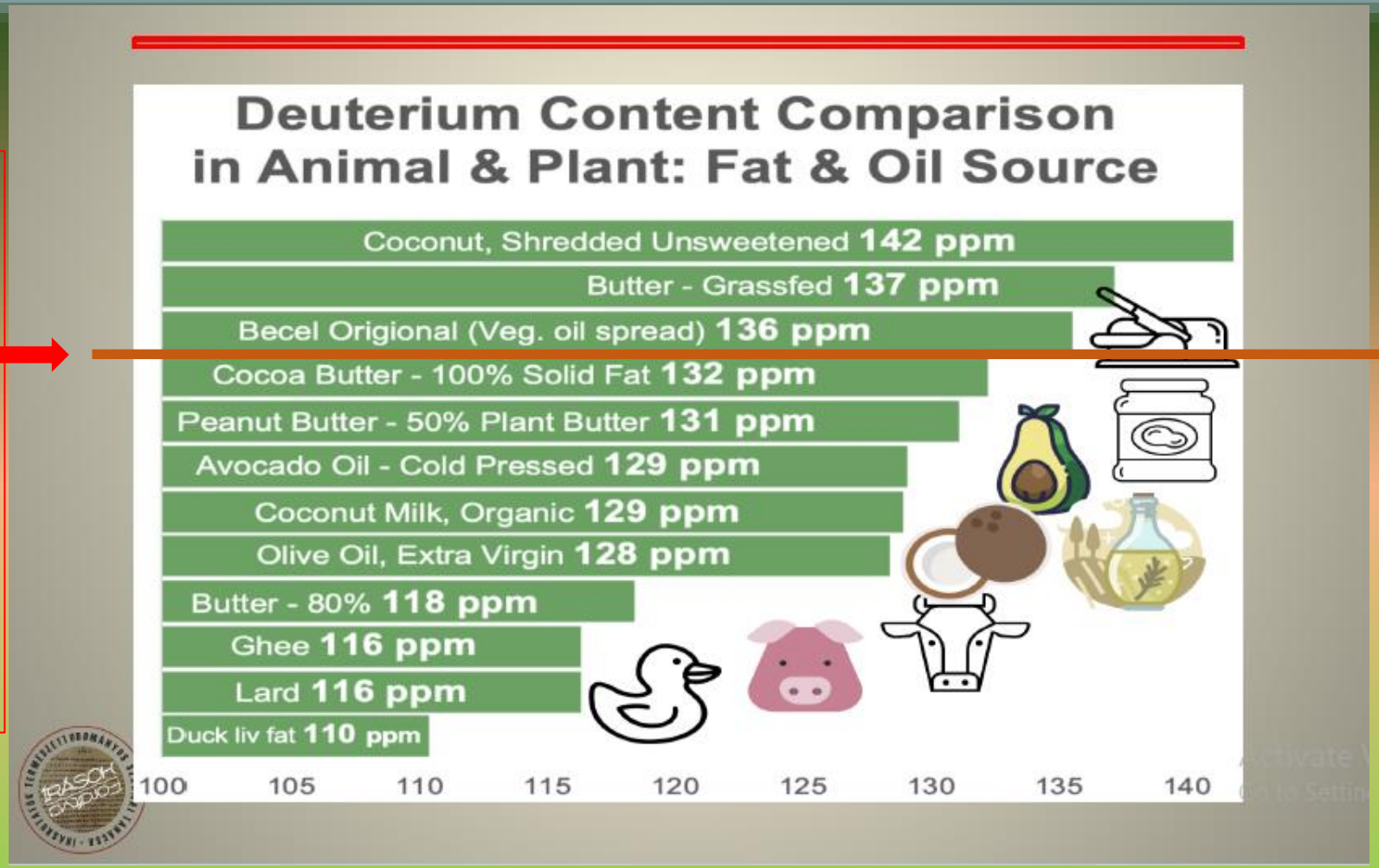
less favorable for mitochondrial ATPase

more favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients *(estimated average for humans in temperate climate per year)*



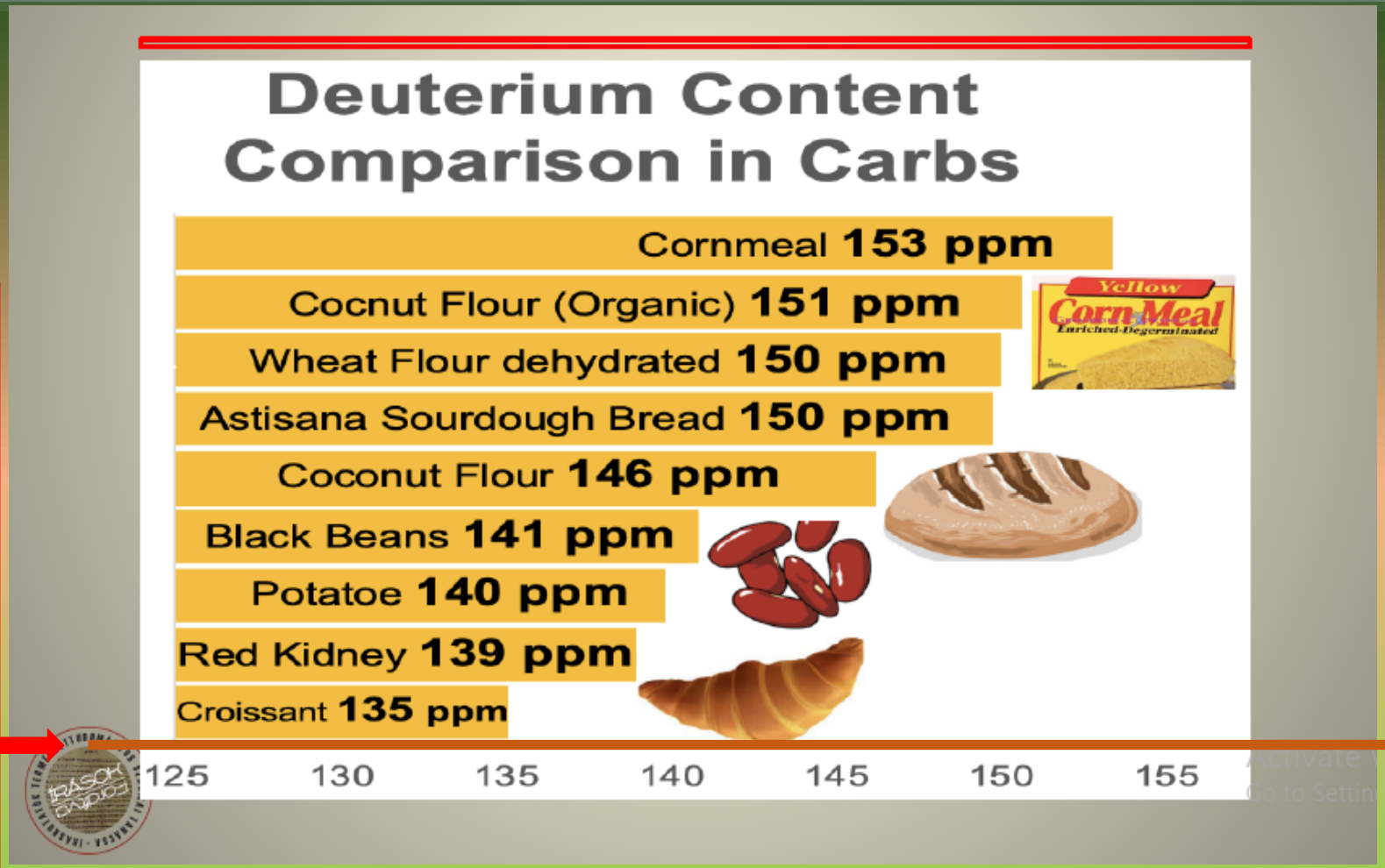
less favorable for mitochondrial ATPase

more favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients ***(estimated average for humans in temperate climate per year)***

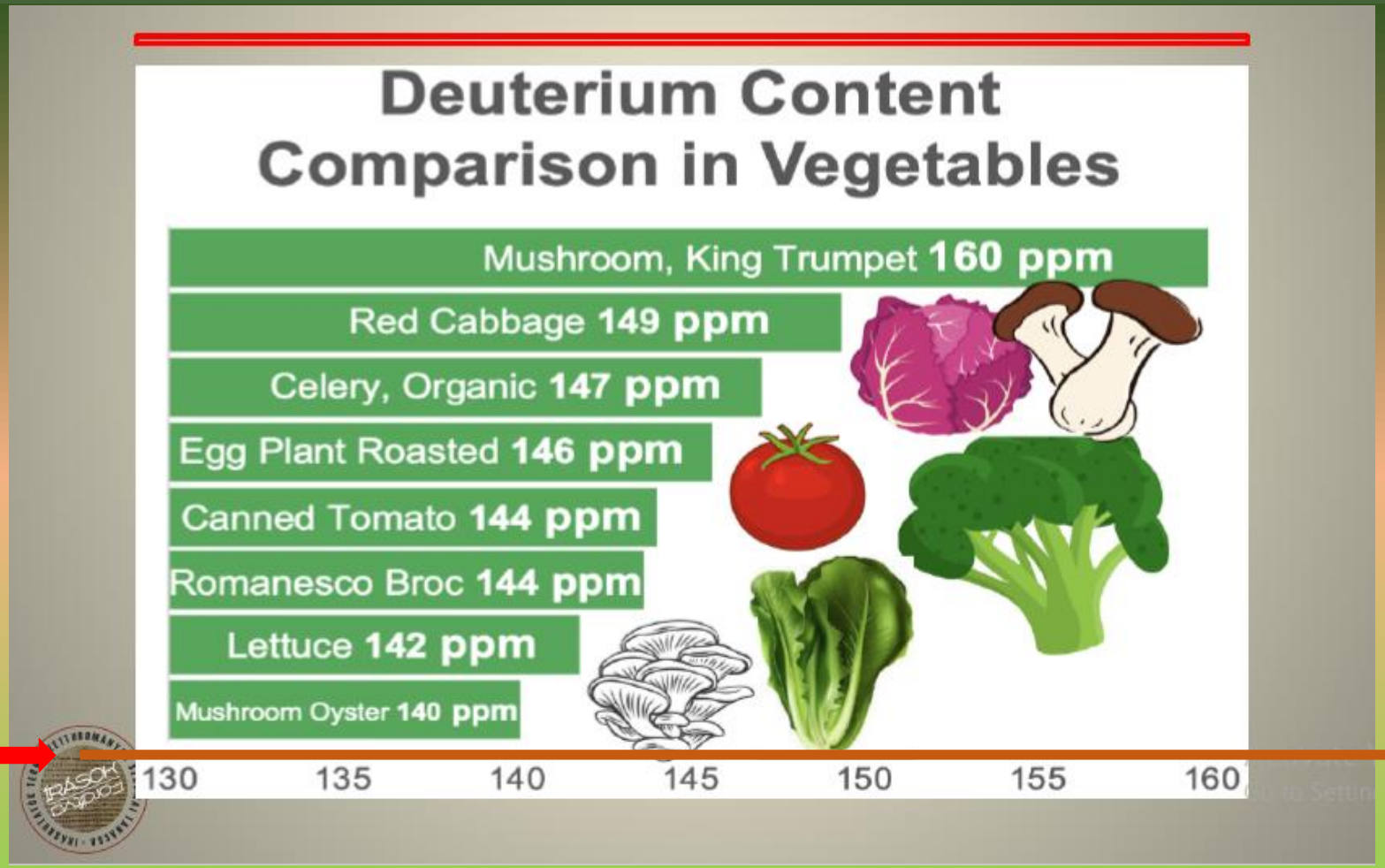


less favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients
(estimated average for humans in temperate climate per year)

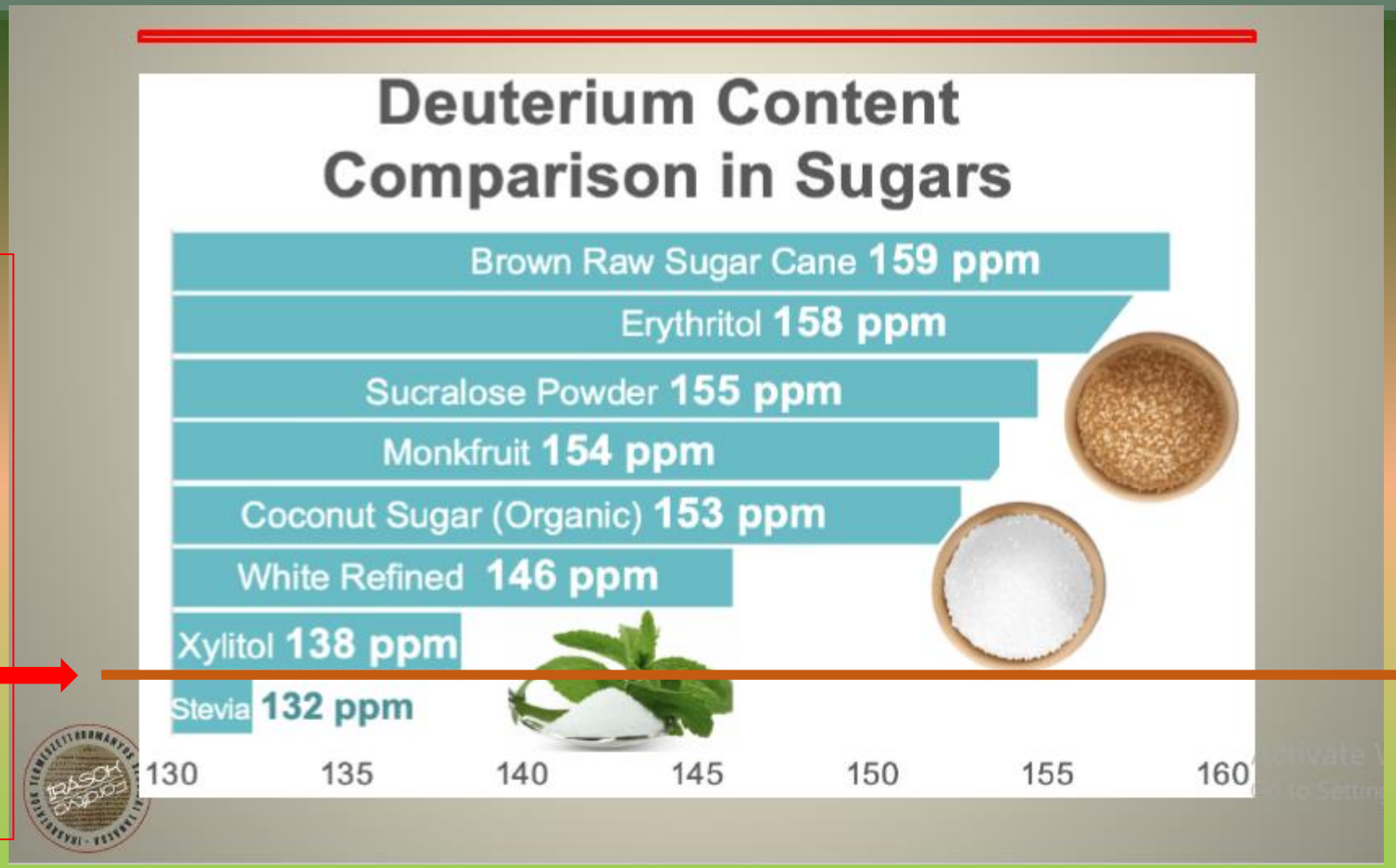


less favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients
(estimated average for humans in temperate climate per year)



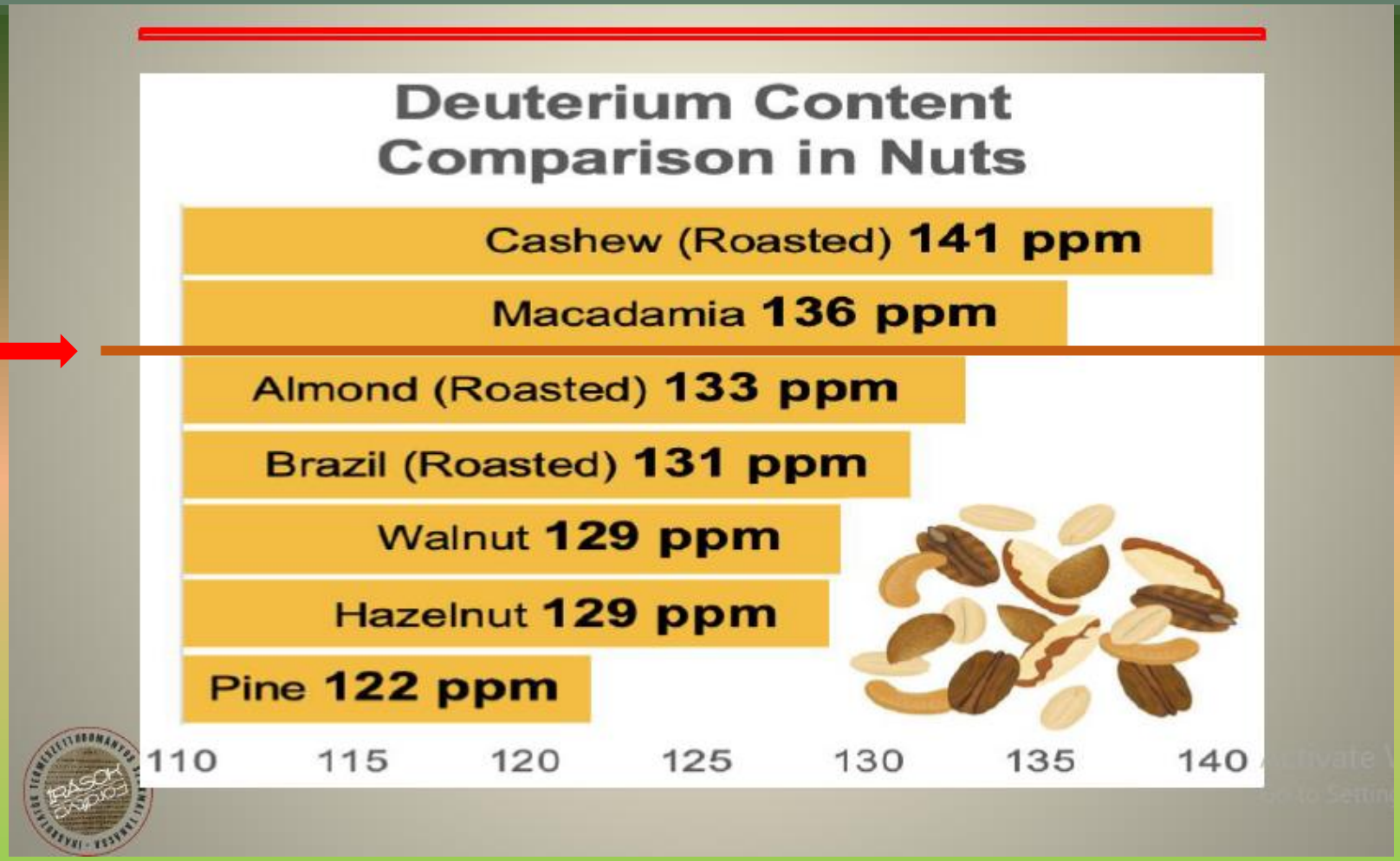
less favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients

(estimated average for humans in temperate climate per year)



less favorable for mitochondrial ATPase

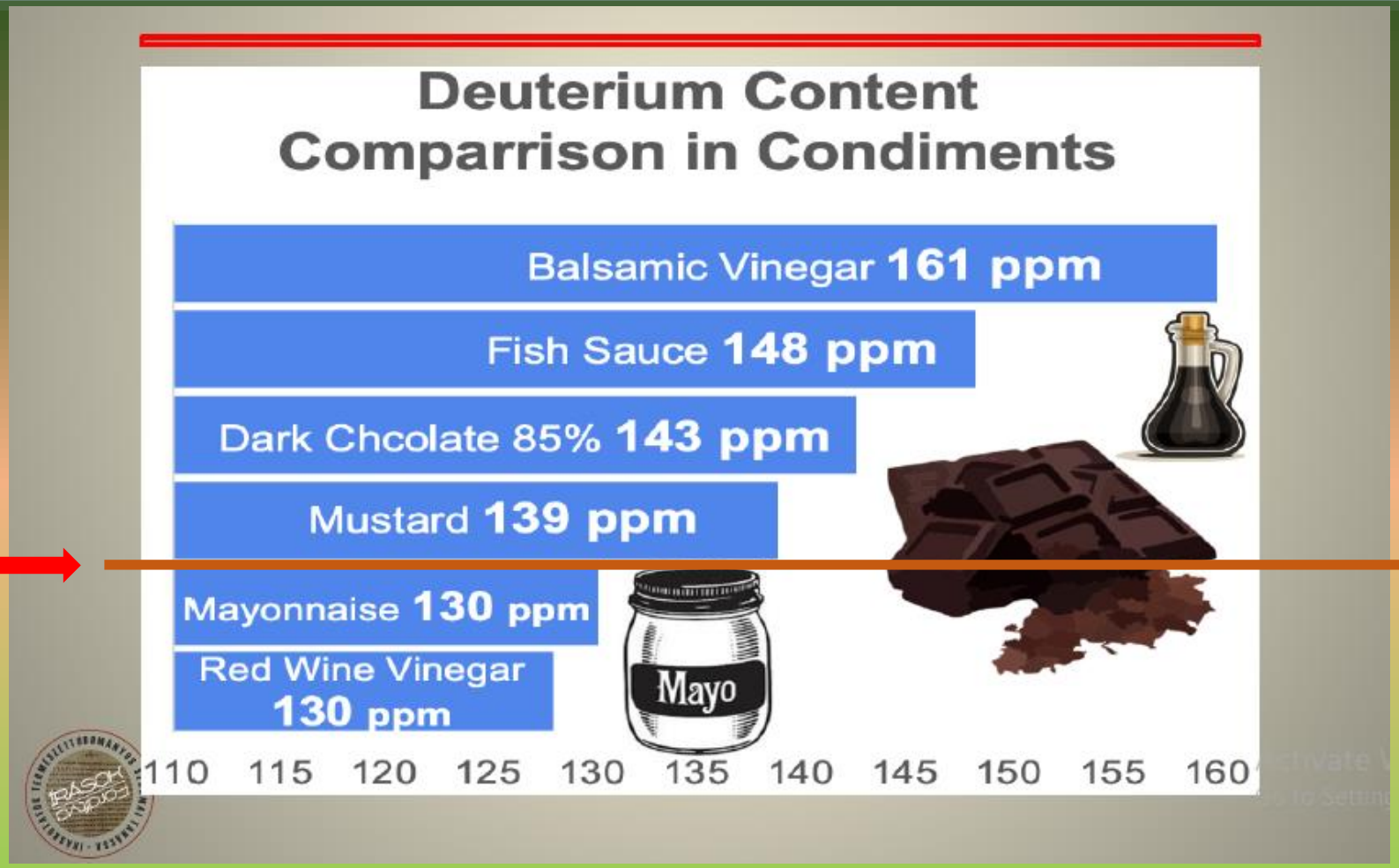
more favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients

(estimated average for humans in temperate climate per year)



less favorable for mitochondrial ATPase

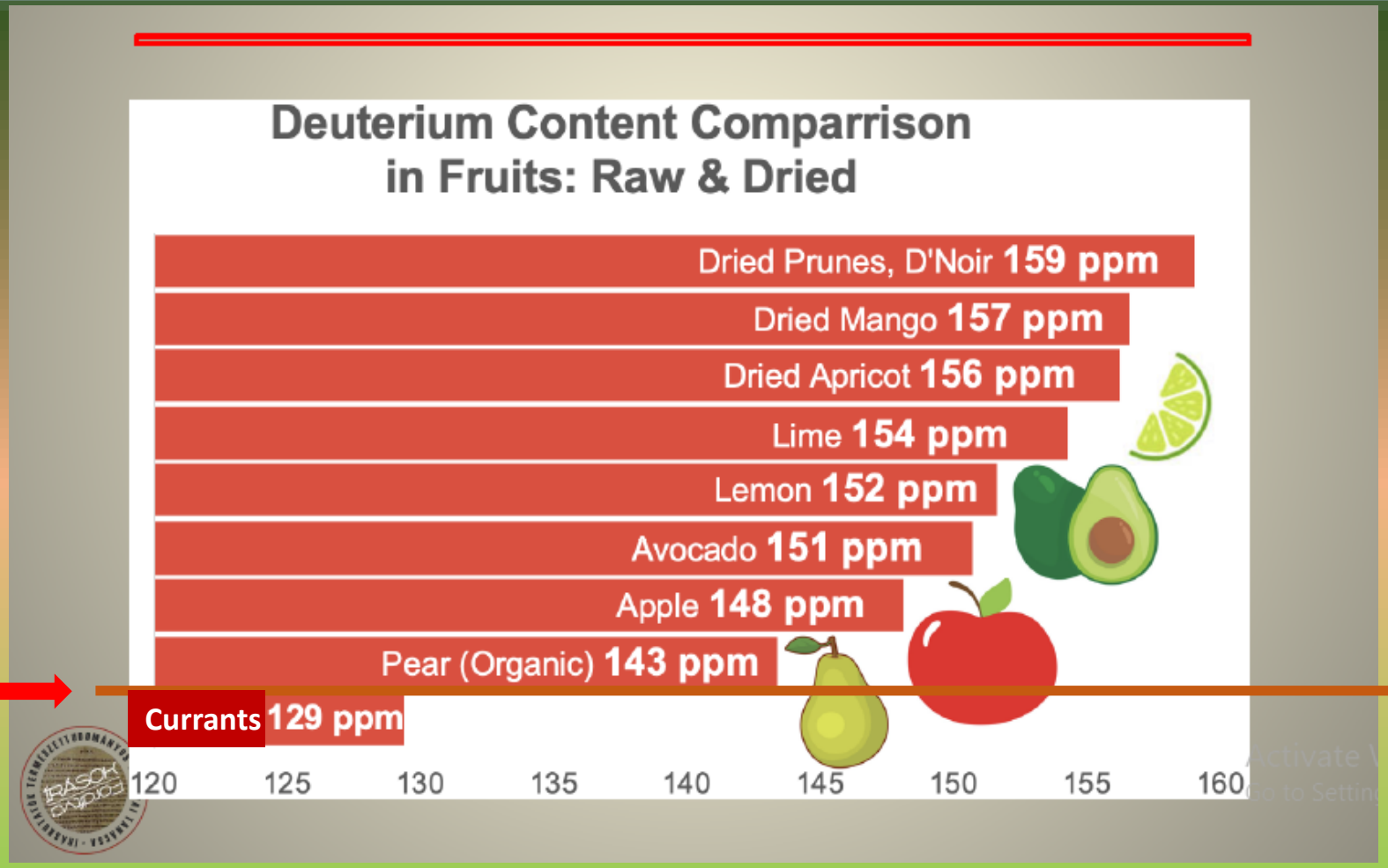
more favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients

(estimated average for humans in temperate climate per year)



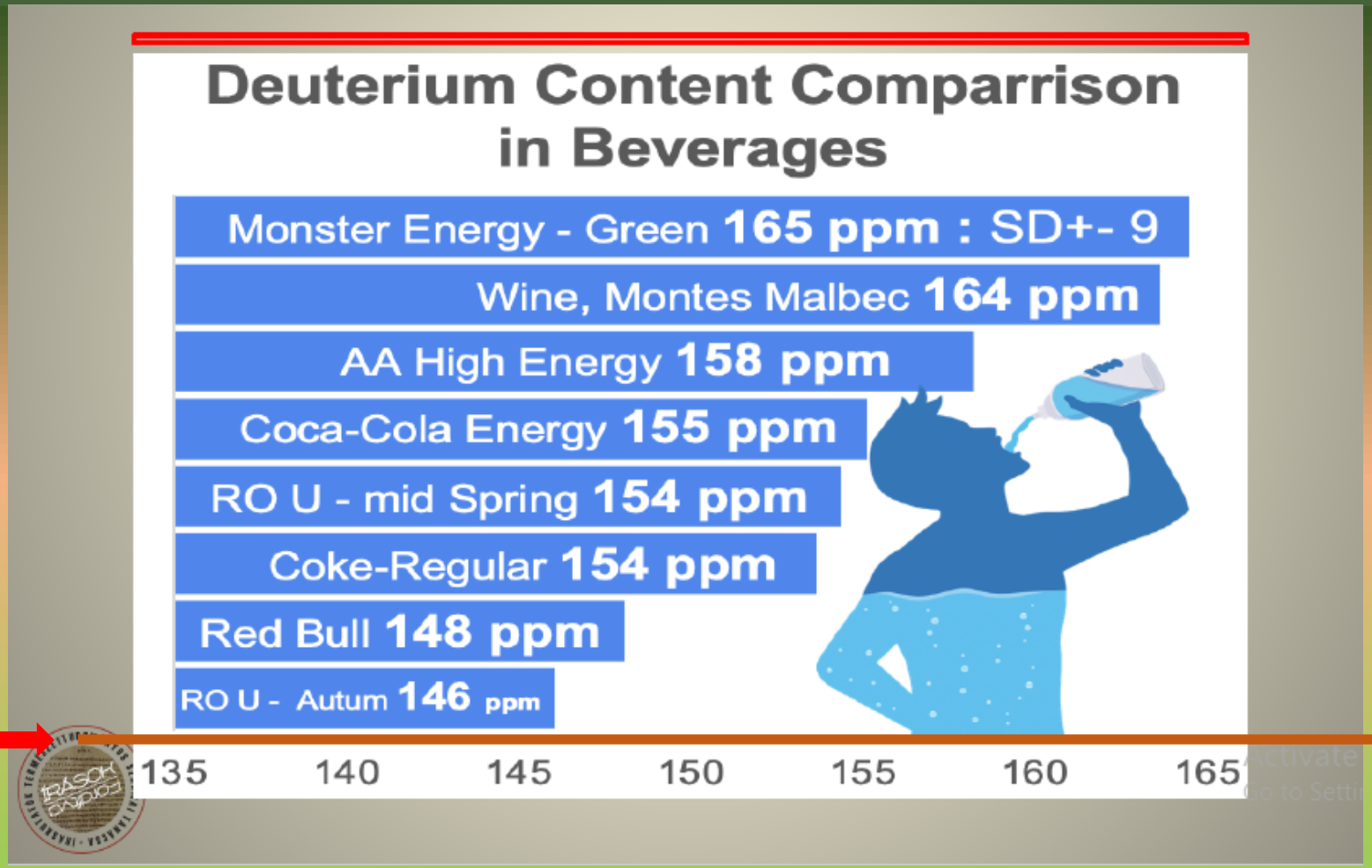
less favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients

(estimated average for humans in temperate climate per year)



less favorable for mitochondrial ATPase

FOOD DEUTENOMICS DATA

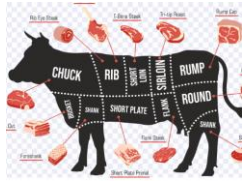
UNIVERSAL NANOMOTOR USER GUIDE (empirical cutoff value – non-product related non-medical assessments)

~133 ppm cutoff deuterium in nutrients

(estimated average for humans in temperate climate per year)

Deuterium Content Comparison in a British Columbia Living Habitat (Canada)

squash (from garden)	139.9 ppm
insect (hooper from garden)	137.6 ppm
twinberry (from yard)	137.1 ppm
garlic (from garden)	135.5 ppm
goat (meat)	129.2 ppm
lamb (meat)	128.5 ppm
cheese (livestock)	125.8 ppm
beef (market)	125.1 ppm
beef (livestock)	121.2 ppm
beef fat (stock)	113.4 ppm



less favorable for mitochondrial ATPase

more favorable for mitochondrial ATPase

TAKEHOME MESSAGE

- yearly average of deuterium intake, adjusted to geographical location, anthropological and microbiome related assessments, lifestyle and age may provide important guidelines to prevent and treat chronic diseases

METHODS

- Deutenomics measurements were performed by James C. Lech at the Department of Physics and Astronomy, Physics of Living Systems, Vrije University Amsterdam, The Netherlands (jameslech@gmail.com)

- Deuterium Content Comparison in a British Columbia Living Habitat (Canada) - https://youtu.be/AFvO_FHLGvw?si=VM1R4gomKRYQyGtC