

6 SECOND MORNING RITUAL ((~~MY HONEST REVIEW~~)) MITOLYN REVIEWS - MITOLYN REVIEWS COMPLAINTS



Mitolyn is a weight loss support supplement available exclusively through [Mitolyn.com](https://mitolyn.com).

Developed based on a “*purple peel plan*,” Mitolyn aims to help you lose significant weight with just 6 seconds per day *without* strict diet or exercise.

Find out whether or not Mitolyn is legit today in our review.

What is Mitolyn?

Mitolyn is a weight loss supplement created by pharmaceutical researcher Dr. Peter Newman and health researcher Andrew Lambert.

By taking one capsule of Mitolyn daily, anyone can purportedly target the root cause of weight loss to rapidly lose weight.

Each serving of Mitolyn contains a blend of maqui berry extract and other natural ingredients to activate the fat burning “furnaces” within yourself, helping to boost calorie-burning and making it easier to maintain a caloric deficit.

As part of a 2024 promotion, Mitolyn is priced at \$59 per bottle or less. Qualifying purchases come with free shipping, free bonuses, and other perks.

[Get started today and see the difference Mitolyn can make!](#)

Mitolyn Benefits

Some of the benefits of Mitolyn include:

- Rapidly lose weight without diet or exercise
- Natural, stimulant-free, non-GMO ingredients
- Average weight loss of 36lbs in trial with 544 volunteers
- Formulated by a doctor and pharmaceutical researcher
- Based on real ingredients native to the island of Sardinia
- 90-day moneyback guarantee

How Does Mitolyn Work?

Mitolyn was developed specifically to target the root cause of weight gain. By doing so, It aims to unlock rapid weight loss.

Contrary to what many believe, the root cause of weight gain isn't gut problems, genetics, or other commonly blamed factors.

Instead, most slim people have special fat-burning "furnaces" within their bodies. These furnaces increase their daily calorie burning, giving them an enormous weight loss advantage.

The "furnaces" Mitolyn targets are mitochondria, or the cells' energy production centers. Your cells use mitochondria to create energy from the food you eat. Slimmer people tend to have more mitochondria in their cells than overweight people, helping them burn significantly more calories each day.

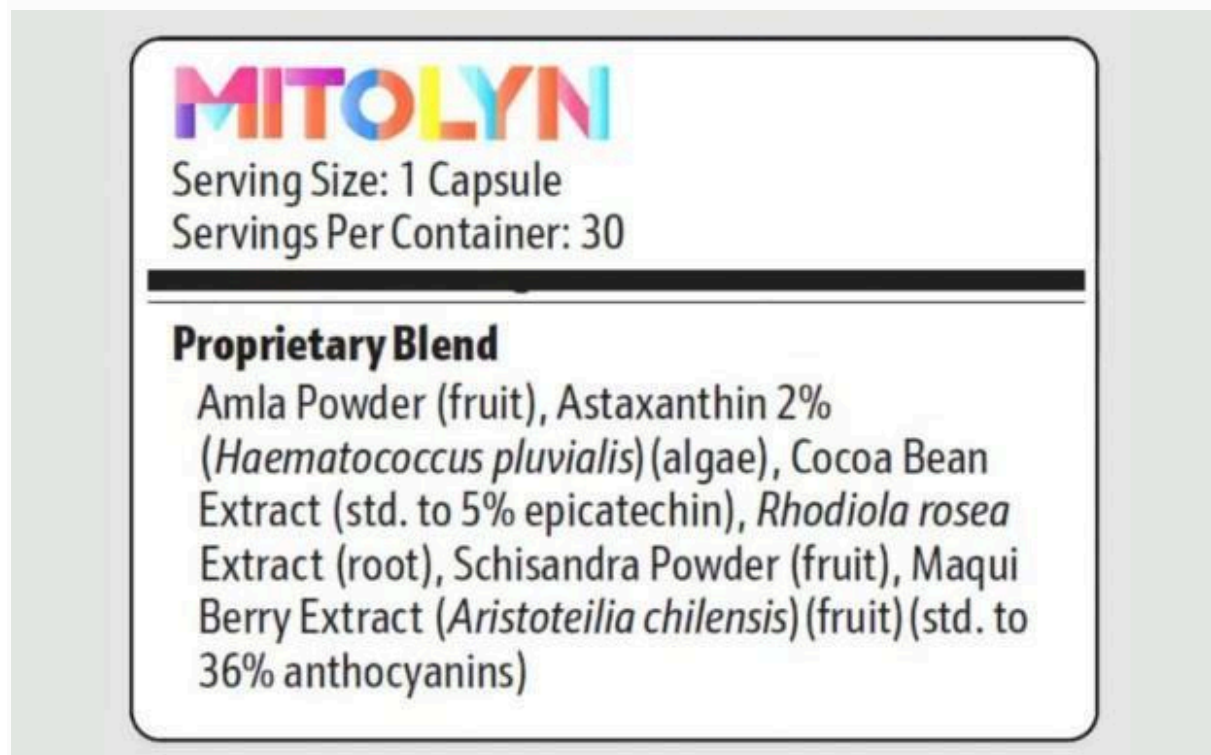
By taking Mitolyn daily, you can purportedly use a "purple peel plan" and slimming secret to activate the furnaces within yourself, giving you the same powerful weight loss advantage.

To achieve this effect, Mitolyn uses a blend of natural, research-backed ingredients. Just spend six seconds per day taking Mitolyn to activate those ingredients within yourself.

[Click here to learn more about Mitolyn](#)

Mitolyn Ingredients

Mitolyn contains a blend of doctor-selected ingredients linked to fat burning – including unique and exotic ingredients like maqui berry, amla fruit, and *Rhodiola rosea*. All of these ingredients have a similar goal: to target the root cause of weight gain and trigger rapid weight loss.



Here are all of the active ingredients in Mitolyn and how they work:

- **Maqui Berry:** Maqui berry is packed with anthocyanins, which are natural molecules that give dark-colored fruits their unique color. Anthocyanins are also linked to healthy inflammation and antioxidant effects. Blueberries and other purple-colored fruits have anthocyanins. Maqui berry, however, is *packed* with anthocyanins. According to the doctor and pharmaceutical researcher who created Mitolyn, maqui berry has 100x of the same anthocyanins as blueberries. Taking maqui berry daily can purportedly

promote mitochondria, support heart health and cholesterol, and boost overall weight loss.

- **Rhodiola Rosea:** As mentioned above, stress inhibits weight loss. Rhodiola rosea has been used for centuries as a natural stress aid. Today, we know Rhodiola rosea works because it's packed with 140+ polyphenols – including rosavin and salidroside – linked to adaptogenic effects. As adaptogens, these ingredients help fight against stress at the cellular level. Taking Mitolyn daily can purportedly promote mitochondria, reduce stress, improve mood, and support brain health. Andrew Lambert, who helped create Mitolyn, describes Rhodiola as a “tangy herb,” claiming Sardinians add it to “every meal,” calling it a “golden herb.”
- **Haematococcus:** Haematococcus is a genus of freshwater algae known for its distinct red color. According to the makers of Mitolyn, haematococcus is commonly found in lakes around Sardinia. It's packed with an antioxidant called astaxanthin. This antioxidant gives the algae its distinct color, but it's also known for its antioxidant effects.
- **Amla:** Amla fruit helps with digestion, bloating, and even hair loss, among other areas. Amla also “increases fat-shrinking mitochondria,” boosting the number of fat burning furnaces in your body to help you remain in a caloric deficit. Amla is the first listed ingredient in the Mitolyn proprietary formula, suggesting it's the largest ingredient in Mitolyn by weight.
- **Theobroma Cacao:** Theobroma cacao is a specific type of cacao rich with epicatechin, a special molecule linked to greater mitochondria activity. That molecule also helps with nitric oxide production, boosting blood flow. Some take cacao daily for heart health, anti-aging, weight loss, and even libido.
- **Schizandra Berry:** Schizandra berry promotes collagen production and helps with skin elasticity, among other areas. It's popular in traditional Japanese and Chinese medicine. The makers of Mitolyn, however, added schizandra berry for its ability to burn fat. According to the manufacturer, schizandra berries are “powerful calorie-burning red berries” to help you stay in a caloric deficit.

Dr. Peter Newman and Andrew Lambert claim to have spent months researching the best ratio of the above ingredients to maximize weight loss results. The duo ultimately partnered with a US-based supplement company to bring Mitolyn to market and introduce it to the world.

All six ingredients in Mitolyn are packaged within a proprietary formula.

[Mitolyn Is On Sale Now For A Limited Time!](#)

Who Created Mitolyn? About Andrew Lambert

Mitolyn was created by a researcher named Andrew Lambert, who worked with a doctor and pharmaceutical researcher named Dr. Peter Newman to develop the supplement.

Andrew lives in Hanover, Maryland, with his wife and four kids.

Andrew describes himself as an “award-winning” researcher, claiming to specialize in health research and etiology (the study of the root cause of diseases).

Andrew was motivated to create a weight loss supplement after watching his wife gain weight. After having four kids, Andrew's wife gained weight and struggled to lose it.

Andrew's wife tried everything to lose weight. She tried intermittent fasting, the gluten-free diet, keto, 10,000 steps per day, and other “proven” systems. Nothing worked:

“We spent thousands of fat burning teas, fitness watches, protein smoothies, a walking machine for the home, even the famous weight loss injections made her sick.”

By the time Andrew's wife was 45, she was 60lbs overweight.

One day, her weight loss problems came to a head: Andrew's wife was rushed to hospital with high blood sugar. Doctors described her health as "rapidly declining."

Andrew knew he needed to make a change. He decided to research alternative cures for weight gain. His research led him to discover special ingredients that activate "furnaces" hidden within overweight people, allowing his wife to lose weight rapidly.

[Visit the official website to purchase Mitolyn >>>](#)

Andrew Meets Dr. Peter Newman

Andrew doesn't claim to be a doctor. However, he does claim to have partnered with a pharmaceutical researcher and doctor to develop Mitolyn.

One day, while scrolling through YouTube videos, Andrew discovered an obscure video uploaded by a pharmaceutical researcher named Dr. Peter Newman.

Dr. Newman claims to have treated royalty and celebrities across Europe. His work took him to a small mountain town called Ulassai on Sardinia. Sardinia is one of the five original "blue zones" of the world, where residents tend to live longer, healthier lives than others worldwide.

To make a long story short, Dr. Newman told Andrew's wife to take a specific blend of ingredients to target the root cause of weight gain. Andrew's wife took those ingredients and then rapidly lost weight.

How Jeanie Lambert Lost 60lbs with Mitolyn

The first person to take Mitolyn was Jeanie Lambert, the wife of Mitolyn creator Andrew Lambert.

Jeanie had taken weight loss injections, followed trendy weight loss programs, and tried exercising to lose weight – but nothing worked. Nevertheless, Jeanie started to take Mitolyn and rapidly lost weight without dieting or exercising.

Here's how Jeanie Lambert lost 60lbs with Mitolyn:

- Jeanie started taking Mitolyn. She deliberately avoided any diet and exercise. In fact, Jeanie began to eat pizza, cookies, and other unhealthy foods.
- Within a few hours of taking Mitolyn, Jeanie felt natural energy coursing through her body.
- Within 24 hours of taking Mitolyn for the first time, Jeanie had already lost 3lbs.
- Every morning, Jeanie continued to rapidly lose weight, losing 1 to 2lbs per day – a level of weight loss unheard of
- Within “a matter of weeks,” Jeanie lost 60 lbs with Mitolyn without dieting or exercising. She also dropped six dress sizes.
- Jeanie noticed other benefits: her joints were smooth. She slept better. She had better confidence and emotional balance.
- Jeanie even claims Mitolyn improved her heart health, cholesterol, and blood pressure. She had 40% higher dopamine levels.

Andrew Lambert performed a scan on his wife and confirmed her mitochondria levels were double what they were before.

Motivated by his wife's success, Andrew started taking Mitolyn and rapidly lost weight, ultimately dropping 21 lbs with the supplement.

[See what others are saying about Mitolyn >>>](#)

How to Take Mitolyn

Dr. Newman, Andrew Lambert, and the Mitolyn team recommend taking one capsule of Mitolyn daily – without diet or exercise – to lose weight rapidly:

- Take 1 capsule of Mitolyn with an 8oz glass of cold water

The proprietary formula within Mitolyn is stimulant-free, so you can take it any time of day to burn fat over the next 24 hours. Some take it at night to burn fat while they sleep. Others take it in the morning to boost energy all day long.

What to Expect After Taking Mitolyn

Mitolyn is primarily marketed as a weight loss aid. The official website has testimonials from verified users who have lost 30 to 50 lbs or more with Mitolyn – often without a strict diet or exercise routine.

Here are some of the results you could experience with Mitolyn, according to the official website:

- **Burn More Calories:** The only way to lose weight is to maintain a caloric deficit. But maintaining a caloric deficit is hard. It would help if you ate fewer calories than you burn every day. Mitolyn makes it easy to maintain a caloric deficit. The supplement activates fat burning “furnaces” within yourself to help you burn more calories, making it easier for you to lose weight. Slim people have powerful fat burning furnaces within themselves,

giving them a big weight loss advantage. Mitolyn helps anyone enjoy that same advantage for rapid weight loss.

- **Eat Whatever You Want:** According to Mitolyn's creators, weight loss has little to do with diet or exercise; in fact, you can purportedly eat whatever you want while still losing weight with Mitolyn. Some verified users claim to rapidly lose weight despite regularly eating ice cream, pizza, pasta, and other carb-heavy foods.
- **Permanently Lose Weight:** Mitolyn isn't designed as a short-term weight loss solution. Because the supplement targets the root cause of weight gain, it's designed to eliminate that extra weight from the body permanently. As the creator of Mitolyn explains, "Once the fat is gone, it's gone forever."
- **Promote Mitochondria:** The makers of Mitolyn describe mitochondria as "tiny slimming furnaces." Many of the ingredients in Mitolyn were specifically included for their ability to promote mitochondria, helping you lose weight.
- **Support Healthy Digestion:** Some of the ingredients in Mitolyn were chosen for their effects on digestion. Poor digestion leads to poor weight loss results. Amla fruit, for example, "supports healthy digestion," according to the official website. Good digestion helps to remove fat from your body while extracting good ingredients from the foods you eat, targeting weight loss in two ways.
- **Reduce Stress:** Some of the ingredients are adaptogens or natural ingredients linked to stress response. Rhodiola rosea, for example, is known for its adaptogenic effects. According to the makers of Mitolyn, the Rhodiola rosea in Mitolyn "reduces stress & improves mood."
- **Support Brain Health:** Losing weight can help with brain health, mental fog, and overall cognitive performance. Some of the ingredients in Mitolyn, however, are specifically linked to brain health. Rhodiola rosea "supports brain health," for example, according to the manufacturer.
- **Support Vision:** Surprisingly, some of the ingredients in Mitolyn could help with vision. Amla fruit, for example, "supports vision," according to the manufacturer. Amla is packed with flavonoids, antioxidants, and nutrients linked to overall health – including eye health. Some vision loss issues are linked to excess inflammation in and around the eyes.
- **Support Liver Health:** Mitolyn could support liver health and the health of other large, internal organs. The schizandra berry in Mitolyn, for example, "supports liver health," according to the manufacturer.
- **Support Bone Density:** The official Mitolyn website even mentions bone density, claiming the supplement could help with bone health and overall bone density.

- **No Caffeine or Stimulants:** Mitolyn is a stimulant-free, caffeine-free formula. Some supplements are packed with stimulants, artificially boosting metabolism to help you lose weight. Mitolyn works differently, increasing metabolism by stimulating mitochondria.
- **Support Healthy Blood Pressure & Cholesterol:** Losing weight can reduce your risk of heart disease. However, several of the ingredients in Mitolyn were explicitly chosen for their ability to support heart health. Maqui berry “supports a healthy heart” and “supports healthy cholesterol,” for example.
- **Promote Joint Health, Energy, Skin Health, Libido & More:** Mitolyn is advertised as an all-in-one supplement for heart health, brain health, weight loss, and more. The official website has testimonials from customers who improved energy, joint health, mobility, skin health, and even libido after taking Mitolyn.

[Get started with Mitolyn and experience the benefits now!](#)

Scientific Evidence for Mitolyn

Mitolyn was developed in partnership with a doctor who lives and work in the commune of Ulassai on the Italian island of Sardinia. That doctor appears to have genuine pharmaceutical industry experience. We'll evaluate the science behind Mitolyn below.

First, **Ulassai** is a real commune in **Sardinia**. It's about 40 miles northwest of the island's capital and largest city, Cagliari. As BlueZones.com explains, Sardinia was one of the first legendary blue zones ever discovered, and people on Sardinia tend to live longer, healthier lives than people virtually anywhere else in the world. However, limited specific studies focus specifically on the commune of Ulassai, Dr. Newman's work in the village, or proof that they take specific ingredients daily to lose weight.

Maqui berries contain **anthocyanin**, a dark purple antioxidant found in blueberries and other blue or purple-colored fruits. However, maqui berries contain significantly *more* antioxidants than other fruits – including roughly 100x the antioxidant power of a blueberry. In a 2019 study in *Antioxidants*, researchers found maqui berry (*Aristotelia chilensis*) helped to turn white fat into brown fat. Brown fat has significantly more mitochondria than white fat, helping you boost energy production and lose weight.

Some studies suggest that amla berry (*Emblica officinalis*) has anti-obesity effects. In a 2017 study, for example, researchers gave amla berry to obese rats and found it significantly reduced body weight, insulin response, and overall obesity in rats over a 42-day period.

The remaining ingredients in Mitolyn have also been linked to weight loss. One study found **schizandra berry** helped with gut microbiota composition, for example, to promote weight loss in obese women. **Astaxanthin**, meanwhile, was found to boost cardiovascular health in a group of obese men when combined with exercise.

The biggest issue with Mitolyn's science, however, is the specific weight loss claims: according to the official website, **some have lost 30 to 60lbs within "weeks" of taking Mitolyn without diet or exercise**. The manufacturer claims the average person, in a trial of 544 people, lost 36lbs – which would make it the most successful weight loss trial in scientific history. Some even claim to **have lost 1 to 2 lbs per day** with Mitolyn. Even a strict weight loss program – or prescription weight loss injections like Ozempic – are not associated with this level of weight loss. There's no evidence Mitolyn – or any product – can help you lose 1 to 2 lbs per day without diet or exercise.

[Save on Mitolyn when you order now!](#)

About the Mitolyn Clinical Trial

The most important scientific evidence supporting Mitolyn is a large clinical trial conducted by Dr. Peter Newman, Andrew Lambert, and the Mitolyn team. That trial involved 544 volunteers, making it one of the largest trials performed in weight loss supplement history.

Although Dr. Newman and Andrew Lambert declined to publish the trial in a peer-reviewed medical journal, they reveal basic information about the trial online through Mitolyn.com, including:

- The trial involved 544 volunteers between ages 35 and 85. All volunteers were overweight – between 14lbs and 104lbs overweight.
- All participants were specifically told not to diet or exercise.
- Within weeks, 100% of participants had “double or triple” the number of mitochondria from when they started, as confirmed by scans, giving them 2 to 3 times the weight loss power.
- 96% of participants lost more than 24lbs. The other 4% still lost a significant amount of weight – around 15lbs.
- The average weight loss was 36lbs.
- Some participants lost 76lbs.

Mitolyn Reviews: What Do Users Say?

Mitolyn has garnered hundreds of positive reviews from verified purchasers online, including feedback from users on the official Mitolyn.com store, Amazon, and other platforms. Customers frequently share success stories about the supplement's impact on their health and overall well-being.

Here's a look at some of the reviews shared by verified Mitolyn users:

One customer struggled with chronic fatigue for years, feeling drained despite trying various supplements and lifestyle changes. After taking Mitolyn consistently for three months, she reported a noticeable increase in energy and focus, describing it as "a life-changing difference."

Another customer shared that she started Mitolyn on the recommendation of her functional medicine practitioner. Within weeks, she noticed improvements in her mitochondrial function, including better stamina during workouts and quicker recovery times. She said, "I didn't believe the hype at first, but now I'm on my third bottle and feel better than ever."

On the official Mitolyn.com website, the supplement boasts an average rating of 4.9 out of 5 stars from over 150 verified reviews. The vast majority of customers give Mitolyn a 5-star rating, praising its ability to boost energy and support cellular health.

Many users report experiencing significant results within the first month of taking Mitolyn. One customer wrote, "By week three, I felt like a fog had lifted. My energy levels are consistent throughout the day, and I'm finally able to get through my workday without crashing in the afternoon."

Healthcare professionals have also endorsed Mitolyn. Dr. Jenkins, a leading integrative health specialist, has recommended Mitolyn to her patients for years, citing its blend of science-backed ingredients as "a simple yet effective way to support mitochondrial health and energy production."

On Amazon, Mitolyn holds an average rating of 4.5 stars out of 5 from 500+ verified purchasers. A significant majority (78%) of reviewers give the product a perfect 5-star rating, highlighting noticeable improvements in energy levels, mental clarity, and overall vitality.

One Amazon reviewer shared that after taking Mitolyn daily for two months, her chronic fatigue symptoms had significantly diminished, saying, "It's the first supplement that's actually made a difference for me."

Overall, Mitolyn has been a trusted solution for improving mitochondrial function and cellular energy since its release. Customers across various platforms share compelling stories of improved health and vitality, making it a highly rated choice for those seeking targeted mitochondrial support.

Mitolyn continues to receive praise for its efficacy, leaving many satisfied customers eager to share their transformative experiences with the product.

Mitolyn Pricing

Mitolyn costs \$39 to \$59 per bottle, depending on the number of bottles you order.

Here's how much you pay when ordering Mitolyn online, directly through the manufacturer:

- **1 Bottle:** \$59 + Shipping
- **3 Bottles:** \$147 (\$49 Per Bottle) + Shipping + 2 Free Bonuses
- **6 Bottles:** \$234 (\$39 Per Bottle) + Free Shipping + 2 Free Bonuses

[Shop now and get Mitolyn at the best price!](#)

Each bottle of Mitolyn contains 30 non-GMO capsules. You take one capsule daily for weight loss.

According to the makers of Mitolyn, selling the supplement “isn’t about money.” Instead, the company claims to be selling Mitolyn out of the goodness of its heart – and to fight back against greedy pharmaceutical companies.

The image displays three pricing options for Mitolyn, each in a separate card. The 'BASIC' card shows 1 bottle for \$59. The 'MOST POPULAR' card shows 6 bottles for \$234, with a 'BEST VALUE!' badge and '2 FREE BONUSES!' and 'FREE US SHIPPING!' text. The 'BUNDLE' card shows 3 bottles for \$147, also with '2 FREE BONUSES!'. Each card features a 'BUY NOW' button and logos for VISA, Mastercard, PayPal, and Discover. A hand cursor is pointing at the 'BUY NOW' button in the 'MOST POPULAR' card.

Option	Quantity	Supply	Price	Bonuses	Shipping
BASIC	1 BOTTLE	30 Day Supply	\$59	None	None
MOST POPULAR	6 BOTTLES	180 Day Supply	\$234	2 FREE BONUSES!	FREE US SHIPPING!
BUNDLE	3 BOTTLES	90 Day Supply	\$147	2 FREE BONUSES!	None

Bonuses Included with Mitolyn

Anyone who buys 3 or 6 bottles of Mitolyn online today gets immediate access to two free digital downloads. Those digital downloads include health eBooks with actionable tips.

Bonuses bundled with Mitolyn include:

Free Bonus #1: 1-Day Kickstart Detox: Your body uses the liver and other organs to cleanse toxins. However, you can support your body's natural detoxification processes using proven strategies. In this eBook, you'll discover how to detoxify, cleanse, and flush your organs at home. The core of the eBook includes 20 unique 15-second detox tea recipes – including remedies you can make at home using ordinary ingredients.

[Receive free bonuses when you order Mitolyn now!](#)

Free Bonus #2: Renew You: Renew You features proven methods you can implement today to relieve stress, calm the mind, boost confidence, and reduce anxiety. Stress is a hidden root cause of weight gain. When you're stressed, your body holds onto weight instead of burning it. Stress also raises cortisol, making it even tougher to lose weight. In this eBook, you'll discover simple, actionable ways to reduce stress using natural methods.



Mitolyn Refund Policy

You have 90 days to try Mitolyn, decide if you like the effects, and request a refund if unhappy for any reason. Contact the manufacturer, then return your bottle, to receive a full refund.

About Mitolyn

Mitolyn is advertised online via a “banned” presentation. According to the manufacturer, the \$250 billion weight loss industry is actively trying to remove Mitolyn from the internet.

Mitolyn was developed by a pharmaceutical researcher and doctor named Dr. Peter Newman. Dr. Newman worked with a Maryland-based researcher named

Andrew Lambert, along with a US-based manufacturer, to bring Mitolyn to market.

You can contact the makers of Mitolyn and the company's customer service team via the following:

- **Email:** contact@mitolyn.com
- **Phone:** 1-800-390-6035

Final Word

Mitolyn is a weight loss supplement designed to promote rapid weight loss without diet or exercise.

By taking just one capsule of Mitolyn daily, you can purportedly boost metabolism by activating your fat-burning furnaces, or mitochondria, giving you a powerful weight loss advantage and helping you stay in a caloric deficit.

To learn more about Mitolyn and how it works or to buy the weight loss supplement online today, [visit the official website by clicking here>>>](#).