



THE ULTIMATE GLP-1 USER'S MASTER GUIDE



**COMPLETE METABOLIC OPTIMIZATION
SYSTEM FOR SUCCESSFUL WEIGHT LOSS
WITH MUSCLE PRESERVATION**



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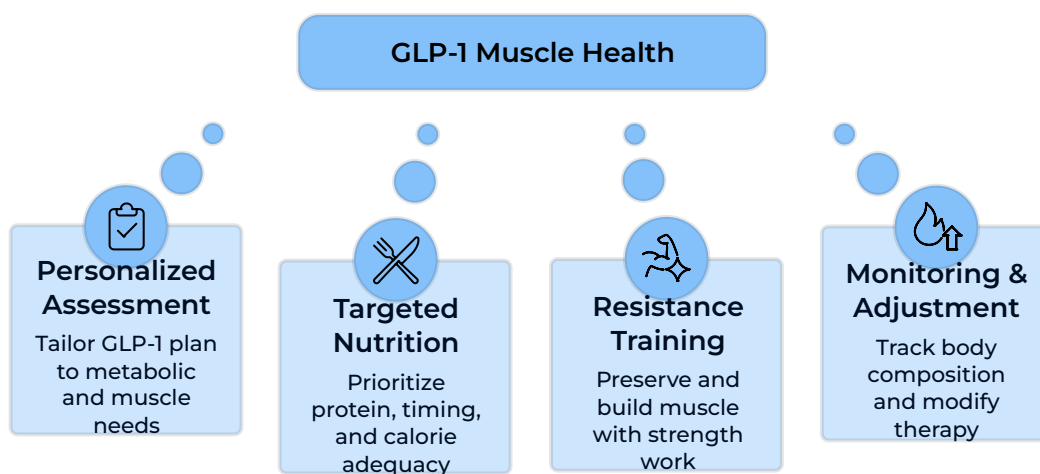
Quick Reference Guide



Introduction: Transforming GLP-1 Therapy from Weight Loss to Body Optimization

GLP-1 receptor agonists like semaglutide (Ozempic, Wegovy) and tirzepatide (Mounjaro, Zepbound) represent a revolutionary advancement in weight management. These medications have helped millions achieve significant weight loss, but they come with a critical challenge that most users don't fully understand: **up to 40% of the weight lost can come from lean muscle mass rather than fat** [48][58][62][45][53].

This master guide provides you with the complete solution to maximize the benefits of GLP-1 therapy while protecting and preserving your most valuable metabolic asset—your muscle mass.





The GLP-1 Challenge: Understanding What You're Up Against

The Muscle Loss Crisis

Recent clinical research reveals the scope of the challenge facing GLP-1 users. The evidence demonstrates that a significant portion of weight loss comes from metabolically active lean mass:

Semaglutide Studies

Show **40-45%** of weight lost comes from lean mass [58][62][53]

Tirzepatide Studies

Demonstrate **25%** lean mass loss [58][62][53]

Inevitable Loss

Without targeted intervention, muscle loss is inevitable during rapid weight loss [48][1][45]

Why This Matters: The Metabolic Consequences

Chronic Fatigue & Low Energy

Increased fatigue and severely reduced energy levels. This is linked to a reduced basal metabolic rate, meaning your body burns fewer calories at rest.

Compromised Body Composition

The "skinny fat" appearance (low muscle, high relative fat). This is a major factor in the **higher risk of weight regain**, as less muscle means a significantly slower metabolism [49][47].

Decreased Strength & Function

Decreased physical strength and functional capacity. Weakness and instability lead to an increased risk of falls and injury [49][46].

Accelerated Aging & Health Risks

Accelerated aging processes, as muscle loss contributes to frailty [49][48]. It also severely compromises glucose control (muscle is crucial for blood sugar regulation [48]) and reduces bone health [1].

The Mechanism: Why GLP-1s Cause Muscle Loss



GLP-1 Action: Massive Calorie Reduction

Appetite suppression, delayed gastric emptying, and enhanced satiety work together to create a severe and rapid caloric deficit.



Triggering Metabolic Demand

When caloric intake drops dramatically due to the drug's effects, the body urgently needs energy. Without adequate external nutrition, it resorts to breaking down stored tissues.



The Breakdown Process

The body breaks down both fat **and muscle tissue** to meet energy demands. Muscle is particularly vulnerable because it is a source of readily available protein.



Gluconeogenesis: The Specific Fuel Switch

Specifically, if carbohydrate intake is insufficient, the brain requires glucose, forcing the body to convert muscle protein into glucose through a process called gluconeogenesis [47][1].



The Critical Window: Accelerated Muscle Loss

Research shows that muscle loss begins almost **immediately** with caloric restriction, accelerating significantly during the rapid weight loss typically achieved through GLP-1 therapy [47][46].



The Science of Muscle Loss During Weight Loss

Universal Challenge of Weight Loss

Important Context: Muscle loss during weight loss is not unique to GLP-1 medications. **All weight loss methods result in some muscle loss** [47][46]:

Diet alone

20-30% of weight lost is muscle

Bariatric surgery

25-35% of weight lost is muscle

GLP-1 medications

25-45% of weight lost is muscle

Exercise + diet

10-15% of weight lost is muscle
(lowest)

The Metabolic Adaptation Response

What Happens During Weight Loss [47]:

Initial Phase

Energy intake drops below energy expenditure

Adaptation Phase

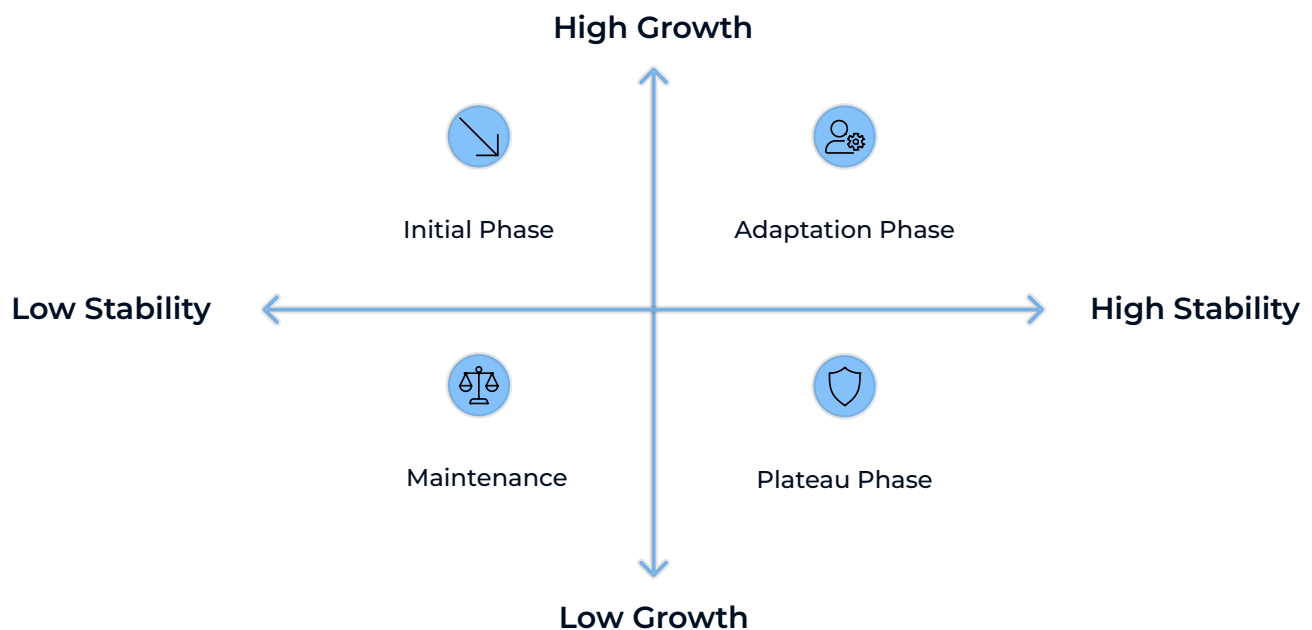
Body reduces metabolic rate to match lower intake

Plateau Phase

Energy balance achieved at lower body weight

Maintenance Challenge

Slower metabolism makes maintenance difficult



Factors That Influence Muscle Loss

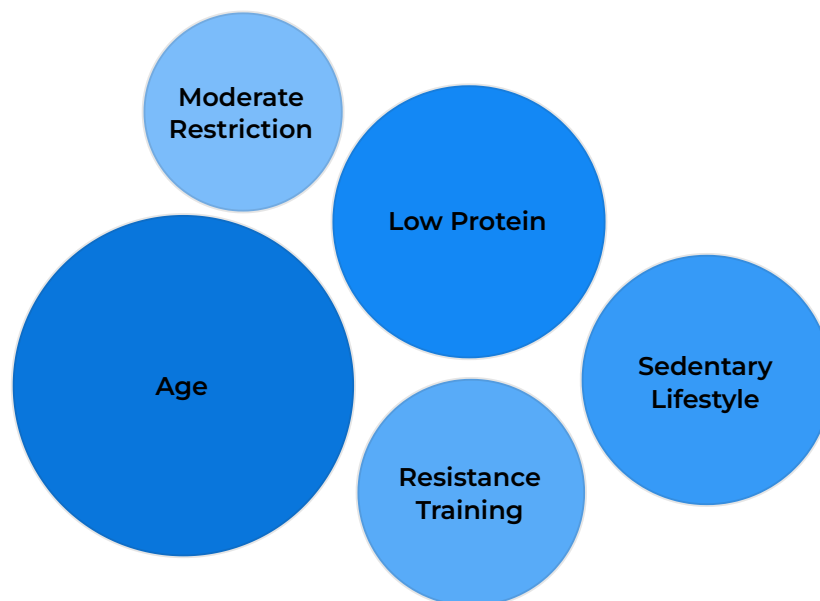
Research identifies key factors that determine muscle preservation [46][48][45]:

High Risk Factors:

- **Age:** Older adults lose muscle more rapidly
- **Gender:** Women typically lose more muscle than men
- **Low protein intake:** Less than 0.8g per kg body weight
- **Sedentary lifestyle:** No resistance training
- **Rapid weight loss:** Faster loss = more muscle loss
- **Very low calorie diets:** Extreme restriction increases muscle breakdown

Protective Factors:

- **Adequate protein intake:** 1.2-1.6g per kg body weight [51][54][46]
- **Resistance training:** 2-3x per week minimum [51][54][46]
- **Moderate calorie restriction:** Gradual vs. extreme restriction
- **Professional supervision:** Medical oversight improves outcomes [45]





The UCOS Solution: Your Complete Cellular Protection System

The **Ultimate Cellular Optimization System (UCOS)** enhanced with **Metabolism+** represents the most comprehensive approach to protecting muscle mass and optimizing metabolism during GLP-1 therapy.



Cellular Energy Optimization

Maintaining ATP production during caloric restriction



Autophagy Enhancement

Selective removal of damaged proteins while preserving healthy muscle



Hormonal Support

Optimizing anabolic hormone levels



Recovery Optimization

Maximizing sleep and recovery for muscle preservation



Metabolic Enhancement

Boosting thermogenesis and fat oxidation

The Enhanced UCOS Protocol

Morning Power Stack (Upon Waking)

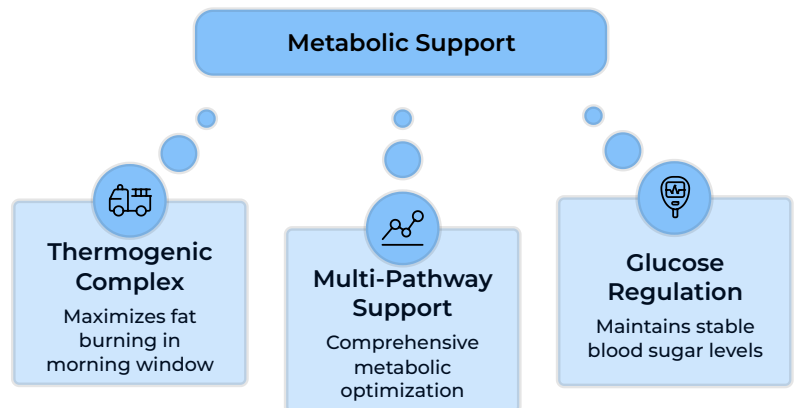
Activate365 Components:

- **Spermidine (10mg):** Triggers targeted autophagy, removing damaged cellular components while preserving healthy muscle tissue [2][3]
- **NAD+ (20mg):** Critical energy cofactor supporting muscle protein synthesis during caloric restriction [2][3]
- **Boron (10mg):** Increases testosterone by 25%, creating anabolic environment for muscle preservation [2][3]



Metabolism+ Enhancement (2 Pills):

- **Advanced thermogenic complex:**
Maximizes fat burning during morning metabolic window
- **Multi-pathway metabolic support:**
Comprehensive approach to metabolic optimization
- **Glucose regulation support:** Maintains stable blood sugar during reduced intake



Optional: Mito365 (Can be taken with morning stack or separately):

- **NAD+ (150mg):** Massive dose providing sustained cellular energy and 50% increase in fat oxidation [2][3]
- **PQQ (20mg):** Stimulates creation of new mitochondria through biogenesis [2][3]
- **Methylene Blue (10mg):** Bypasses damaged mitochondrial components to maintain energy production
- **GHK-Cu Peptide (10mg):** Accelerates muscle tissue healing and regeneration [2][3]

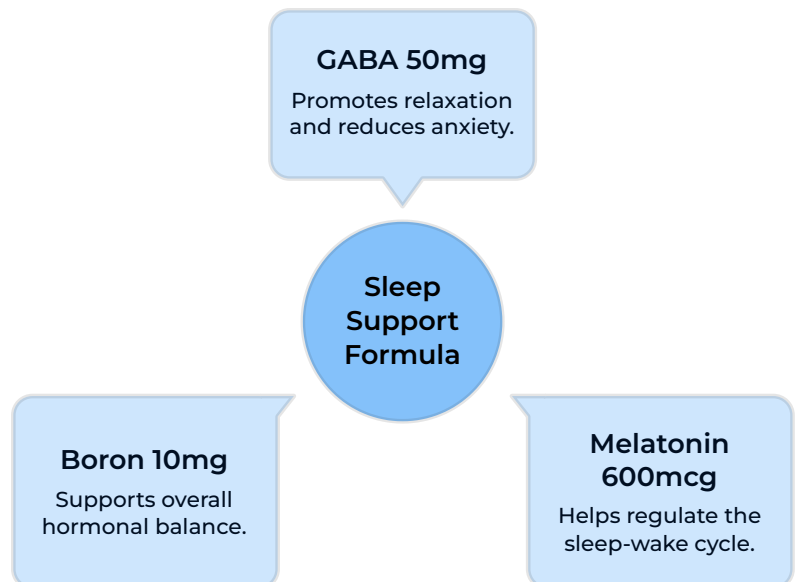


Evening Recovery

(30-60 minutes before bed)

Restore365 Components:

- **GABA (50mg):** Promotes deep sleep phases when growth hormone peaks [3]
- **Melatonin (600mcg):** Optimizes sleep architecture and provides antioxidant protection [3]
- **Boron (10mg):** Continues hormonal optimization during overnight recovery [3]



Flexible Dosing Options

Option 1: Complete Morning Loading (Recommended)

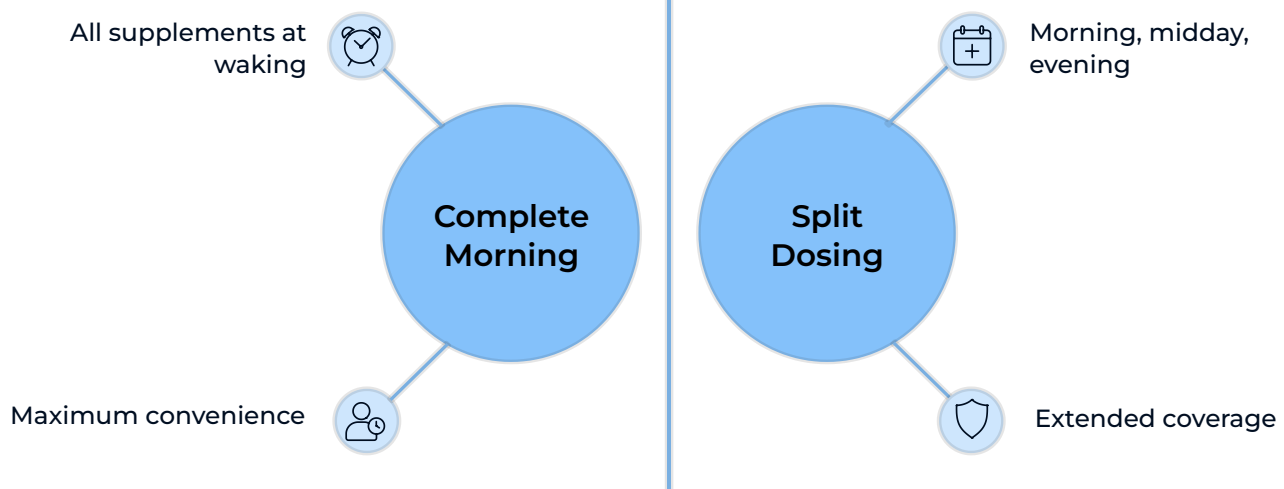
All supplements taken together upon waking (with or without food)

Benefits: Maximum convenience, sustained energy, complete daily NAD+ dose (170mg)

Option 2: Split Dosing

- Morning: Activate365 + Metabolism+
- Midday: Mito365
- Evening: Restore365

Benefits: Extended coverage throughout day





The Four Pillars of GLP-1 Success

Research consistently shows that combining supplementation with lifestyle strategies provides superior results for muscle preservation [46][54][45][51].



Nutrition Support

Protein, calories, and timing to preserve muscle



Resistance Training

Strength workouts to maintain lean mass



Targeted Supplementation

Evidence-backed supplements complement lifestyle



Behavioral Consistency

Adherence and routines drive long-term success

Pillar 1: Strategic Time-Restricted Eating (9-Hour Window)

The Protocol

- **Choose a consistent 9-hour eating window** (recommended: 10 AM – 7 PM)
- **Meal structure:** 2 substantial meals + 1 snack
- **No calorie counting initially:** Focus on satiety and food quality
- **Protein priority:** 25-35g protein per meal minimum [51][54][48]



Scientific Benefits

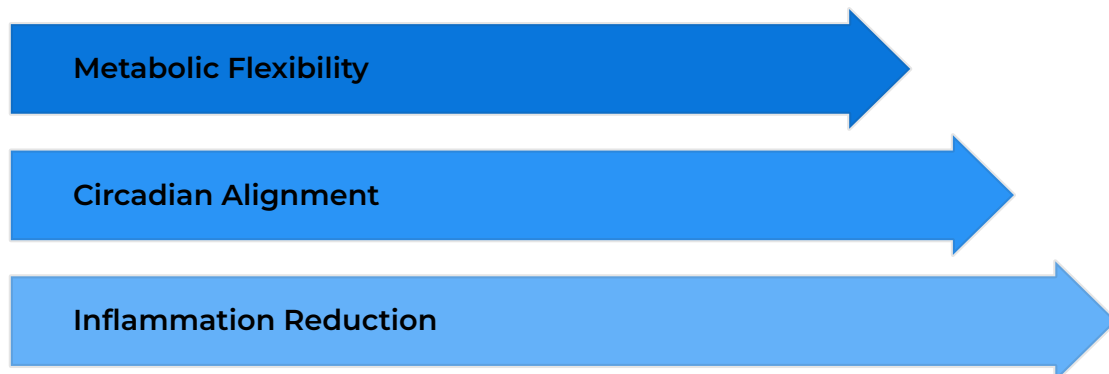
Metabolic Advantages [4][5][6][7]:

- Enhanced insulin sensitivity (15-25% improvement)
- Improved metabolic flexibility and fat oxidation
- Increased autophagy (cellular cleanup), synergizing with UCOS spermidine
- Better circadian rhythm alignment
- Reduced systemic inflammation
- Prevention of metabolic adaptation

Integration with UCOS

Morning Loading Schedule:

- **7:00 AM:** Complete morning stack (with or without food)
- **10:00 AM:** Begin eating window
- **1:00 PM:** Lunch (no additional supplements needed)
- **7:00 PM:** End eating window
- **10:00 PM:** Restore365 before bed

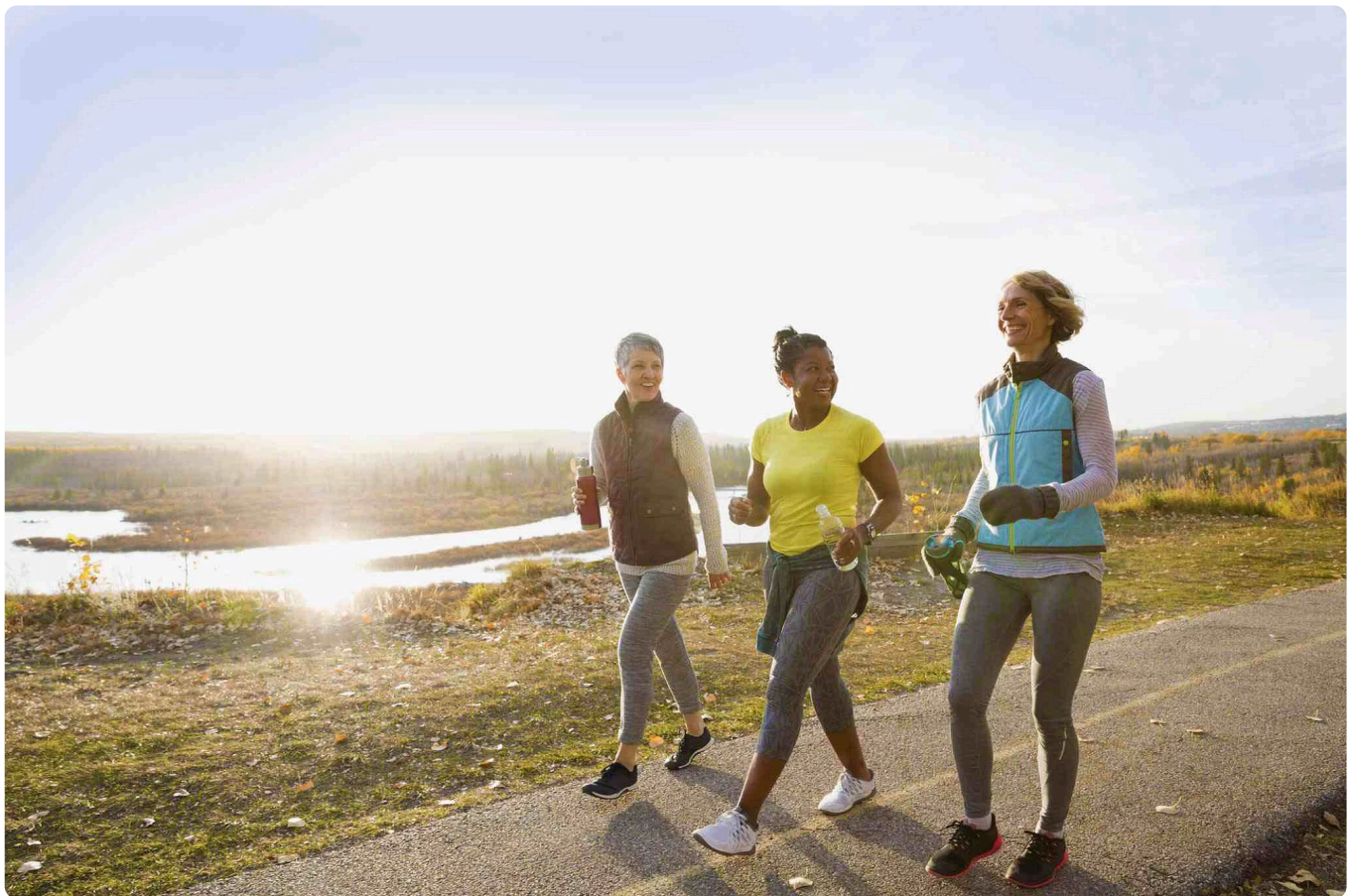


Pillar 2: The Power of 8,000 Steps Daily

Why 8,000 Steps is Critical

Research demonstrates that 8,000-10,000 daily steps provides optimal benefits for:

- **Muscle preservation during weight loss** [49][51][22]
- **Enhanced mitochondrial function** [26][23]
- **Improved insulin sensitivity** [52][51]
- **Amplified supplement effectiveness**



Strategic Implementation

Morning Activation (30-60 minutes after supplements):

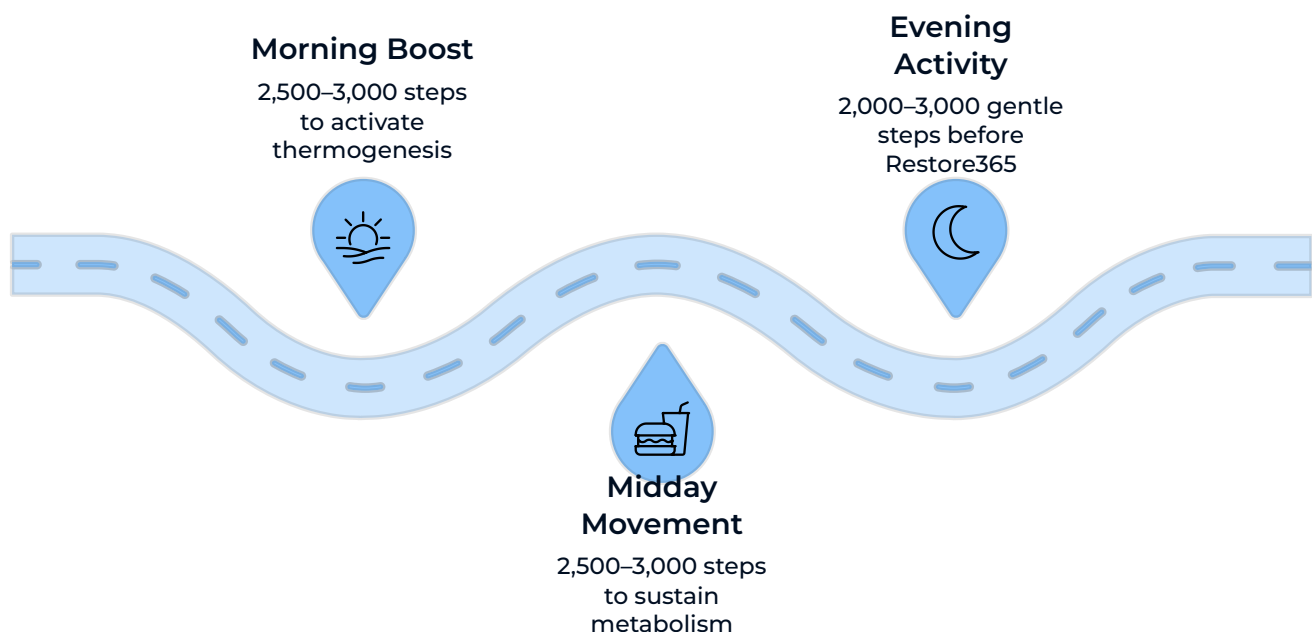
- 2,500-3,000 steps to enhance thermogenic activation
- Maximizes fat oxidation from morning supplement stack

Midday Movement:

- 2,500-3,000 steps during lunch break or afternoon
- Maintains metabolic activation throughout day

Evening Activity (2-3 hours before Restore365):

- 2,000-3,000 steps as gentle recovery movement
- Promotes relaxation and circadian alignment



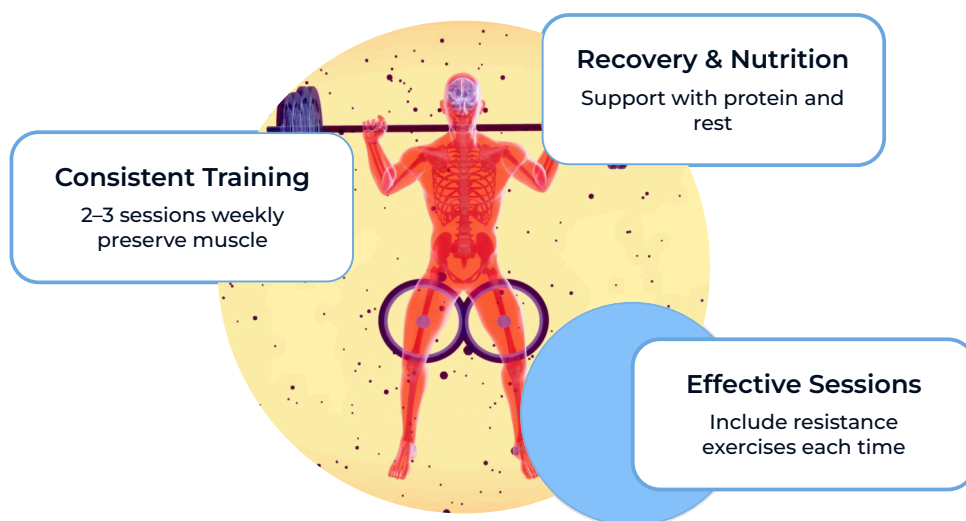


Pillar 3: Resistance Training - The Muscle Preservation Essential

The Critical Research

Clinical evidence shows resistance training is the most effective strategy for preserving muscle during weight loss [51][54][46]:

- **2-3 sessions per week can prevent muscle loss completely [51][46]**



- **Resistance training is more effective than cardio alone for muscle preservation [51][46]**
- **Combined with adequate protein, resistance training can maintain strength during weight loss [54][46]**

Minimum Effective Protocol

- **Frequency:** 2-3 full-body sessions per week
- **Duration:** 20-40 minutes per session
- **Focus:** Compound movements (squats, deadlifts, rows, presses)
- **Progression:** Gradually increase resistance or repetitions
- **Timing:** Can be performed any time after morning supplements

Exercise Examples

Beginner Protocol (2x/week):

Bodyweight squats: 3 sets of 8-15

Push-ups (modified as needed): 3 sets of 5-12

Plank hold: 3 sets of 15-30 seconds

Walking lunges: 2 sets of 10 each leg

Intermediate Protocol (3x/week):

Dumbbell squats: 3 sets of 10-15

Dumbbell rows: 3 sets of 10-15

Chest press: 3 sets of 10-15

Deadlifts (light weight): 3 sets of 8-12

Beginner Protocol

2x/week:
bodyweight
squats, push-ups,
plank, lunges



Intermediate Protocol

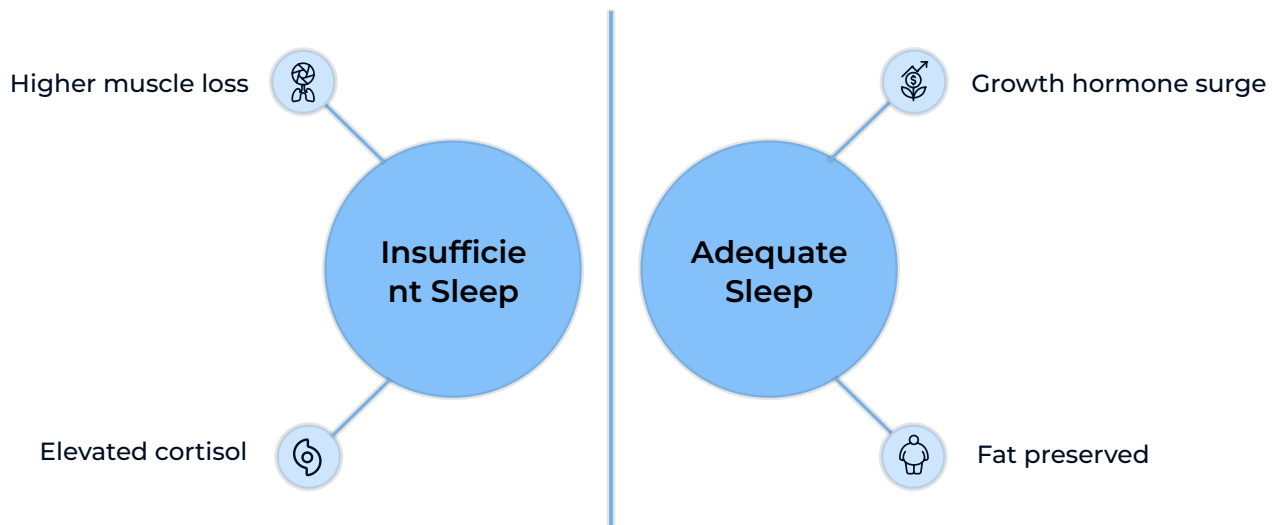
3x/week:
dumbbell squats,
rows, press, light
deadlifts

Pillar 4: Sleep Optimization (7-8 Hours Nightly)

The Sleep-Muscle Connection

Research reveals sleep's critical role in muscle preservation [8][9][10][11][12]:

- **Participants sleeping 5.5 hours lost 55% less fat and 60% more muscle** compared to those sleeping 8.5 hours [8]
- **Growth hormone increases 300% during deep sleep phases** [10][12]
- **Sleep deprivation increases cortisol by 30-50%**, promoting muscle breakdown [9][11]





The UCOS Sleep Protocol

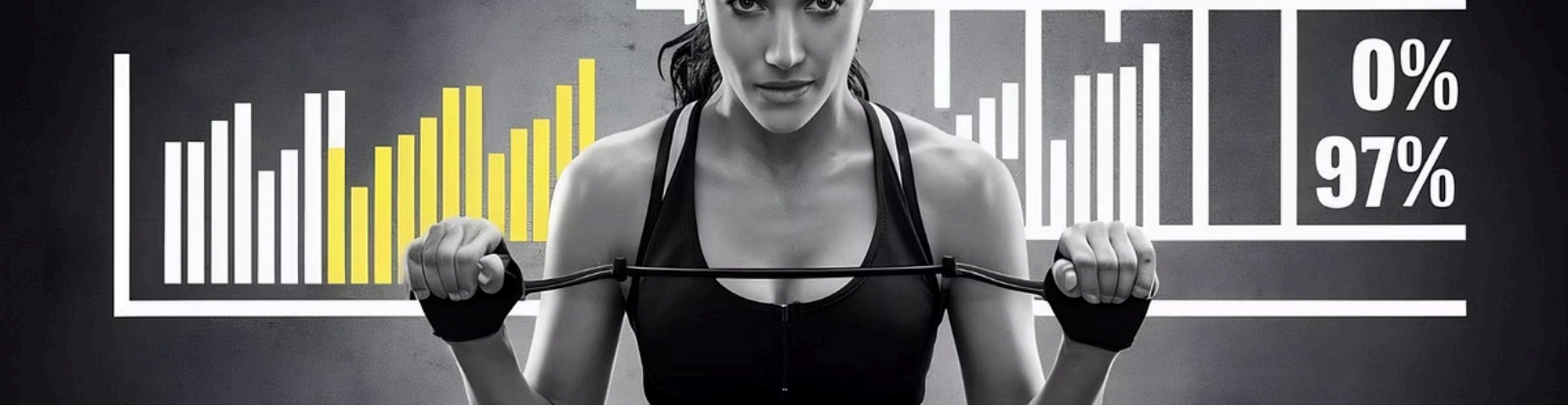
Evening Routine:

1. **Complete final meal by 7:00 PM** (end of eating window)
2. **Reduce screen exposure** 90 minutes before bed
3. **Environmental optimization:** Cool (65-68°F), dark, quiet
4. **30-60 minutes before bed:** Take Restore365
5. **Consistent bedtime:** Same time every night

Sleep Architecture Benefits:

The GABA and melatonin in Restore365:

- Reduce sleep onset time by 15-25 minutes
- Increase deep sleep phases when growth hormone peaks
- Provide antioxidant protection to muscle tissue
- Support overnight muscle protein synthesis



Implementation Guide: Your Step-by-Step Protocol

Week 1-2: Foundation Phase

Day 1-3: System Introduction

Supplement Protocol:

- Start with Activate365 + Metabolism+ only (morning)
- Add Restore365 on Day 2 (evening)
- Introduce Mito365 on Day 3 (choose morning or midday)

Lifestyle Integration:

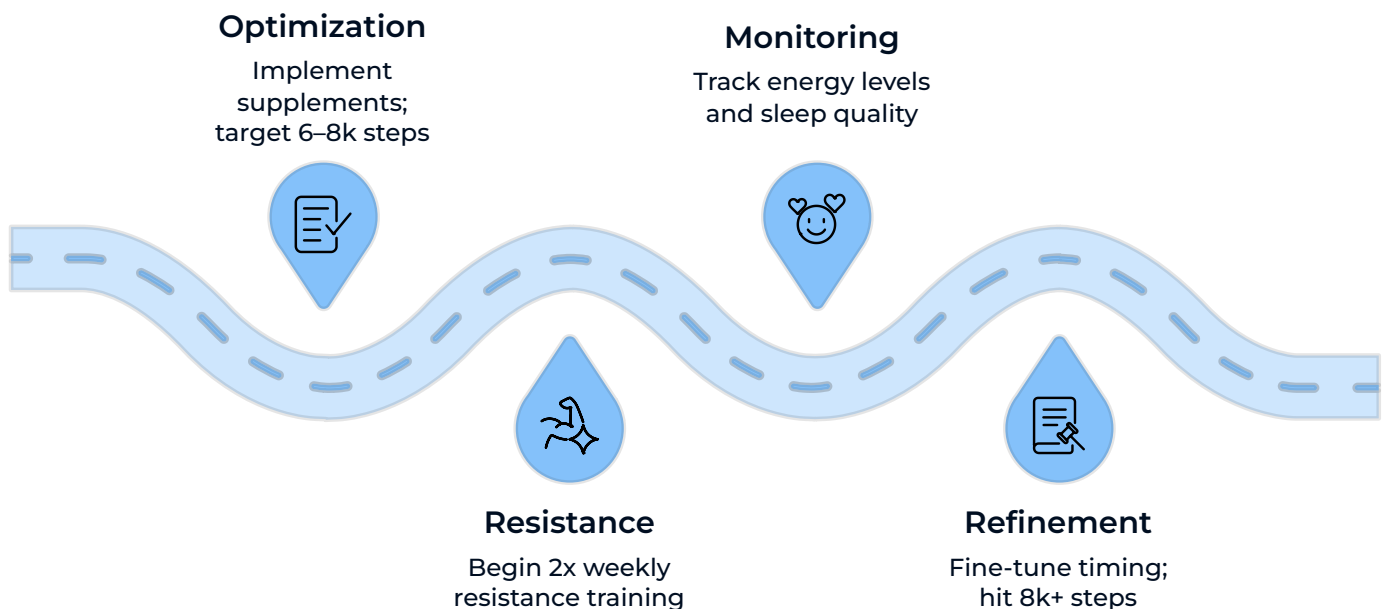
- Establish 9-hour eating window
- Begin tracking daily steps (baseline measurement)
- Set consistent sleep schedule

Day 4-7: Optimization

- Complete supplement protocol implementation
- Target 6,000-8,000 steps daily
- Begin resistance training (2x this week)
- Monitor energy levels and sleep quality

Day 8-14: Refinement

- Fine-tune supplement timing based on response
- Achieve consistent 8,000+ steps daily
- Establish protein intake goals (25-35g per meal)
- Assess initial body composition changes



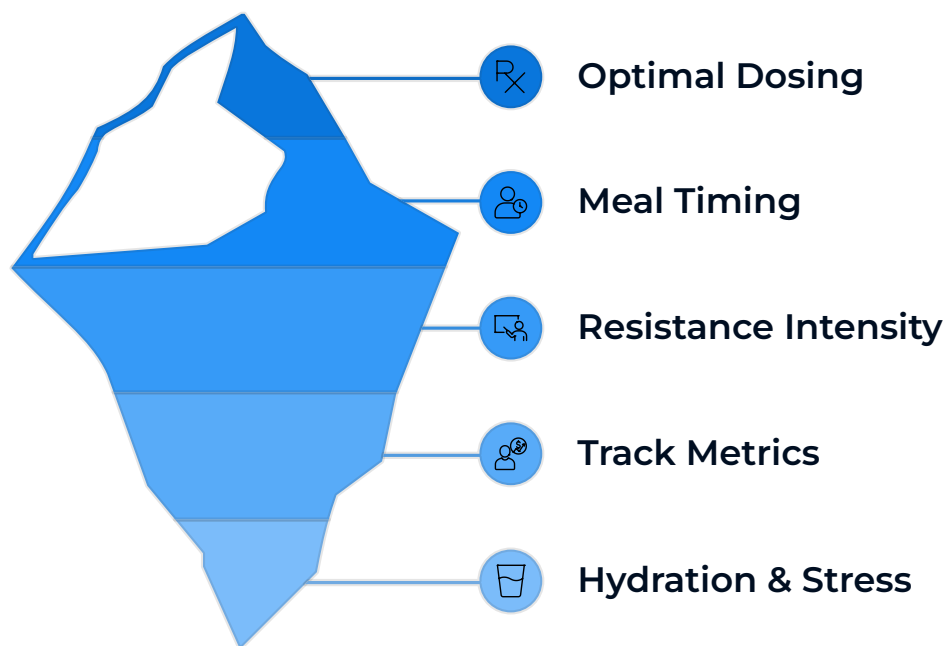
Week 3-4: Adaptation Phase

System Mastery

- Choose optimal dosing strategy (morning loading vs. split)
- Optimize meal timing within eating window
- Increase resistance training intensity
- Track progress metrics

Performance Enhancement

- Add advanced movement strategies
- Optimize hydration protocols
- Implement stress management techniques
- Prepare for long-term success



Month 2-3: Optimization Phase

Results Acceleration

- Refine protocol based on individual response
- Advanced body composition monitoring
- Enhanced recovery strategies
- Metabolic flexibility development

Sustainability Focus

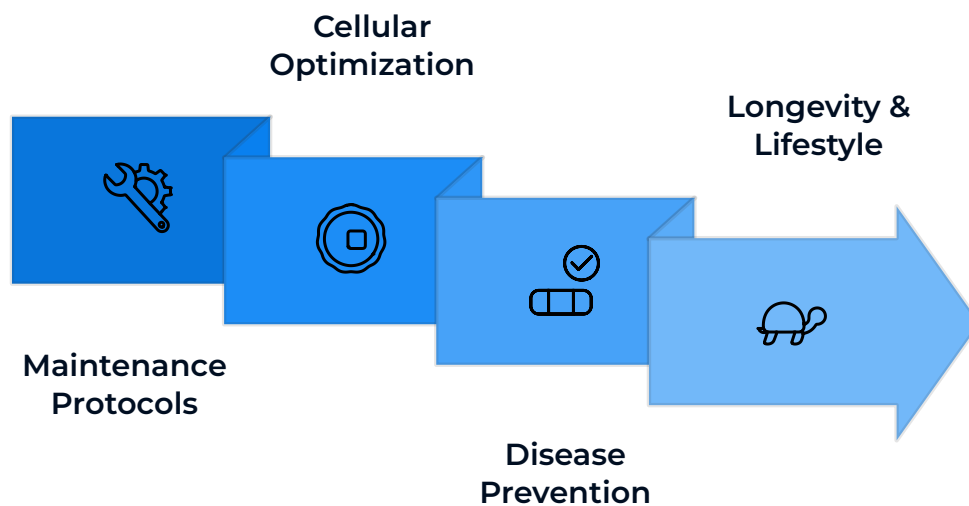
- Establish permanent lifestyle habits
- Build support systems and accountability
- Plan for maintenance phase
- Address any challenges or plateaus





Month 4+: Mastery Phase Long-Term Success

- Transition to maintenance protocols as needed
- Continued cellular health optimization
- Disease prevention and longevity focus
- Integration of lessons into permanent lifestyle





Advanced Optimization Strategies For Maximum Fat Loss

Enhanced Morning Protocol:

- Complete morning stack with 45-60 minute walk
- Brief cold exposure (2-3 minute cold shower) after supplements
- Extend eating window fast occasionally (10-11 hours)

Metabolic Acceleration:

- Add brief afternoon walking sessions during sustained energy periods
- Implement breathing exercises for stress reduction
- Optimize meal composition within eating window



For Maximum Muscle Preservation

Protein Optimization:

- Increase protein intake to 1.2-1.6g per kg body weight [51][54][46]
- Time protein intake around resistance training sessions
- Consider leucine-rich protein sources (dairy, eggs, meat)

Training Enhancement:

- Progress to 3x/week resistance training
- Focus on compound movements with progressive overload
- Monitor recovery and adjust intensity accordingly

Hormonal Optimization:

- Prioritize 8 hours of sleep nightly
- Manage stress through meditation or relaxation techniques
- Consider periodic higher-calorie days monthly



For Enhanced Energy and Performance

Morning Loading Benefits:

- Complete 170mg NAD+ dose provides sustained all-day energy
- Enhanced fat oxidation during most active hours
- Simplified dosing for superior adherence

Performance Support:

- Time workouts 2-4 hours after morning supplements
- Maintain consistent meal timing within eating window
- Monitor biomarkers with healthcare provider

Troubleshooting Common Challenges

Energy Fluctuations (Weeks 1-3)

Common Issues:

- Initial fatigue as body adapts to new protocol
- Energy dips during eating window transitions
- Difficulty maintaining consistent energy

Solutions:

- Ensure 7-8 hours quality sleep (non-negotiable)
- Try morning loading for more stable energy
- Increase water intake to 12+ glasses daily
- Allow 2-3 weeks for metabolic adaptation

Initial Fatigue

Body adapts in weeks 1-3

Stability Solutions

Sleep, hydrate, morning loading



Energy Dips

Transitioning eating windows

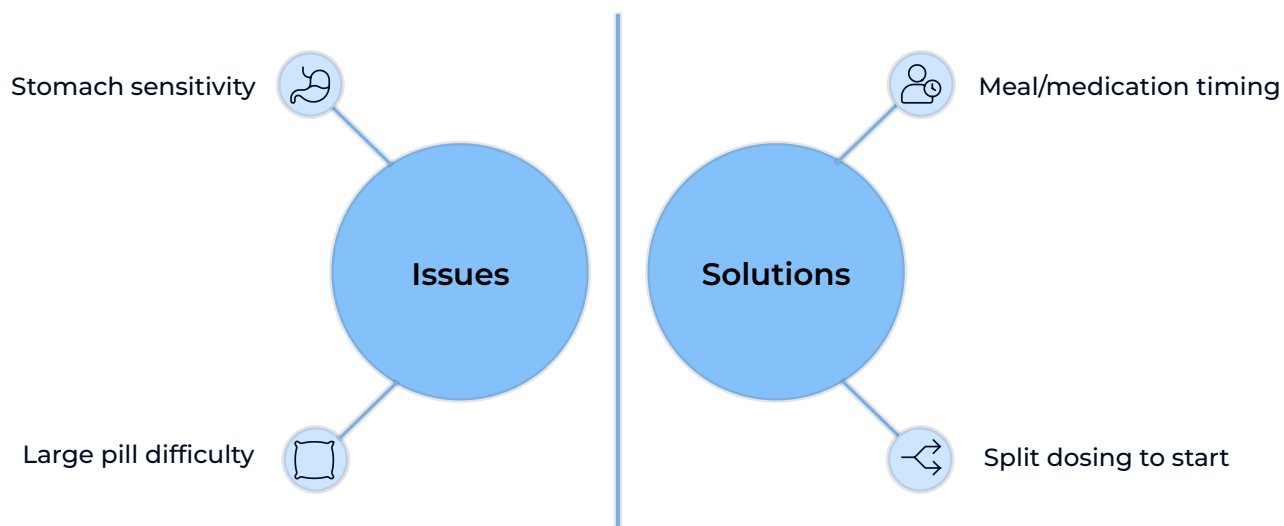
Supplement Tolerance

Potential Issues:

- Stomach sensitivity to morning supplement load
- Difficulty with large pill intake
- Timing conflicts with meals or medications

Solutions:

- Start with split dosing and progress to morning loading
- Take all supplements with food if needed
- Ensure 8-12oz water with supplement intake
- Consult healthcare provider for medication interactions



Progress Plateaus

Common Causes:

- Inconsistent supplement timing
- Inadequate protein intake
- Missing resistance training component
- Chronic stress interfering with results

Solutions:

- Verify daily supplement consistency
- Track protein intake (aim for 25-35g per meal)
- Add or increase resistance training frequency
- Implement stress management techniques
- Consider body composition vs. scale weight

Common Causes

Inconsistent supplements, low protein, no resistance, chronic stress.



Recommended Solutions

Consistent dosing, track protein, add resistance, manage stress.

Sleep Difficulties

Potential Issues:

- Difficulty falling asleep despite Restore365
- Frequent wake-ups during night
- Morning grogginess

Solutions:

- Take Restore365 60 minutes before bed (not 30)
- Optimize sleep environment (dark, cool, quiet)
- Limit screen exposure 90 minutes before bed
- Maintain consistent bedtime even on weekends

Sleep Issues

Difficulty falling asleep, night wakings, morning grogginess.



Recommended Fixes

Timing, environment, screens, and consistent bedtime.

Monitoring Your Success

1

Body Composition (Most Important)

- **Muscle mass preservation:** Goal is <10% of weight lost from muscle
- **Fat mass reduction:** Primary target for weight loss
- **Body fat percentage:** Should decrease significantly
- **Measurements:** Waist, hip, arm, thigh circumference

2

Performance Markers

- **Strength improvements:** Track resistance training progress
- **Energy levels:** Daily subjective rating (1-10 scale)
- **Step count consistency:** Maintain 8,000+ daily average
- **Sleep quality:** Duration and subjective rest quality

3

Metabolic Health

- **Weight trends:** Expect 1-2 lbs per week loss
- **Eating window adherence:** Track consistency
- **Supplement compliance:** Daily tracking recommended
- **Recovery:** Subjective wellness and mood scores



Assessment Timeline

Weekly Reviews

- Body weight and measurements
- Energy level assessment
- Supplement and lifestyle adherence
- Sleep quality evaluation
- Step count averages



Weekly Check

Body weight and measurements



Energy Review

Assess daily energy levels



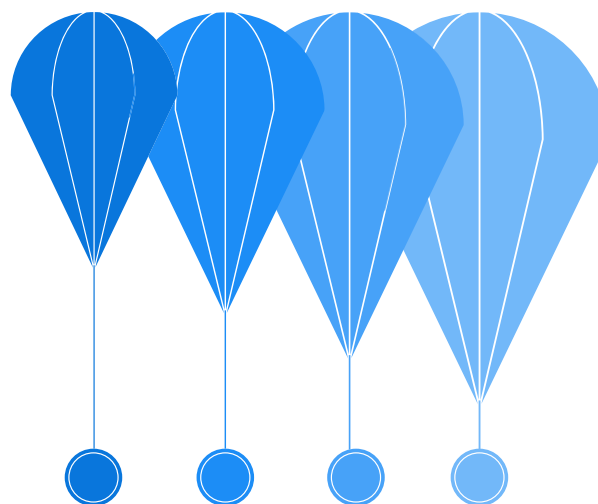
Adherence Check

Supplements and lifestyle



Recovery & Activity

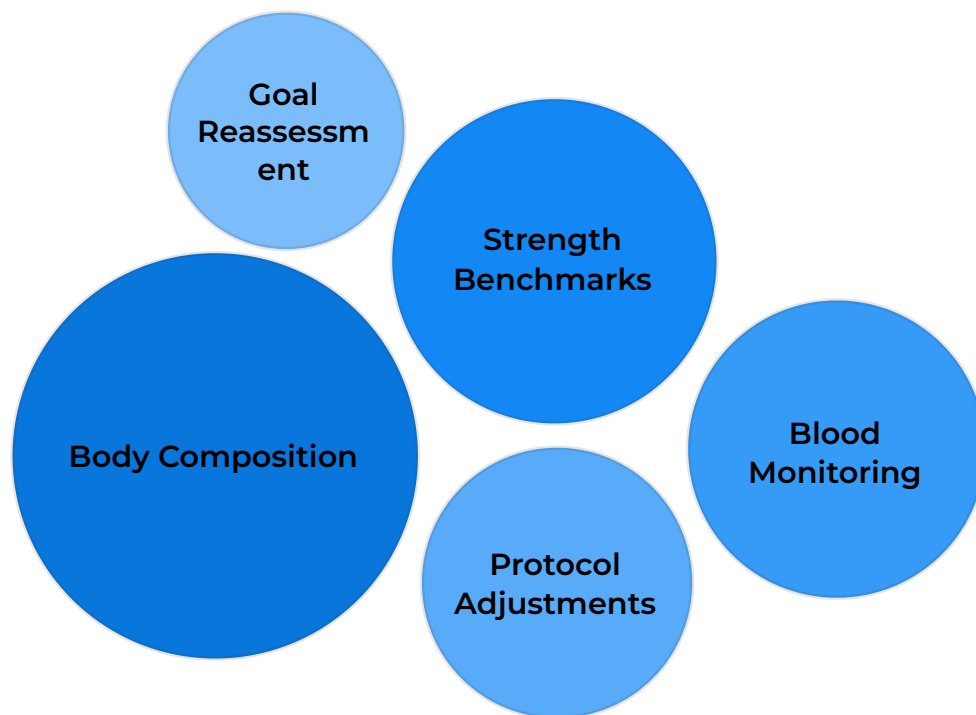
Sleep quality and steps

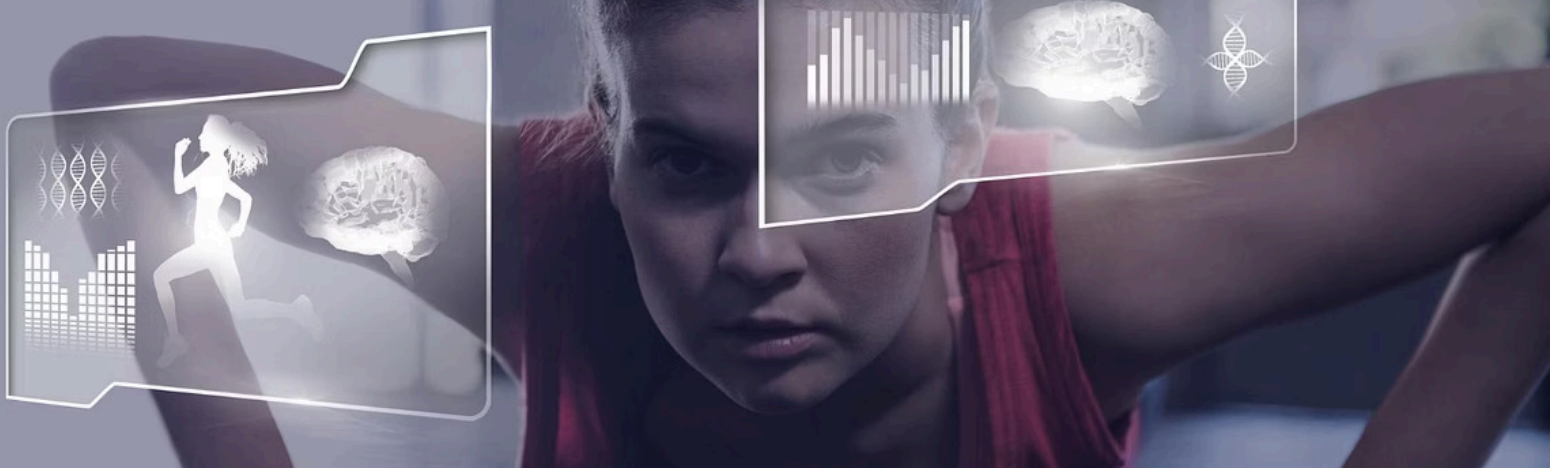




Monthly Evaluations

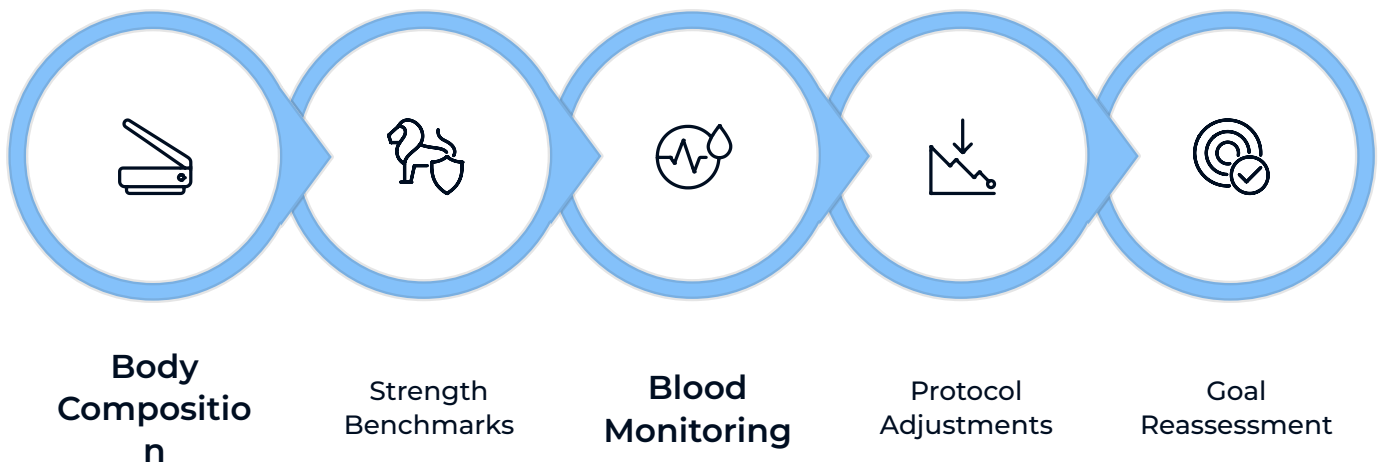
- Comprehensive body composition analysis (DEXA scan ideal)
- Strength and performance benchmarks
- Blood work monitoring (with healthcare provider)
- Protocol adjustments and optimizations
- Goal reassessment and planning





Expected Timeline

- **Week 1-2:** Initial energy improvements, sleep optimization
- **Week 3-4:** Enhanced recovery, metabolic adaptation
- **Month 2-3:** Significant body composition improvements
- **Month 3+:** Sustained fat loss with preserved muscle mass



Long-Term Maintenance and Metabolic Health

The Science of Lasting Success

Metabolic Flexibility Development:

UCOS creates true metabolic flexibility - the ability to efficiently switch between burning carbohydrates and fats for fuel [29][26]. This is crucial for:

- Sustained weight management after discontinuing GLP-1 therapy
- Energy stability during various eating patterns
- Performance optimization during different activities
- Longevity benefits through enhanced cellular function





Transitioning Off GLP-1 Therapy

Maintaining Results:

- **Preserved muscle mass** maintains higher metabolic rate
- **Enhanced mitochondrial function** provides energy flexibility
- **Optimized hormonal profiles** support continued health
- **Established lifestyle habits** ensure sustainable practices

Long-Term UCOS Protocol

Maintenance Options:

- Continue full protocol for optimal cellular health
- Reduce to core components (Activate365 + Restore365)
- Cycle protocols based on goals and lifestyle changes
- Maintain lifestyle pillars permanently

Disease Prevention and Longevity

Cellular Health Benefits:

- Enhanced mitochondrial function slows aging processes
- Improved stress resistance at cellular level
- Optimized hormone profiles support healthy aging
- Maintained muscle mass prevents sarcopenia and frailty



Quick Reference Guide

Daily Protocol Checklist

Morning (Upon Waking)

- ☐ **Complete Morning Stack:** Activate365 + Metabolism+ + Mito365 (optional)
- ☐ **OR Split Dosing:** Activate365 + Metabolism+ only
- ☐ Take with 8-12oz water (with or without food)
- ☐ Wait 30-45 minutes, then begin morning walk

Throughout Day

- ☐ **Maintain 9-hour eating window** (e.g., 10 AM – 7 PM)
- ☐ **Target 8,000+ steps** distributed throughout day
- ☐ **Ensure adequate protein** (25-35g per meal)
- ☐ **Stay hydrated** (10-12 glasses water)

If Split Dosing

- ☐ **Midday:** Take Mito365 with or without food

Evening

- ☐ **End eating window** by chosen time (e.g., 7 PM)
- ☐ **30-60 minutes before bed:** Take Restore365
- ☐ **Sleep preparation:** Cool, dark, quiet environment
- ☐ **Target 7-8 hours** quality sleep

Weekly Checklist

Weekly

- ☐ **Resistance training:** 2-3 sessions minimum
- ☐ **Progress assessment:** Weight, measurements, energy
- ☐ **Meal planning:** Ensure adequate protein sources
- ☐ **Stress management:** Meditation, relaxation techniques



GLP-1 Users: The Weight Loss Secret Your Doctor Isn't Telling You

Losing weight fast with Ozempic/Wegovy? Great! But up to 40% of that could be precious MUSCLE.

Protect your lean muscle, energy, and metabolic health.

Powered by
 MODS Max™





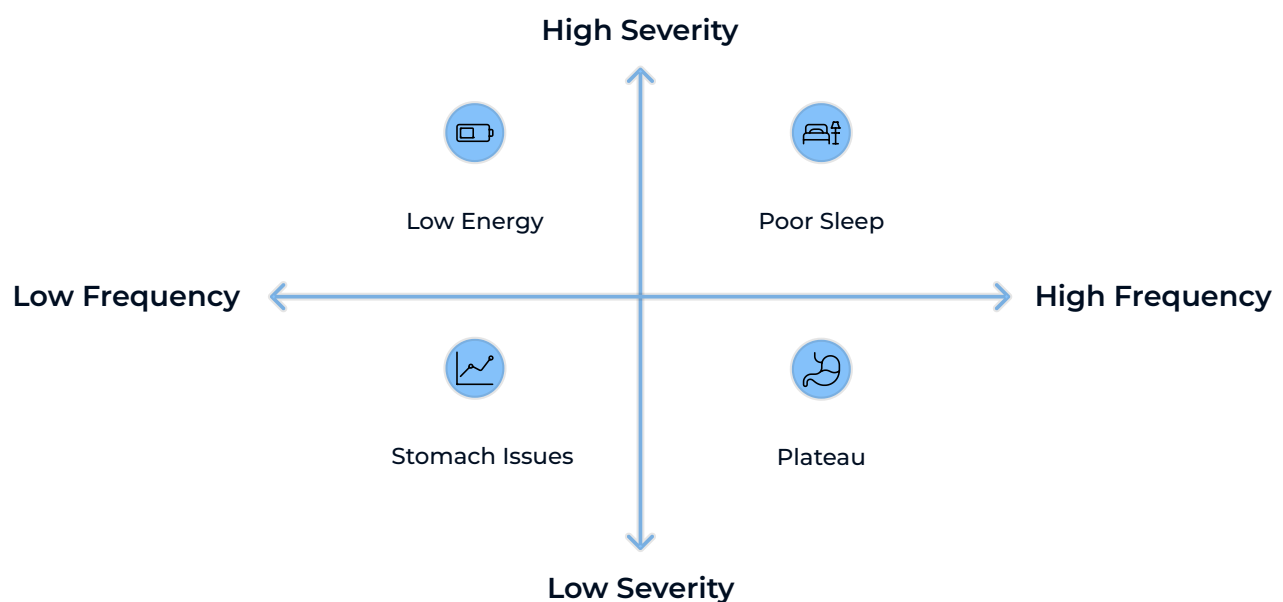
Emergency Troubleshooting

Low Energy: Ensure adequate sleep, try morning loading, increase water intake

Poor Sleep: Take Restore365 60 minutes before bed, optimize environment

Plateau: Verify supplement consistency, add resistance training, check protein intake

Stomach Issues: Take supplements with food, ensure adequate hydration





Key Success Factors

- 1 Consistency is more important than perfection
- 2 Sleep is non-negotiable for muscle preservation
- 3 Resistance training is the most critical lifestyle factor
- 4 Protein intake must be prioritized at every meal
- 5 Patience – allow 2-3 weeks for full adaptation

Conclusion: Your Complete Transformation System



best365labs™

Don't Let GLP-1s Undermine Your Progress!

You're working hard to lose weight. Ensure you're losing FAT, not vital muscle.

Our system is designed to protect your lean mass, energy, and metabolism while maximizing your GLP-1 journey.

Powered by **MODS Max™**

Activate
Longevity Blend
+ Cellular Maintenance
+ Cellular Longevity
+ Hormone Optimization
Tangerine Flavor
New Pending Formula Dietary Supplement, 1 fl oz (30 mL)

Restore
Sleep Optimization
+ Promotes Relaxation
+ Recovery Support
+ Sleep Optimization
Tangerine Flavor
New Pending Formula Dietary Supplement, 1 fl oz (30 mL)

Mito365
60 Tablets - Dietary Supplement
Biohacking Matrix
+ Cellular Regeneration
+ Cellular Energy Support
+ Reduce Oxidative Stress
+ Inflammation Mitigation
Tangerine Flavor
New Pending Formula Dietary Supplement, 1 fl oz (30 mL)

Metabolism
Pharmaceutical Grade Methylene Blue
for those trying to get lean and stay lean
60 Pills - Dietary Supplement
+ Cellular Regeneration
+ Cellular Energy Support
+ Reduce Oxidative Stress
+ Inflammation Mitigation
Tangerine Flavor
New Pending Formula Dietary Supplement, 1 fl oz (30 mL)

The combination of GLP-1 therapy with the Ultimate Cellular Optimization System represents the most comprehensive approach to healthy, sustainable weight loss available today. By addressing the fundamental challenge of muscle preservation while maximizing fat loss, this protocol transforms potentially problematic rapid weight loss into optimal body recomposition.



What Makes This System Complete:

Scientific Foundation: Every component is backed by clinical research and precisely formulated for maximum effectiveness during GLP-1 therapy.

Flexible Implementation: With multiple dosing options and food timing flexibility, the protocol adapts to your lifestyle rather than demanding you adapt to it.

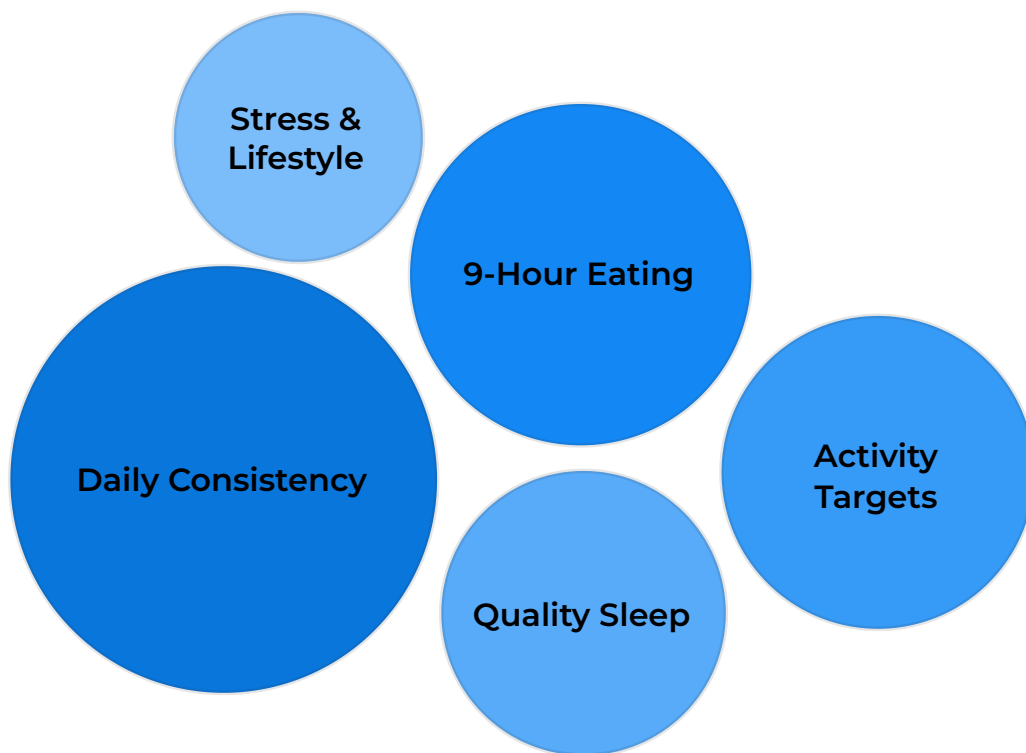
Comprehensive Support: From cellular energy optimization to sleep enhancement, every aspect of metabolic health is addressed.

Proven Lifestyle Integration: The four pillars are based on the most effective evidence-based strategies for muscle preservation during weight loss.

Long-Term Success: This isn't just about weight loss - it's about building the metabolic foundation for lifelong health and vitality.

Your Commitment to Success:

- **Daily consistency** with supplement protocol
- **9-hour eating window** with adequate protein intake
- **8,000+ daily steps** plus resistance training 2-3x weekly
- **7-8 hours quality sleep** supported by Restore365
- **Stress management** and lifestyle optimization
- **Long-term perspective** focused on metabolic health





The Transformation Promise

When you fully commit to this comprehensive protocol, you're not just using GLP-1 therapy to lose weight - you're optimizing the quality of that weight loss to preserve muscle, enhance metabolism, and build the cellular health foundation for decades of vitality.

This is your complete blueprint for turning GLP-1 therapy from a temporary intervention into a catalyst for lasting metabolic transformation. This is your path to achieving the best possible results while building the health and vitality that will serve you for life.

Your transformation begins with your first dose of the complete UCOS protocol. Every supplement, every step, every meal, every night of quality sleep builds upon the foundation of superior cellular support to create the healthiest, most sustainable weight loss journey possible.

Welcome to your complete GLP-1 optimization system. Your healthiest future starts now.

To your success,





Activate365™ Longevity Boost Tangerine Flavor

best365labs™

Powered by
MODS Max™

- + Cellular Maintenance*
- + Cellular Longevity*
- + Hormone Optimization*

Suggested Usage: Take 1 dropper (1 mL) sublingually in the morning. Hold under tongue for 30 seconds for optimal absorption.

Supplement Facts		
Serving Size: 1 Dropper Full		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	10 mg	11%
NAD	20 mg	**
Spermidine	10 mg	**
Boron	10 mg	**

** Daily Value not established
Other Ingredients: Other Ingredients: Water, Tangerine Flavor, MODS Max™, Sucralose.

Cautions: Not for use by pregnant/nursing individuals or those under 18. Consult a healthcare provider before use if taking medications or managing a medical condition.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Mito365™ Biohacking Matrix

best365labs™

Suggested Usage: Take 2 tablets daily with breakfast. Swallow, do not chew.

Supplement Facts		
Serving Size: 2 Tablets		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
Vitamin C	150 mg	176%
Methylated B12 (Methylcobalamin)	2mg	83,333%
NAD+	150mg	**
PQQ	20mg	**
GHK-Cu Peptide	10mg	**
USP Methylene Blue	30 mg	**

** Daily Value not established
Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Silicone Dioxide, Magnesium Stearate.

- + Cellular Regeneration*
- + Cellular Energy Support*
- + Reduce Oxidative Stress*
- + Inflammation Mitigation*



Do not use if pregnant, nursing or think you might be pregnant. If questions consult your physician.

Cautions: Methylene Blue should not be used in patients who have glucose-6-phosphate dehydrogenase deficiency, as this may lead to hemolysis.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Restore365™ Sleep Optimization Tangerine Flavor

best365labs™

Powered by
MODS Max™

- + Promotes Relaxation*
- + Recovery Support*
- + Sleep Optimization*

Suggested Usage: Take 1 dropper (1 mL) sublingually 30-60 minutes before bedtime. Hold under tongue for 30 seconds for optimal absorption.

Supplement Facts		
Serving Size: 1 Dropper Full		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	10 mg	11%
Zinc	1 mg	9%
GABA (gamma-Aminobutyric Acid)	50 mg	**
Boron	10 mg	**
Melatonin	600 mcg	**

** Daily Value not established
Other Ingredients: Other Ingredients: Water, Tangerine Flavor, MODS Max™, Sucralose.

Cautions: Not for use by pregnant/nursing individuals or those under 18. Consult a healthcare provider before use if taking medications or managing a medical condition. May cause drowsiness; avoid driving/operating machinery after use. Store in a cool, dry place.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

best365labs™

Metabolism+™ Pharmaceutical Grade Methylene Blue for those trying to get lean and stay lean*

Supplement Facts		
Serving Size: 2 Pills		
Servings Per Container: 30		
Amount Per Serving		% Daily Value
L-Theanine	200 mg	**
Green Tea	150 mg	**
Guarana	114 mg	**
Methylene Blue	5 mg	**

** Daily Value not established
Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Silicone Dioxide, Magnesium Stearate.

Suggested Usage: Take two pills first thing in the morning, swallow don't chew. Take another one to two pills later in the day if needed. Do not exceed 8 pills daily.



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For questions or support, contact Best 365 Labs at cell365power.com

Always consult with your healthcare provider before beginning any new supplement regimen, especially when using GLP-1 medications. This guide is for educational purposes and does not replace professional medical advice.

Research References

Ultimate Cellular Optimization System (UCOS) GLP-1 Special Protocol Documentation

The Science Behind Best 365 Labs - Ultimate Cellular Optimization Technical Documentation [2]

[3-62] Peer-reviewed research citations supporting protocol components and lifestyle interventions

Key Studies Referenced:

- Medical News Today: "Weight loss: Study finds keys to minimize muscle loss from GLP-1" (2025)
- PMC: "Preserving Healthy Muscle during Weight Loss" (2017)
- NCBI: "Metabolic Consequences of Weight Reduction" (2023)
- Endocrine Society: "Consuming more protein may protect patients taking anti-obesity" (2025)
- Mass General Brigham: "Preserving Lean Body Mass in Patients Taking GLP-1 for Weight Loss" (2025)

Complete reference list available upon request from Best 365 Labs scientific team. [13][14][15][16][17][18][19][20]

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