APLGO Q & A and GTS with Julia Flynn Werre and Mary Esther Gilbert

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GTS



How GTS Works in the Body to Fuel Cellular Processes

Excerpts from The APLGO Product Reference Nutritional Health Guide 2nd Edition

Turning Dietary Macronutrient Molecules into Useable Energy via the Digestive Process

- Fats or Lipids are finally reduced to fatty acids.
- Proteins are finally reduced to amino acids.
- Carbohydrates are finally reduced to glucose (blood sugar).

Digested Macronutrients Enter the Tricarboxylic Acid Cycle (TCA) to Produce ATP, the Basic Unit of Fuel for All Cells (Note: > = Yields, → = enters into)

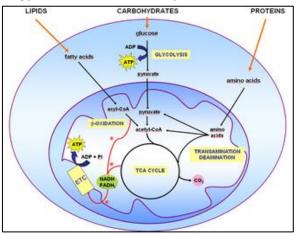
- 1. Glucose is degraded in the cell's cytoplasm > pyruvate.
- 2. Pyruvate > electron-carrying enzymes NADH and FADH2
- 3. NADH and FADH₂ enter the tricarboxylic acid cycle (TCA), increasing NADH and FADH₂.
- 4. NADH and FADH₂ → enter **oxidative phosphorylation** (consumption of oxygen) ATP (adenosine triphosphate) synthesis, the basic unit of energy used for fueling all cells.

Energy Production Summary

- The digestion or degradation of lipids, proteins, and carbohydrates yields the simplest molecules of fatty acids, amino acids, and glucose giving rise to pyruvate.
- Pyruvate molecules enter the TCA cycle in the mitochondrion to be oxidized or reduced to carbon dioxide (CO₂), and reduction of NAD and FAD to electron-carrying enzymes NADH and FADH₂.

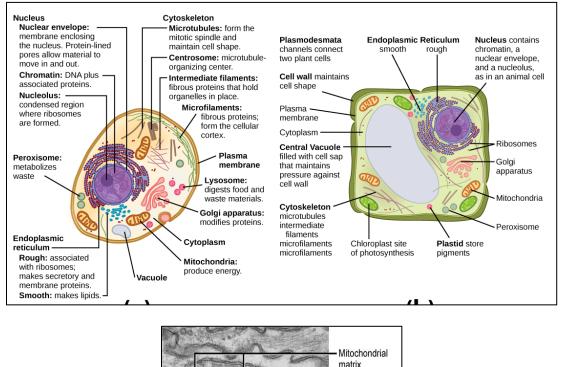
• Those electrons enter the electron transport chain, leading to the production of ATP. (El Bacha, 2010)

Energy Metabolism and ATP Synthesis in Cells



(El Bacha, 2010)

Human and Plant DNA – Energy Producing Mitochondria, the Main Site for ATP Synthesis



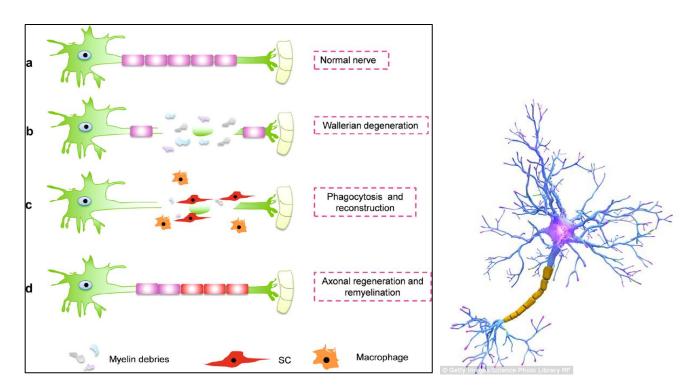
Cristae Couter membrane Inner membrane Biology for Majors. Organelles. https://courses.lumenlearning.com/suny-wmopen-biology1/chapter/outcome-organelles/

- GTS botanicals:
 - Contain important organic acids, mainly citric acid, which is important in human metabolism and the **energy production cycle** known as the Krebs cycle or TCA cycle as explained above.
 - Improve energy levels by boosting the functioning of cell mitochondria, the powerhouse organelles that convert nutrients to energy-rich molecules.
 - Increase stamina while preventing the biochemicals produced under strained physical effort conditions, such as lactic acid—helps prevent muscle soreness and stiffness.
 - Combat weakness and fatigue; can improve physical performance in high intensity exercise.
 - Contain eleutherosides (in Eleutherococcus Ginseng) that accelerate metabolism, improve conversion of carbohydrates into energy, help split fat molecules to reduce fats to fatty acids for energy production, help regulate blood glucose levels, and lower LDL (low density lipoprotein) cholesterol.
 - Used in cases of asthenia (abnormal weakness, lack of energy).
 - Improve reflex activity, stimulate and tonify the central nervous and cardiovascular system; enhances physical performance.
 - Used as a stimulating and adaptogenic agent in cases of athletic overexertion and mental strain.

• Adaptogenic, boosts muscle strength, lung capacity, physical and mental performance. (Gilbert, 2024).

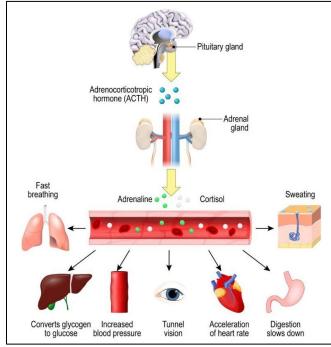
GTS and the Nervous System

• Promotes cognition through supporting the formation of new dendrites or neuropathway extensions of the nerve cells, improving memory deficit and neurodegenerative diseases (Gilbert, 2024) (Li, 2020).



- Improves brain activity: protects cognition, improves ability to focus, improves alertness, anti-inflammatory, neuroprotective effect.
- Helps improve memory; studies showed improvement in cognitive performance (reasoning, attention duration, memory, language, attainment of information) and increased choice reaction time.
- Stimulating and maintaining nerve and brain cells, enhancing memory, speed of memory, retention of new information.
- Adaptogens, containing compounds that prevent the degenerative biological, chemical and physical effects due to stress, which can result in:
 - Impaired memory.
 - Changes in brain structure; shrinking the brain.
 - Being more susceptible to mental illness.
 - Destruction of new neurons in the brain's hippocampus; new neurons produced during stress are more susceptible to dying within a few days.

The Physiological and Hormonal Stress Response



https://premierneurologycenter.com/blog/6-ways-stress-affects-your-brain/

GTS and the Circulatory System

- Is known to help improve energy levels and enhance work efficiency due to improved blood flow and distribution of oxygen and nutrients.
- Normalization of blood circulation and cardiovascular system functioning.
- Accelerates the decomposition of cholesterol and fats in the blood, preventing the narrowing of blood vessels and hemorrhaging; strengthens blood vessel walls.
- Effective antioxidant against free radical cellular damage.
- Intensifies stimulation or excitation in the cerebral cortex, stimulates respiratory functions, enhances vision acuity, aids in lowering blood sugar levels and helps dilate peripheral blood vessels.

GTS and the Skeletal System

- Aids in the formation of collagen and cartilage, muscle, strong bones and blood vessels.
- Improves sperm quality and fertility.
- Pineapple contains other essential-to-life microelements such as copper for healthy blood, and chlorine, an important anion that transports the energy catalyst enzyme ATPase that the body uses to produce energy.

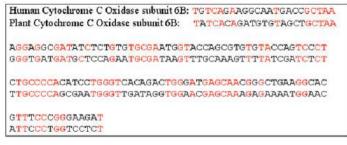
GTS and the Muscular System

- The bromelain enzyme in pineapple is antiedematous (prevents edema) and anti-inflammatory; helps speed tissue repair and recovery from injuries, also helps prevent memory loss.
- Botanicals in GTS also helps regulate blood glucose levels.

1. What is a DNA drop. What is the DNA part about?

- The APLGO drops contain active plant cell organelles or functional micro cellular organs that do the work that keep living cells functioning, including the DNA double helix, which contains the genetic codes of instructions that direct the functions of an entire organism.
- It is the DNA of living cells that direct all human bodily and plant biochemical processes that perpetuate life.
- Due to the very high biocompatibility between plant and human DNA, human DNA identifies and determines if it can utilize gene segments in plant DNA to help repair and maintain proper gene sequences in its own DNA.
- The APLGO drops contain the DNA of the plant cells of the botanicals in each formulation, which is a vast array of genetic material that our human DNA can utilize.

Similarities Between Genetic Code Sequences in a Watercress Anti-Inflammatory Enzyme and the Same Enzyme in Human DNA

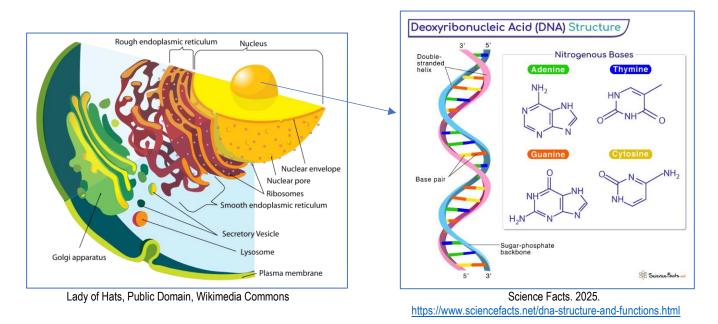


	Organelle	Function
	Nucleus	Contains genetic material for the cell
	Ribosomes	Small complex proteins that assemble proteins from mRNA
	Golgi Apparatus	Packages proteins into membrane-bound vesicles for excretion from the cell
	Endoplasmic Reticulum	Synthesizes cellular materials. Subdivided into SER and RER
	Nucleolus	Substructure of nucleus that synthesizes ribosomal RNA
	Mitochondria	Powerhouse of the cell that performs cellular respiration
	Vacuoles	Empty "bags" within the cell
	Vesicles	Packages of cell membrane that contain materials for transport into or out of the cell
	Cytoskeleton	A scaffolding of tubes providing internal support for the cell
	Flagella/Cilia/Pili	Protein filaments that allow cells to move
ſ	Cell Wall	Cellulose structure supporting the cell
Only Plants	Chloroplasts	Photosynthesizing organelles
	Central Vacuole	Large water-filled sac in the middle of plant cells
	Lysosomes	Structures containing enzymes that break down unwanted materials
	Centrosomes	Organelle containing centrioles

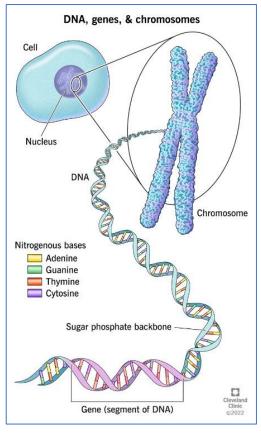
Cell Component Functions – DNA is Housed in the Cells' Nucleus

Aaron Lauer et al. 2019. https://www.expii.com/t/cell-organelle-types-functions-10333

DNA and Other Cell Constituents



• It is estimated that there are 3 billion base pairs in the human body. Approximately 99% of those bases are the same in every person, while the remaining 1% is what makes every individual unique.



Chromosomes Consist of DNA Nucleic Acids and Other Proteins Containing Genetic Information

Cleveland Clinic. 2025. https://my.clevelandclinic.org/health/body/23064-dna-genes--chromosomes

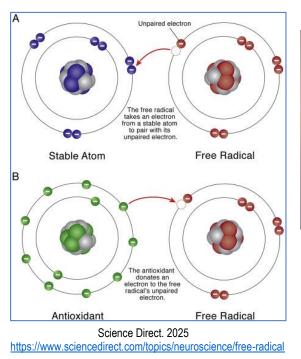
2. How are negative lons involved in these lozenges?

- The drops contain active or viable, negatively charged ions naturally present in all raw plants, plus the plant material elixir mixture environment is further ionically or negatively charged as a result of the Acumullit SA process that simulates an electrical storm.
- The electrical storm simulation releases negatively charged ions in the vats and causes the release of the inner plant cell components: the inner organelles or functional micro organs, including the DNA.

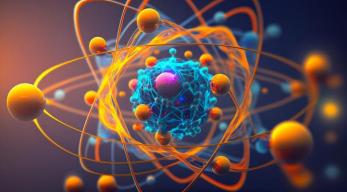


Photos Courtesy of APLGO, 2017-2025

- Ions are charged particles that either attain a charge through a gain of electrons, or lose a charge through the loss of electrons.
 - Anions acquire more electrons or negative ions than there are positively charged particles, and therefore carry a net negative electrical charge, which is associated with better overall health and well-being.
 - Cations are the result of having lost one or more electrons and therefore carry less electrons than protons, and thereby carry a net positive electrical charge (Shield, 2025).
 - The APLGO drops contain a net electrical charge that can neutralize substances that carry a positive electrical charge, which, known as free radicals, can confiscate negative ions from healthy cells.
 - The higher the amount of negatively charged ions in the body, the less likely it is susceptible to cell damages (Gilbert, 2024).



X-Ray of a Single Atom



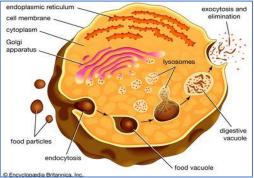
Aapsky/Adobe. 2023 https://bgr.com/science/this-is-the-first-ever-x-ray-of-a-single-atom/

- As in the electrical storm simulation exposed to the APLGO plant materials elixirs, negatively charged air ions (NAIs) are electrically charged molecules or atoms in the atmosphere. Sources are from:
 - Radiant or cosmic rays in the atmosphere.
 - Sunlight, including ultraviolet rays.
 - o Corona discharge as a result of thunder and lightning, which generate very high electric fields.
 - Forces of water such as in rivers and waterfalls.
 - <u>The application of artificial electric fields</u> and coronal discharges on plants has been shown to intensify their electrical fields and generate air ions and ozone, and therefore release negatively charged air ions (NAIs) (Jiang, 2018).

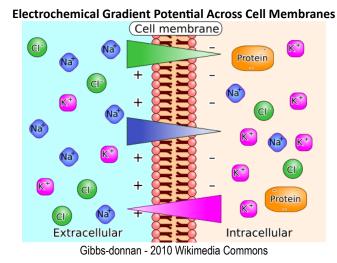
3. Would this product then be in the quantum health arena?

Yes. However, not in the same sense.

- Nanotechnology is the study of the control of matter in the size range of 100 nm or smaller.
- In the supplement industry, more scientific knowledge about using nanoparticles in the form of nano-colloids as carriers to allow higher nutrient absorption into human cells has been increasing (Alternimi, 2024).
- Peer-reviewed studies indicate that nano-particles used in the supplements industry:
 - Are used as **carriers** for nutrient factors of bioactive compounds such as curcumin, quercetin, resveratrol, and Epigallocatechin gallate in green tea, and thousands of other plant phytochemical compounds.
 - Are found to enhance their solubility, stability, target specificity, bioavailability or absorption, and other bioactivities.
 - Exhibit high uptake efficiency into target cells or tissues and decrease toxicity.
- A nanometer (nm) is one billionth of a meter.
- A micrometer is one millionth of a meter.
 - To compare, a hydrogen atom is 0.1 nm in diameter.
 - Viruses are 20-400 nm; some are 2,000 times smaller than a grain of sand.
 - An *Escherichia coli* bacterium is 2 μm in length.
 - ο Human or mammalian eukaryotic cells are 8-30 μm diameter or larger.
- Most biological processes occur at the nanoscale (Wang, 2013).
- The Acumullit SA technological process already occurs at the nanometer scale, releasing the nutrient factors in the plant materials that already exist at this scale. Instead of using nano-colloids to boost nutrient absorption like the supplements industry, the increased negatively charged ions work at our cell membranes as the electrical potential needed to push or pull nutrients through the membranes and into the cells' inner environment for rapid absorption.
 - Electrolytes are .2 nm in size.
 - Phytonutrients are various sizes, from 1 to 100 nm.
 - A lysosome cell organelle that breaks down old, spent cell materials is 200-500 nm.
 - Proteins are 3-90 nm, which include enzymes, signaling molecules and cell receptors.
 - A plant cell is 30,000 nm.

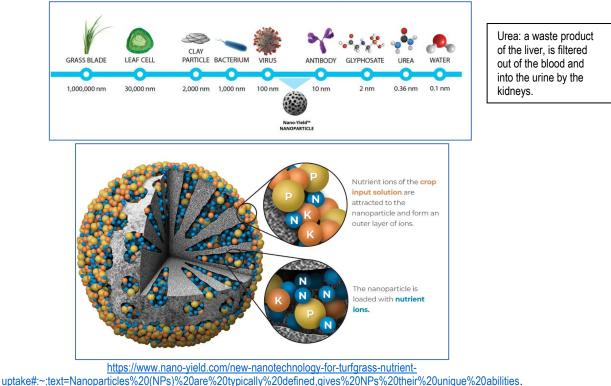


Encyclopedia Brittanica. 2024 https://www.britannica.com/science/lysosome



- The unique and unprecedented Acumullit SA process and **electrical storm simulation** activates the plant compounds at the nano-particle scale, and allows the elements to be isolated and concentrated as whole plant extracts.
 - This process causes cell membranes of the fruits, herbs, seeds, and other plant types to become thinned, allowing the release of plant cell organelles (mitochondria, ribosomes, endoplasmic reticulum, and genetic material of their DNA) into the mixture.
 - Phytochemicals (phytonutrients) such as organic acids, and flavonoids that the body converts to bioflavonoids, and thousands of other compounds are also rendered highly bioavailable.
 - Since the nutrient factors in the APLGO drops are already at the nanoparticle sizes, no extraneous nanocolloidal particles are necessary for facilitating their absorption.
- The unique electrical storm simulation technology creates negatively charged nutrient factors of the nanoparticle scale that are many times more absorbable into our cells (APLGO, 2025). https://us.aplgo.com/en/acumullitsa/

An Example of Nano-sized Particles in a Product a Company Produces that Intensifies Nutrient Uptake for Grass.



4. What is the benefit of these lozenges as a whole?

- Higher nutrient delivery and utilization for improving or correcting system functions at the micro cell level.
- Neutralizing and eliminating toxic and foreign substances that are absorbed or enter the body through lungs, skin, ingestion, or intimate contact.
- Correcting cell functions by repairing gene sequences in the DNA.
- Providing the nutrients that allow more efficient energy production.
- Improving the nerve, brain, hormonal, and immune communications between every cell in every body system, which is the foundation for health improvements and lifelong proper body maintenance.
- Help restore and revive youthfully functioning cells in every body system—anti-aging.
- Improve the rate at which the body metabolizes nutrients, performs its natural detoxification tasks more efficiently.
- Help clear toxins, cellular metabolic wastes and debris.
- Improves structures of all cells: tissues, organs, blood vessels.
- Aid in the production of the many thousands of proteins that properly regulate and monitor all bodily processes.
- Protect the body against the formation of abnormal cells, obstructive plaques, inflammatory tissue damage leading to scarring that obstructs circulation.
- Aid the body's production and balancing of hormones through improved glandular functions.
- Enhances utilization and absorption of nutrients for better cellular functions in all systems.

5. What makes these lozenges different than any other supplement on the market?

- Their 100% immediate absorption and utilization due to the proprietary Acumullit SA technology that increases the botanicals' ionic or electrical potential, which allows more rapid energy and nutrient transfer through our cell membranes and into the cells' inner environment.
- Their active enzymes, sparked by the ionic and light energy frequencies characteristics of the botanical nutrient factors held in the drops at the nano-meter sub-micro level are what no other supplement possesses.
- Those frequencies are able to be retained due to the enclosed crystalline sugar coating. Their "life force" retaining potency, like any raw, uncooked plant food holding negatively charged ions, light energy and active enzymes, can be prolonged if they are refrigerated and not subjected to warm temperatures.

6. How important is absorbability?

• We could not stay alive if our cells could not absorb the essential nutrients in the right molecular form that are needed to maintain, repair, and regenerate all we are comprised of: fluids, organs, tissues, structures, and proteins such as body enzymes, hormones, messenger proteins, immune cells, etc.

 Without providing the body the full range of all known essential nutrients and correctly structured water, it soon begins to malfunction, and if deficiencies are prolonged, it enters the downward degenerative health spiral toward diseased conditions.

7. How can such a tiny lozenge hold the powerful properties of so many ingredients?

- Every metabolic action in the body happens at the micro, nanometer, and subatomic energetic frequencies scale.
- The physical human body we see on the surface is actually composed of trillions of micro cells too small to see with the eyes, which in turn require micro elements or micro nutrients to stay alive and thrive.
- When we analyze and view the body's composition with electron microscopes, it is revealed that we are composed of vast terrains of living tissues that require biocompatible, active nutrients to perpetuate the continued regeneration of those terrains.
- The nutrient factors in the drops seem impossibly small to our macro world, but in the submolecular and subatomic world, the vast micro inner universe is as infinitely smaller than we are as it is infinitely larger.

From the Infinitely Large to the Infinitely Small. 2022 https://youtu.be/dVyGVRYPaZk?si= LlwqsgEMylk2OV7

10 Suspicious Similarities Between Space and Life

https://youtu.be/3Oq_AqpS-1Q?si=0TsXQseo76ET2eFN

8. What does the proprietary blend consist of?

- APLGO's proprietary formulations all contain:
 - Active, organic plant micro sized nutrients.
 - Nano-meter sized phytonutrients, plant cell organelles, trace elements.
 - Food-derived flavorings and colorings.
 - Natural sweeteners, no GMOs: organic beet sugar, molasses, and natural fruit juices.
 - Negatively charged ions and active enzyme catalysts, the sparks of all biochemical processes in the body.

9. Who are they safe for?

- Since all nutrients in the drops are vital and essential for all living cells in humans and animals, they are naturally and completely safe.
- Allergic reactions or food allergies of some botanicals in the drops may not cause adverse reactions due to:
 - The synergistic protective effects of a whole array of anti-inflammatory phyochemicals in each drop formulation are likely a reason that a person may not experience a reaction.
 - The many plant phytochemicals contained in the drops that are known to counter many inflammatory reactions otherwise typically experienced when consuming a food—especially if it is a processed food or if a plant food has been grown and sprayed with pesticides or other environmental synthetic pollutants.
 - The plant compounds in the drops have been shown to improve the immune system's detection and protection mechanisms that act against inflammatory reactions, and to correct or repair their origins.

10. Can people be allergic to them? Also see item 9.

- Pollutants such as pesticide residues on foods or synthetic chemicals in consumer products can severely clog circulation preventing nutrient delivery and impair daily normal detoxification and immune responses, all or some of which can be the root cause of allergic reactions and sensitivities.
- The drops, containing an array of detoxifying and anti-inflammatory nutrient factors, can help clear circulatory pathways and open cellular communications for improved immune system detection capacities, which may reduce allergic reactions after enough cell turnover has improved those capacities.

11. The box says sugar. What kind of sugar and is it good for me if I have blood sugar problems?

- The drops contain only 1 gram of **sucrose** (white sugar), which the body immediately converts to **fructose** and **glucose**. Fructose in turn is converted to glucose, lactate, and fatty acids).
- **Glucose** is the fundamental unit of sugar used to fuel the multiple trillions of cellular processes and needed to run the entire body. The brain specifically requires glucose to function.
- **Fructose** is naturally present in mineral-rich **molasses**; minerals are known to help control blood sugar levels and aid pancreatic functions.
- The natural fruit juices present in the drops from the **fruits and berries** are in the form of **fructose**, which the body very quickly breaks down into **glucose**, the fundamental carbohydrate unit needed to fuel all cells and system processes.
- The **anti-diabetes phytochemical plant complexes** in the botanicals easily counter the blood sugar effects of the meager 1 gram of sucrose derived from non-GMO organic beets.
- The **phytochemical compounds or phytonutrients** from the botanicals are proven to aid pancreatic functions, prevent spikes in blood sugar, help remove excess glucose out of the blood and uptake it into the body's cells and therefore their tissues, with the excess stored in the liver and muscles as the complex sugar, glycogen, or as fat.
- When one eats carbohydrates in the form of **complex sugars** (aka starches), during the digestive process, those long chains of carbon, hydrogen, and oxygen atoms forming the complex carbohydrate molecule are more slowly reduced ultimately to the basic sugar, glucose.
- **Maintaining proper blood sugar levels** includes a diet balanced with animal-derived proteins, **mineral-rich** whole plant foods, whole plant foods containing the healthy fats, and healthy animal fats.
- Avoiding sweets containing high amounts or many grams of sucrose is critical to prevent overwhelming the pancreas in its insulin secretions and taxing its function of removing excess blood sugar.
- Avoiding packaged foodstuffs containing refined sugars and maintaining a healthy diet easily allows the body to safely handle a drop containing such a small amount of sugar as 1 gram, especially if one spaces taking more than one throughout the day between nutrient-rich meals.

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Maze Fitness https://pressbooks.calstate.edu/nutritionandfitness/chapter/carbohydrate-digestion-and-absorption/

12. How do I know how many milligrams of each mineral or vitamin is used in each one—and how do I know it is the right amount I need daily?

- Always follow the recommended doses on labels of any vitamin/mineral supplement to ensure you get at least the minimum dosage set by USDA government nutrient guidelines. Minimum dosages are determined by the minimum amount of nutrients known to prevent deficiency diseases.
- All supplement manufacturers must adhere to FDA labeling standards, with the exception of supplements which measurements are too small and fall below labeling requirements.
- The vitamin and mineral amounts in the drops are too small to mention on the package labels, so according to FDA labeling standards, do not require listing them. The only exception are the mineral zinc and vitamins C and D in the AIR formulation since those microgram and milligram amounts warrant listing them.
- The drops are not a potent vitamin/mineral supplement since other supplements in tablet, liquid, or powder forms contain very large amounts of vitamin and mineral potencies measured in micrograms and milligrams, and often exceed the FDA guidelines by several hundred percentages over recommended doses.
- Many vitamin/mineral supplements are composed of non-organic elements not derived from whole food sources, and are poorly absorbed by the body. (There are exceptions if manufacturers create formulations containing whole food-derived nutrients and include digestive enzymes.)
- If the nutrients in vitamin/mineral formulations are not whole-food based, the body must take steps to build a
 protein or a lipid to assist in the absorption of the nutrients in vitamin/mineral formulations at cell membrane sites.
 If the supplements are food-based, the body must build an enzyme in order to transport those nutrients into the cell
 for utilization.
- Most vitamin/mineral supplements are only utilized at about 25-80%, depending on the molecular form and the particular nutrient.

- The 100% utilization and high effectiveness the hundreds of phytonutrients and plant organelles in the drops have in the body are because they are the right size that are easily allowed through our cell membranes and to enter their inner environment.
- The nutrient factors in the drops, measured in micrometer and nanometer sized particles, have negligible weight, which are measurements many thousands of times smaller than microgram and milligram weight measurements in other nutritional supplements.



13. Would you agree that this is the most advanced nutritional product on the market?

- It is likely the most advanced nutraceutical or functional nutrient supplement in the world.
- The concentrations of active and viable nutrient factors contained and protected in each drop is unprecedented.
- Because the drops have many of the same bioavailable properties as raw, living plant foods, no other supplement can claim this distinction.
- The Acumullit SA proprietary method is unique and truly remarkable.

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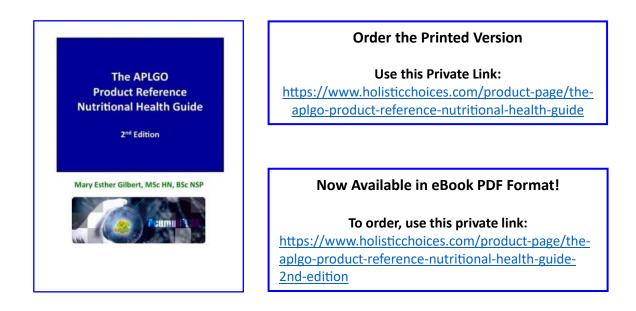
Wang S, Su R, Nie S, Sun M, Zhang J, Wu D, Moustaid-Moussa N. Application of nanotechnology in improving bioavailability and bioactivity of diet-derived phytochemicals. J Nutr Biochem. 2014 Apr;25(4):363-76. doi: 10.1016/j.jnutbio.2013.10.002. Epub 2013 Nov 5. <u>https://pmc.ncbi.nlm.nih.gov/articles/PMC3959237/</u>

Resources:

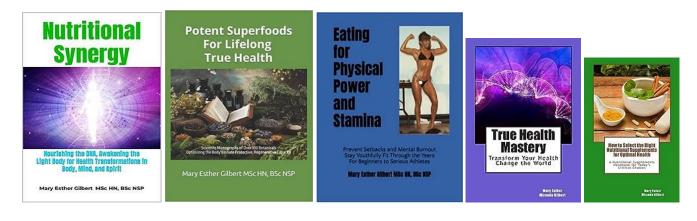
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