



mobivive

MOTS-C INFORMATION DOCUMENT

WHAT IS MOTS-C, ANYWAY?

MOTS-c (Mitochondrial Open Reading Frame of the 12S rRNA type-c) is a groundbreaking 16-amino-acid mitochondrial-derived peptide (MDP) encoded by your mitochondrial DNA, discovered in 2015 as one of the body's "exercise hormones" that regulates metabolism and longevity. This innovative peptide acts as an exercise and fasting mimetic, activating the same beneficial metabolic pathways as intense training or calorie restriction. Delivered via convenient prefilled cartridge pens in 5mg doses administered subcutaneously typically 2 times per week, each cartridge provides 40mg total (8 doses) for approximately 4 weeks of therapy.

INTRODUCING MOTS-C AT mobivive

Unlock exercise-mimetic metabolic transformation with MOTS-c—the mitochondrial peptide that activates fat burning, improves insulin sensitivity, and promotes longevity! mobivive pairs MOTS-c therapy with targeted Energy and Metabolic IVs to amplify your results and help you achieve lasting metabolic optimization.

THE SCIENCE

MOTS-c works through sophisticated mitochondrial-nuclear communication: it's released by mitochondria during metabolic stress (exercise, fasting) and travels to the cell nucleus where it activates AMPK—the master metabolic regulator. This activation triggers enhanced glucose uptake and utilization, increased fatty acid oxidation (fat burning for fuel), improved mitochondrial biogenesis, reduced inflammation and oxidative stress, and enhanced autophagy (cellular cleanup and renewal).

THE MOTS-C PROCESS AT mobivive

1. Complete your medical questionnaire

Fill in the questionnaire. If you answer **"No" to all questions**, your **MOTS-c order is placed**.

If you answer **"Yes" to any question**, a **once-off consultation (R500)** is required.

2. Order and delivery

Your MOTS-c arrives as a **prefilled cartridge pen**—no vials, no mixing.

3. Twice-weekly routine

Self-administer typically 2 times per week (e.g., Monday/Thursday): remove

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cap, dial your prescribed dose (5mg, typically 30 units), clean injection site, and inject subcutaneously at a 45-90° angle into your lower abdomen, front of thigh, or upper arm. Rotate sites with each dose.

KEY REMINDERS

- Inject typically 2 times per week on consistent days
- Can be administered any time of day; some clients prefer dosing on workout days
- No special food timing required
- Rotate between abdomen, thighs, and upper arms
- **Exercise synergy:** MOTS-c amplifies the benefits of physical activity
- Store prefilled cartridge pen in refrigerator
- Most clients notice improved energy and endurance within 2-3 weeks
- **All mobivive peptides are prefilled cartridge pens, no vials, no needles**

HOW MUCH DOES IT COST

MOTS-c Prefilled Cartridge Pen: R3,299

(8-dose supply (4 weeks at 2x/week protocol) + medical questionnaire review; R500 consultation fee applies if questionnaire triggers doctor review)

THE MOTS-C METABOLIC RESILIENCE PROGRAM

This comprehensive 12-week program pairs your twice-weekly MOTS-c therapy with 12 weekly Energy IV treatments to create maximum metabolic synergy.

LET'S TALK SIDE EFFECTS

MOTS-c is generally very well-tolerated with minimal side effects. Some clients may experience mild injection site redness that resolves quickly, transient increased energy or mild warmth sensation (metabolic activation, usually positive), temporary appetite changes as metabolism adjusts, or rare mild headache or fatigue in first few doses (adaptation phase).

BOOKING YOUR TREATMENT / ORDER YOUR PEPTIDE

Ready to activate exercise-like metabolic benefits? Whether you need more info or are ready to **order your peptide**:

1. Email: info@mobivive.co.za
2. Call or WhatsApp: **061-509-6038**

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