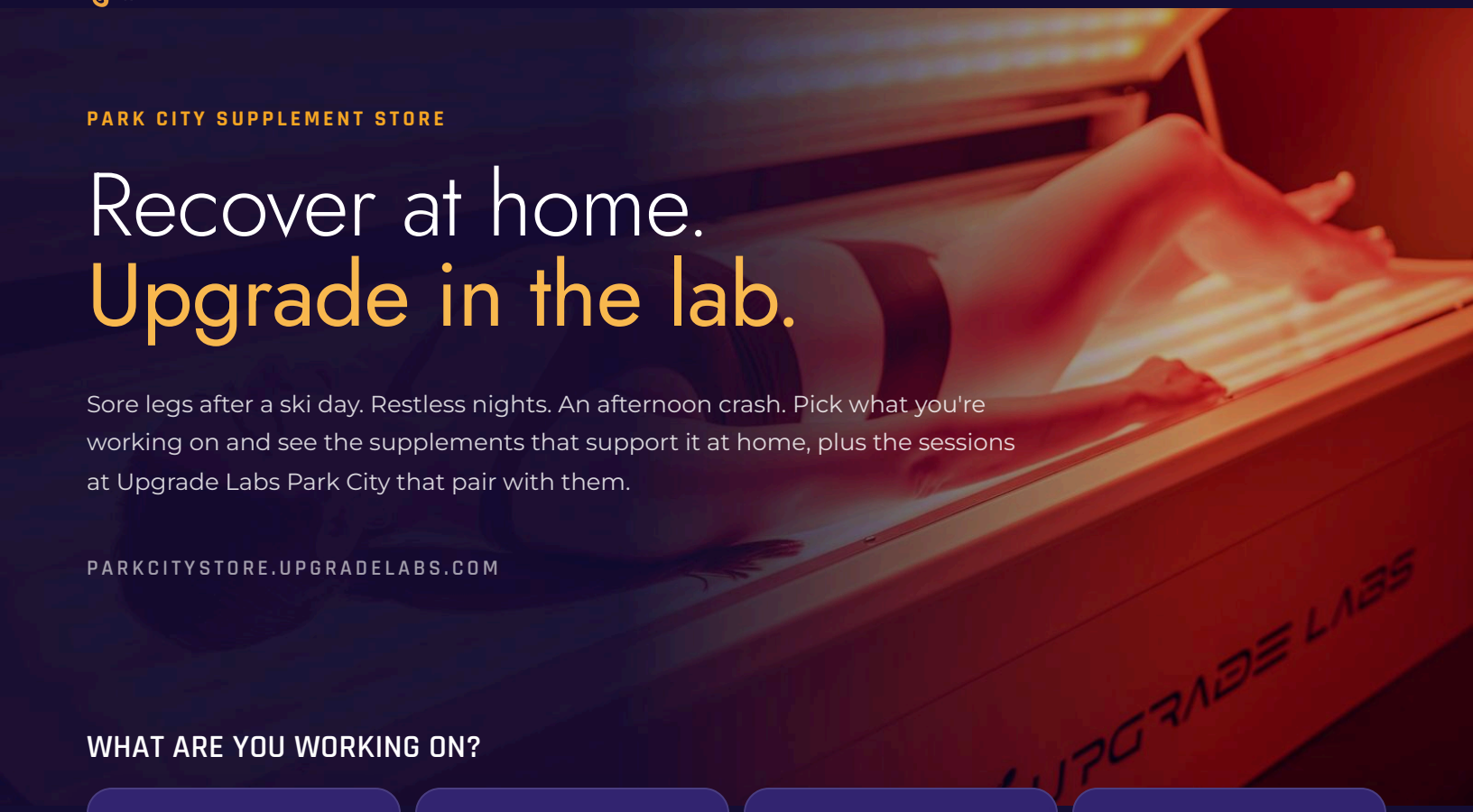
UPGRADE LABS™



PARK CITY SUPPLEMENT STORE

Recover at home. Upgrade in the lab.

Sore legs after a ski day. Restless nights. An afternoon crash. Pick what you're working on and see the supplements that support it at home, plus the sessions at Upgrade Labs Park City that pair with them.

PARKCITYSTORE.UPGRADELABS.COM

WHAT ARE YOU WORKING ON?

- **RECOVERY** — Sore after the mountain
- **SLEEP AND STRESS** — Wired at night
- **ENERGY** — Afternoon slump
- **BACK AND JOINTS** — Stiff back, achy knees
- **FOCUS** — Foggy by 3pm
- **LEAN AND STRONG** — Leaner, keep the muscle
- **AGING WELL** — Strong for the long run
- **PERIMENOPAUSE** — Sleep and mood off

01

PICK YOUR GOAL

Start with what's bugging you most. Each goal pairs a ready-made bundle with the lab sessions that support it.

02

SHOP IT FROM HOME

Add a whole bundle to your cart in one click, or choose single products. Every order ships to your door.

03

PAIR IT IN THE LAB

Book the sessions listed with your goal at 6030 Market St Ste 135 in Kimball Junction, right next to Petco.



01 RECOVERY

Sore legs after a ski day or a big ride?

For anyone training several times a week who wants to bounce back faster between days on the mountain.

AT HOME

RECOVERY & REGENERATION BUNDLE

Four products that support muscle repair and a calmer recovery after hard efforts.

- **Whey Protein Isolate**
  protein that helps repair muscle after workouts
- **Creatine**
  supports strength and muscle performance
- **Pro-Resolving Mediators**
  omega-3 based support for exercise recovery
- **Leaky Gut Support**
  supports the gut lining, which hard training can irritate

SHOP THE BUNDLE →

MORE SPORTS NUTRITION

parkcitystore.upgradelabs.com/tb-upgradelabs-006.html

IN THE LAB

THE BIG SQUEEZE™

Full-body compression that supports lymphatic movement, so tired legs can feel lighter.

PEMF

Pulsed electromagnetic field therapy that supports your body's natural recovery and circulation.

CRYOTHERAPY

A few minutes in our electric cold chamber to feel reset and more alert.

REDCHARGER™

Full-body red and near-infrared light for muscle recovery.

Book at 6030 Market St Ste 135, Kimball Junction.



02 SLEEP AND STRESS

Wired at night and can't switch off?

For anyone who feels overloaded during the day and has a hard time winding down.

AT HOME

STRESS RELIEF BUNDLE

A simple evening routine for calmer days and an easier wind-down.

- **Theanine**
  an amino acid from tea that helps you relax without feeling sleepy
- **Ashwagandha**
  helps your body handle stress and supports restful sleep
- **Magnesium 101**
  supports physical and mental relaxation

SHOP THE BUNDLE →

MORE FOR SLEEP

parkcitystore.upgradelabs.com/tb-upgradelabs-009.html

IN THE LAB

BACKHUG

20 minutes of robotic back therapy that works out tension while you lie back and relax.

THE BIG SQUEEZE™

A calm, full-body compression session that can leave you feeling lighter and refreshed.

REDCHARGER™

Quiet time under full-body red and near-infrared light.

Book at 6030 Market St Ste 135, Kimball Junction.



03 ENERGY

Tired even when you sleep and train well?

For anyone who hits an afternoon slump or wants more endurance on the trail.

AT HOME

MITOCHONDRIAL OPTIMIZATION BUNDLE

Support for energy at the cell level. Mitochondria are the power plants inside your cells.

- **ResveraCel**
  supports your cells' energy production and repair
- **MitoPure (Urolithin A)**
  helps your body renew its mitochondria and supports endurance
- **Magnesium 101**
  supports energy production and healthy muscle function

SHOP THE BUNDLE →

ENERGY SWINGS? TRY METABOLIC REBOOT

parkcitystore.upgradelabs.com/tb-upgradelabs-003.html

IN THE LAB

METABOLIC TRAINER™

A guided breathing session that trains your body to use oxygen better: more energy, less breathlessness.

AI ADAPTIVE BIKE™

A short, challenging cardio session that adjusts to your output.

CELL AMPLIFIER™

A short, non-contact session with light, frequencies and electromagnetic support.

Book at 6030 Market St Ste 135, Kimball Junction.



04 BACK AND JOINTS

Stiff back, achy knees, sore from everyday wear?

For active people who feel stiff, sore or run down from training and daily life.

AT HOME

THE INFLAMMATION RESET BUNDLE

Three products for feeling less sore and more comfortable day to day.

- **Pro-Resolving Mediators**
  helps your body settle down after exercise or a tough day
- **Curcumin Phytosome**
  a well-absorbed form of curcumin, from turmeric, for everyday stiffness and soreness
- **Magnesium 101**
  helps muscles relax

SHOP THE BUNDLE →

MORE FOR MUSCLE, BONE AND JOINT

parkcitystore.upgradelabs.com/tb-upgradelabs-001.html

IN THE LAB

BACKHUG

Robotic back therapy with targeted pressure to relieve tension and improve mobility.

AI MOVEMENT TRAINER™

Guided resistance for controlled movement, balance and joint stability.

POWERPLATE®

Low-impact whole-body vibration for movement, flexibility and circulation.

PEMF

Supports circulation and your body's natural recovery.

Book at 6030 Market St Ste 135, Kimball Junction.



05 FOCUS

Focus fading by mid-afternoon?

For professionals, students and anyone whose mental stamina drifts as the day goes on.

AT HOME

COGNITIVE UPGRADE BUNDLE

Four products for a sharper, clearer head through the workday.

- **Super EPA**
  omega-3 fish oil that supports memory and mood
- **Brain Factors**
  supports focus and memory
- **Liposomal Magtein**
  a form of magnesium designed to reach the brain
- **Brain 101**
  supports focus, clarity and recall

SHOP THE BUNDLE →

MORE FOR BRAIN HEALTH

parkcitystore.upgradelabs.com/tb-upgradelabs-005.html

IN THE LAB

CRYOTHERAPY

A few minutes of cold that can leave you feeling more alert and reset.

METABOLIC TRAINER™

A guided breathing session for more energy and less breathlessness.

AI ADAPTIVE BIKE™

A quick, hard cardio session when you're short on time.

Book at 6030 Market St Ste 135, Kimball Junction.



06 LEAN AND STRONG

Want to get leaner and keep your muscle?

For anyone working toward a body composition goal, especially if you track it with scans.

AT HOME

BODY COMPOSITION RESET BUNDLE

Five products that support feeling full, steady digestion and holding on to muscle.

- **Berberine**
  a plant extract that supports a healthy metabolism
- **FiberMend**
  helps you feel full and keeps digestion regular
- **FloraMend Prime**
  a probiotic for gut balance
- **Whey Protein Isolate**
  helps you keep muscle while you lean out
- **Creatine**
  supports strength and lean muscle

SHOP THE BUNDLE →

MORE FOR BODY COMPOSITION

parkcitystore.upgradelabs.com/tb-upgradelabs-007.html

IN THE LAB

CELL HEALTH ANALYSIS™

A quick body composition scan with data on fat, muscle and hydration, so you can see progress.

AI STRENGTH TRAINER™

Adaptive strength training with no wasted reps.

AI ADAPTIVE BIKE™

A challenging cardio session in a short amount of time.

Book at 6030 Market St Ste 135, Kimball Junction.



07 AGING WELL

Want to stay strong for the long run?

For busy people focused on strength, energy and healthy aging, without a complicated routine.

AT HOME

LONGEVITY EXECUTIVE PROGRAM BUNDLE

A simple daily routine for aging well.

- **ResveraCel**
  supports your cells' energy and repair
- **Whey Protein Isolate**
  helps you keep muscle, which matters more with age
- **Creatine**
  supports muscle strength and brain function
- **Magnesium 101**
  supports energy production and relaxation

SHOP THE BUNDLE →

MORE FOR HEALTHY AGING

parkcitystore.upgradelabs.com/tb-upgradelabs-004.html

IN THE LAB

AI STRENGTH TRAINER™

Efficient, adaptive strength training to help you keep muscle.

REDCHARGER™

Full-body red and near-infrared light for skin health and overall vitality.

CELL HEALTH ANALYSIS™

Track fat, muscle and hydration over time.

Book at 6030 Market St Ste 135, Kimball Junction.



08 PERIMENOPAUSE

Sleep, mood or temperature off lately?

For women who want support through the perimenopause transition.

AT HOME

PERIMENOPAUSE RESET BUNDLE

Two products for the changes that come before menopause.

- **Perimenopause Complete**
  a once-daily formula that supports sleep, mood and occasional hot flashes
- **Hormone Advantage**
  supports healthy estrogen metabolism and hormone balance

SHOP THE BUNDLE →

MORE FOR WOMEN'S HEALTH

parkcitystore.upgradelabs.com/tb-upgradelabs-008.html

IN THE LAB

BACKHUG

Robotic back therapy for tension relief and an easier wind-down.

THE BIG SQUEEZE™

Full-body compression that can leave you feeling lighter and refreshed.

HORMONE OPTIMIZATION

Ask our team how our hormone optimization program works.

Book at 6030 Market St Ste 135, Kimball Junction.

THE STORE

HOW THE STORE WORKS

WHERE TO SHOP

At **parkcitystore.upgradelabs.com**. No account needed to check out, and every order ships to your home.

BUNDLES

A set of products that pair for one goal, added to your cart in one click. The bundle price is the sum of the products in it.

SHIP ON A SCHEDULE

Choose a subscription at checkout and your order ships every 30, 60 or 90 days. Change, skip or cancel from your account.

NOT SURE WHERE TO START?

Ask us at your next visit, or call or text **(435) 200-4757**. We'll send a short list to your phone.

ORDER HELP

For tracking or a missing item, use the store chat, email **support@gethealthy.store** or call (855) 765-0855.

RETURNS

Most unopened products can be returned within 30 days of shipping. Details are in the store's Return Policy.

STILL BUY IN THE LAB

Our front desk shelf stays stocked. The online store adds the products and sizes we can't fit on the shelf.

IS IT RIGHT FOR ME?

Pregnant, nursing, on medication or under medical care? Check with your practitioner first, and follow the label for directions.

COME SEE US

Pair what you take at home with what you do in the lab.

You'll find us at 6030 Market St Ste 135 in Kimball Junction (right next to Petco). New to Upgrade Labs? Start with a free Cell Health Analysis and see where you stand.

VISIT
6030 Market St Ste 135
Park City, UT 84098

HOURS
Mon to Fri 7am to 7pm
Sat 8am to 5pm, Sun 10am to 5pm

CALL OR TEXT
(435) 200-4757

SHOP ONLINE
parkcitystore.upgradelabs.com

Imagine YOU, but MORE.

Upgrade Labs Park City, an independently owned Human Upgrade Center. 6030 Market St Ste 135, Park City, UT 84098.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Our sessions are not medical treatment. Individual results vary.