

ALWAYS TIRED? LOOK BEYOND THE QUICK FIX.

Persistent fatigue is common, but it is not a normal part of aging. Nutrient deficiencies, blood sugar changes, hormonal shifts, chronic stress, and poor-quality sleep can all affect energy.

Targeted supplements may help support recovery and cellular energy.

6 Tests to Discuss With Your Doctor



Iron + Ferritin

Checks iron levels and stored iron. Low ferritin can contribute to fatigue even without anemia.



Vitamin B12 + Folate

Supports red blood cell production, neurological health, and cellular energy.



Blood Sugar

Fasting glucose, A1c, and fasting insulin can reveal blood sugar imbalances or insulin resistance.



Thyroid Panel

TSH, free T4, free T3, and thyroid antibodies may provide a more complete view of thyroid function.



Hormone Panel

Estradiol, progesterone, and testosterone may help identify hormonal contributors.



Cortisol + Sleep

Cortisol patterns and sleep testing may uncover chronic stress, poor recovery, or sleep apnea.

"Normal" lab results do not always tell the full story.

3 Supplements That Support Cellular Energy



CoQ10

Supports mitochondrial ATP production and may help with energy, cardiovascular health, and exercise recovery.



Creatine

Helps regenerate cellular energy and supports muscle strength, recovery, cognition, and healthy aging.



NAD+ Support

NAD+ precursors support pathways involved in mitochondrial function, metabolism, and cellular repair.

Support Your Energy Daily



Protein-Rich Meals



Colorful Whole Foods



Consistent Hydration



Restorative Sleep



Regular Exercise

READY TO FIND THE ROOT CAUSE OF YOUR FATIGUE?

Schedule a consultation with Dr. Jennifer Timmons.