

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #68

W. Todd Penberthy

Support your body while it is still strong.

A molecule the mill already runs

W. Todd Penberthy is an OMNS contributing editor. His bench is niacin — the B that becomes NAD, the coin-book the mill uses to keep minting ATP. Hoffer used the same molecule for a hungry mind. Penberthy keeps the chemistry honest. That is literacy. It is not a flush aisle. It is not an NAD drip bar.

Food first. A red face is weather, not proof the Program worked. Correction is still the how.

NAD is not a spa

His layer	Not this page
Niacin as a molecule the mill already runs.	A gram-count we print for home.
Hoffer’s molecule at the bench.	An NAD lounge. A longevity SKU.
Flush as weather, not as energy.	A sixth pillar named B3.
Correction remains the how — #52.	A reason to stop a statin or a psych med.

What the layer taught

If ATP is the coin, NAD is one of the books the mill uses to mint it. Naming the book is not swallowing the bottle. Midha is next — Hoffer’s layer in a living chair with children.

How you keep it

Keep Eat. Keep the plate before the pill. If a question is niacin in your own body, take it to someone licensed who knows your liver, your glucose, and your other medicines.

Be brave enough to name the book without buying the bottle

You are not behind if you never flushed. You are not too late. Your mills are still minting every second of every day. Feed them. The molecule is a layer. It is not Tuesday.

The question

Will you treat niacin as a molecule the mill already runs — not as a flush and not as the Program? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, eat tonight. That is Penberthy, kept as chemistry — not as a lounge.

If you want to keep learning, keep flowing with our Currents. Aarti Midha is next.

Notes

- This is education. It does not diagnose, treat, or claim to cure. It does not print a niacin or NAD dose table.

- It does not replace your physician, your medications, or the care you already have. Do not stop a statin, a psychiatric medicine, or any licensed drug from this page.
- If a question is about niacin in your own body, take it to a licensed professional. Liver strain, gout, and glucose changes are reasons to have that conversation — not reasons to self-dose.
- The Foundation does not sell niacin, NR, NMN, or an NAD drip. Flush is not MEGA-ATP. Public language stays Metabolic Correction.

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