



Vivix+™: 8 Key Takeaways

What the September 3, 2026 Vitality by Design Lunch & Learn presented about cellular aging, NAD+, and Vivix+.

1. Aging is happening inside, too.

As we age, cells face ongoing damage while some of the resources that support energy and repair decline. The transcript frames cellular aging around two challenges: damage and depletion.

3. Vivix+ is designed to address both sides.

The formula combines a patented polyphenol blend with NMN and apigenin. The stated goal is to support cellular defense while also helping replenish and protect NAD+.

5. The reported cellular findings point toward less damage and more energy.

The transcript reports reduced DNA errors, slower telomere shortening, fewer newly formed senescent ("zombie") cells, higher NAD+ levels, increased cellular energy, and increased mitochondrial density.

7. Exercise capacity improved in the study.

The transcript reports a 3.2-point increase in VO₂ max after 60 days and nearly 80 meters of additional distance on a six-minute walk test among participants taking Vivix+.

2. NAD+ is part of the cellular energy story.

NAD+ is described as a coenzyme involved in metabolism and cellular energy. The transcript explains that NAD+ levels decline with age, while mitochondria can become less efficient.

4. The science looked across all 12 hallmarks of aging.

Rather than focusing on one marker, the presentation describes laboratory testing across the 12 biological processes used as a framework for understanding cellular aging.

6. A 60-day clinical study tested real-world outcomes.

Healthy adults ages 45–65 took Vivix+ or placebo for 60 days in a randomized, double-blind, placebo-controlled study, according to the presentation.

8. The bigger goal is healthspan—not simply looking younger.

The presentation connects cellular health with the ability to move, think, connect, and participate in the activities that matter. The central message is: less damage, more energy, healthier cells—and more capacity to live fully.

THE BIG IDEA

Healthy aging is about more than appearance. It is about supporting the cells and systems that help us keep moving, thinking, connecting, and showing up for the life we want.

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Source: Vivix+ Lunch & Learn transcript supplied by Ferna Majewicz. Statements summarize the presentation and its reported laboratory/clinical findings; they are not independent verification of those findings.

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