01 / WHY COREVITAL EXISTS

Return to Your Vital Body

The CoreVital essentials

Our purpose, in one paragraph

CoreVital follows the whole-person philosophy of quantum medicine articulated by Amit Goswami in The Quantum Doctor. Our approach brings together **mind, vital energy and spirit**, alongside physician-led health education. We put that philosophy into practice through movement, diet, stress management, sleep and spirituality. Our purpose is to help you reconnect with the core of your vitality, understand what matters to you and act on it. [4,5]

Two brothers. A shared reason.

Their father's health inspired brothers Samir Bute, MD and Ozzie Bute to create CoreVital. Samir followed him into medicine; Ozzie brings coaching and accountability. Together, they connect a physician's perspective with the daily work of changing habits, and carry that purpose into Burn's botanical formula.

> FROM PHILOSOPHY TO PRACTICE
>
> Understand the vital body. Explore the five practices. Then meet Burn, the botanical formula at the heart of CoreVital's approach to metabolic care.

What is the "vital body"?

Amit Goswami, PhD, is the theoretical physicist and author of The Quantum Doctor. In his framework, the **vital body** is the nonphysical organizing blueprint that the physical body expresses: the pattern of life underlying its form and functions. CoreVital draws on this understanding of vitality. [4,5]

Three currents. One whole-person view.

On page 11, Goswami describes three currents in alternative healing: **mind-body**, which centers on mental experience and physical health; **vital energy**, the concept of a life force known as prana or chi; and **spirit**, which places God or a spiritual source at the center of healing. These currents inform CoreVital's philosophy and its attention to awareness, vitality and spiritual meaning. [4]

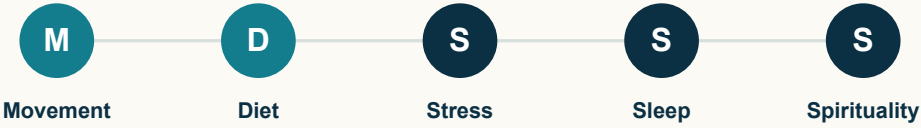
Where are we leading you?

Toward a more conscious relationship with your health: knowing what matters to you, understanding your daily patterns and acting on the choices you can make. Our five practices give you a clear place to begin.

> **BRING IT INTO DAILY LIFE**
>
> "After work, I will put my phone away and walk with my family. Being present matters to me."

Five practices. One whole person.

MD Triple S connects five areas of health in one daily practice.



Movement. Regular activity supports heart health, glucose regulation and mobility. **Begin:** take a walk or choose suitable movement you can repeat. [1]

Diet. A varied, balanced diet supplies the fuel and nutrients your body needs. **Begin:** build your next meal around vegetables, a protein source and a fiber-rich food. [12]

Stress. Healthy coping skills help you manage daily pressure and support emotional well-being. **Begin:** pause, take a slow breath and choose one useful next action. [13]

Sleep. Enough quality sleep supports mood, attention, memory and metabolic health. **Begin:** protect your sleep time and keep a regular wind-down. [2]

Spirituality. Meaning gives your daily choices a direction. **Begin:** make time for prayer, reflection or gratitude, and reconnect with what matters to you.

Vitality meets metabolic care.

CoreVital brings mind, vitality, spirit and physical life into one approach to wellness. **Burn puts the botanical part of that approach into your hands**: a defined daily formula built around berberine and four companion ingredients.

Metabolic rhythm, in everyday terms

Metabolic rhythm is our name for the daily pattern of meals, movement and rest. Metabolism is the body's work of using and storing fuel. CoreVital brings these ideas together through the habits you repeat and the ingredients you choose.

Why berberine leads the formula

Berberine is the centerpiece of Burn. Its ingredient story begins with **AMPK**, an enzyme that helps cells respond to their energy needs and regulate fuel use. In published cell and animal experiments, berberine increased AMPK activity and altered glucose and fat handling. That work connects berberine to the study of cellular energy and metabolism. [7]

> **ONE COREVITAL PRACTICE**
>
> Care for the whole person. Make room for nourishment, movement and rest. Bring Burn's five-botanical formula into that daily practice.

Inside Burn.

500 mg berberine HCl.
Four companion botanicals.
Every amount disclosed.

60 capsules / 30 servings
2 capsules per serving
No added caffeine or stimulants [6]



PER TWO-CAPSULE SERVING / INGREDIENT RESEARCH

Berberine HCl — **500 mg**
Studied in cell and animal models for AMPK activity and glucose and fat handling. [7]

Ceylon cinnamon bark extract — **200 mg**
Human studies examine Ceylon cinnamon extracts and glucose metabolism. [8]

Milk thistle seed extract — **200 mg**
Known for silymarin, a mixture of compounds that is a focus of milk thistle and liver research. [9]

Black cumin seed extract — **150 mg**
Nigella sativa preparations have been studied for glucose metabolism and oxidative-stress markers. [10]

Ginger root extract — **100 mg**
Human research has examined ginger and gastric motility: how the stomach moves its contents. [11]

Ingredient research: the cited studies describe individual ingredients at the specific doses, preparations and study conditions used by the researchers.

06 / YOUR NEXT STEP

Return to Your Vital Body.

Be present for the people you love. Keep doing the things that matter to you. Build your CoreVital practice around movement, nourishing meals, rest and purpose.

Make Burn part of that practice. Five botanicals, led by 500 mg of berberine HCl. Choose your bottles and begin.

EXPLORE BURN & CHOOSE YOUR BOTTLES

Adults: take two capsules daily with food, following the full bottle label. Do not exceed the labeled serving. Do not use while pregnant or breastfeeding. Ask a clinician before use if you take medication or have a medical condition. [3,6]

Sources to explore

[1] CDC: Physical activity benefits

[2] CDC: Sleep and its benefits

[3] NCCIH: Berberine evidence and safety

[4] Goswami: The Quantum Doctor, p. 11

[5] Goswami: Vital energy and Prana

[6] Burn: Supplement Facts and directions

[7] Lee et al. (2006): Berberine / AMPK

[8] Ranasinghe et al. (2025): Ceylon cinnamon

[9] NCCIH: Milk thistle evidence and safety

[10] Kaatabi et al. (2015): Nigella sativa

[11] Hu et al. (2011): Ginger / gastric motility

[12] WHO: Healthy diet

[13] CDC: Managing stress

References checked October 31, 2026. CoreVital Burn is a dietary supplement. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.