



**SHAWN WELLS**  
THE INGREDIENTOLOGIST

Shawn Wells MPH, LDN, RD, CISSN, FISSN is the world's leading nutritional biochemist and expert on health optimization.

He has formulated over 700 supplements, food, beverages, and cosmeceuticals and patented 20 novel ingredients including Teacrine, Dynamine and Dihydroberberine and is now known as the Ingredientologist - the scientist of ingredients. Formerly a Chief Clinical Dietitian with over a decade of clinical experience, he has counseled thousands of people on innovative health solutions such as keto, paleo, fasting, and supplements. He has also personally overcome various health issues including Epstein-Barr Virus, Chronic Fatigue Syndrome, Fibromyalgia, depression, insomnia, obesity, and a pituitary tumor.

As a world-renowned thought-leader on mitochondrial health, he has been paid to speak on five different continents. His insights have been prominently featured in documentaries and podcasts like Ben Greenfield and regularly on morning television. His expertise can help any health-conscious individual to better manage stress and experience greater resilience and more energy through utilizing his practical research-backed solutions.

His book, "The ENERGY Formula" has been recognized by both USA Today and Forbes as well as an Amazon best-seller in multiple categories.