

MEDIA KIT



SHAWN WELLS

NUTRITIONAL BIOCHEMIST - REGISTERED DIETITIAN CERTIFIED SPORTS NUTRITIONIST

AKA '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 1000 supplements, food, beverages, and cosmeceuticals and patented 25 novel ingredients 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 natural 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, nationally syndicated radio programs and regularly on morning television. His expertise can help any health-conscious individual to better manage stress and experience higher performance and more energy through utilizing his practical wholistic solutions.



MEDIA APPEARANCES

1,000+

RADIO SHOWS

700+

PODCASTS

300+

INSTAGRAM

53K

FAST FACTS

- Fellow - International Society Sports Nutrition
- 4 internationally distributed documentaries
- 20+ Scientific citations
- 30+ Patents filed on novel ingredients
- 1000+ Products Formulated
- 77,000 follower base across social media platforms



EXPERT TOPICS

Supplements for Wellness
Psychedelics & Neuroplasticity
Keto, Paleo & Fasting
Psychedelic Supplement Stacks
Nootropics for Brain Health
Performance-Based Nutrition
Biohacking for Longevity
Autoimmune Health
Mitochondrial Health
Mental & Emotional Health
Resilience in a Post-Covid World



Featured In
Forbes

Three Energy-Boosting Supplements
For Entrepreneurs From The World's
Top Ingredientologist



MEDIA FEATURES



Shawn Wells Sizzle Reel



Fox 4 News Dallas - Health Trends



Good Morning La La Land - Keto Science



Know The Cause - Ketogenic Diet



Psychedelics Revealed - Documentary



Supplements Revealed - Documentary



SHAWN WELLS
THE INGREDIENTOLOGIST

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Speaking Engagements



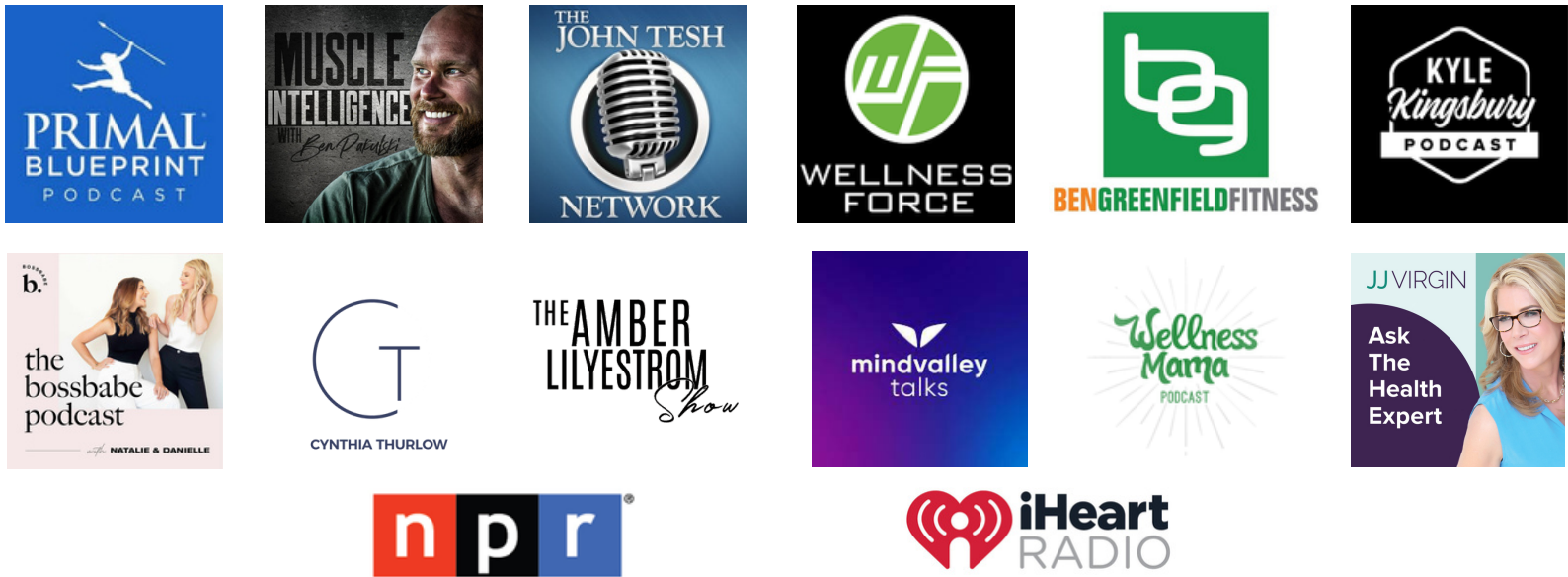
Television



Documentaries



Radio & Podcasts



Websites, Blogs, Magazines



The ENERGY Formula!

Six Life Changing Ingredients to
Unleash Your Limitless Potential



 energyformula.com

The ENERGY Formula covers Keto, Paleo, Biohacking, Stoicism, Supplements, Nootropics, Sleep Hacks, Infra-Red Saunas, Cold Showers and more!

Forbes

"21 Books to Read in 2021"

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Using scientific expertise and his own journey through mental and physical struggles, Shawn Wells shows how it's possible to live up to your maximum potential. Intriguing, well-paced, informative and by turns touching and powerful, The ENERGY Formula packs a punch on every level.

- Anna David
8X NYT best selling author

 **USATODAY™**

**"20 books fueling readers
to upgrade their personal
and professional lives"**

“

Shawn is a 'rainmaker' in supplements. When it comes to supplements, he's known all over the world as the best of the best, but when it comes to never-seen-before novel ingredients, he's truly groundbreaking.

- Ben Greenfield
author, investor, athlete