

ANNUAL SUPER SALE BEGINS

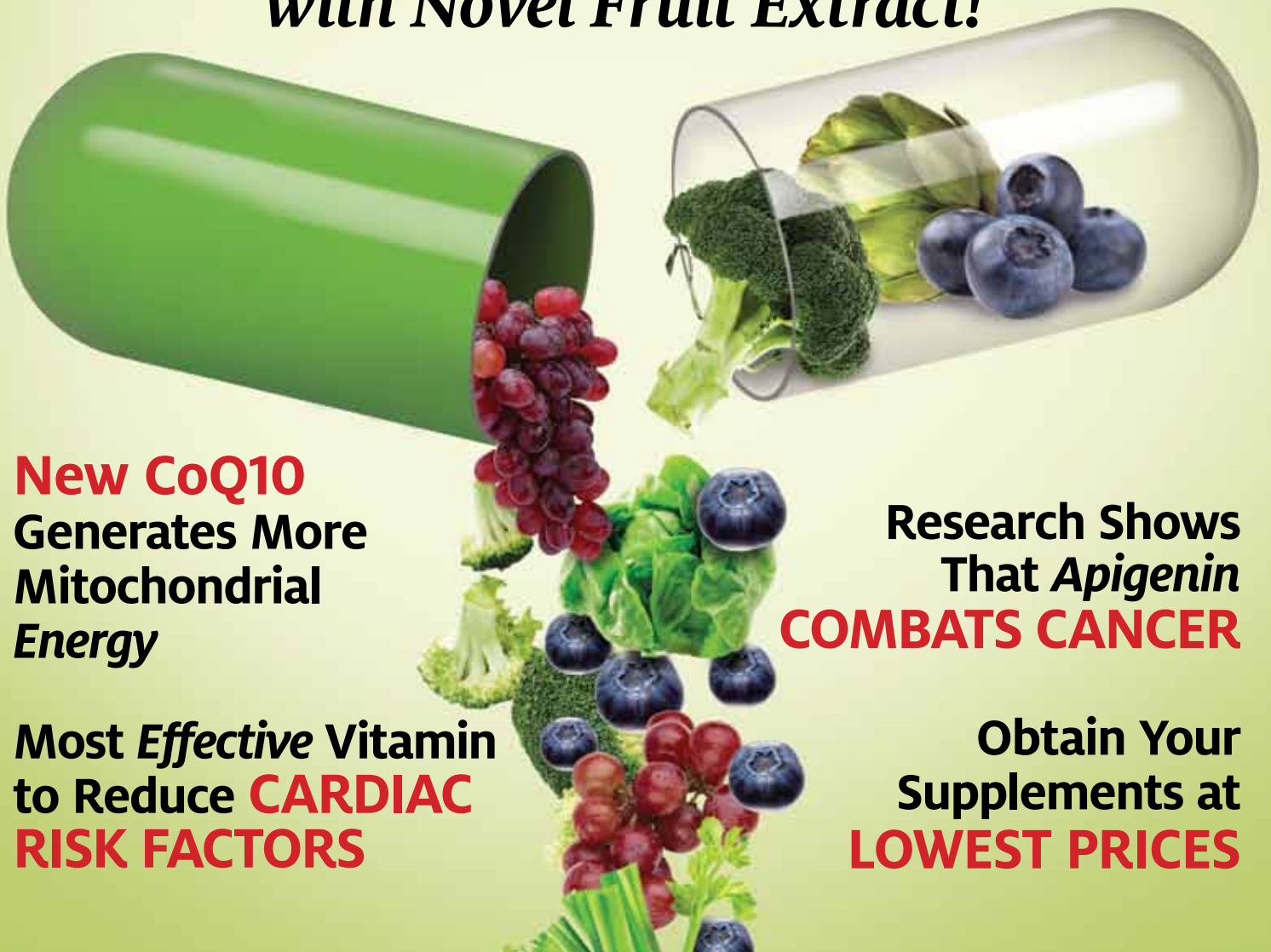
LifeExtension®

www.lef.org

SPECIAL WINTER EDITION 2009-2010

Activate Your **LONGEVITY GENES**

with Novel Fruit Extract!



New CoQ10
Generates More
Mitochondrial
Energy

Most *Effective* Vitamin
to Reduce **CARDIAC**
RISK FACTORS

Research Shows
That *Apigenin*
COMBATS CANCER

Obtain Your
Supplements at
LOWEST PRICES



Dear Loyal Member,

I wish you had been sitting beside me the day I was introduced to the technologies you're about to discover. My first reaction was, "Why aren't **pharmaceutical companies** doing this?"

After all, drug behemoths spend **billions of dollars** developing patented synthetic molecules. Yet their costly drugs provide only **partial** efficacy and are laden with **side effects**. The fact is that drug companies have fallen *behind* researchers who are finding exciting **natural** methods to guard your precious health.

Just look at the history of **coenzyme Q10**. When **Life Extension**® introduced CoQ10 in **1983**, drug companies ignored it while the FDA persecuted it. In each of the last three years, we improved the **absorption** of CoQ10 into the bloodstream. In a scientific feat that may turn cardiology and neurology upside down, a form of **CoQ10** is now available that more than doubles levels of CoQ10 in the **mitochondria** for enhanced cellular energy!

The year's most significant **anti-aging** finding was released just a few months ago. For the first time, researchers documented that *modest* **calorie restriction** radically *reduces* disease incidence and mortality in **primates**. The incredible news is that a *natural compound* has been discovered to *enhance* the ability of **resveratrol** to activate many of the "**longevity genes**" expressed during **calorie restriction**!

Do you know what protects against **heart attack** and **stroke** risk factors better than any other drug or nutrient? The answer is **niacin**. This B-vitamin boosts beneficial **HDL**, slashes **LDL** and **triglycerides**, and disarms dangerous atherogenic fats. The problem is the "*niacin flush*" that causes unpleasant effects. A novel niacin compound has been discovered that reduces uncomfortable side effects, thus enabling most people who need niacin to use it.

Life Extension introduced **apigenin** in **1985**, but up till now, it was difficult to obtain sufficient quantities of this extract found in plants such as **parsley**, **artichoke**, and **celery**. A standardized **apigenin extract** is now available to help maintain normal cell division.

To the chagrin of pharmaceutical interests, free market forces are blowing away oppressive barriers that impede scientific progress. As a Life Extension **member**, you don't have to pay *outrageous* prices to obtain these benefits. At this one time of the year, **Life Extension** provides an additional **discount** on every one of our ultramodern formulations.

The **21st annual Super Sale** enables members to stock up on cutting-edge nutrient formulas with the knowledge that they are funding critically important scientific research projects.

For longer life,

William Faloon

TABLE OF CONTENTS

Activate Your Longevity Genes with Novel Fruit Extract

8

Scientists have discovered a special blueberry compound that simulates many of the beneficial effects of **caloric restriction**. This natural compound favorably regulates *genes* involved in the development of cancer, atherosclerosis, diabetes, cognitive decline, and system-wide inflammation. The name of this extract is **pterostilbene** and it works synergistically with **resveratrol** to promote broad-spectrum anti-aging benefits.

New CoQ10 Generates More Mitochondrial Energy

24

As we age, a progressive decline occurs in the **energy-producing** organelles of our cells called *mitochondria*. **Coenzyme Q10** is required to sustain vital *mitochondrial* energy output. Recent studies reveal that when CoQ10 is combined with a natural agent called **shilajit**, energy production significantly **increases** compared to CoQ10 alone! **Shilajit** also protects and enhances precious **ubiquinol** reserves in the body.

Most Effective Vitamin to Reduce Cardiac Risk Factors

34

Published scientific studies document that **niacin** improves multiple **cardiac risk factors** better than any other compound.

We apologize, but this product product has been delayed. For alternate niacin suggestions, please call an Advisor at 1-800-226-2370.

Regu...
HDL...
cann...
induc...
dramatically reduces these uncomfortable side effects, thus enabling those who can benefit from niacin to take it each day.

Research Shows That Apigenin Combats Cancer

48

Cruciferous vegetables contain compounds that block the development of cancer. A flavonoid called **apigenin** (found in other plants) produces *unique* cancer preventative effects that may be just as important as those exerted by vegetables such as **broccoli**. Working together, **apigenin** and **cruciferous extracts** can exert broad-spectrum power to prevent cancer at each stage of its development.

Annual Super Sale begins November 16, 2009.
To order, call 1-800-544-4440.



LIFE EXTENSION® Super Sale Special Edition ©2009 LE Publications, Inc. All rights reserved. Subscription rate: \$40 per year in the United States. US \$47 in Canada. US \$60 in other countries. Subscription included as part of Life Extension Foundation membership. Mail subscriptions or address changes to: LE Publications, Inc., P.O. Box 407198, Ft. Lauderdale, Florida 33340-7198, USA. Or phone us toll-free at: 1-800-841-5433. Canada Subscriptions: Publications mail agreement number 40028967. Return undeliverable Canadian addresses to PO Box 503, RPO West Beaver Creek, Richmond Hill, ON L4B4R6. You will be sent your first issue within six weeks after LE Publications, Inc. receives your subscription fee. Application to mail at Periodicals Postage Rates is pending at Fort Lauderdale, FL and at additional mailing offices. POSTMASTER: Send address changes to LE Publications, P.O. Box 407198, Ft. Lauderdale, Florida 33340-7198, USA. Printed in USA. The articles in this magazine are intended for informational purposes only. They are not intended to replace the attention or advice of a physician or other health-care professional. Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition should first consult with and seek clearance from a qualified health-care professional. LEGAL NOTICE: Health claims contained in articles and advertisements in this publication have not been approved by the FDA with the exception of FDA approved qualified health claims for calcium, antioxidant vitamins, folic acid and EPA and DHA omega-3 fatty acids, and selenium as noted where applicable. ISSN: 1524-198X. Agreement Number 40028967. Send change of address information and blocks of undeliverable copies to P.O. Box 1051, Fort Erie, ON L2A 6C7. ISSN: 1524-198X.



Fish Oil Blend with Sesame Lignans and a MORE Concentrated Olive Fruit Extract

A Comprehensive Essential Fatty Acid Formula

An abundance of scientific research substantiates the wide-ranging health benefits, including promoting a healthy heart, of **omega-3 fatty acids** in fish oil and **monounsaturated fatty acids-polyphenols** in olive fruit.¹⁻⁹

SUPER OMEGA-3 from Life Extension® uses a patented EPA/DHA extraction process that results in a pure, stable and easy-to-tolerate **fish oil extract**.

While most fish oil is distilled to decrease contaminants such as mercury and PCBs, the **Pure +™** fish oil used in **Super Omega-3** is produced with a patented method that purifies the oil with a highly advanced *distillation process* to reduce pollutants to virtually undetectable levels. The result is an improved **fish oil** that *exceeds* the standards set by international rating agencies.

Sesame Lignans Enhance Fish Oil's *In Vivo* Effects

The *unstable* nature of fatty acids like fish oil limits their biological efficacy in the body. Scientific studies show that when **sesame lignans** are supplemented with fish oil, the beneficial effects are augmented.¹⁰

Sesame lignans help guard against **lipid peroxidation**, thereby extending the stability of **DHA** in the body. These **lignans** also direct fatty acids toward pathways which can help with inflammatory reactions. **Super Omega-3** provides standardized **sesame lignans** to enhance the overall benefits of the improved EPA/DHA fish oil blend.

New Higher Potency Standardized Olive Fruit

To emulate a Mediterranean diet, **Super Omega-3** provides a standardized **olive fruit extract** to deliver the polyphenol **hydroxytyrosol**, a powerful antioxidant that protects normal **LDL** from oxidation and counters dangerous free radicals.¹¹⁻¹⁴ Research shows that a combination of olive oil and fish oil supplements helps with inflammation better than a placebo or fish oil alone.¹⁵ Therefore, Super Omega-3 provides the equivalent polyphenol content of **6 ounces of Extra Virgin Olive Oil**.

Super Omega-3 provides a new, higher concentration **olive fruit extract** standardized for **hydroxytyrosol**, **tyrosol** and **oleuropein** polyphenols. Research shows the value of **oleuropein** in favorably altering gene expression, delaying senescence in specialized skin cells, and helping maintain normal platelet activation.

Life Extension's **Super Omega-3** is a fish oil concentrate that contains a *full-spectrum blend* of *synergistic* nutrients, providing a product of the utmost quality to produce optimal effects.

Super Omega-3 is certified to contain no detectable levels of mercury, arsenic, lead, cadmium, and other toxic metals by the International Fish Oil Standards (IFOS™). This product meets or exceeds IFOS™ standards for PCBs, dioxins, and other contaminants, and thus has received its highest 5-star rating.

IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc. These products have been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasource Diagnostics, Inc.

References:

1. *Public Health Nutr.* 2006 Dec;9(8A):1136-40.
2. *Am J Prev Med.* 2005 Nov;29(4):335-46.
3. *J Am Diet Assoc.* 2005 Mar;105(3):428-40.
4. *Mini Rev Med Chem.* 2004 Oct;4(8):859-71.
5. *Nurs Stand.* 2004 Aug 11-17;18(48):38-42.
6. *Cleve Clin J Med.* 2004 Mar;71(3):208-10, 212, 215-8 passim.
7. *J Nutr Health Aging.* 2001;5(3):144-9.

8. *Inflamm Res.* 2001 Feb;50(2):102-6.
9. *Arch Intern Med.* 2000 Mar 27;160(6):837-42.
10. *Biochem Biophys Acta.* 2004 Jun 1;1682(1-3):80-91.
11. *Anal Chim Acta.* 2007 Feb 5;583(2):402-10.
12. *J Agric Food Chem.* 2007 Sep 5;55(18):7609-14.
13. *Lipids.* 2001 Nov;36(11):1195-202.
14. *Eur J Cancer.* 2000 Jun;36(10):1235-47.
15. *Nutrition.* 2005 Feb;21(2):131-6.

ga-3

EPA/DHA

Two softgels should be taken twice daily with meals. A bottle of 120 softgels of **SUPER OMEGA-3 EPA/DHA with Sesame Lignans and Olive Fruit Extract** retails for \$32. If a member buys four bottles during **Super Sale**, the price is reduced to **\$18.90 per bottle**. If **10 bottles** are purchased during **Super Sale**, the price per bottle is reduced to only **\$16.81**.

For those with a sensitive stomach, Super Omega-3 is now also available with enteric coating and retails for \$34. If a member buys four bottles during **Super Sale**, the price is reduced to **\$20.93 per bottle**. If **10 bottles** are purchased during **Super Sale**, the price per bottle is reduced to only **\$18.90**.

To order the most advanced fish oil supplement, **Super Omega-3 EPA/DHA with Sesame Lignans and MORE Olive Fruit Extract ... with or without enteric coating ... call 1-800-544-4440 or visit www.LifeExtension.com**

Supportive but not conclusive evidence shows that **consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**

Important note: If you are taking anticoagulant drugs, use this product only under the supervision of your physician. Blood tests that measure clotting can be used to ensure these nutrients are not reducing the clotting factors in your blood to abnormal levels.

Upgraded Formula!

Just four softgels of **SUPER OMEGA-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract** provide:

EPA Pure+™ Extract	1400 mg
(eicosapentaenoic acid)	
DHA Pure+™ Extract	1000 mg
(docosahexaenoic acid)	
Olive Fruit Extract	600 mg
[standardized to 1.5% hydroxytyrosol (9 mg), 0.7% oleuropein (4.2 mg), 0.5% verbascoside (3 mg) and 0.23% tyrosol (1.4 mg)]	
Sesame seed lignan extract	20 mg



Item #01482

Item #01484

Ultra Natural PROSTATE FORMULA

**With Even More Potent
Saw Palmetto Extract**

**A huge percentage of men over age 50
suffer from prostate-induced discomforts.**

Ultra Natural Prostate Formula contains the most scientifically substantiated nutrients to help protect the prostate gland and maintain its healthy function.

Recently added to the formula are *standardized lignans* from flax and the Norway spruce trees. These lignans convert to **enterolactone** in the intestine that is then absorbed into the bloodstream where it provides significant biological effects. **Enterolactone** has demonstrated anti-estrogen and anti-DHT effects that are of particular importance for the aging prostate gland.^{1,3}

The **eight other** active ingredients in **Ultra Natural Prostate Formula** are:

- **Saw palmetto extract.** A number of normal biological events in aging men affect prostate function and structure. Saw palmetto has been shown to interfere with DHT activity in the prostate, inhibit the alpha-adrenergic receptor activity (to support normal urinary flow), and help control inflammatory actions in the prostate gland.^{10,11} A new DeepExtract™ extraction technology ensures the most desirable and complete bioactive profile of saw palmetto available.
- **5-LOXIN® boswellia extract.** Published studies show that normal aging and poor diet cause levels of a dangerous enzyme (*5-lipoxygenase*) to increase, which can affect prostate cells. 5-LOXIN® is a patented extract from the boswellia plant that has been shown to suppress *5-lipoxygenase* in addition to other pro-inflammatory factors.⁴⁻⁸
- **Nettle root extract** (*Urtica dioica*). Testosterone converts to estrogen at higher rates as men age. Prostate cells are sensitive to estrogen's growth stimulatory effects. Nettle root helps support prostate cells against the excess estrogen levels.⁹
- **Pygeum.** Normal aging results in levels of certain prostaglandins increasing in the prostate gland. *Pygeum africanum* extract helps suppress these prostaglandins, keeping the prostate gland placid and promoting prostate comfort.¹²
- **Beta-sitosterol.** The most biologically active constituent of pygeum is beta-sitosterol. Beta-sitosterol from other plant sources is included in this prostate support formula.¹³
- **Cernitin®.** This European pollen extract has been shown to relax smooth muscle tone of the urethra, counteract DHT, and help regulate inflammatory reactions.¹⁴⁻¹⁸
- **Boron.** In addition to helping protect bones, this mineral has been shown to slow elevation of prostate-specific antigen (PSAs) — a benefit seeming to occur as a result of boron's positive effect on the presence of protein-degrading enzymes in the prostate gland.^{19,20}
- **Lycopene.** This carotenoid associated with tomato's red color helps maintain healthy DNA gene function in prostate cells.²¹⁻²⁵



**The daily dose of two softgels of
Ultra Natural Prostate Formula provides:**

USPlus® Saw Palmetto 320 mg (Co ₂ DeepExtract™)	Phytosterol Complex 678 mg (standardized to 26.6% beta-sitosterol)
Nettle root extract 240 mg (<i>Urtica dioica</i>)	Boron 3 mg (from citrate, glycinate, and aspartate)
Pygeum extract 100 mg (11.7% pygeum sterols)	Cernitin® 252 mg
5-LOXIN® 70 mg	HMRlignan™ 20.15 mg
Lycopene 10 mg	Norway Spruce and ActiFlax™ Flax Lignan extract

Ultra Natural Prostate Formula provides scientifically validated standardized plant extracts that have been shown to promote healthy prostate function. No other prostate protection formula provides such a broad array of nutrients to support the multiple factors involved in maintaining a healthy prostate gland.

The retail price for 60 softgels of this standardized extract formula is \$38. If a member buys four bottles during **Super Sale**, the price is reduced to **\$23.63** per bottle. If a one-year supply is purchased, the cost drops to only **\$21.60** per bottle.

Not available for export.

References:

1. *Br J Nutr.* 2007 Aug;98(2):388-96.
2. *Cancer Causes Control.* 2006 Mar;17(2):169-80.
3. *Cancer Epidemiol Biomarkers Prev.* 2005 Jan;14(1):213-20.
4. *Poult Sci.* 2007 May;86(5):1012-6.
5. *Phytother Res.* 2007 Jan;21(1):89-95.
6. *J Nat Prod.* 2000 Aug;63(8):1058-61.
7. *Planta Med.* 2000b Dec;66(8):781-2.
8. *Integr Cancer Ther.* 2002 Mar;1(1):7-37; discussion 37. Review.
9. *Z Naturforsch [C].* 1995 Jan-Feb;50(1-2):98-104.
10. *Curr Opin Urol.* 2005 Jan;15(1):45-8. Review.
11. *J Urol.* 2000 May;163(5):1408-12.
12. *Curr Med Res Opin.* 1998;14(3):127-39.
13. *World J Urol.* 2002 Apr;19(6):426-35.
14. Available at: http://www.pdrhealth.com/drug_info/nmdrugpro-files/nutsupdrugs/flo_0108.shtml. Accessed September 9, 2004.
15. *Public Health Nutr.* 2000 Dec;3(4A):459-72.
16. *Planta Med.* 1986 Apr;(2):148-51.
17. *Pharmacometrics.* 1986;31:1-11.
18. *Folio Pharmacol Jpn.* 1988;91:385-92.
19. *Oncol Rep.* 2004 Apr;11(4):887-92.
20. *Toxicol Pathol.* 2004 Jan-Feb;32(1):73-8.
21. *BJU Int.* 2003 Sep;92(4):375-8; discussion 378. Erratum in: *BJU Int.* 2004 Mar;93(4):655.
22. *J Med Food.* 2002 Winter;5(4):181-7.
23. *Exp Biol Med (Maywood).* 2002 Nov;227(10):881-5.
24. *Am J Epidemiol.* 2002 Jun 1;155(11):1023-32.
25. *J Natl Cancer Inst.* 2002 Mar 6;94(5):391-8.

To order Ultra Natural Prostate Formula, call 1-800-544-4440 or visit www.LifeExtension.com

USPlus® and DeepExtract™ are trademarks of Valensa International and are used under license. US Patents 6,319,524 & 6,669,968. 5-LOXIN® is a registered trademark of P.L. Thomas & Co., Inc. US patents pending. Cernitin® is a registered trademark of AB Cernelle. HMRlignan™ is a trademark used under sublicense from Linnea SA. ActiFlax™ is a trademark of Pharma Science Nutrients, Inc., all rights reserved.

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.

Restore Optimal Blood Levels of VITAMIN D and IODINE

What do **vitamin D** and **iodine** have in common? The answer is that most people fail to get enough of both of these vital nutrients. Even amongst supplement users, a startlingly high percentage have insufficient **vitamin D** blood levels! These twin deficits can be corrected by taking one low-cost capsule that provides **vitamin D** and **iodine**.

Why Most People Don't Get Enough Iodine

Americans have rightly been told for decades to avoid table salt in order to reduce their risk of hypertension and related health conditions.

When *iodized* table salt is reduced, people can *unknowingly* lower their iodine intake to **suboptimal levels**. The phenomenon is a real one: Analyses from the National Health and Nutrition Examination Survey (NHANES) show that urinary iodine levels *plummeted* in the 1970s and 1980s and remain at about half of what they were 35 years ago.¹

The good news is that you can avoid iodized table salt *without* sacrificing the health benefits of iodine.

Sea-Iodine™ is a low-cost proprietary formula that health conscious individuals can take each day to support optimal iodine levels. Using standardized extracts harvested from a blend of marine algae, Sea-Iodine™ brings you the health of the sea while *avoiding* the well-known dangers of excessive salt intake.

Iodine is a health-promoting trace element essential for life. Its primary biological role lies in the production of the thyroid hormones triiodothyronine (T3) and thyroxine (T4).² The thyroid gland actively *absorbs* iodine from the blood to make and release these hormones into the blood.

Iodine is found abundantly in sea vegetables and plants. In areas where no marine foods are eaten, people have lower iodine levels.³

For this reason, US commercial salt makers have added iodine since the 1920s to deliver this key ingredient to the diet. However, we now know the dangers associated with eating too much table salt, raising the dilemma of where to get healthy sources of iodine.



Item #01371

Item #01372

Take Iodine with Your Vitamin D Supplement

For members who would like the convenience and *economy* of taking vitamin D and Sea-Iodine™ in just one pill, Life Extension® offers **Vitamin D3 with Sea-Iodine™**.

A bottle containing 250 vegetarian capsules of **Vitamin D3 1,000 IU with Sea-Iodine™ 1,000 mcg** retails for \$22. If a member buys four bottles during **Super Sale**, the price is reduced to **\$13.50** per bottle. (Item #01371)

A bottle containing 60 vegetarian capsules of **Vitamin D3 5,000 IU with Sea-Iodine™ 1,000 mcg** retails for \$14. If a member buys four bottles during **Super Sale**, the price is reduced to **\$8.44** per bottle. (Item #01372)

Sea-Iodine™ Standalone

For those who want to take iodine by itself, a bottle containing 60 1,000-mcg capsules of **Sea-Iodine™** is available at the low retail price of **\$8.00**. If a member buys four bottles during **Super Sale**, the price is reduced to **\$4.86** per bottle.



Item #01043

CAUTION: Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with hypercalcemia (high blood calcium levels). People with kidney disease, certain medical conditions (such as hyperparathyroidism or sarcoidosis), and those who use cardiac glycosides (digoxin) or thiazide diuretics should consult a physician before using supplemental vitamin D.

References:

1. J Clin Endocrinol Metab. 1998;83:3401-3408.
2. Gribble, G. W. "Naturally occurring organohalogen compounds - A comprehensive survey." (1996). Progress

- in the Chemistry of Organic Natural Products. 68:1-423.
3. Von Felig, Philip; Frohman, Lawrence A. Endocrinology & Metabolism. (2001) McGraw Hill Professional.

To order **SEA-IODINE™** or **VITAMIN D3 WITH SEA-IODINE™**,
call **1-800-544-4440** or visit **www.LifeExtension.com**

BONE RESTORE

for Lifelong Bone Health

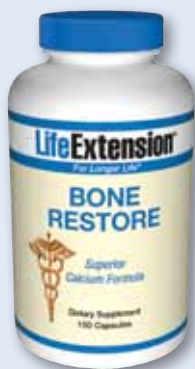
Maintaining strong, healthy bones is a cornerstone to successful aging. Unfortunately, even supplement users often fail to consume enough **calcium, vitamin D**, and other nutrients shown to help maintain healthy bones.

New research on **vitamin D** has led an increasing number of experts to advise men and women to consume **1000 IU** (and higher) of vitamin D each day to help maintain bone density.

The daily dose of **Bone Restore** provides **1200 elemental milligrams** of highly absorbable **calcium**, plus **1000 IU** of **vitamin D3**.

Bone Restore also contains ample **magnesium**, along with nutrients that enable calcium and magnesium to be incorporated in the bone matrix.

In addition, **Bone Restore** delivers a patented form of **boron** that is identical to natural plant forms found in food. Considered more bioavailable than other forms of boron, **FruiteX B® OsteoBoron®** supports healthy joints and bone.



Item #00811

Bone Restore comes in fast-release capsules, making the minerals and other nutrients immediately available for absorption.

The retail price for 150 capsules of **Bone Restore** is \$22.50. If a member buys four bottles during **Super Sale**, the price is reduced to just **\$13.16** per bottle.



Just five capsules of **Bone Restore** provide:

Highly-Absorbable Calcium	1200 mg
(from dicalcium malate, bis-glycinate, and fructoborate)	
Vitamin D3	1000 IU
Magnesium	340 mg
Boron	3 mg
(calcium fructoborate as patented FruiteX B® OsteoBoron®)	
Zinc	2 mg
Manganese	1 mg
Silicon	5 mg

FruiteX B® and OsteoBoron® are registered trademarks of VDF Futureceuticals, Inc., U.S. Patent No. 5,962,049.

To order **Bone Restore**, call **1-800-544-4440** or visit **www.LifeExtension.com**

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.

Achieve Multiple Health Benefits From Highly Absorbable Curcumin

How Much Curcumin Are You Absorbing?

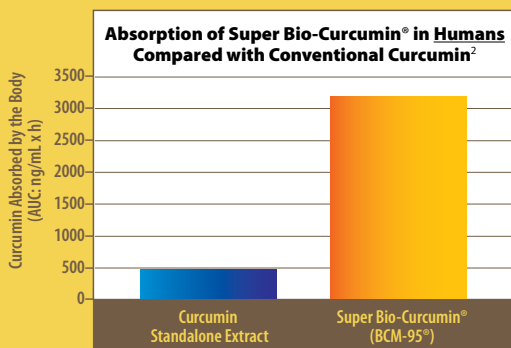


Chart 1. Super Bio-Curcumin® (BCM-95®) showed 6.9 times greater bioavailability (absorption and sustainability over 8 hours) in humans compared with conventional curcumin (as measured by the area under the curve [AUC] in a plot of blood levels against time, that is, the total amount of curcumin absorbed by the body over 8 hours).

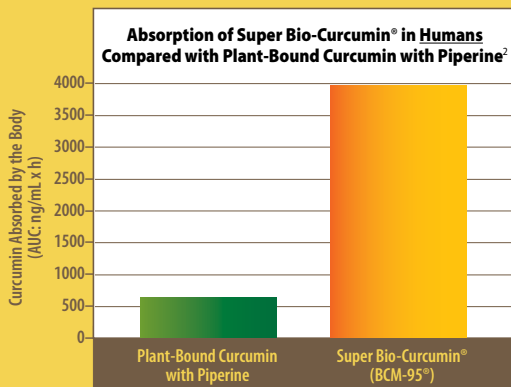


Chart 2. Super Bio-Curcumin® (BCM-95®) showed 6.3 times greater bioavailability (absorption and sustainability over 8 hours) in humans compared with plant-bound curcumin with piperine (as measured by the area under the curve [AUC] in a plot of blood levels against time, that is, the total amount of curcumin absorbed by the body over 8 hours).

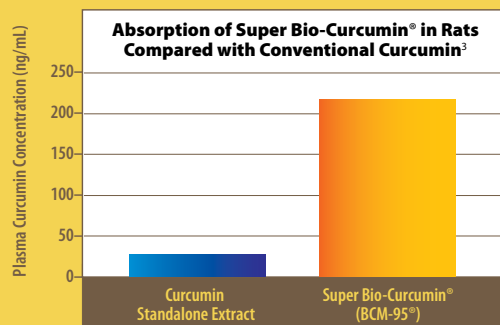


Chart 3. Bioavailability in rats fed with BCM-95® is 7.8 times higher than conventional curcumin.

Curcumin and other *turmeric* constituents are impressing scientists around the world with their remarkable health benefits, such as suppressing inflammatory factors, fighting free radicals, and promoting healthy DNA function. The problem is that curcumin is *poorly* absorbed into the bloodstream.

Super Bio-Curcumin® has been shown to **absorb up to seven times better** than conventional curcumin. This patent-pending formula thus represents the most cost-effective way to supplement with this critical nutrient.^{1,2}

The remarkable absorption studies charted to the left reveal that just one 400 mg capsule a day of this turmeric compound can provide *curcumin* blood levels equivalent to ingesting **2,500–2,800 mg** of commercial curcumin supplements.

Not only does this novel turmeric formulation provide far greater *peak* blood levels, but the curcumin also remains in the bloodstream almost **twice as long** compared with conventional supplements.

What's more, this enhanced absorption delivery complex provides other beneficial turmeric compounds in addition to standardized *curcumin*.

SUPER BIO-CURCUMIN® WITH BCM-95®



ITEM #00407

Life Extension®'s **Super Bio-Curcumin®** contains the patent-pending BCM-95® turmeric compound. A bottle containing 60 **Super Bio-Curcumin® with BCM-95®** capsules retails for \$30. If a member buys four bottles during **Super Sale**, the price is reduced to just **\$17.89** per bottle. Each bottle will last most members two months.

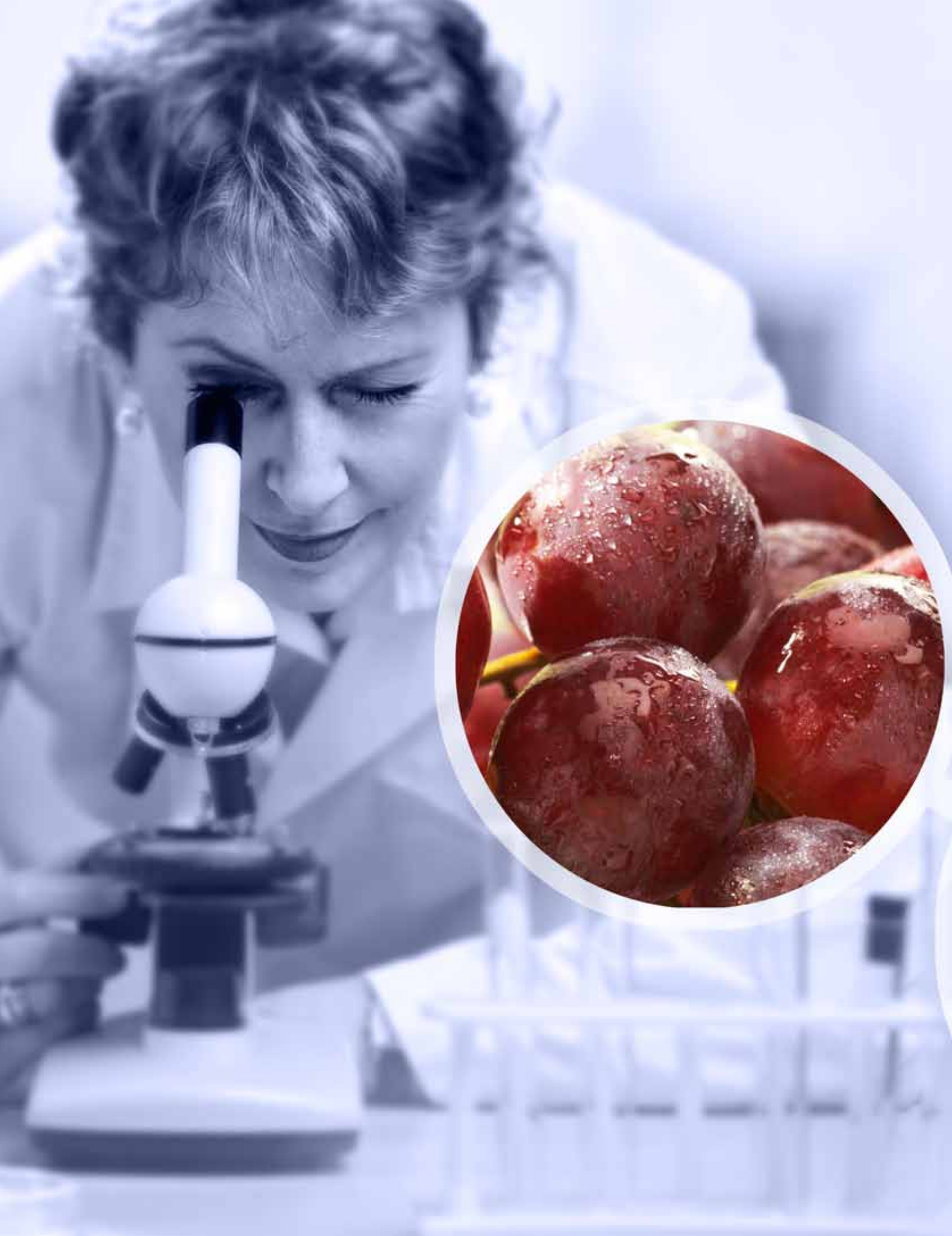
References:

1. *Spice India*. 2006 Sept;19(9):11-5.
2. A novel bioenhanced preparation of curcuminoids. Study submitted for publication, 2007.
3. Bioavailability study of BCM-95® in rats. Orcas International Inc. 2006.

To order Super Bio-Curcumin® with BCM-95®, call 1-800-544-4440 or visit www.LifeExtension.com

Bio-Curcumin® and BCM-95® are registered trademarks of Dolcas-Biotech, LLC.

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.



The “Other” Resveratrol

A Novel Method to Simulate the Genetic Effects of Caloric Restriction

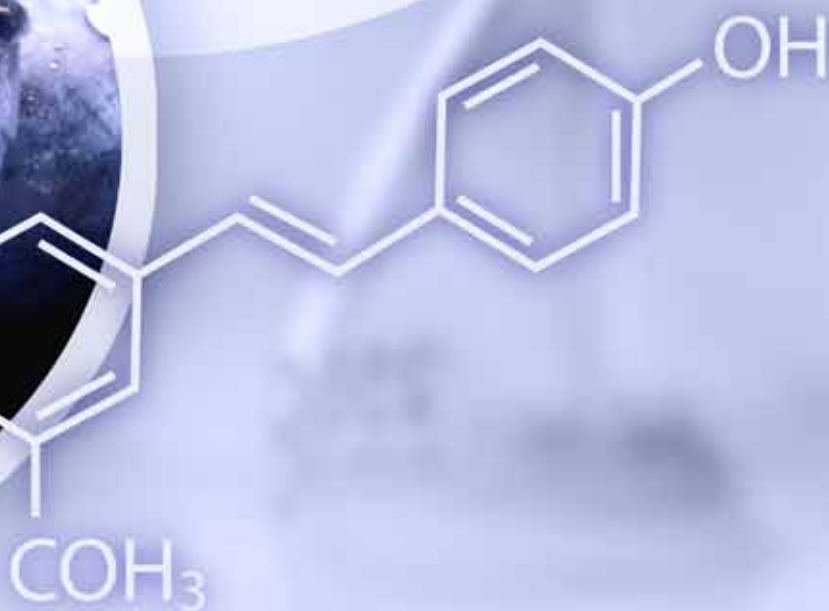
By Tiesha D. Johnson, RN, BSN

Scientists have discovered a plant extract related to *resveratrol* that mimics many of the beneficial effects of **caloric restriction**. This natural compound favorably regulates genes involved in the development of cancer, atherosclerosis, diabetes, and the system-wide inflammation that underlies a variety of age-related disorders.

Pterostilbene (terro-STILL-bean), found in blueberries, grapes, and in the bark of the Indian Kino Tree, has been used for centuries in Ayurvedic medicine. Pterostilbene and resveratrol are both **stilbene** compounds, closely related structurally, which gives them similar but not identical functions. Researchers have found that these two compounds work in a *synergistic* fashion to *activate* one’s “longevity genes.”

Pterostilbene produces its beneficial effects on *gene expression* in ways that **enhance** those produced by **resveratrol**. That is why pterostilbene functions particularly well when *combined* with resveratrol.

This article first examines the unique ways in which pterostilbene simulates conditions produced by caloric restriction. Then it will describe how these effects translate into a broader spectrum of benefits than otherwise provided by resveratrol alone. >>>



Pterostilbene and Gene Expression: The Key to Longer Life

You're probably used to thinking of genes as *fixed* units of hereditary information that determine physical characteristics like hair and eye color.

Scientists now know that you can *change* the messages your genes *transmit* to your body. This process is known as **gene expression**. It occurs when stimuli from within or outside your body switch certain genes "on" or "off." Switching on protective genes or switching off harmful ones (modulating gene expression) is one of the most exciting areas of medical research.

Calorie restriction turns on genes directly related to long term survival. This includes genes that reduce the activity of certain cancer-promoting agents, genes that induce programmed death of cancer cells, and genes that confer neuroprotection.¹

The incredible news is that many of the same genes that confer a longer life span can be favorably modulated with plant extracts such as resveratrol and **pterostilbene**.

How Pterostilbene and Resveratrol Work Together

Scientists have found that resveratrol activates genes near the *beginning* of the molecular cascade precipitated by caloric restriction. These in turn activate a broad array of disease-preventing genes. In essence, **resveratrol's beneficial genetic action takes place "upstream."**

Pterostilbene directly activates genes "downstream" from the sites of resveratrol's action. This complements resveratrol's ability to help prevent cancer and diabetes, and support healthy blood lipids. Acting together, resveratrol and pterostilbene produce potent longevity-promoting effects across the cycle of gene expression through complementary mechanisms.

How Pterostilbene Mimics Caloric Restriction

It's truly remarkable how closely pterostilbene can mimic the beneficial effects of calorie restriction on a molecular level. Calorie restriction directly suppresses cancer-causing genes while up-regulating genes that suppress cancer development.¹⁻²¹ In numerous studies pterostilbene modulates exactly the same genes, up-regulating those that stimulate the programmed cell death known as **apoptosis**, and down-regulating those that allow cancer cells to **invade** and **metastasize**.²²⁻³¹

Calorie restriction changes expression of genes throughout the metabolic process. It increases activity of powerful fat-sensing complexes that lower blood lipids and sugar levels.³²⁻³⁵



Pterostilbene naturally activates these same fat-sensing complexes and was found to favorably affect lipid profiles in hamsters with elevated cholesterol.^{36,37}

In the liver, calorie restriction favorably modifies several vital glucose-regulating enzymes, which helps to control blood sugar.³⁸ **Pterostilbene produces identical beneficial changes in many of those enzymes.** It also reduces markers of dangerous glucose-damaged proteins (glycosylated hemoglobin).³⁹

Calorie restriction dramatically reduces production of inflammatory mediators linked to age-related conditions such as atherosclerosis, chronic inflammatory diseases, and even cognitive decline.^{8,40-51} At the level of gene expression, **pterostilbene** exerts virtually identical effects, suppressing those same genes in studies of inflammation-related conditions.^{23,31,52-54} And like calorie restriction, **pterostilbene** up-regulates specific brain proteins associated with improved memory.^{55,56}

Cancer Chemoprevention

There's growing evidence that **pterostilbene** provides **chemoprevention** by many routes. Pterostilbene has powerful antioxidant capacity equivalent to resveratrol, and its anti-inflammatory actions help it block the inflammation/cancer connection.⁵⁷ In addition, pterostilbene inhibited the growth of highly malignant human melanoma cells and prevented metastatic spread of those cells to the liver in laboratory animals. It thus enhanced survival.²⁷

It's truly remarkable how closely pterostilbene can mimic the beneficial effects of calorie restriction on a molecular level.

As with so many nutraceuticals, **pterostilbene achieved this dramatic effect by multiple mechanisms**. It inhibits production of molecules that cancer cells use to "stick" to vessel walls, and also makes them vulnerable to immune-system destruction.

Other mechanisms include: blocking enzymes that activate carcinogens;^{58,59} up-regulating proapoptotic activity in highly resistant leukemia cells (while showing no toxicity at all to normal blood-forming cells);²⁹ blocking metastatic spread of aggressive and invasive human breast cancer cells;²⁵ and enhancing nitric oxide-induced cell death in human melanoma.²⁸

At the whole-organism level, pterostilbene suppresses formation of **pre-cancerous cells** in the colons of carcinogen-exposed animals.⁶⁰ More excitingly, **pterostilbene and quercetin dramatically enhanced elimination** by radiation and chemotherapy treatment of implanted colon cancers.⁵⁴ Cancer cells communicate with each other across special connectors called **gap junctions**. Pterostilbene disrupts those gap junctions, thereby interfering with inter-cellular communication that cancers need to direct their renegade growth.⁶⁰⁻⁶¹ Disruption of gap junctions is a mechanism that appears to be truly unique to pterostilbene, one not shared by other chemopreventive or chemotherapy agents. Clearly there's substance to the recent conclusion by Korean cancer researchers that "**pterostilbene may be a functional chemopreventative agent** and that **dietary exposure of pterostilbene would be helpful for improving health.**"²⁴

Cognition and Memory

Both resveratrol and pterostilbene have remarkable effects on learning and memory. **Pterostilbene was the most efficacious** of a group of resveratrol-like compounds at **preventing loss of the neurotransmitter dopamine from memory centers** in aged rats.⁶² Supplementation with pterostilbene reversed cognitive behavioral deficits. This study showed working memory function was correlated with *levels* of pterostilbene in the hippocampus, a key brain location where memory is processed.

A closer look reveals yet again the astonishing correspondence between pterostilbene and caloric restriction on gene expression. Supplementation with blueberries (one of the richest sources of pterostilbene) improved performance of aged animals in working memory after just three weeks.⁵⁵ The improvement was **closely correlated with activation of a brain-signaling protein in the hippocampus**. Improvement in memory performance was just recently shown to be **another direct result of**

caloric restriction!⁵⁶ Improved spatial memory during times of low food availability might be a very appropriate adaptive response, making animals more efficient at locating scarce food resources. If so, then **pterostilbene's ability to mimic these fundamental changes in brain chemistry** is a powerful modern take on an ancient survival mechanism.

Pterostilbene affects gene expression similarly to caloric restriction in multiple ways ... all key in the battle against age-related disease. A more in-depth report about pterostilbene's many health benefits will be included in the February 2010 edition of *Life Extension Magazine*®.

Summary

In the words of Dr. Agnes M. Rimando, a leading expert in the biology of the stilbenes (resveratrol, pterostilbene, and related compounds): "**Stilbenes have diverse pharmacological activities, which include cancer prevention, a cholesterol-lowering effect, enhanced insulin sensitivity, and increased life span.**"⁶³

What is so exciting to modern researchers is the way in which both **resveratrol and pterostilbene achieve these benefits by mimicking the actions of caloric restriction**, which produces similar effects on gene expression.

Even more exciting is the series of discoveries showing that resveratrol and pterostilbene produce similar results **by acting at different locations in the control of gene expression**. This means that these two phytonutrients likely **complement one another in increasing both the quantity and the quality of life**. Along with responsible calorie control and exercise, both belong in the regimens of people who are serious about improving health and longevity.

To find out how much **pterostilbene** you may need, turn to the next page. ■

There's growing evidence that **pterostilbene provides powerful chemoprevention** by many routes.





How Much Pterostilbene Do You Need?

Pterostilbene is found in minute quantities in certain plant foods. A typical cup of **blueberries**, for example, contains only about **20 mcg** of pterostilbene.

Even in these tiny amounts, **pterostilbene** is believed to provide some of the benefits related to ingesting these healthy foods.

Like **resveratrol**, in order to *significantly* impact one's health, it is desirable to consume more **pterostilbene** than what one would normally obtain from dietary sources.

A dose of 125–500 micrograms of **pterostilbene** provides an amount of this nutrient comparable to consuming from **five to twenty** cups of blueberries *every day*!

Research is underway to determine the optimal dose of pterostilbene for health benefits. Gene expression studies in animal models with pterostilbene show favorable effects upon similar genes up-regulated by *calorie restriction*. Similar to resveratrol, a close chemical 'cousin' of pterostilbene, higher concentrations of pterostilbene may be necessary for optimal effects in gene expression studies.¹ A dose of **3 mg** a day of **pterostilbene** provides the equivalent of eating over **140** cups of **blueberries** each day. These super-high potency pterostilbene formulas are expected to soon become available as dietary supplements.

The good news is that **pterostilbene** provides so much biological activity in a relatively small dose, that it is being added to **resveratrol** and other supplement formulas today without significantly affecting the cost to the consumer.

Reference:

1. *BMC Med Genomics* 2008 MAR 20;1:7.

References:

1. *Expert Opin Ther Pat.* Apr 2009;19(4):403-14.
2. *Toxicol Sci.* Oct 2002;69(2):448-59.
3. *Exp Gerontol.* Aug-Sep 2002;37(8-9):1041-53.
4. *FASEB J.* Nov 2005;19(13):1863-5.
5. *Antioxid Redox Signal.* Mar-Apr 2006;8(3-4):671-80.
6. *Biochem J.* Aug 1 2006;397(3):519-27.
7. *J Gerontol A Biol Sci Med Sci.* Jan 2007;62(1):18-26.
8. *Inflamm Res.* Mar 2009;58(3):143-50.
9. *FEBS Lett.* Jul 9 2008;582(16):2417-23.
10. *Arterioscler Thromb Vasc Biol.* Jun 2009;29(6):889-94.
11. *J Gerontol A Biol Sci Med Sci.* Jul 2009;64(7):711-22.
12. *Cancer Lett.* Jun 3 1997;116(1):61-9.
13. *J Gerontol A Biol Sci Med Sci.* May 1998;53(3):B168-72.
14. *Chin Med Sci J.* Dec 2000;15(4):226.
15. *Microsc Res Tech.* Nov 15 2002;59(4):282-92.
16. *Physiol Rev.* Jul 2002;82(3):637-72.
17. *Neurobiol Aging.* Sep-Oct 2002;23(5):695-705.
18. *Science.* Jul 16 2004;305(5682):390-2.
19. *Exp Gerontol.* Sep 2004;39(9):1361-8.
20. *Cancer Res.* Feb 15 2004;64(4):1541-5.
21. *J Mol Cell Cardiol.* Mar 2009;46(3):405-12.
22. *J Agric Food Chem.* Sep 19 2007;55(19):7777-85.
23. *J Agric Food Chem.* Aug 27 2008;56(16):7502-9.
24. *Food Chem Toxicol.* Feb 2009;47(2):404-9.
25. *Evid Based Complement Alternat Med.* 2009 Jul 16.
26. *Cancer Prev Res (Phila Pa).* Jul 2009;2(7):650-7.
27. *Neoplasia.* Jan 2005;7(1):37-47.
28. *J Biol Chem.* Feb 2 2007;282(5):2880-90.
29. *Int J Biochem Cell Biol.* Aug 2005;37(8):1709-26.
30. *BMC Med Genomics.* 2008;1:7.
31. *Carcinogenesis.* Jul 2009;30(7):1234-42.
32. *PPAR Res.* 2007;2007:28436.
33. *Nucl Recept.* 2007;5(1):1.
34. *Hormones (Athens).* 2008 Jan-Mar;7(1):17-23.
35. *Curr Med Chem.* 2009;16(3):350-61.
36. *J Agric Food Chem.* 2005 May 4;53(9):3403-7.
37. *Bioorg Med Chem.* 2008 Apr 1;16(7):3800-8.
38. *Pharmacol Res.* 2006 Sep;54(3):172-80.
39. *Life Sci.* 2006 Jul 10;79(7):641-5.
40. *Life Sci.* 2006 Apr 18;78(21):2523-32.
41. *Ageing Res Rev.* 2009 Jan;8(1):18-30.
42. *Int J Immunopathol Pharmacol.* 2009 Apr-Jun;22(2):323-32.
43. *Am J Physiol Heart Circ Physiol.* 2001 May;280(5):H2094-2102.
44. *Ann N Y Acad Sci.* 2001 Apr;928:327-35.
45. *Microsc Res Tech.* 2002 Nov 15;59(4):264-72.
46. *Free Radic Biol Med.* 2002 May 15;32(10):991-1005.
47. *Antioxid Redox Signal.* 2006 Mar-Apr;8(3-4):572-81.
48. *J Gerontol A Biol Sci Med Sci.* 2006 Mar;61(3):232-44.
49. *Am J Physiol Lung Cell Mol Physiol.* 2007 Feb;292(2):L567-76.
50. *Biogerontology.* 2008 Feb;9(1):33-47.
51. *Life Extension.* 2009 July;15(7):7-12.
52. *Mol Nutr Food Res.* 2008 Jun;52 Suppl 1:S62-70.
53. *Chem Biol Interact.* 2008 Jul 10;174(1):51-9.
54. *Mol Cancer Ther.* 2008 Oct;7(10):3330-42.
55. *Free Radic Biol Med.* 2008 Aug 1;45(3):295-305.
56. *Front Syst Neurosci.* 2009;3:5.
57. *J Agric Food Chem.* 2002 Jun 5;50(12):3453-7.
58. *Mol Nutr Food Res.* 2007 May;51(5):517-24.
59. *Xenobiotica.* 2006 Apr;36(4):269-85.
60. *Clin Cancer Res.* 2007 Jan 1;13(1):350-5.
61. *J Cell Biol.* 1991 Aug;114(3):545-55.
62. *J Agric Food Chem.* 2008 Nov 26;56(22):10544-51.
63. *Planta Med.* 2008 Oct;74(13):1635-43.

If you have any questions on the scientific content of this article, please call a Life Extension Health Advisor at **1-800-226-2370**.

FIGHT BACK AGAINST BRAIN AGING WITH COGNITEX

Just three softgels of Cognitex provide the following nutrients:

Alpha-Glycerol Phosphoryl Choline (A-GPC)	600 mg
Phosphatidylserine-DHA (PS-DHA)	100 mg
[Sharp-PS® GOLD Conjugated Phosphatidylserine-DHA]	
Pregnenolone	50 mg
Vinpocetine	20 mg
Phospholipid-Grape Seed Extract	150 mg
Wild Blueberry	150 mg
(Vaccinium angustifolium) 130:1 Extract	
Sensoril® Ashwagandha Extract	125 mg
(Withania somnifera)	
Uridine-5'-Monophosphate (disodium)	50 mg
Proprietary NeuroProtection Complex Blend	125 mg
Perluxan® Hops Extract (<i>Humulus lupulus</i>)	
Ginger (<i>Zingiber officinale</i>) Extract	
Rosemary (<i>Rosmarinus officinalis</i>) Extract	



Item #00921



Item #00922

Diminished levels of neurotransmitters and other brain compounds profoundly affect cognition and memory in aging adults. **Cognitex** was developed in **1982** to increase brain levels of **acetylcholine** — a neurotransmitter that enables neurons to communicate. Over the years, **Cognitex** has been improved with the addition of nutrients used in **Europe** to protect and enhance neurological function.

Cognitex with Pregnenolone & NeuroProtection Complex provides the following **scientifically validated** nutrients to provide broad-spectrum neurological support:



- **Uridine-5'-monophosphate (UMP)** is a phosphatide building block of RNA-DNA that is critical to optimal brain function and the health of neuronal cell membranes. Naturally found in the milk of nursing mothers, UMP is essential not only for the growth and development of infant brains, but also for healthy cognitive function in aging adults.
- **Sharp-PS® GOLD**, a rich **phosphatidylserine** compound bound to **DHA**, promotes already-normal neuronal cell membrane function and structure.
- **Alpha-glycerol phosphoryl choline (A-GPC)** boosts acetylcholine, a critical neurotransmitter that declines with age.
- **Vinpocetine** enhances circulation and oxygenation to brain cells, improves neural electrical conductivity, and protects against neuron-destroying excitotoxicity.
- **Phospholipid-grape seed extract** bound together results in a compound that is better absorbed into the bloodstream where it improves blood vessel tone and elasticity, thus enhancing blood circulation and oxygen flow to the brain.
- **Wild blueberry extract** protects against free-radical damage in the brain and helps maintain fluid balances already within the normal range.
- **Sensoril® ashwagandha extract** helps alleviate mental fatigue by inhibiting an enzyme (acetylcholinesterase) that degrades acetylcholine in the aging brain.
- **Proprietary NeuroProtection Complex Blend** contains standardized extracts of **hops, ginger, and rosemary** — proven to help with inflammation.
- **Pregnenolone** is a hormone that may be especially beneficial to the brain.

Caution: Cognitex is also available *without* pregnenolone for those with existing steroid hormone-sensitive cancer.

Perluxan® is used with permission. Sensoril® is protected under US Patents Nos. 6,153,198 and 6,713,092, and is a registered trademark of Natreon, Inc. Sharp-PS® GOLD is a registered trademark of Enzymotec Ltd.

To purchase Cognitex visit your local health food store. Log on to www.LifeExtensionRetail.com for more information.

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.

Brand New!

RESVERATROL ^{PLUS} PTEROSTILBENE IN ONE FORMULA!

In 2003, the **Life Extension Foundation**® introduced a purified **resveratrol** supplement that was later documented to favorably alter some of the changes in gene expression that cause us to age.

On **January 25, 2009**, CBS News **60 Minutes** featured an in-depth report on the multiple benefits that resveratrol may confer in slowing and even reversing certain aspects of aging.

What differentiates **Life Extension**®'s resveratrol: It provides 100% **standardized trans-resveratrol** plus a full spectrum of natural compounds from the grape that have demonstrated remarkable biological properties. Most products currently on the market contain varying quantities of **trans**- and **cis-resveratrol**, and fail to provide enough **trans-resveratrol** for optimal results. In addition, **Life Extension** has added **pterostilbene**, which researchers have found works in a **synergistic** fashion with resveratrol to activate one's "longevity genes."

Research funded by Life Extension has shown that a combination of low-dose (20 mg) **resveratrol** plus **grapeseed extract** induced many of the favorable **gene expression** changes seen in **calorie-restricted** animals. Other studies, however, have indicated that **higher doses** may be needed to obtain all of resveratrol's positive benefits including:

- **Improved Insulin Sensitivity**
- **Enhanced Mitochondrial Function**
- **Reduced Expression of Inflammatory Factors**
- **Protection Against the Toxic Effects of a High-Fat Diet**

Life Extension has meticulously evaluated published studies on **resveratrol** and **pterostilbene** to establish doses people might need to take to duplicate these remarkable laboratory findings. The results of Life Extension's analysis yield a wide range of potentially effective doses of resveratrol and pterostilbene.

Highest Potency Resveratrol

The resveratrol *potency* you choose may be based on your current state of health and/or your desire to personally reach the upper limits of a healthy human life span. Life Extension offers a wide range of standardized **trans-resveratrol** potencies in combination with **pterostilbene**, **quercetin** (which also favorably alters gene expression), and other grape phytonutrients.

Optimized Resveratrol with Pterostilbene provides the highest dosage of **trans-resveratrol** as well as a broad array of grape polyphenols, quercetin and **pterostilbene**.

All these Resveratrol Products are fortified with Pterostilbene!

(See each product description for amount of pterostilbene.)



Item #01413

Resveratrol with Pterostilbene

Provides **20 mg** of **trans-resveratrol** plus 120 mg of quercetin to facilitate resveratrol absorption. Pterostilbene content (125 mcg) equivalent to over **5 cups** of **blueberries**. Recommended dosage is 1 capsule daily with or without food. 60 vegetarian capsules

Retail Price: \$24

FOUR-BOTTLE SUPER SALE MEMBER PRICE:

>> \$14.85 PER BOTTLE

CBS News and its affiliates are not connected with Life Extension® in any way, and do not endorse or sponsor its products.

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.



Item #01410

Resveratrol with Pterostilbene

Provides **100 mg** of *trans*-resveratrol plus 120 mg of quercetin to facilitate resveratrol absorption. Pterostilbene content (250 mcg) equivalent to over **10 cups of blueberries**. Recommended dosage is 1 capsule daily with or without food. 60 vegetarian capsules

Retail Price: \$36

FOUR-BOTTLE SUPER SALE MEMBER PRICE:

>> \$21.60 PER BOTTLE



Item #01411

GrapeSeed Extract with Resveratrol & Pterostilbene

Provides **20 mg** of *trans*-resveratrol plus 100 mg of grapeseed extract. Pterostilbene content (125 mcg) equivalent to over **5 cups of blueberries**. Recommended dosage is 1 capsule daily with or without food. 60 vegetarian capsules

Retail Price: \$36

FOUR-BOTTLE SUPER SALE MEMBER PRICE:

>> \$22.95 PER BOTTLE



Item #01409

Optimized Resveratrol with Pterostilbene

Provides **250 mg** of *trans*-resveratrol, 85 mg of grape plant polyphenols plus quercetin. Pterostilbene content (500 mcg) equivalent to over **20 cups of blueberries**. Recommended dosage is 1 capsule daily with or without food. 60 vegetarian capsules

Retail Price: \$46

FOUR-BOTTLE SUPER SALE MEMBER PRICE:

>> \$27.90 PER BOTTLE

To order these **Resveratrol products**, call **1-800-544-4440**
or visit **www.LifeExtension.com**



Vital Greens Plant Foods In a Convenient Powder Blend

We try to eat healthfully, but getting enough **plant foods** each day can be a challenge for many people.

The new **Vital Greens Mix** is a blend of **organic** whole plant foods that provide diverse benefits ranging from protecting DNA integrity and maintaining immune function to suppressing vascular risk factors and restoring healthy intestinal flora.

Some of the ingredients in the new **Vital Greens Mix** superfood include:

- **Chia**, a rich source of protein, fiber, vitamins, minerals, and alpha-linolenic acid (an omega-3 precursor). Recent research at the University of Toronto has shown that regular **chia** intake may help maintain healthy **blood pressure** and **C-reactive protein** levels, both of which are well-known markers of cardiovascular disease.¹
- **Green Grasses and Sprouts** to provide a full array of **chlorophyll-rich**, nutrient-dense natural “green” foods that help **detoxify** and maintain **youthful DNA integrity**. In addition, clinical trials with *chlorella* supplements demonstrate that daily use of this green food may **support healthy immunity** and **wound healing**.^{2,3}
- **Probiotics** to sustain **healthy bacterial balance** in the gut, which may support overall **immune** and **digestive health**.
- A **mushroom blend** combining *maitake*, *shiitake* and *cordyceps* extracts to support **immune health** and provide adaptogenic benefits for balance and resistance.



Item #01098

Each serving provides:

Chia Seed (organic)	3000 mg
Chlorella (organic)	1000 mg
Spirulina (organic)	1000 mg
Acerola (organic)	750 mg
Wheat Grass (organic)	430 mg
Maitake Mushroom Extract (organic)	400 mg
Wheat Sprout (organic)	300 mg
Barley Malt (organic)	300 mg
Probiotic Blend (<i>Lactobacillus acidophilus</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium breve</i> , <i>Bifidobacterium longum</i>)	300 mg
Shiitake Mushroom (organic)	300 mg
Cordyceps Mushroom Extract (organic)	300 mg
Dulse (organic)	250 mg
Beet Juice (organic)	250 mg
Barley Grass (organic)	200 mg
Brown Rice Bran (organic)	200 mg
Cilantro (organic)	200 mg
Suma (organic)	150 mg
Flower Pollen Extract (organic)	120 mg

Life Extension®'s Vital Greens Mix is a great way to start off a meal. It induces some immediate satiety while providing beneficial plant foods that help neutralize mutagenic components of modern diets.

Each scoop of **Life Extension's Vital Greens Mix** provides a daily dose of nutrient-dense foods and herbal extracts. The retail price of a 30-serving bottle of this organic superfood is \$48. When a member buys four bottles during **Super Sale**, the price is reduced to only **\$29.70 per bottle**.

To order the new **Vital Greens Mix**, call **1-800-544-4440** or visit **www.LifeExtension.com**

REFERENCES:

1. *Diabetes Care*. 2007 Nov;30(11):2804-10.
2. *CMAJ*. 2003 Jul 22;169(2):111-7.

3. *Altern Ther Health Med*. 2001 May-Jun;7(3):79-91.

Advanced Colon Care With **AGAVE** DIGESTIVE-IMMUNE SUPPORT

Balancing the ecosystem of the colon is crucial to whole body health. This balance depends on inhibiting **harmful bacteria** and promoting the growth of beneficial bacteria that support immune function. While *stress*, *diet* and *age* are important factors, a strong digestive system is *essential* — it accounts for 60% to 70% of our body's immunity.¹ **Life Extension®'s Agave Digestive-Immune Support** helps **beneficial bacteria proliferate** in the colon for healthy immune response.

A clinically *advanced* prebiotic blend, **Agave Digestive-Immune Support** nourishes beneficial bacteria, such as *bifidobacteria*, to *enhance* immune response and suppress growth of unwanted microorganisms. This supports the body's natural response to infection.

Among the several hundred species of bacteria, *bifidobacteria* are among the most essential to colon health. Prebiotics deliver the specific nutrients they need in an *undigested* form. This enables beneficial bacteria to flourish, providing a higher level of protection and support.

AGAVE DIGESTIVE-IMMUNE SUPPORT contains *three* complementary prebiotic ingredients:

AGAVE INULIN/FOS *Inulins* are the nutrients beneficial bacteria thrive on. The inulins in **Agave** are complex. They last longer in the digestive tract, allowing beneficial bacteria to distribute *further* into the colon.

FIBER/SUNFIBER® PARTIALLY HYDROLYZED GUAR GUM (PHGG) favorably modifies intestinal pH for more efficient *absorption* of essential nutrients, including magnesium and calcium.

SHORT-CHAIN FRUCTOOLIGOSACCHARIDES (FOS) are a preferred food source for *bifidobacteria*. FOS also increases stool bulk, supports normal bowel function, and promotes regularity.

Those who want to obtain the benefits of this *digestion-enhancing* formula can order the new **Agave Digestive-Immune Support**. The **suggested dose is 1 scoop per day** mixed into 4–8 ounces of any beverage or soft food.

A jar containing **360 grams of powder** retails for \$30, but when a member buys four jars during **Super Sale**, the price is reduced to **\$18.23** per jar.

Reference:

1. *Clin Exp Immunol*. 2008 Sep;153 Suppl 1:3-6.



Item #01417

To order
Agave Digestive-Immune Support,
call **1-800-544-4440**
or log on to **www.LifeExtension.com**

SunFiber® is a registered trademark of Taiyo International, Inc.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Ease Joint Discomfort With **Arthro-Immune** Joint Support

*Effectively
Combat Inflammation*



Item #01404

One capsule provides:

BCM-95® Bio-Curcumin® Extract 250 mg
PARACTIN® Andrographis Extract..... 150 mg

Inflammatory conditions debilitate millions of adults, resulting in *restricted mobility* and *reduced strength*. **Inflamed joints** can lead to *extensive damage* to surrounding connective tissues, which causes the hands, feet, and arms to become painful, swollen and stiff.

While conventional methods can produce side effects, **Arthro-Immune Joint Support** from **Life Extension®** combines two clinically proven plant extracts into one powerful formula to help those suffering from inflammation.

Andrographis paniculata has received acclaim for its beneficial effect on inflammation.¹ A Chilean study involved 60 adults who took either 150 mg **andrographis extract** a day or a placebo. Those taking the extract showed *dramatic improvement* of several outcomes, **including fewer numbers of tender and/or swollen joints**. For joints that remained tender and/or swollen, the intensity was lessened.²

Curcumin is a compound that is universally recognized for its impressive *antioxidant* and *fluid-regulating* properties. In an as-yet-unpublished double-blind clinical trial, an enhanced absorbing curcumin was shown to have a beneficial effect on inflammation.³

Life Extension's Arthro-Immune Joint Support contains **PARACTIN® Andrographis extract**, which has been used in clinical, animal and *in vitro* studies that have demonstrated

its efficacy in *combating* inflammation. It also contains **BCM-95® Bio-Curcumin®**, which is considered the *gold standard curcumin*, with bioavailability *far superior* to that of most curcumin extracts.

Life Extension's Arthro-Immune Joint Support provides scientifically validated plant extracts that have been shown to have significant salutary effects on tender or swollen joints. **Just one** capsule a day provides a potent serving of **PARACTIN®** and **BCM-95® Bio-Curcumin®**. A bottle of 60 capsules retails for \$30. When a member buys four bottles during **Super Sale**, the price is reduced to only **\$18.23 per bottle**.

CAUTION: Do not take if you have gallbladder problems or gallstones. If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your health care provider before taking this product.

BCM-95® and Bio-Curcumin® are registered trademarks of Dolcas-Biotech, LLC. PARACTIN® is a registered trademark of HP Ingredients.

References:

1. *Int Immunopharmacol.* 2009 Mar;9(3):313-8.
2. *Clin Rheumatol.* 2009 Aug;28(8):931-46.
3. Chandran B, Chakkith VK, Thomas SPO. A multicentre, randomized, controlled human clinical study to assess the efficacy and safety of Biocurcmax (BCM-95) compared to diclofenac sodium. Submitted for publication. 2009.

To order **Arthro-Immune Joint Support**,
call **1-800-544-4440**
or log on to **www.LifeExtension.com**



OBTAINING THE Lowest Prices ON YOUR SUPPLEMENTS

We are pleased to announce our **21st annual winter SUPER SALE**. During this special event, **members** can purchase our most advanced formulas at **extra-discounted** prices.

When consumers buy products from the **Life Extension Foundation Buyers Club**, they have assurance that the **quality of the product** is backed by the organization's **commitment** to achieving an indefinitely extended life span.

During **Super Sale**, members can purchase **premium-quality** nutrients at prices below those charged by commercial companies. This enables members to obtain products they can **trust** and still obtain discounted prices.

Life Extension® members always receive a **25% discount** off the retail price. The big savings occur when members purchase multiple bottles. For instance, when four or ten bottles of a product are purchased, the savings can **exceed 50%**!

Not only do Life Extension members save substantial dollars, but they also gain access to the most technologically advanced formulations in the world.

A review of this **Special Edition** of *Life Extension Magazine*® reveals new products and enhancements made to existing formulations. For example, a standardized extract of **pterostilbene**, typically found in blueberries and grapes, and more **vitamin D** has been added to the new **Life Extension Mix™** at no additional cost. **Pterostilbene** has also been added to several **resveratrol** products. Other important upgrades include a **higher potency olive fruit extract** added to **Super Omega-3 EPA/DHA** as well as a new enteric-coated version for those who have sensitive stomachs, and a new **Triple Action Cruciferous Vegetable Extract** that contains the phyto extract **apigenin**.

Life Extension has added scientifically proven new ingredients to many existing formulations so that members have convenient access to a comprehensive health maintenance program. What's more, Foundation members this year can obtain more potency and new ingredients at no extra cost while enjoying low **Super Sale** pricing.



Super Savings on the new Life Extension Mix™

Life Extension Mix provides vitamins, minerals, amino acids and plant extracts at a fraction of the cost of taking these nutrients individually. As you will see in the next few pages, **Life Extension Mix** has been **upgraded** to include more **vitamin D** and **pterostilbene** at the same low price as before.

The cost of taking all these nutrients separately would be astronomical, but members can obtain the full dose of **Life Extension Mix** for as little as **\$1.34 per day** if they buy during **Super Sale**. On a "**cost-per-milligram**" basis, **Life Extension Mix** provides much **more potency** for far **less money** than commercial formulas.

Here's how Members can obtain
Life Extension Mix
at below **wholesale** prices:

The retail price of a five-week supply of the new **Life Extension Mix** (315 tablets) is **\$98**. The member price for one bottle during **Super Sale** is **\$66.15**. (Item #01455)

If a member buys four bottles, the price is reduced to **\$58.05** per bottle. When a member buys ten bottles during **Super Sale**, the price goes down to just **\$46.91 per bottle**. Since each bottle lasts for **five weeks**, that means that ten bottles will last for almost **one year**!

Members can save up to **52%** off the retail price of **Life Extension Mix** during **Super Sale**. **Life Extension Mix** provides more health-maintaining nutrients than any other nutrient formula in the world. This year's **Super Sale** begins **November 16, 2009**.

The Upgraded

LIFE EXTENSION MIX™

315 tablets
Item #01455

490 capsules
Item #01454

14.81 oz powder
Item #01456



Scientists have identified multiple mechanisms by which **green tea** extract helps protect against LDL oxidation, neuronal oxidation, and a host of other structural and functional age-related changes. LIFE EXTENSION MIX™ provides more green tea extract than found in commercial formulations.

Broccoli is one of the vegetables best documented to protect healthy DNA. The broccoli concentrate in LIFE EXTENSION MIX™ is standardized to provide **sulforaphane** and other **glucosinolates**, compounds responsible for broccoli's protective benefits.

Olive polyphenols help protect against LDL oxidation, quench free radicals, and stabilize cell membranes. LIFE EXTENSION MIX™ contains a potent olive extract that provides the best-documented polyphenol called **hydroxytyrosol** in an amount equivalent to drinking one ounce of virgin olive oil a day.

Luteolin is a flavonoid found in **parsley, artichoke, basil, celery**, and other foods. It has shown the ability to help protect against DNA oxidative damage. When measured against 27 other citrus flavonoids, **luteolin** showed one of the most beneficial effects at maintaining healthy DNA. **Luteolin** also suppresses excess levels of **interleukin-6** and **interleukin-1b**. LIFE EXTENSION MIX™ contains a standardized dose of **8 mg** of luteolin.

Lycopene is the red carotenoid in **tomatoes** that supports a healthy prostate and helps promote healthy lipid profiles for those already within a normal range.

Lutein is found in **spinach** and **collard greens** and has been shown to help maintain **eye macula pigment** structure.

D-glucarate is found in **grapefruit, apples, oranges, broccoli**, and **Brussels sprouts**. D-glucarate supports a detoxification process that helps to remove DNA toxins.

Pomegranate may be the most effective plant to help maintain optimal endothelial function. This pomegranate extract is standardized to provide the punicalagins and other polyphenols found in up to 2.6 ounces of pomegranate juice.

Sesame lignans increase tissue levels of **vitamin E** and **gamma tocopherol**, and inhibit the formation of an inflammatory precursor called arachidonic acid.

Wild blueberry extract, concentrated and standardized to help maintain optimal neuronal function.

Cocoa polyphenols offer the cardiovascular benefits of cocoa without fat or calories and contain the same amount of polyphenols as a ¼ serving (about 0.5 ounces) of a dark chocolate bar.

Pterostilbene is a compound naturally found in blueberries and grapes that has been shown to have beneficial, anti-aging effects on gene expression and to promote healthy cognitive function.

Pyridoxal 5'-phosphate helps protect against glycation reactions, a toxic process in which sugars bind to lipids and proteins to form non-functional structures in the body.

9 tablets, 14 capsules, or three scoops of powder provide:

Vegetable-Fruit Complex

Green tea extract (<i>decaf.</i>) (98% polyphenols/45% EGCG)	325 mg
Broccoli sprout concentrate	525 mg
(providing sulforaphane, glucosinolates, D-3T, and PEITC)	
Olive juice extract (6% hydroxytyrosol, 3% oleuropein)	12.5 mg
Grapeseed extract (Leucoselect®)	25 mg
(95% proanthocyanidins)	
Grape (<i>vitis vinifera</i>) extract (BioVin®)	25 mg
[Std. to 95% proanthocyanidins (23.75mg)]	
Ginger extract (5% gingerols)	200 mg
Luteolin (Pureolin™)	8 mg
Lycopene (tomato extract)	3 mg
Lutein complex (marigold)	33.3 mg
(15 mg lutein/465 mcg zeaxanthin)	
Milk thistle extract (85% silymarin)	100 mg
Bromelain	15 mg
Calcium D-Glucarate	200 mg
Citrus Bioflavonoids	200 mg
[Standardized to 50% total flavonoids (100mg)]	
Acerola extract 4:1	300 mg
Bilberry (25% anthocyanidins)	30 mg
Pomegranate (30% punicalagins) (POMELLA®)	85 mg
Sesame seed lignan extract	10 mg
Berry-fruit blend	200 mg
(blackberry, blueberry, cranberry, elderberry, persimmon, plum, and cherry)	
Wild Blueberry (<i>Vaccinium angustifolium</i>)	150 mg
130:1 Std. anthocyanin extract (fruit)	
Cocoa Extract (CocoaGold™)	67 mg
(45% polyphenols/30 mg standardized cocoa polyphenols)	
trans-Pterostilbene (from pure Pterospa™ pterostilbene)	0.5 mg

Water-Soluble Vitamins and Enzymatic Activators

Vitamin C	2000 mg
as: ascorbic acid, calcium, magnesium & niacinamide, ascorbate, ascorbyl palmitate, acerola extract	
Folate (as folic acid)	800 mcg
Biotin	3000 mcg
Trimethylglycine (TMG)	100 mg
Vitamin B1 (thiamine HCl)	125 mg
Vitamin B2 (riboflavin)	50 mg
Supplying: Riboflavin 5-phosphate	2 mg
Vitamin B3 (niacinamide and niacinamide ascorbate)	117 mg
Vitamin B3 (niacin)	73 mg
Vitamin B5 (D-calcium pantothenate)	600 mg
Pantethine	5 mg
Vitamin B6 (pyridoxine HCl)	5 mg
Pyridoxal 5'-phosphate (vitamin B6)	100 mg
Vitamin B12 (cyanocobalamin)	250 mcg
Vitamin B12 (hydroxycobalamin)	250 mcg
Vitamin B12 (ion exchange resin)	100 mcg
PABA (<i>para</i> -aminobenzoic acid)	200 mg

The Most Complete Multivitamin Available Today — Now with Pterostilbene!

Published scientific studies document that people who eat the **most fruits and vegetables** have much lower incidences of health problems. Few people, however, consistently eat enough plant foods to protect against common age-related decline,¹⁻³ and commercial multivitamins do not provide all of the vital plant components needed to maintain good health.

Life Extension Mix™ has been upgraded to include **pterostilbene**, a compound naturally found in blueberries and grapes that has been

shown to have beneficial, anti-aging effects on gene expression and to promote healthy cognitive function.

The new Life Extension Mix™ now contains **double** the amount of **vitamin D**, more of the essential trace element **iodine** to promote optimal thyroid function, and less preformed retinol vitamin A.

Fat-Soluble Vitamins

Vitamin A (as 90% Betatene® <i>D. salina</i> natural beta-carotene and 10% acetate)	5000 IU
Vitamin D3 (cholecalciferol)	2000 IU
Ascorbyl palmitate (fat-soluble vitamin C)	250 mg
Vitamin E (natural D-alpha tocopheryl succinate)	400 IU

Amino Acid Complex

N-acetyl-L-cysteine	600 mg
Taurine	200 mg

Mineral Complex

Selenium (from Se-methyl L-selenocysteine)	100 mcg
Selenium (from L-selenomethionine—SelenoPure®)	50 mcg
Selenium (from sodium selenate)	50 mcg
Zinc (methionate) (OptiZinc®)	20 mg
Zinc (succinate)	15 mg
Boron (as boron citrate/aspartate/glycinate)	3 mg
Calcium	218 mg
Copper (as copper bisglycinate chelate)	1 mg
Chromium (as Chromium 454™ bio-organic yeast extract matrix)	500 mcg
Potassium chloride (37.4 mg elemental)	71.3 mg
Molybdenum (sodium molybdate)	125 mcg
Manganese (gluconate)	1 mg
Iodine (potassium iodide)	150 mcg
Magnesium oxide (335.96 mg elemental)	560 mg
Magnesium citrate (35.28 mg elemental)	261.3 mg
Magnesium glycinate (11.74 mg elemental)	100 mg
Magnesium taurinate (7.83 mg elemental)	100 mg
Magnesium arginate (5.87 mg elemental)	100 mg
Magnesium ascorbate (3.40 mg elemental)	58.1 mg

Cholinergic Complex

Choline (from bitartrate)	120 mg
Phosphatidylcholine (from soy)	150 mg
Inositol	250 mg

Double the amount of **vitamin D3** is included to further help maintain healthy bone density and protect healthy DNA.

LIFE EXTENSION MIX™ contains only the expensive dry powder form of **vitamin E**. This natural form of vitamin E (succinate) has been shown to promote healthy DNA better than other forms.

N-acetyl-L-cysteine suppresses free radicals inside the cells and maintains healthy glutathione levels. **Taurine** may protect against free radicals between cells and supports eye health.

Some scientific evidence suggests that consumption of **selenium** may reduce the risk of certain forms of cancer; however, the FDA has determined that this evidence is limited and not conclusive.

Zinc is often poorly absorbed, but LIFE EXTENSION MIX™ provides two of the most bioavailable forms of zinc.

Boron is not only needed to maintain healthy bone density but may also help promote healthy prostate cell development.

LIFE EXTENSION MIX™ provides a high amount of **chromium** to help maintain arterial wall structure and already normal glucose levels.

The amount of **iodine** has been **doubled** for healthy **thyroid** function.

Magnesium helps protect arteries and heart valves, and supports heart and brain cells. LIFE EXTENSION MIX™ provides high potencies of six different forms of magnesium to fully saturate the body with this lifesaving mineral.

Maintaining high levels of **acetylcholine** in the brain helps support cognitive function and memory.

CAUTION: The high-niacin version of Life Extension Mix provides 862 mg in the daily dose, of which 345 mg is the form of niacin that can cause temporary flushing, itching or gastric disturbances. Liver function testing is recommended when niacin is taken in excess of 500 mg daily. Those with gout or liver diseases should avoid taking high doses of niacin. Consult with your doctor before using this product if you are taking anticoagulant medications. Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with hypercalcemia (high blood calcium levels).

• Betatene® is a registered trademark of Cognis Nutrition and Health. • The use of Calcium D-Glucarate is licensed from Applied Food Sciences, LLC under U.S. Patent No. 4,845,123. • OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc. • SelenoPure® is a registered trademark of Nutrition 21. • Chromium 454™ is a trademark of VDF FutureCeuticals, Inc. • Leucoselect® is a registered trademark of Indena S.p.A. • BioVin® is a registered trademark of Cyvex Nutrition. • Pureolin™ is a trademark of Pharma Science Nutrients, Inc., and is used here under license. All rights reserved worldwide. • Lyc-O-Mato® is a registered trademark of LycORed Natural Products Limited. • POMELLA® is a registered trademark of Verdure Sciences, Inc. • Pterospa™ is a trademark of Pharma Science Nutrients, Inc., and is used here under license.

References:

1. *Stroke*. 2004 Sep;35(9):2014-9.
2. *Mutant Res*. 1999 Jul 16;428(1-2):329-38.
3. *J Am Diet Assoc*. 1996 Oct;96(10):1027-39.

Life Extension Mix is available at
your local health food store. Visit
www.LifeExtensionRetail.com
for details.

Life Extension Mix™

Tablets, Capsules, or Powder...Your Choice!

Consumers take dietary supplements to obtain concentrated doses of some of the beneficial nutrients found in fruits and vegetables. Commercial multivitamins, however, do not provide all the vital plant components that scientists have found are needed to maintain good health.

Life Extension Mix™ is formulated based on findings showing that consuming lots of **fruits and vegetables** dramatically **lowers the risk** of health problems. **Life Extension Mix™** provides concentrations of the **fruit and vegetable extracts** that researchers have found protect against a wide variety of cellular insults.

Life Extension Mix™ has been upgraded to provide **pterostilbene**, more **iodine** and more **vitamin D3** at no additional cost. **Life Extension Mix™** is available in tablet, capsule, and powder forms, with or without copper, and with or without extra niacin.



Item #
01455

LIFE EXTENSION MIX™ 315 TABLETS

	RETAIL PRICE EACH BOTTLE	SUPER SALE MEMBER PRICE EACH BOTTLE
1 BOTTLE	\$98	\$66.15
4 BOTTLES	\$86	\$58.05
10 BOTTLES	\$69.50	\$46.91

The regular 94-ingredient caplet version of Life Extension Mix used by most members contains 73 mg of niacin and 1 mg of copper. There is an extra-niacin version that provides 345 mg of niacin at no additional charge. Niacin is used to help maintain healthy cholesterol, triglyceride and fibrinogen levels in those within normal ranges. Some people find the niacin "flush" unpleasant. Those with underlying liver disease sometimes cannot tolerate any niacin (or beta-carotene). Either one of these versions can be obtained without copper. The suggested dose is 9 tablets per day in divided doses with meals.



Item #
01454

LIFE EXTENSION MIX™ 490 CAPSULES

	RETAIL PRICE EACH BOTTLE	SUPER SALE MEMBER PRICE EACH BOTTLE
1 BOTTLE	\$110	\$74.25
4 BOTTLES	\$98	\$66.15
10 BOTTLES	\$85	\$57.38

The encapsulated version of Life Extension Mix used by many members provides 1 mg of copper. These capsules are also available without copper. The suggested dosage is 14 capsules per day in divided doses with meals. Capsules are easier to swallow for some people than tablets.



Item #
01456

LIFE EXTENSION MIX™ 14.81 Oz POWDER

	RETAIL PRICE EACH BOTTLE	SUPER SALE MEMBER PRICE EACH BOTTLE
1 BOTTLE	\$98	\$66.15
4 BOTTLES	\$86	\$58.05
10 BOTTLES	\$72	\$48.60

The powder version of Life Extension Mix contains 1 mg of copper. This powder version is also available without copper. The suggested dose is three scoops per day in divided doses with meals. Because there are so many different ingredients, the powder can be difficult for some people to easily mix. Some people use a blender to combine the Life Extension Mix™ powder with whey protein and other powdered supplements.

To order your supply of LIFE EXTENSION MIX™ during Super Sale, call 1-800-544-4440 or visit www.LifeExtension.com/SuperSale

Discover the European "Secret" to **Youthful, Healthy Legs**

Combat Unsightly Veins with This High-Potency Extract

30 YEARS OF CLINICAL EVIDENCE BRINGS LONG-AWAITED RELIEF

It is estimated that *half* of all women in the United States will develop unsightly veins by age 50.¹ While dermatologists often suggest surgery to correct this "age-related" issue, European women have enjoyed access to a **natural solution for 30 years!**

Life Extension® offers American women the same extract *without* a prescription. No more compression bandages or stockings. Instead, experience the same beautifying effects European women have been raving about for three decades—**naturally!**

Derived from the sweet orange, **European Leg Solution featuring Certified Diosmin 95** contains a plant-based nutrient called **diosmin** and is available in a vegetarian tablet.

MICRONIZED FOR GREATER EFFECTIVENESS

In order to derive any significant benefit, bioactive diosmin extract **must be able to reach veins directly.**

Life Extension®'s proprietary extract undergoes a complex, highly refined process called **micronization**. It yields the only *form* of diosmin clinically proven to support healthy vascular function in the legs.^{1,2}

This scientifically controlled, multi-phase technique *radically reduces* the size of the standard diosmin particles contained in each tablet, from **37 microns** to less than **2 microns**. The result is an optimally bioavailable standardized extract. This ensures rapid, efficient delivery of diosmin to the bloodstream, enabling enhanced *penetration* of the delicate inner lining of the veins.

As with so many "age-related" conditions, *inflammation*³ is the chief culprit behind the presence of unsightly veins. Inflammatory responses are *precipitated* by the interaction between white blood cells and the endothelial lining.

Life Extension's **European Leg Solution featuring Certified Diosmin 95** offers effective protection **by disrupting this inflammatory response.**

THE PREFERRED TREATMENT AMONG EUROPEAN WOMEN FOR BEAUTIFUL LEGS IS HERE

Life Extension's **European Leg Solution featuring Certified Diosmin 95** provides the same pharmaceutical grade extract used by millions throughout Europe. The retail price for a bottle containing 30 600-mg vegetarian tablets is \$20. If a member buys 4 bottles during **Super Sale**, the cost is only **\$12.15** per bottle.

Item #01042



Six Ways Life Extension's European Leg Solution featuring Certified Diosmin 95 Works for You

1. Maintains healthy blood flow through your capillaries—the most *fragile* of your blood vessels.
2. Maintains tone and elasticity of your veins—the key to sustained vascular health.
3. Eases the effects of circulating cytokines that promote inflammation.
4. Safeguards collagen and elastin against oxidative damage.
5. Enjoys an outstanding safety record.
6. Produces results in just **1–2 weeks**, with a single **600 mg** tablet taken each morning.²

*Product not for sale outside the United States.

To order European Leg Solution featuring Certified Diosmin 95,
call 1-800-544-4440 or visit www.LifeExtension.com

References: 1. <http://www.womenshealth.gov/faq/varicose-spider-veins.cfm>. 2. *Angiology*. 2003 Jul-Aug;54 Suppl 1:S33-44.
3. *Eur J Vasc Endovasc Surg* 2004;28:484-93.

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.



1983

1995

2004

2007

2000

CoQ10

TECHNOLOGY

Innovation that Never Quits!

By Julius Goepp, MD

Back in **1983**, when **coenzyme Q10** was first introduced, the only concern was being able to **afford** it. A 100-count bottle of **10** mg CoQ10 capsules retailed for almost **\$100** in today's dollars. CoQ10 prices plummeted as more companies began producing it.

In **1995**, Life Extension® introduced an **oil-soluble** CoQ10 for greater absorption into the blood.

By **2004**, Life Extension scientists had developed a novel delivery system for **ubiquinone** CoQ10 that dramatically increased blood levels even more.

This technology was outmoded in **2006** when Japanese scientists perfected a way to produce the superior **ubiquinol** form of CoQ10. **Ubiquinol** not only **absorbs** into the blood many times better than **ubiquinone**, but it is proven to produce vastly superior biological effects!

In **2007**, Life Extension introduced a better form of **ubiquinol** that enabled even greater amounts of CoQ10 to be absorbed.

Now in **2009**, a novel **ubiquinol compound** has been shown to function in the **mitochondria** better than ubiquinol CoQ10 by itself.

Within the last **26** years, **Life Extension** has gone from introducing a CoQ10 pill that is merely swallowed to achieving vastly improved CoQ10 blood/performance levels. The **ubiquinol compound** being introduced today increases **ATP mitochondrial energy** output even better than ubiquinol alone! >>>

A Cutting-Edge Adaptogenic Combination

For centuries, Ayurvedic practitioners relied on a curious substance called **shilajit** to treat or prevent a host of health problems. Culled from ancient biomass high in the Himalayas, shilajit was prized for its evident power to restore energy, increase fertility, enhance immunity, and safeguard memory against the effects of aging.

Modern science has confirmed that shilajit is in fact an **adaptogen** and a **super-vitalizer**.¹⁻³

Adaptogens are substances that provide **broad-spectrum protection** throughout the body by helping it **adapt** to internal and external **stressors**. Recent research indicates that shilajit **achieves** these benefits through highly specific effects that restore and sustain **cellular energy**, particularly through enhanced production of **ATP**, the **vital molecular power source** we need to survive.

The latest studies reveal an even more remarkable finding: *When shilajit is combined with CoQ10, cellular energy gains increase dramatically.* Together they **optimize** mitochondrial energy levels, activating a **super-vitalization** of our mitochondria's ability to convert food into energy. This adaptogenic combination not only radically ramps up available energy — it **enhances mitochondrial health**, a vital factor in **preventing aging** at the cellular level.

The latest studies reveal an even more remarkable finding: *When shilajit is combined with CoQ10, cellular energy gains increase dramatically.*

What is Shilajit?

Ancient doctors discovered **shilajit** preserved in the rocks of the Himalayas, and it became an essential part of their treatment for a variety of conditions.²⁻⁵ Shilajit is a rich brown organic material that forms in the **rhizosphere** — the thin layer of earth where living roots and microorganisms interact with the rocky core of the planet itself.² This intimate organic/inorganic relationship generates the **humic substances** that make up shilajit, contributing to its more than 85 distinct components.^{2,6,7}

Modern analysis has determined the presence and function of two major components of shilajit, **fulvic acids** (also called **humic acids**) and **dibenzo-a-pyrones** (DBPs). These two components go hand-in-hand to **promote and enhance** the **energy-boosting function of CoQ10** in the body. Here's how they work.

Fulvic Acids

Found in both living and fossilized organic material (such as peat), fulvic acids **protect mitochondria** against oxidative damage and **reduce dangerous lipid peroxidation**.⁸ Fulvic acids carry DBPs into mitochondria⁹ thereby augmenting the **availability of electrons** in the mitochondrial energy pathway.

Fulvic acids and related humic substances found in shilajit also work as “**electron shuttles**,” augmenting CoQ10 to **speed and facilitate essential electron flow** in mitochondria.¹⁰⁻¹³ Mitochondria generate those electrons from the food we eat and **capture their energy** in ATP molecules. **ATP is the cellular energy “juice”** that drives all living functions. The **larger the flow of electrons**, the **greater the production of vital ATP** — and the more energy there is to power vital functions and protect cells from aging.

Dibenzo-a-pyrones (DBPs)

DBPs can come from various sources, including spontaneous formation in the body and from dietary sources such as polyunsaturated fatty acids (PUFAs).⁹ They serve as an “**electron reservoir**,” rapidly **replenishing the electrons** that **CoQ10** needs to **sustain its antioxidant functions** and its **vital role in ATP production** within mitochondria.¹⁴ Cellular stresses and the normal requirements of electron transport deplete stores of active CoQ10, which must be replenished in order to support **healthy mitochondrial function**.

Shilajit provides a rich natural source of DBPs, which support and enhance CoQ10 levels in the body.^{9,14} When laboratory mice are supplemented with oral CoQ10 alone, **CoQ10 levels rise** in heart, liver, and kidney tissue, as might be expected.¹



Astonishingly, **when DBPs from shilajit are added to the supplement, CoQ10 levels rise still further** — as much as **29% more** in the liver alone!¹

What's going on? The DBPs from shilajit are not only **sustaining higher levels of CoQ10** from the supplement itself — they are actually **increasing concentrations in tissues** beyond what the supplement alone can produce. One way that DBPs achieve this remarkable effect is by **stabilizing and preserving CoQ10** in its active form. In other words, CoQ10 that would otherwise be depleted during mitochondrial energy production is preserved, thus better protecting mitochondria against oxidant damage.^{1,14}

One recent study highlighted just how DBPs from shilajit preserve CoQ10 in its superior **ubiquinol** (active) form at a wide variety of pH levels. For example, under alkaline conditions, DBP from shilajit preserves CoQ10 as ubiquinol **48% better** than CoQ10 ubiquinol alone at 60 minutes, and is an impressive **148% better** at 100 minutes. At neutral conditions (pH=7), DBP from shilajit preserves CoQ10 ubiquinol **71% better** at 72 hours than CoQ10 ubiquinol alone.¹

CoQ10 Plus Shilajit — Dramatic Synergy Boosts Energy and Protects Mitochondria

Since shilajit's components **protect, preserve, and enhance CoQ10** in the laboratory, you might expect that putting **shilajit and CoQ10 together** in one supplement would have even **greater effects** in living organisms. And you would be right!

A team of researchers published compelling results in 2009 showing how **shilajit plus CoQ10** preserve and protect energy function in mice.¹⁵ The researchers engaged mice in strenuous and stressful physical activity for two hours each day for seven days. Starting on day four they supplemented the animals orally with CoQ10 alone, shilajit alone, or the two in combination. They measured levels of CoQ10, ATP, and other compounds vital in mitochondrial energy production. They then compared the results with those of the stressed animals given a placebo only, and with animals at rest. The outcomes were nothing short of astounding:

- Compared to a placebo, CoQ10 + shilajit significantly **increased energy production (ATP)** by **144% in muscle**, and the **combination** was **27% better than CoQ10 alone!**
- Compared to a placebo, CoQ10 + shilajit significantly **increased energy production (ATP)** by **56% in the brain**, and the **combination** was **40% better than CoQ10 alone!**

■ Compared to control animals at rest, **CoQ10 levels in the intense exercise-stressed animals plummeted by 75%** — yet the combination of CoQ10 + shilajit **restored CoQ10 levels to within 15% of the normal rested animals' levels!**

■ The CoQ10 + shilajit combination produced **similar synergistic effects** on a variety of other **measures of cellular energy status**, especially in muscle and brain tissue.

What Does This Mean for You?

The **dramatic gains in cellular energy status** in these studies are good news for aging people. We tend to think of energy in physical terms of how we feel — and there's no question that enhanced levels of ATP, CoQ10, and other energy molecules contribute to less fatigue and better physical performance.¹⁶⁻²¹ But the benefits go far deeper.

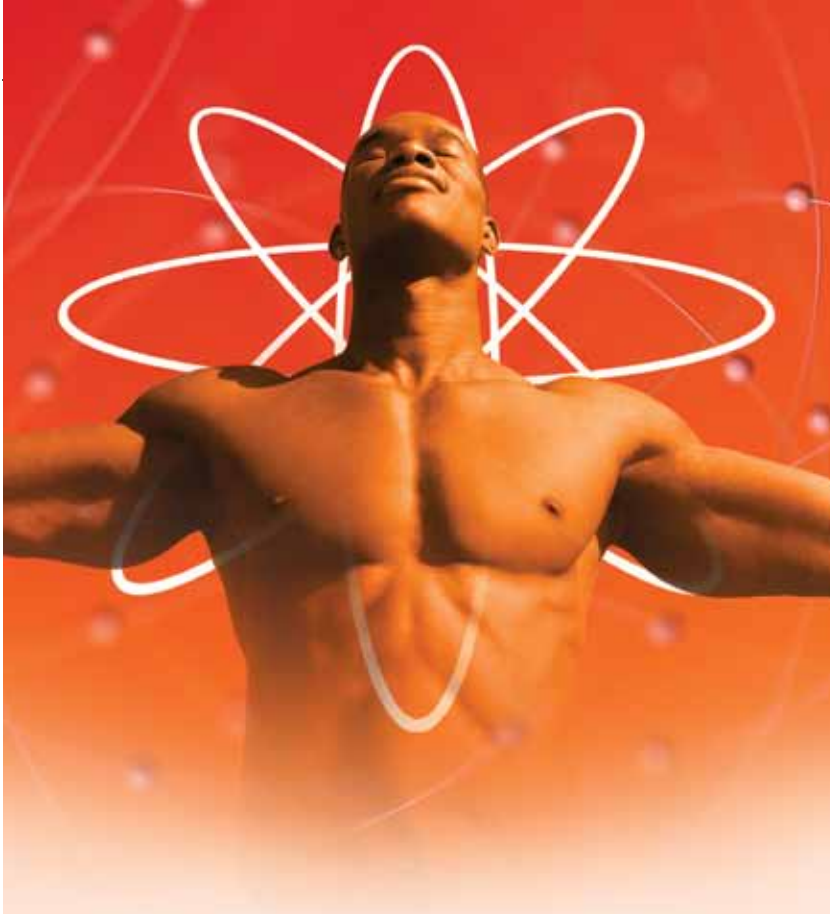
Mitochondrial dysfunction from declining CoQ10 levels and oxidative stress is a fundamental cause of cellular aging.²² Aging cells with damaged mitochondria **perform poorly** and **recover poorly** from stress, contributing to immune dysfunction, poor cardiovascular performance, and insulin resistance.²³⁻²⁸ Studies of **CoQ10 supplementation** alone are producing increasingly **dramatic results** in patients with heart disease, stroke, and diabetes.²⁹⁻³⁵

The discovery of the **synergistic effects of CoQ10 plus shilajit** means **greater gains** for people working to enhance mitochondrial health and combat aging.

Summary

Ancient Ayurvedic practitioners observed shilajit's myriad benefits firsthand, but had no way of explaining them. Modern scientists are now discovering precisely how shilajit exerts its beneficial anti-aging, energy-enhancing effects. They're finding that shilajit works in partnership with the known energy-boosting supplement CoQ10 to speed and **augment electron transfer** within mitochondria, dramatically increasing the amounts of energy-storing ATP available to tissues. They're finding that **shilajit protects and preserves CoQ10 in its active form**, making still more of this vital cofactor available for cellular processes. Together shilajit and CoQ10 protect mitochondria from devastating oxidative damage and reduce aging at the cellular level. The clinical effects are both evident and dramatic — increased exercise tolerance and performance and reduced evidence of oxidant damage. **This cutting-edge combination represents a significant scientifically validated advance in anti-aging science and CoQ10 technology.** ■

The discovery of the **synergistic effects of CoQ10 plus shilajit** means **greater gains** for people working to enhance mitochondrial health and combat aging.



The Energy Chain and Cellular Aging

Critical to conversion of food and oxygen to energy is the **mitochondrial energy chain**, an astonishingly complex array of enzymes and cofactors featuring **CoQ10** in a starring role. CoQ10 and its partners **channel electrons** from chemical bonds in food to produce **ATP molecules**. ATP is the body's universal "energy currency" or "**energy juice**," acting as a short-term **reserve fuel tank** to power everything from muscle activity to brain work. The **more ATP** that's available, the **more energy** the body has at its disposal.

But the intense flow of oxygen and electricity along the energy chain causes **cumulative oxidant damage** to mitochondria over time, depleting stores of CoQ10.³⁶⁻³⁸ Depleted CoQ10 and related **mitochondrial dysfunction** are major contributors to age-related diseases and even to aging itself.³⁹ Aged and damaged mitochondria with **insufficient CoQ10** operate inefficiently, producing less energy and more reactive oxygen species.⁴⁰ This produces still **more mitochondrial oxidant damage**, driving a vicious cycle.⁴¹

That's where the combination of CoQ10 and shilajit comes in. Think of the energy chain as an old-fashioned **bucket brigade**, with each enzyme and cofactor in the chain handing its electron burden on to the next in line. You can make the brigade more effective by **providing more members**, by **speeding transfer** of buckets from hand to hand, and by **making more water available** to fill their buckets.

CoQ10 provides more energy chain "members" to move electrons down the line to **increase ATP** production. **Shilajit's** fulvic acid component **speeds electron transfer** down the energy chain, making it more efficient.^{11,12} Shilajit's DBP component **makes more electrons available** to CoQ10, **preserving** CoQ10 in its active form. The combination of **shilajit plus CoQ10** simply delivers more electrons faster, making mitochondrial energy production safer and more efficient.

If you have any questions on the scientific content of this article, please call a Life Extension Health Advisor at **1-800-226-2370**.

References:

1. *Pharmacology online*. 2009;2:690-8.
2. *Phytother Res*. 2007 May;21(5):401-5.
3. *Indian J Exp Biol*. 2000 Feb;38(2):119-28.
4. *J Ethnopharmacol*. 1990 Apr;29(1):95-103.
5. *J Ethnopharmacol*. 2006 Oct 11;107(3):349-53.
6. *Drug Dev Ind Pharm*. 2008 May;34(5):506-11.
7. *Phytother Res*. 2009 Mar;23(3):373-84.
8. *Acta Pol Pharm*. 2000 Nov;57 Suppl:127-9.
9. Ghosal S. *Shilajit in Perspective*. New Delhi: Narosa Publishing House; 2006.
10. *Sci Total Environ*. 1987 Apr;62:347-54.
11. *Environ Sci Technol*. 2002 Jul 15;36(14):3170-5.
12. *Environ Sci Technol*. 2002 May 1;36(9):1939-46.
13. *Environ Sci Technol*. 2009 Feb 1;43(3):878-83.
14. *Electronic Journal of Biotechnology*. 2008 Jul 15;11(3).
15. *Pharmacology online*. 2009;1:817-25.
16. *Biofactors*. 2005;25(1-4):147-52.
17. *Nutrition*. 2008 Apr;24(4):293-9.
18. *Clin Exp Metastasis*. 2008;25(2):161-9.
19. *Mol Cell Biochem*. 2003 Apr;246(1-2):75-82.
20. *J Int Soc Sports Nutr*. 2008;5:8.
21. *J Strength Cond Res*. 2009 Jul 28.
22. *Exp Biol Med (Maywood)*. 2003 May;228(5):506-13.
23. *Basic Res Cardiol*. 2009 Mar;104(2):181-8.
24. *Hypertension*. 2009 Aug;54(2):322-8.
25. *Mech Ageing Dev*. 1978 Mar;7(3):189-97.
26. *Altern Ther Health Med*. 2009 Mar-Apr;15(2):48-50.
27. *Biosci Biotechnol Biochem*. 2009 Jun;73(6):1262-7.
28. *Infect Disord Drug Targets*. 2009 Aug;9(4):376-89.
29. *Acta Cardiol*. 2007 Aug;62(4):349-54.
30. *Pediatr Cardiol*. 2005 Jul-Aug;26(4):361-6.
31. *J Cardiothorac Vasc Anesth*. 2008 Dec;22(6):832-9.
32. *Biofactors*. 2008;32(1-4):119-28.
33. *Eur Heart J*. 2007 Sep;28(18):2249-55.
34. *Diabetes Care*. 2009 May;32(5):810-2.
35. *Diabetologia*. 2002 Mar;45(3):420-6.
36. *Gerontology*. 1995;41 Suppl 2:109-20.
37. *Biol Signals Recept*. 2001 Jan-Apr;10(1-2):125-40.
38. *Ann N Y Acad Sci*. 2004 Apr;1011:86-100.
39. *Genes Dev*. 2009 Aug 1;23(15):1714-36.
40. *Free Radic Biol Med*. 2007 Nov 15;43(10):1423-38.
41. *Pharmacol Rep*. 2009 Jan-Feb;61(1):123-30.

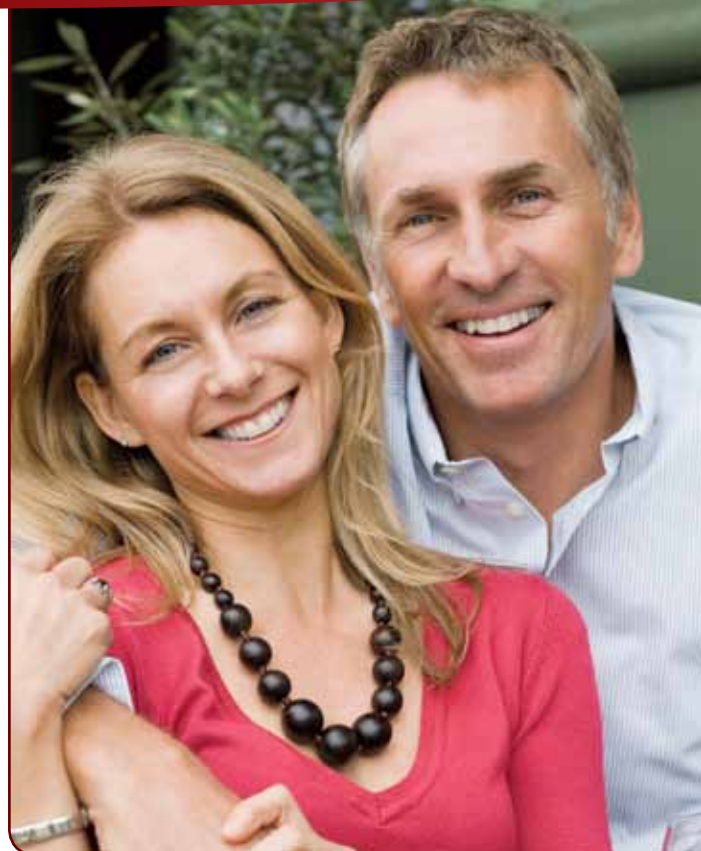
Fight Back Against Aging!

Aging is Characterized by Inflammation, Glycation, and Mitochondrial Decay

The loss of cellular vitality is caused by a number of factors, including **mitochondrial problems**, **glycation**, and **free-radical reactions**. Life Extension® members have access to a state-of-the-art nutritional formula called **MITOCHONDRIAL ENERGY OPTIMIZER** that helps protect delicate cellular structures and enables cells to perform life-sustaining metabolic processes.

MITOCHONDRIAL ENERGY OPTIMIZER is designed to counteract age-related structural and functional changes by providing the following unique ingredients:

- **CARNOSINE** As humans age, proteins in their bodies become **irreversibly damaged** by **glycation** reactions. *Glycation* is the cross-linking of proteins and sugar to form **non-functioning** structures (Advanced Glycation End-Products or “AGEs”) in the body, which can lead to alterations of normal cell function. **Carnosine** is not only a powerful **anti-glycating** agent, but it also protects **neurons** against reactive and cytotoxic protein carbonyl species associated with normal aging.¹⁻⁵
- **LUTEOLIN** Systemic inflammation is involved in most undesirable consequences of aging. Culprits behind **chronic inflammatory** reactions are pro-inflammatory **cytokines**, such as **interleukin-1** and **tumor necrosis factor alpha**. *Luteolin* is a super-potent plant extract that has been shown to modulate these dangerous inflammatory cytokines.⁶⁻¹¹
- **BENFOTIAMINE** Effectively modulates multiple destructive biochemical pathways, including AGEs’ formation pathway, which are induced by higher than desirable blood glucose levels. Human mortality studies indicate that *ideal* fasting glucose levels are between **74–85 mg/dL**. Yet many aging people have fasting glucose above **90 mg/dL**, which is less than optimal.¹²⁻¹⁴ Benfotiamine protects endothelial cell integrity from the effects of high glucose levels. In addition, benfotiamine exhibits direct antioxidative capacity and prevents induction of DNA damage.¹⁵
- **PYRIDOXAL 5'-PHOSPHATE** Aging results in the formation of **advanced glycation end-products** throughout the body. **Pyridoxal 5'-phosphate** is the active form of vitamin B6 that has been shown to protect against both lipid and protein **glycation** reactions.¹⁶⁻¹⁹
- **R-LIPOIC ACID** Destructive free-radical activity in the **mitochondria** plays a major role in the loss of cellular vitality. A **microencapsulated Bio-Enhanced® R-lipoic acid** facilitates youthful **mitochondrial energy output** while guarding against **free radicals**. Two forms of lipoic acid are sold on the supplement market, but **R-lipoic acid** is far more potent.²⁰⁻²³
- **ACETYL-L-CARNITINE ARGINATE** The amino acid L-carnitine is required to transport fats into the **mitochondria** to be burned for cellular energy. **Acetyl-L-carnitine arginate** is a patented form of carnitine that also **supports neurites** in the brain.²⁴



Taking all of the individual ingredients in the **Mitochondrial Energy Optimizer** separately would be prohibitively expensive, but Life Extension® members obtain this comprehensive formula at substantial savings.

A bottle of **Mitochondrial Energy Optimizer** containing **120 capsules** retails for \$86. If a member buys four bottles during **Super Sale**, the price is reduced to **\$52.65** per bottle.

Just four capsules of the Mitochondrial Energy Optimizer provide:

Carnosine.....	1000 mg
Acetyl-L-carnitine arginate DiHCl	700 mg
Bio-Enhanced® R-Lipoic acid	150 mg
(microencapsulated)	
Benfotiamine	150 mg
Pyridoxal 5'-Phosphate	100 mg
Luteolin.....	8 mg



ITEM #01368

Bio-Enhanced® is a registered trademark of GeroNova Research, Inc.

To order Mitochondrial Energy Optimizer, call **1-800-544-4440** or visit **www.LifeExtension.com**

References:

1. *Hormones (Athens)*. 2008 Apr-Jun;7(2):123-32.
2. *Protein Pept Lett*. 2008;15(4):385-91.
3. *J Alzheimers Dis*. 2007 May;11(2):229-40.
4. *Ann N Y Acad Sci*. 2006 May;1067:369-74.
5. *Sci Aging Knowledge Environ*. 2005 May 4;2005(18):pe12.
6. *Life Sci*. 2007 Nov 30;81(23-24):1602-14.
7. *J Nutr*. 2006 Jun;136(6):1517-21.
8. *Biochem Pharmacol*. 2005 Jan 15;69(2):241-8.
9. *Immunology*. 2005 Jul;115(3):375-87.
10. *Am J Respir Crit Care Med*. 2002 Mar 15;165(6):818-23.
11. *Eur J Pharmacol*. 2006 Jul 10;541(1-2):95-105.
12. *Nat Med*. 2003 Mar;9(3):294-9.
13. *Acta Diabetol*. 2001;38(3):135-8.
14. *Diabetes*. 2006 Aug;55(8):2231-7.
15. *Diabetes Metab Res Rev*. 2008 Jul-Aug;24(5):371-7.
16. *J Lipid Res*. 2006 May;47(5):964-74.
17. *Biochem Biophys Acta*. 2001 Feb;14:1535(2):110-9.
18. *J Am Soc Nephrol*. 2005 Jan; 16(1):144-50.
19. *Life Sci*. 1988;43(21):1725-31.
20. *Biochem Biophys Res Commun*. 1996 Apr 16;221(2):422-9.
21. *FASEB J*. 1999 Feb;13(2):411-8.
22. *Antioxid Redox Signal*. 2000 Fall;2(3):473-83.
23. *Biochem Mol Biol Int*. 1995 Oct;37(2):361-70.
24. *Nerochem Res*. 1995 Jan;20(1):1-9.

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.



High Performance Supplement
Supports Thicker, Healthier

Hair



Item #01400

The adult scalp **loses** about **100 hairs every day**. Starting at the age of 40, hair follicles *shrink*, causing hair to grow back *thinner*, or worse, *not at all*. This *devastating* hair loss is experienced by *half* the population. While the prevention and treatment is complex, using a supplement with *tocotrienols* can be pivotal in addressing the various physiological mechanisms that lead to thinning hair.¹

Super Absorbable Tocotrienols combats the underlying causes of hair loss, supporting otherwise healthy hair follicles that genetic disposition, advancing age, high concentrations of DHT (the male hormone dihydrotestosterone), and sebum build-up may cause to weaken, degrade or shrink. **Super Absorbable Tocotrienols**, a natural, orally administered, bio-enhanced tocotrienol complex, can be taken to support *youthful hair thickness* and *growth*.

The Most Absorbable Tocotrienol Supplement Available Today

Through a revolutionary, patented delivery system, **Super Absorbable Tocotrienols** ensures optimal absorption²⁻⁷ and efficiently delivers the benefits of a unique proprietary complex of *phytonutrients* (squalene, phytosterols and trace amounts of mixed carotene) naturally extracted together with tocotrienols to support youthful hair growth, hair

health and hair density. In a study involving 30 volunteers who took tocotrienol supplements for eight months, nearly all the subjects showed significant improvement in hair thickness and density.¹

Those who want to obtain the benefits of this *potent* hair formula can order **Life Extension®'s Super Absorbable Tocotrienols**. The recommended dosage is one softgel taken two times daily with food. The retail price for a bottle of **Super Absorbable Tocotrienols** containing 60 softgels is \$30, but if a member buys four bottles during **Super Sale**, the price is reduced to **\$18.90 per bottle**.

As a complement to this product, **Life Extension** customers may want to order **Healthy Hair**, a patented, nourishing spray that is effective for males and females.⁸ The retail price for a 5-ounce pump spray bottle of **Healthy Hair** is \$35, but if a member buys four bottles during **Super Sale**, the price is reduced to **\$21.60 per bottle**. Item #01405

To order **Super Absorbable Tocotrienols** and **Healthy Hair**, call **1-800-544-4440** or log on to **www.LifeExtension.com**

Reference:

1. Randomized Clinical Trial of Tocotrienols Supplementation vs. Placebo for Androgenetic Alopecia. Professor Yuen Kah Hay, B., School of Pharmaceutical Sciences, Universiti Sains, Malaysia. Submitted for publication 2009.
2. Antioxid Redox Signal. 2006 May-Jun;8(5-6):1059-68.
3. Mol Aspects Med. 2007 Oct-Dec;28(5-6):692-728.
4. J. of Pharmacy and Pharmacology. 2003;53:67-71.
5. J. of Pharmacy and Pharmacology. 2003;55:53-58.
6. Intl. J. of Pharmaceutics. 2004;(281): 67-78.
7. US Patent No:US 6,596,306.
8. Effectiveness of a Three Component Lotion in the Control of Hair Loss. Cristoni et al. Presented at SCS 50th Anniversary Symposium, Manchester, 23-24 November 1998.

The Latest Advance in

CoQ10 Technology

Life Extension® was the first to introduce **coenzyme Q10** to the United States way back in **1983**. Since then, we have consistently introduced more **potent** and better **absorbable** forms of this critical nutrient.

The **new Super Ubiquinol** with **Enhanced Mitochondrial Support™** contains an organic compound called **PrimaVie® shilajit** that research shows **doubles** levels of **CoQ10** in the **mitochondria**.¹

Shilajit has been shown to help restore and sustain **cellular energy**. The latest studies reveal that when **shilajit** is **combined** with **CoQ10**, **cellular energy** gains substantially increase.

In a breakthrough preliminary study, the combination of **CoQ10** and **shilajit** produced a **56%** increase in cellular energy production in the **brain—40% better** than **CoQ10** alone. In **muscle** there was a **144%** increase, or **27% better** than **CoQ10** alone.²

Researchers have found that **shilajit** works to boost **CoQ10's** beneficial effects by:

1. Stabilizing **CoQ10** in its superior **ubiquinol** form, thereby *prolonging* its action at the cellular level.^{3,4}
2. Facilitating more efficient *delivery* of **CoQ10** into the **mitochondria**, resulting in greater cellular energy output.⁵⁻⁹

Scientific analysis shows that **shilajit** itself is rich in **essential** compounds that promote mitochondrial metabolism. Part of **shilajit's** beneficial effects derives from its ability to help the mitochondria convert **fats** and **sugars** into adenosine triphosphate, or **ATP**—the body's main source of energy.⁵⁻⁹

PrimaVie® is a registered trademark of Natreon, Inc.
Kaneka QH® is a registered trademark of Kaneka Corporation.

References:

1. Systemic CoQ level in animals: Part II. Unpublished study. Natreon, Inc.; 2007.
2. *Pharmacologyonline*. 2009;1:817-25.
3. *Pharmacologyonline*. 2009;2:690-8.
4. *Electronic Journal of Biotechnology*. 2008 Jul 15;11(3).
5. Ghosal S. *Shilajit in Perspective*. Alpha Science International Limited; 2006.
6. *Sci Total Environ*. 1987 Apr;62:347-54.
7. *Environ Sci Technol*. 2002 Jul 15;36(14):3170-5.
8. *Environ Sci Technol*. 2002 May 1;36(9):1939-46.
9. *Environ Sci Technol*. 2009 Feb 1;43(3):878-83.

The **new** Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

Combining **ubiquinol** **CoQ10** with **shilajit** generates a powerful *synergy* that supports more youthful cellular energy production than **CoQ10** alone.^{2,4,5} What's more, Life Extension has added this novel ingredient to its **CoQ10** formulations without increasing the price! So you get a more effective **CoQ10** at the same cost!

The retail price for 60 100-mg softgels of **Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™** is **\$62**. If a member buys four bottles during **Super Sale**, the price is reduced to **\$37.80** per bottle. Item #01426

The retail price for 100 50-mg softgels of **Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™** is **\$58**. If a member buys four bottles during **Super Sale**, the price is reduced to **\$35.78** per bottle. Item #01425

To order the new
Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™
call **1-800-544-4440** or log on to
www.LifeExtension.com



Item #01426

Item #01425

A Multi-Faceted Approach to HEALTHY BODY Weight

It's not your fault! Public health agencies blame gluttonous behavior and lack of physical activity as the sole reasons for today's **obesity epidemic**. Ignored are a plethora of age-related **metabolic** changes that predispose us to weight gain, even when we try to cut back on caloric intake.

The good news is that you don't have to do it alone. Scientists have identified *natural compounds* that function via *multiple* mechanisms to combat the underlying factors involved in excess accumulation of body fat.

New Phase 3™ Sucrase Modulator

A recent study in the journal *Science* concluded that in primates a **calorie-restricted diet** can delay disease onset and age-related mortality.¹ While *Life Extension®* readers understand the benefits of calorie restriction, that doesn't make it any easier to cut back on one of the major calorie culprits in the American diet: *refined sugar*.

Sucrase is an enzyme that breaks down sucrose in the digestive tract for *absorption* into the bloodstream. **Phase 3™** is a new, patented compound that functions as a beneficial modulator of sucrase. By delaying the rapid absorption of sucrose, **Phase 3™** can help support the healthy release of insulin and sugar into the bloodstream in response to sucrose ingestion that so readily converts to body fat. **Phase 3™** contains a natural substance found in plants called **L-Arabinose** that provides an important new weapon in the battle to reduce the number of absorbed calories from sugar.

Green Tea Phytosome Cellular Energy Enhancer

The ability of **green tea extracts** to inhibit the breakdown and absorption of dietary fat has been the subject of research studies across the globe. Mounting scientific research has documented the **metabolic effects** of **green tea** polyphenols. A proprietary **phytosome complex** has shown an ability to increase the absorption of green tea polyphenols into the bloodstream better than conventional tea extracts — resulting in peak plasma levels of the critical green tea polyphenol *epigallocatechin-3-gallate*.²

Participants in a human clinical trial showed an average weight loss of **30 pounds** and a **10%** reduction in waist circumference in **90 days** when 300 mg/day of this new **green tea phytosome** was taken in conjunction with a reduced-calorie diet.² The *placebo* group that followed the same reduced-calorie diet lost only **9.9 pounds** and only **5%** of their waist size.



The Alpha-Amylase Enzyme

Aging reduces our ability to utilize the **carbohydrates** (and fats) that constitute what most would consider part of a healthy diet. The result is that as we grow older, our bloodstreams become chronically *bloated* with **glucose** and **triglycerides** in direct contrast to the youthful metabolic profile we have in our younger years. Emerging scientific research suggests that the alpha-amylase enzyme plays an undesirable role in the digestion of dietary carbohydrates and subsequent absorption of calories from starch and sugar.

A natural bean extract (*Phaseolus vulgaris*) moderates *alpha-amylase* activity. In a human trial in which all overweight participants were placed on a 2,000–2,200-calorie, carbohydrate-rich diet, those taking *Phaseolus vulgaris* lost **6.5 pounds** and **1.2 inches** in waist size in only **30 days** compared with **0.8 pounds** and **0.2 inches** in the placebo group.³

The Alpha-Glucosidase Enzyme

Another intestinal enzyme that enables carbohydrate absorption is **alpha-glucosidase**. A patented seaweed extract (*InSea™*) has demonstrated the ability to help maintain healthy levels of both *alpha-glucosidase* and *alpha-amylase*. When given to laboratory animals, this seaweed extract reduced after-meal (postprandial) **glucose** elevations by up to **90%** compared with non-supplemented animals.⁴

Remember, young healthy individuals rapidly convert ingested fats-sugars into energy. Age-related changes decrease our **metabolic capacity** to efficiently utilize dietary fats-sugars. It is thus paramount for aging people to reduce their *absorption* of excess calories. By taking nutrients before each meal that reduce the activity of carbohydrate-fat digesting enzymes, the calorie burden is significantly reduced.

To order Optimized Irvingia with Phase 3™ Calorie Control Complex, call toll-free 1-800-544-4440.

Leptin Sensitivity

Fat cells (adipocytes) secrete a hormone called *leptin* that tells our brain we have eaten enough. *Leptin* can also facilitate the breakdown of stored *triglycerides* in our adipocytes via the process of *lipolysis*. Heavy individuals have startlingly high blood levels of leptin, indicating that their cells have become *resistant* to the *leptin* that is supposed to prevent them from putting on so many fat pounds.

An extract from a West African food called *Irvingia gabonensis* has been shown to help support *leptin sensitivity* in overweight people. In a recently published study, *Irvingia* demonstrated beneficial effects upon leptin blood levels, followed by weight loss and inches off the waistline.⁵ In addition to supporting healthy *leptin sensitivity*, *Irvingia* has demonstrated the following beneficial effects on key aspects of metabolism:

- **Glycerol-3-phosphate dehydrogenase** is an enzyme involved in the complex biochemical process that converts ingested starch and sugar calories to stored body fat. *Irvingia* has been shown in studies involving fat cells to reduce the activity of *glycerol-3-phosphate dehydrogenase*,⁶ which may help reduce the impact of starch and sugar calories on body fat.

- Scientific research on fat cells suggests that *Irvingia* has **alpha-amylase-inhibiting** properties⁷ (like *InSea*^{2™} and *Phaseolus vulgaris*), which can help support a *slowing* of the rate of carbohydrate absorption from the intestines and a reduction of the caloric impact of starchy and sugary foods.⁸

- **Adiponectin** is a hormone involved in helping to maintain insulin sensitivity on the membranes of energy-producing cells. Big fat cells produce *less* adiponectin, and overweight people need to be especially concerned about maintaining healthy levels of adiponectin to support insulin sensitivity and metabolic fitness. Scientific data suggests that *Irvingia* helps support healthy adiponectin levels.⁶

The New Optimized Irvingia with Phase 3™ Calorie Control Complex

In reviewing the remarkable effects demonstrated by these *natural compounds*, one might think that any one of them might be a solution to their weight problem. The reality is that aging individuals often fall victim to *many molecular factors* that can sabotage the best weight-loss programs.

The new **Optimized Irvingia** formula provides a combination of nutrients that combat *age-related* fat accumulation via the following eight distinct mechanisms:

1. Delaying *digestion and absorption* of sucrose.
2. Enhancing *resting energy expenditure* at the cellular level.
3. Slowing the absorption of *dietary fat* from the intestines.
4. Moderating *alpha-amylase enzyme activity* to *reduce* carbohydrate absorption in the bloodstream.
5. Reducing *alpha-glucosidase enzyme activity* to *further slow* the absorption of starches and sugars into the bloodstream.
6. Supporting *leptin sensitivity* to reduce hunger and stimulate lipolysis.
7. Supporting youthful levels of *adiponectin* to help maintain healthy insulin sensitivity.
8. Moderating *glycerol-3-phosphate dehydrogenase enzyme activity* to reduce the amount of ingested starches that are converted to triglycerides and stored as fat.

Two capsules of **Optimized Irvingia with Phase 3™ Calorie Control Complex** provide:

Phase 3™ L-Arabinose and chromium complex.....550 mg
(supplying 475 mg L-Arabinose and
100 mcg Chromium in a food bound state)
Green Tea Phytosome (decaffeinated) extract..... 150 mg
Phase 2® *Phaseolus vulgaris* white kidney bean extract..... 445 mg
InSea™ seaweed extract.....125 mg
Irvingia gabonensis extract 150 mg

Summary of Human Studies with New Optimized Irvingia Ingredients

Ingredient	Study	Treatment vs Placebo
Green Tea Phytosome Extract	100 overweight subjects placed on a hypocaloric diet (men: 1,850 calories; women: 1,350 calories) randomized to receive 300 mg/day of green tea phytosome extract or placebo for 90 days ²	<u>Weight loss</u> 30.1 pounds vs. 9.9 pounds <u>Waist size reduction</u> 10% vs. 5% (14% vs. 7% in men)
Phase 2® White Kidney Bean Extract	60 overweight subjects placed on a 2,000-2,200 calorie, carbohydrate-rich diet and randomized to either 445 mg/day of white kidney bean extract or placebo for 30 days ³	<u>Weight loss</u> 6.5 pounds vs. 0.8 pounds <u>Waist size reduction</u> 1.2 inches vs. 0.2 inches
Integra-Lean® <i>Irvingia Gabonensis</i> Extract	102 overweight subjects randomized to either 150 mg of Irvingia twice daily or placebo for 10 weeks ⁵	<u>Weight loss</u> 28 pounds vs. 1.5 pounds <u>Waist size reduction</u> 6.4 inches vs. 2.1 inches
Phase 3™	50 non-diabetic subjects were used to study the suppression effects of L-Arabinose and chromium on capillary glucose ⁹	Consuming LA-Cr simultaneously with a 70 gram sucrose challenge suppressed the glucose response an average of -20% compared to control over four different time periods.

Note: Supplements should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.



Item #01492

Directions are to take two capsules before the two heaviest meals of the day. A bottle of **120 capsules of Optimized Irvingia with Phase 3™ Calorie Control Complex** retails for \$78. If a member buys four bottles during **Super Sale**, the price is reduced to **\$48.60 per bottle**.

InSea^{2™} is a trademark of InnoVactiv, Inc. *Integra-Lean*® *Irvingia* is protected by U.S. Patent No. 7,537,790. Other patents pending. Phase 2® and Phase 3™ are used under license.

Caution: This product is designed to target several critical factors involved in age-related weight gain. Those who ingest more calories than what their body has the metabolic capacity to utilize will not see results. This is because some people are ingesting so many excess calories that no matter how much their metabolic rate is increased, or how much improvement occurs in their post-meal blood sugar and serum triglyceride levels, or how much youthful insulin sensitivity and other body fat-regulating systems are restored, they are overwhelming the metabolic capacity to utilize these calories. This will result in excess calories being stored in adipocytes. One cannot consume limitless calories and expect to shed fat pounds by taking drugs, nutrients, and/or hormones that demonstrate weight-loss effects in clinical studies.

References:

1. Science. 2009 Jul 10;325(5937):201-4.
2. Integr Nutr. 2008;11(2):1-14.
3. Int J Med Sci. 2007;4:45-52.
4. http://www.innovactiv.com/index.php?option=com_content&task=view&id=18&Itemid=

5. Lipids Health Dis. 2009 Mar 2;8:7.
6. Lipids Health Dis. 2008 Nov 13;7:44.
7. Ann Nutr Metab. 1993;37(1):14-23.
8. Lipids Health Dis. 2008 Mar 31;7:12.
9. Submitted for publication, 2009.

Support Endothelial Health for MAXIMUM Sexual Performance

Overlooked in the effort to support **sexual function** in aging men is the health of the **vascular system**. Blood flow through the delicate lining of the arteries (the **endothelium**) is essential to sexual arousal, so it should come as no surprise that **endothelial function** is closely associated with male sexual capacity.¹

Life Extension® has discovered supportive clinical research for a scientifically validated, *natural* dietary supplement formula to promote **endothelial function** and **blood flow** to the place men need it most—for maximum performance.

The ingredients found in **Prelox® Natural Sex for Men®** have yielded compelling and highly satisfactory results in **five independent clinical studies**.²⁻⁶

Our analysis also confirms that unlike some performance enhancement supplements marketed as “natural,” **Prelox® Natural Sex for Men®** is not adulterated with trace amounts of prescription drugs.

A Powerful Synergy to Support Sexual Health

The patented blend of the following *natural* ingredients positively affects the male physiology in three ways, to provide optimal support:

1. PYCNOGENOL® (standardized French maritime pine bark extract) activates **endothelial nitric oxide synthase** (eNO-S),⁷ the enzyme required to make **nitric oxide**. Nitric oxide (NO) *relaxes* the vessels that enable efficient blood flow—the key to healthy male sexual activity and overall vascular health. Pycnogenol® further amplifies this relaxing effect by extending the amount of time nitric oxide remains in the bloodstream.

2. L-ARGININE is the biological precursor to nitric oxide synthesis in the endothelium.⁷ It interacts **synergistically** with Pycnogenol® to sustain nitric oxide levels sufficient for healthy sexual function.

3. ICARIIN—a natural plant extract used in traditional Chinese medicine—has been shown to **deactivate** the enzyme normally responsible for winding down male sexual response, further promoting sustained activity.⁸ Prelox® Natural Sex for Men® contains MedIcariin™, a standardized, proprietary form of pure, high-quality icariin.

The suggested dose of two **Prelox® Natural Sex for Men®** tablets each day provides:

PRELOX® PROPRIETARY BLEND 1440 mg

L-Arginine HCl, Aspartic Acid,
Pycnogenol® Dried French Maritime
Pine (*Pinus pinaster*) Extract (bark)

NATURAL SEX FOR MEN® 100 mg

MedIcariin™ (*Epimedium sagittatum*)
Extract (leaf) [std. to 60% icariin (60 mg)]

A 60-tablet bottle of **Life Extension® Prelox® Natural Sex for Men®** retails for \$50.00. If a member buys 4 bottles during **Super Sale**, the price is reduced to just **\$29.90 per bottle**.

References

1. *Int J Impot Res* 2008 Dec; Suppl 2:S9-14.
2. *Int J Impot Res*. 2008 Mar;20(2):173-80.
3. *Phytother Res*. 2009 Mar;23(3):297-302.
4. *J Sex Marital Ther*. 2003 May;29(3):207-13.
5. *European Bulletin of Drug Research*. 2005;13(1): 7-13.
6. *Akush Ginekol (Sofia)*. 2007;46(5):7-12.
7. Rohdewald P. Pycnogenol, French maritime pine bark extract. In: Coates P, ed. *Encyclopedia of Dietary Supplements*. New York; Marcel Dekker; 2004.
8. *Urology*. 2006 Dec;68(6):1350-4.

CAUTION: If you have diabetes and/or significant kidney or liver disease, please consult with your healthcare practitioner before using this product.

Prelox® and Pycnogenol® are registered trademarks of Horphag Research Ltd. Prelox® is protected by U.S. patent #6,565,851B2. Pycnogenol® is protected by U.S. patents #5,720,956 and #6,372,266 and other international patents. MedIcariin™ is a trademark of Pharma Science Nutrients, Inc. Cannot be sold outside the USA.



ITEM # 01373

To order **Prelox® Natural Sex For Men®**, call **1-800-544-4440** or visit **www.lifeextension.com**

FOR YOUNGER LOOKING SKIN

RejuveneX[®] FACTOR

Expertly Formulated With Advanced Anti-Aging Ingredients

RejuveneX[®] Factor incorporates nutrients with proven therapeutic value, resulting in more noticeable skin firmness and elasticity, smoother skin tone, and vibrant texture and volume:

- **POMEGRANATE** demonstrates some of the most potent antioxidant properties of any plant.¹
- **MATRIXYL[™] 3000** restores youthful tone and texture by nourishing collagen and reducing saggingness.
- **CERAMIDE-2**, together with Ceraphyl[®] NGA, helps prevent dehydration even when the moisture level in your skin diminishes with age.²
- **GRAPE SEED EXTRACT** contains powerful phenolic compounds that help promote the elasticity, flexibility, youthfulness, and health of your skin.³

RejuveneX[®] Factor is formulated with the QuSome[®] advanced efficacy delivery system that enables these ingredients to penetrate the skin's lower layers for greater nourishment and extended protection.

More Active Ingredients Than Other Anti-Aging Skin Creams

With 25 active ingredients, RejuveneX[®] Factor is the world's most nutritionally complete skin care formula. RejuveneX[®] Factor contains multiple antioxidants and other ingredients that have been scientifically documented to keep skin youthful, including:

- **GREEN AND WHITE TEA EXTRACTS** help keep your skin looking youthful by providing protection against oxidative stress.

These antioxidants help combat the visible aging effects associated with glycation—reducing visible signs of aging by as much as 75%.⁴

- **VITAMIN C** in ascorbyl phosphate form quenches skin-damaging free radicals and nourishes the skin's collagen strands.
- **HYALURONIC ACID** to help the skin retain moisture.
- **ALPHA-LIPOIC ACID**, a potent and versatile antioxidant that helps reduce the appearance of premature wrinkling of the skin and improve skin texture.
- **BETA-GLUCAN**, which has been shown to penetrate deep into the skin and deliver significant skin benefits as a long-lasting, film-forming moisturizer, is essential to retaining youthful-looking skin. Beta-glucan's ability to penetrate the epidermis to reach the dermis (the layer where wrinkles form) makes this ingredient essential for any skin care regimen. It has also been shown to increase skin firmness and nourish collagen.
- **VITAMIN A** improves the appearance of wrinkles associated with natural aging.
- **VITAMIN E** in both alpha and gamma tocopherol forms helps protect against environmentally induced oxidation in the skin's outer layer.
- **RNA** (ribonucleic acid) is critical for healthy skin rejuvenation.

A 1.7-fl.-oz. (50-mL) pump of RejuveneX[®] Factor retails for \$65. If a Life Extension[®] member buys four bottles during Super Sale, the price is reduced to just \$37.13 per bottle.

Matrixyl[™] 3000 is a trademark of Sederma, Inc.
Ceraphyl[®] is a registered trademark of International Specialty Products. QuSome[®] is a registered trademark and patented by Biozone Laboratories, Inc.

References:

1. J Ethnopharmacol. 1999 Jul;66(1):11-7. 3. J Med Food. 2003;6(4):291-9.
2. Arch Dermatol Res. 2005 May;296(11):514-21. 4. Carcinogenesis. 2003 May;24(5):927-36.



ITEM #00918

Rejuvenex[®] is formulated with ingredients shown to dramatically improve the appearance of dry, creased, or damaged skin.

To order RejuveneX[®] Factor, call 1-800-544-4440, or visit www.LifeExtension.com



Discount Prices For Premium-Quality Products

Life Extension® members are longevity enthusiasts, willing to take extraordinary steps to stave off disease, aging, and death. When members buy products from the **Life Extension Foundation Buyers Club**, they are assured of receiving the highest quality products based on the latest scientific studies that demonstrate benefits.

The **large discounts** available to Foundation members enable them to purchase **premium-quality** supplements at prices substantially below those charged by commercial companies.

Here are some examples of **savings** members enjoy during the annual **SUPER SALE**:

	<u>Our Low Retail Price</u>	<u>SUPER SALE Member-Volume Discount Price Per Bottle</u>
Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ 100 mg, 60 softgels, Item #01426 Now with shilajit, an organic compound shown to double levels of CoQ10 in the mitochondria	\$62.00	\$35.10 (ten-bottle purchase)
Life Extension Mix™, 315 tablets, Item #01455 High-potency multi-nutrient formula now with twice as much Vitamin D and iodine, plus pterostilbene to favorably regulate gene expression	\$98.00	\$46.91 (ten-bottle purchase)
Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract 120 softgels, Item #01482 Super-refined EPA/DHA fish oil plus sesame lignans and more potent olive fruit extract	\$32.00	\$16.81 (ten-bottle purchase)
Optimized Irvingia with Phase 3™ Calorie Control Complex* 120 vegetarian capsules, Item #01492 Combats age-related fat accumulation via eight distinct mechanisms	\$78.00	\$48.60 (four-bottle purchase)
Optimized Resveratrol with Pterostilbene 250 mg, 60 vegetarian capsules, Item #01409 High potency <i>trans</i> -resveratrol with quercetin, plus pterostilbene to support DNA “longevity genes”	\$46.00	\$27.90 (four-bottle purchase)
Ultra Natural Prostate Formula, 60 softgels, Item #01475 Now with more potent Saw Palmetto to support normal urinary flow and help support healthy prostate function	\$38.00	\$21.60 (twelve-bottle purchase)
Prelox® Natural Sex for Men®, 60 tablets, Item #01373 Supports healthy endothelial function and blood flow for maximum male performance	\$50.00	\$29.90 (four-bottle purchase)
DHEA (Dehydroepiandrosterone), 25 mg, 100 capsules, Item #00335 Anti-aging benefits for overall health	\$15.00	\$8.44 (four-bottle purchase)
Arthro-Immune Joint Support, 60 vegetarian capsules, Item #01404 Combines two clinically proven plant extracts to support healthy joint structure and function	\$30.00	\$18.23 (four-bottle purchase)
High Compliance Niacin, 120 softgels, Item #01402 New niacin formulation supports optimal heart health, with the flavonoids quercetin and luteolin added to help reduce niacin’s side effects of flushing and itching	\$48.00	\$29.70 (four-bottle purchase)
Natural Stress Relief, 30 vegetarian capsules, Item #00987 With lemon balm extract to reduce anxiety and sleeplessness, and pure L-theanine to promote relaxation without drowsiness	\$28.00	\$16.20 (four-bottle purchase)
Mitochondrial Energy Optimizer, 120 capsules, Item #01368 To maintain healthy cellular function and protein structural integrity	\$86.00	\$52.65 (four-bottle purchase)

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

	Our Low Retail Price	SUPER SALE Member-Volume Discount Price Per Bottle
Optimized Irvingia with Phase 3™ Calorie Control Complex* 120 vegetarian capsules, Item #01492 Multi-modal approach to promote healthy body weight	\$78.00	\$48.60 (four-bottle purchase)
Vitamin D3 with Sea-Iodine™, 5000 IU, 60 vegetarian capsules, Item #01372 High-potency vitamin D to assure adequate intake of this essential nutrient plus 1000 mcg of Sea-Iodine®	\$14.00	\$8.44 (four-bottle purchase)
Super R-Lipoic Acid, 300 mg, 60 vegetarian capsules, Item #01208 Double the efficacy of ordinary alpha-lipoic acid ... supplies 210 mg of stabilized R-lipoic acid	\$49.00	\$29.90 (four-bottle purchase)
Optimized TryptoPure® Plus, 90 vegetarian capsules, Item #01202 For natural support of healthy serotonin levels in the brain	\$40.00	\$24.30 (four-bottle purchase)
Cognitex with Pregnenolone & NeuroProtection Complex 90 softgels, Item #00922 Sharp-PS® GOLD PS-DHA, vinpocetine, phosphatidylserine, glyceryl-phosphoryl-choline, pregnenolone and uridine for optimal brain function (also available without pregnenolone)	\$74.00	\$43.20 (twelve-bottle purchase)
Eligen® B12, 30 100 mcg vegetarian tablets, Item #01403 Delivers a peak concentration of B12 into the bloodstream within 30 minutes	\$28.00	\$16.88 (four-bottle purchase)
Acetyl-L-Carnitine Arginate, 100 capsules, Item #00788 Patented form of carnitine to support healthy neurite growth for optimal brain health	\$59.00	\$34.42 (four-bottle purchase)
Triple Action Cruciferous Vegetable Extract 60 vegetarian capsules, Item #01468 Comprehensive cruciferous plant extract formulation, now with apigenin , for optimal cellular health	\$24.00	\$14.85 (four-bottle purchase)
Agave Digestive-Immune Support, 360 grams powder, Item #01417 Clinically advanced prebiotic blend supports growth of beneficial bacteria in the colon for healthy immune response	\$30.00	\$18.23 (four-bottle purchase)
Bone Restore, 150 capsules, Item #00811 High-potency bone protection formula with FruiteX B® OsteoBoron®	\$22.50	\$13.16 (four-bottle purchase)
Vital Greens Mix, 309 grams powder, Item #01098 An organic blend of whole plant foods, this green "super food" provides protein, fiber, vitamins, minerals, and mushroom extracts	\$48.00	\$29.70 (four-bottle purchase)
Fast-Acting Joint Formula, 30 capsules, Item #00965 One-per-day joint support	\$39.00	\$24.30 (four-bottle purchase)
Super MiraForte with Standardized Lignans, 120 capsules, Item #01315 Supports healthy testosterone levels in men	\$62.00	\$37.80 (four-bottle purchase)
SAMe, 400 mg, 20 tablets, Item #00557 S-adenosyl-methionine from Europe in double-strength potency	\$35.00	\$18.90 (six-box purchase)
Gamma E Tocopherol with Sesame Lignans, 60 softgels, Item #00759 Potent, free radical-quenching vitamin E formula	\$32.00	\$19.58 (four-bottle purchase)
Super Bio-Curcumin® 60 vegetarian capsules, Item #00407 Super-absorbable formulation promotes healthy lipid & joint function, and healthy DNA	\$30.00	\$17.89 (four-bottle purchase)
Super Booster Softgels with Advanced K2 Complex 60 softgels, Item #01280 Critical, oil-based nutrients including gamma-tocopherol, sesame lignans, lycopene, lutein, ginkgo, chlorophyllin, selenium and both forms of vitamin K2	\$42.00	\$25.65 (four-bottle purchase)
Advanced Lipid Control, 60 vegetarian capsules, Item #01308 With theaflavins for arterial health and Indian gooseberry extract to help maintain a healthy lipid profile	\$30.00	\$18.23 (four-bottle purchase)

***Note:** Supplements should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Item #01312

Is Your Folic Acid Working For You?

Folate is involved in **neurotransmitter synthesis** and critical **enzymatic reactions** throughout the body. By depleting excess **homocysteine**, folate benefits cardiovascular health and nervous system function.

Those who take ordinary folate supplements, however, may not be experiencing its full spectrum of effects. This is because once ingested, not everyone converts folate to its biologically active form called **5-methyltetrahydrofolate (5-MTHF)**.¹ Research shows that in a large proportion of the population, *genetic enzyme deficiencies* prevent the conversion of folate to **5-MTHF**, leaving many vulnerable to low blood folate levels (and higher than desired homocysteine).

A BIOACTIVE FORM OF FOLATE

A more useful approach is to take the bioactive folate **5-MTHF** directly, which has been declassified as a drug and is now available as a dietary supplement. **5-MTHF** has been shown to dramatically raise blood serum folate levels² compared with folic acid supplementation. This bioactive folate is up to **seven times** more bioavailable than folic acid.³ This greater *bioavailability* is especially important in people who have a genetic enzyme deficiency since it requires no conversion to become metabolically active.

To order **Optimized Folate**,
call **1-800-544-4440** or
visit **www.LifeExtension.com**

People with elevated homocysteine levels have a greater risk of cognitive decline.⁴ Unlike folic acid, **5-MTHF** is able to cross the blood-brain barrier, which is especially important for people with cognitive difficulties to enhance the synthesis of *acetylcholine* in the brain—the neurotransmitter associated with memory.

A study of 10 subjects showed significant improvement in endothelial function after **5-MTHF** supplementation.² Studies also show that the effectiveness of **5-MTHF** can be further enhanced by co-supplementing with methylcobalamin (the active form of vitamin B12),⁵ vitamin B6, and riboflavin.⁶

KEY ADVANTAGES OF 5-MTHF

- Seven times more bioavailable than folic acid
- Supports cardiovascular health and nervous system function

A bottle containing **100** capsules of **Optimized Folate** providing 1,000 mcg of bioactive 5-MTHF in each capsule retails for \$28. If a member buys four bottles during **Super Sale**, the cost is only **\$16.88 per bottle**.

References:

1. *BMJ*. 2004;328(7455):1535-6.
2. *Am J Clin Nutr*. 2006 Jul;84(1):156-61.
3. *Br J Pharmacol*. 2004 Mar;141(5):825-30.
4. *N Engl J Med*. 2002 Feb 14;346(7):476-83.
5. *Nephrol Dial Transplant*. May 2002;17(5):916-22.
6. *Clin Chem*. 2000 Aug;46(8 Pt 1):1065-71.

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.

ADVANCED TECHNOLOGY PROVIDES **ULTRA FAST**

B12

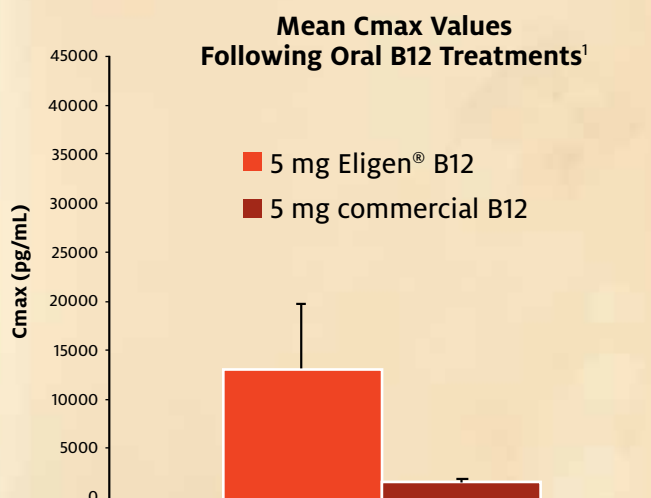
ABSORPTION

Insufficient levels of the essential *vitamin B12* in the body can lead to *transitory memory loss, weakness, and fatigue*. These **debilitating** symptoms become more common as people age due to difficulties absorbing the vitamin from food. Those at risk for a deficiency often endure **inconvenient injections** to increase their blood concentration of vitamin B12.

Eligen® B12 is designed to overcome these hurdles with a patented **rapid absorption** system that delivers a peak concentration of B12 into the bloodstream *within just 30 minutes* — a *staggering* improvement over the **6.8 hour** absorption time of standard B12 tablets.¹ This enhanced bioavailability ensures optimum B12 blood levels.

HOW IT WORKS

Using cutting-edge technology, **Eligen® B12** utilizes a special carrier known as SNAC (sodium N-[8-(2-hydroxybenzoyl) amino] caprylate) to **facilitate the delivery** of B12 molecules through passive transport. The carrier *changes* the permeability and fluidity of the gastric epithelium, making it more permeable for vitamin B12, leading to **incredibly higher absorption rates**.



Those who want to obtain the benefits of B12 in this highly absorbable form can order **Eligen® B12**. Each tablet contains 100 mcg of vitamin B12 and retails for \$28 per 30-tablet bottle. When a member buys four bottles during **Super Sale**, the price is reduced to only **\$16.88**.

To order **Eligen® B12**, call **1-800-544-4440**
or log on to **www.LifeExtension.com**

Prices subject to change without notice.



Item #01403

Note: Those who are using sublingual methylcobalamin tablets probably do not need this product.

Eligen® B12 is a registered trademark of Emisphere Technologies, Inc.

Reference

1. Castelli MC, Wong D, Friedman K, Fotso J, Riley G. Significant enhancement of vitamin B12 oral bioavailability in healthy male subjects. Poster presented at: American Society of Clinical Pharmacology and Therapeutics Annual Meeting; March 2009; National Harbor, MD

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.



Powerful Advances in Natural **Cancer** Prevention



By Tiesha D. Johnson, RN, BSN

Chemoprevention is one of the hottest topics in oncology today. Experts define it as “a cancer-preventive strategy to inhibit, delay or reverse carcinogenesis using naturally occurring or synthetic chemical agents.”¹

Scientists have known that **cruciferous vegetables** contain a host of **chemopreventive agents** that act in many different ways to *block* cancer development.² Key among these products are **indole-3-carbinol (I3C)** and **sulforaphane**.^{1,3}

In addition to these natural compounds, Life Extension® has uncovered two new anti-cancer compounds: **apigenin** (found in low concentrations in parsley, celery, and artichokes) and **benzyl isothiocyanate (BITC)**, found in cruciferous vegetables. These vegetable extracts have been shown to exert **broad-spectrum** power **to prevent cancer** at each critical stage in its development.

There's persuasive evidence from large, population-based studies that **higher consumption of these vegetables is associated with lower rates of various cancers**, including those of the colon, prostate, lung, and breast.³⁻⁶ The cruciferous family of compounds is credited with producing many of these protective effects.⁷⁻¹⁰ And as we'll see, some of the most recently discovered vegetable extracts such as **apigenin** may be even more effective.¹⁴⁻¹⁷ >>>

Apigenin and BITC: Complementary Cancer Protection

Cancer cells need a brisk blood supply to support their rampant growth and reproduction. Preliminary studies *in vitro* and *in vivo* have found that **apigenin inhibits blood vessel growth (angiogenesis) in human ovarian cancer cells**, blocking production of two main signaling molecules required to stimulate vessel growth.^{20,21} Scientists confirmed this effect in ovarian cancer cells, also finding that **apigenin strongly inhibits cell proliferation**.²²

We now know enough about apigenin to recommend it as part of a general cancer chemopreventive regimen.

Cancer cells also need energy to support their frenetic reproductive activity. Researchers applied **apigenin** to human pancreatic cancer cells in culture and studied the cells' uptake of glucose.¹⁴ Astonishingly, they found that **apigenin deprived energy-hungry cancer cells of glucose** to support their voracious appetites and aggressive growth. It did this by down-regulating vital glucose-transporting proteins in cancer cells. This approach could effectively starve deadly cancer cells and stop them in their tracks.

Most cancers begin from genetic mutations in a single cell and require multiple stimuli to proceed to the **proliferation** stage with its exponential growth rate. Apigenin applied to growing pancreatic cancer cells **inhibits cancer proliferation** in the laboratory. It does this by modulating a variety of powerful signaling molecules that stimulate proliferation, potentially **blocking development of a full-blown tumor** from an early-stage colony of cancer cells.^{15,22} Apigenin blocks proliferation of human ovarian cancer cells by a still different mechanism.²³

Chemical carcinogens as well as various infections can trigger **inflammation** that can lead a cell to turn cancerous, and can promote tumor growth once established. Recent research demonstrates that apigenin **protects pancreatic cells from damage induced by the inflammatory cytokine NF-kappaB**.²⁴ Apigenin was shown to block the autoimmune inflammation that precedes lupus and other autoimmune conditions.²⁵

Apigenin has myriad other cancer-preventing or cancer-blocking capabilities, some of which we are only just beginning to understand. For instance, **apigenin stimulates the programmed death of cancer cells, known as apoptosis**, shrinking existing tumors and — again — potentially preventing tumor development in the first place.^{26,27} And **apigenin inhibits ovarian cancer metastases** in laboratory animals by preventing formation of a protein cancer cells need to invade healthy tissue.²⁸

The best direct evidence that all these molecular effects truly help prevent cancer comes from a 2009 study by researchers at Harvard's prestigious Channing Laboratory in Boston. Scientists found that among five common dietary flavonoids, only intake of **apigenin was associated with a significant reduction in cancer risk**.²⁹ We now know enough about apigenin to recommend it as part of a general cancer chemopreventive regimen, where its effects can complement and add to those of established cruciferous vegetable components such as I3C.

Interestingly, the *Life Extension Foundation*® discovered and published articles about apigenin's remarkable cancer-preventing properties in 1985. At the time, regrettably, there was not a reliable source of **apigenin** for use in **dietary supplements**.

BITC

Another cruciferous vegetable component receiving rave reviews is the sulfur-containing molecule **benzyl isothiocyanate**, or **BITC** (pronounced "bitsy"). As with apigenin, population studies have shown that **higher intakes of BITC correlate with reduced risk of cancers** of the lung, breast, and colon³⁰ while blocking cancer development in a host of different ways.

BITC induces breast cancer cell death by apoptosis (programmed cell death), **interfering with cancer cells' energy utilization and causing them to die off before they can contribute to tumor growth**.^{31,32} In human ovarian cancer cells, BITC induces apoptosis by a different mechanism. It stimulates "signaling" molecules that tell cancer cells it's time to close up shop.^{16,17,33,34}

Cancer cells, like healthy tissue, must go through a complicated series of steps called the



cell cycle in order to reproduce. **BITC is able to shut down, or arrest, the cell cycle**, preventing further cancer cells from replicating, triggering death of the cell and preventing tumor formation.³⁵ It does this without harming normal cells. Researchers have shown that human breast cancer cells are much more susceptible to cell cycle arrest than are healthy breast cells, making BITC potentially less harmful than chemotherapy drugs that damage healthy tissues as well as cancerous ones.⁸ The recent finding that BITC exerts these effects as well in deadly pancreatic cancer cells is offering new hope for preventing this otherwise lethal form of cancer.³⁶

Researchers recently discovered a remarkable effect of BITC in arresting the cell cycle and inducing cancer cell death.³⁷ They found that BITC binds directly to various proteins in the cell, particularly **tubulin**, a muscle-like intracellular protein that is essential to cell division.³⁸⁻⁴⁰ By impairing tubulin function, **BITC effectively prevents cancer cells from growing and replicating**.

Many dietary and environmental carcinogens must be “activated” by enzymes in the body before they can exert their dangerous effects. Blocking those enzymes, therefore, can prevent cancer. Acting in a fashion similar to that of I3C, but by different mechanisms, **BITC efficiently inhibits several cancer-promoting cytochrome enzymes, helping to prevent carcinogenesis**.⁴¹ For humans concerned about preventing cancer, BITC has been shown to be most effective when it is present before or during exposure to a carcinogen.¹⁰

BITC reduces the expression of cancer-promoting estrogen receptors in breast cancer cells, for example, potentially rendering them more cancer-resistant.⁷ Remarkably and of great importance for those unfortunate enough to develop pancreatic cancer, **BITC sensitizes human pancreatic cells to radiation therapy**, potentially increasing its effectiveness and decreasing the dose of dangerous radiation required.⁴² And paradoxically, in pancreatic cancer cells BITC **increases** production of reactive oxygen species, contributing to **destruction of cancerous cells**.⁴³

Other cruciferous vegetable extracts have become well-known in chemopreventive science for their remarkable ability to “switch on” protective genes while “switching off” factors that contribute to **inflammation** and **cancer formation**.² Several vegetable extracts, particularly **indole-3-carbinol (I3C)**, are especially effective at **blocking activation of carcinogens** from our diets and environment while simultaneously **promoting detoxification** of those and other carcinogens.^{1,9,19,30}

I3C itself is converted in the stomach into a compound known as **diindolylmethane**, or DIM,

Pancreatic Cancer in the Spotlight: Hope Out of Tragedy?

The tragic revelation that Patrick Swayze, Steve Jobs, and Ruth Bader Ginsburg have developed pancreatic cancer places this deadly malignancy squarely in the spotlight. Long-term survival rates for pancreatic cancer are dismal, and the diagnosis has long been considered virtually a death sentence.¹¹ Newer surgical and radiation-based techniques may offer some hope for sufferers of this devastating condition though substantial side effects still occur.^{12,13} Prevention is the best strategy for all cancers, and it is particularly vital in the case of pancreatic cancer because of the organ's inaccessible location and multiple essential functions.

Compelling evidence from recent studies shows that the vegetable extracts **apigenin** and **BITC** are particularly effective at preventing the *molecular* events that precede pancreatic cancers. These molecules act at multiple stages in cancer progression, serving to backstop one another to provide the densest possible defensive coverage.¹⁴⁻¹⁷ Even more excitingly, their multiple *mechanisms* of action may overcome natural genetic variations that prevent some people from achieving the maximum benefits available from only a single chemopreventive compound.^{18,19} Perhaps the stories of pancreatic cancer in prominent individuals, despite their personal tragedies, will help promote effective chemoprevention for others.

which many scientists now believe is responsible for many of I3C's beneficial effects.⁴⁴ DIM can **complement the activity of I3C** by providing benefits at other levels in the complex cascade of cancer development. DIM contributes to cancer protection at multiple levels. For example, DIM promotes production of the potent intrinsic immune regulatory molecule **interferon gamma** in human breast cancer cells.^{45,46}

DIM can also help *prevent* growth and development of blood vessels required to nourish cancer tumors, potentially depriving them of oxygen and nutrients *before* they develop into full-blown cancer. This process, called **angiogenesis**, has been the target of intensive research by oncologists seeking to intervene in as many ways as possible in a strategy called **multifocal angiostatic therapy**.⁴⁷ Numerous laboratory and animal studies have established DIM's astonishing potency at blocking angiogenesis by shutting down a variety of molecular signaling systems, depriving nascent tumors of their supplies of oxygen and nutrients.⁴⁸⁻⁵²

Finally, DIM, like many other cruciferous vegetable components, dramatically increases the rate of **apoptosis**, or programmed cell death, in prostate and breast cancer cells.⁵³⁻⁵⁶ Apoptosis is a powerful means by which cancers **involute**, or self-destruct, even before they can become apparent. What's really exciting researchers in 2009 about all this is that DIM is showing **complementary effects** with standard chemotherapy agents, even in notoriously treatment-resistant tumors such as pancreatic and certain forms of lung cancer.⁵⁷⁻⁶⁰



Sulforaphane

Sulforaphane is another well-known cancer-preventing product of the digestion of cruciferous vegetables.⁶¹ Sulforaphane demonstrates both anticarcinogenic and anticancer activities — that is, it not only prevents cancers from developing, but may also fight cancers once they do become established.⁶² Sulforaphane, like the other cruciferous extracts previously discussed, controls many cancer-related events, including detoxification of potential carcinogens, promoting apoptosis, blocking the cell cycle that's required for cancer cell replication, preventing tumor invasion into healthy tissue, and battling metastasis.⁶²⁻⁶⁴ Research also shows that sulforaphane is among the plant chemicals most potently capable of blocking the cancer-producing effects of ultraviolet radiation!⁶⁵

Sulforaphane also deserves special mention for its unique ability to **prevent** toxin-induced cancers. Researchers studied people in the Chinese province of Qidong, where liver cancer rates among the highest in the world in part due to exposure to foods contaminated with the fungal carcinogen **aflatoxin**.⁶⁶ Consumption of a “tea” produced from broccoli sprouts resulted in decreased urinary markers of aflatoxin-damaged DNA in subjects with high levels of sulforaphane in their urine. Remarkably, there was also a sharp reduction in another carcinogen produced from burning fuel. The researchers were struck by dramatic differences in how individuals converted the raw broccoli infusions into sulforaphane —

Sulforaphane also deserves special mention for its unique ability to **prevent** toxin-induced cancers.

a problem that would not be encountered in people taking a concentrated and purified sulforaphane-rich cruciferous extract.

The bottom line is that a combination of cruciferous vegetable extracts — including apigenin and BITC — offers the greatest promise for the *prevention* of a broad array of cancers. These combinations can act at **multiple stages** in the complex cascade that leads to cancer.

Summary

Cruciferous vegetables have long been at the forefront of cancer chemoprevention. Cancers are complex and multifaceted disease states that offer opportunities for intervention through a multitude of mechanisms. Expertly formulated **combinations of specific vegetable extracts provide just such multiple preventive capabilities**. The proven anticarcinogenic powers of I3C — coupled with the ability of **apigenin** and **BITC** to shut down cancer cell growth and to induce cancer cell death by apoptosis — provide a natural, complementary approach that intervenes at several known steps in cancer causation. Focus on a healthy lifestyle, reduce your exposure to toxins, eat fruits and vegetables whenever possible — and **boost your body's cancer-fighting powers with the vegetable extracts** that are right for you. ■

If you have any questions on the scientific content of this article, please call a Life Extension Health Advisor at **1-800-226-2370**.



References:

1. *Przegl Lek.* 2007;64(10):903-5.
2. *Eur J Nutr.* 2008 May;47 Suppl 2:73-88.
3. *Cancer Lett.* 2008 Oct 8;269(2):291-304.
4. *Proc Nutr Soc.* 2009 Feb;68(1):103-10.
5. *Cancer Epidemiol Biomarkers Prev.* 2009 Jan;18(1):184-95.
6. *Mol Nutr Food Res.* 2009 Feb;53(2):201-16.
7. *Oncol Rep.* 2009 Jan;21(1):185-92.
8. *Mol Cancer Ther.* 2006 Nov;5(11):2931-45.
9. *Mutat Res.* 2004 Nov 2;555(1-2):191-202.
10. *Cancer Lett.* 2006 Sep 28;241(2):275-80.
11. *Expert Rev Anticancer Ther.* 2008 Oct;8(10):1611-21.
12. *J Chemother.* 2008 Feb;20(1):119-25.
13. *Int J Radiat Oncol Biol Phys.* 2008 Nov 1;72(3):678-86.
14. *Pancreas.* 2008 Nov;37(4):426-31.
15. *Mol Carcinog.* 2008 Nov;47(11):835-44.
16. *Int J Oncol.* 2008 Oct;33(4):657-63.
17. *Int J Oncol.* 2009 Sep;35(3):593-9.
18. *Am J Clin Nutr.* 2009 May;89(5):1553S-7S.
19. *Environ Mol Mutagen.* 2009 Apr;50(3):238-46.
20. *FASEB J.* 2005 Mar;19(3):342-53.
21. *Carcinogenesis.* 2007 Apr;28(4):858-64.
22. *Nutr Cancer.* 2008;60(6):800-9.
23. *FEBS Lett.* 2009 Jun 18;583(12):1999-2003.
24. *Pancreas.* 2007 Nov;35(4):e1-9.
25. *Toxicol Appl Pharmacol.* 2008 Jan 15;226(2):178-91.
26. *J Clin Biochem Nutr.* 2009 May;44(3):260-5.
27. *Oncol Rep.* 2007 Sep;18(3):695-701.
28. *Carcinogenesis.* 2008 Dec;29(12):2369-76.
29. *Int J Cancer.* 2009 Apr 15;124(8):1918-25.
30. *Forum Nutr.* 2009;61:170-81.
31. *Mol Cancer Ther.* 2005 Aug;4(8):1250-9.
32. *J Biol Chem.* 2008 Oct 31;283(44):30151-63.
33. *J Exp Ther Oncol.* 2006;5(4):287-300.
34. *J Natl Cancer Inst.* 2009 Feb 4;101(3):176-93.
35. *Biofactors.* 2006;26(2):123-34.
36. *J Nutr.* 2006 Nov;136(11):2728-34.
37. *J Biol Chem.* 2008 Aug 8;283(32):22136-46.
38. *Nutr Cancer.* 2008;60 Suppl 1:12-20.
39. *J Biol Chem.* 2009 Jun 19;284(25):17039-51.
40. *Clin Cancer Res.* 2008 Nov 15;14(22):7167-72.
41. *Carcinogenesis.* 2006 Apr;27(4):782-90.
42. *Front Biosci (Elite Ed).* 2009;1:568-76.
43. *Carcinogenesis.* 2009 Jun 23.
44. *Carcinogenesis.* 2005 Apr;26(4):771-8.
45. *Mol Pharmacol.* 2006 Feb;69(2):430-9.
46. *Oncogene.* 2005 Mar 31;24(14):2343-53.
47. *Integr Cancer Ther.* 2005 Dec;4(4):301-14.
48. *Cancer Res.* 2007 Apr 1;67(7):3310-9.
49. *Carcinogenesis.* 2006 Mar;27(3):541-50.
50. *Cancer Res.* 2008 Mar 15;68(6):1927-34.
51. *Biochem Pharmacol.* 2008 May 1;75(9):1858-67.
52. *J Cell Biochem.* 2009 Jun 1;107(3):516-27.
53. *Front Biosci.* 2005 Jan 1;10:236-43.
54. *Mol Cancer Ther.* 2007 Oct;6(10):2757-65.
55. *Mol Cancer Ther.* 2008 Jun;7(6):1708-19.
56. *J Cell Physiol.* 2009 Apr;219(1):94-9.
57. *Zhonghua Yi Xue Za Zhi.* 2008 Mar 11;88(10):661-4.
58. *Cancer Res.* 2009 Jul 1;69(13):5592-600.
59. *Clin Cancer Res.* 2009 Jan 15;15(2):543-52.
60. *Cancer Res.* 2009 May 15;69(10):4468-75.
61. *Proc Natl Acad Sci U S A.* 1992 Mar 15;89(6):2399-403.
62. *Acta Pharmacol Sin.* 2007 Sep;28(9):1343-54.
63. *Environ Mol Mutagen.* 2009 Apr;50(3):213-21.
64. *PLoS One.* 2008;3(7):e2568.
65. *Planta Med.* 2008 Oct;74(13):1548-59.
66. *Cancer Epidemiol Biomarkers Prev.* 2005 Nov;14(11 Pt 1):2605-13.



Q: & A:

WHAT DO THESE TWO **DHEA** STUDIES HAVE IN COMMON?

1 STUDY

“DHEA enhances effects of weight training on muscle mass and strength in elderly women and men”

*American Journal of Physiology
Endocrinology Metabolism*
2006 Nov;291(5):E1003-8

2 STUDY

“Effect of DHEA on abdominal fat and insulin action in elderly women and men: a randomized controlled trial”

*Journal of the American
Medical Association*
2004 Nov;292(18):2243-8

LIFE EXTENSION[®]'S **DHEA** WAS USED IN **BOTH** STUDIES!

DHEA (*dehydroepiandrosterone*) has demonstrated many benefits, including positive effects on body composition. Regrettably, our natural production of this hormone diminishes by about **80%** between the ages of 25 and 75 years.¹ This has been associated with a decrease in muscle mass and strength and an increase in abdominal girth.

In the first of the two studies sponsored in part by the National Institutes of Health, researchers sought to determine the effect of DHEA replacement in DHEA-deficient elderly individuals. They randomized 56 men and women to receive either 50 mg/day of **Life Extension's DHEA** before bedtime or a placebo. Both groups then underwent a program of resistance training for four months. At the end of the study, DHEA replacement produced a significantly greater effect in enhancing the benefits of weight training on muscle mass and strength in both men and women compared with the placebo group.¹

The second study cited was conducted by the same research team. The effects of DHEA-replacement therapy or a placebo on abdominal fat were investigated for the first time in 56 DHEA-deficient elderly men and women who did not exercise regularly. Using the same DHEA-dosing regimen as in the previous study, the researchers found that DHEA levels rose to youthful ranges in both men and women. This increase was accompanied by changes in body composition. Compared with miniscule changes in weight loss in the placebo group, women taking DHEA lost an average of **10.2%** of their visceral (intra-abdominal) fat, while men shed an average of **7.4%**. Subcutaneous fat (under the skin) losses averaged 6% in both men and women taking DHEA.²

DHEA is widely available as a dietary supplement. These two studies utilized **Life Extension's DHEA** formulation to safely restore DHEA levels to youthful ranges in these elderly individuals, which helped maximize lean tissue mass,¹ maintain healthy abdominal weight,² and support insulin sensitivity.²

References:

1. *Am J Physiol Endocrinol Metab.* 2006 Nov;291(5):E1003-8.
2. *JAMA.* 2004 Nov;292(18):2243-8.



CHOOSE THE DOSE THAT'S RIGHT FOR YOU:



DHEA 15-mg, 100 Capsules, Item #00454

While published studies show the greatest benefit occurs when 50–75 mg of DHEA is consumed each day, some women only need a low dose of DHEA. Just one of these 15-mg capsules a day is all some women need to bring DHEA levels back to youthful levels. A bottle containing 100 **15-mg** capsules of **DHEA** retails for \$12; if a member orders four bottles during **Super Sale**, the price is reduced to just **\$6.75 per bottle**.



DHEA 25-mg, 100 Capsules, Item #00335

The minimum dose of DHEA for most healthy aging people is 25 mg a day, though optimal doses are 50–100 mg daily. These 25-mg capsules are a popular way to consume the precise amount of DHEA your body may need. A bottle containing 100 **25-mg** capsules of **DHEA** retails for \$15; if a member orders four bottles during **Super Sale**, the price is reduced to just **\$8.44 per bottle**.



DHEA 25-mg, 100 Dissolve-in-Mouth Tablets, Item #00607

A bottle containing 100 **25-mg dissolve-in-mouth** tablets of **DHEA** retails for \$14; if a member orders four bottles during **Super Sale**, the price is reduced to just **\$7.93 per bottle**.



DHEA 50-mg, 60 Capsules, Item #00882

The optimal daily dose of DHEA for most people is 50 mg. These economical 50-mg capsules enable most people to conveniently consume the optimal dose of DHEA in just one capsule. A bottle containing 60 **50-mg** capsules of **DHEA** retails for \$16; if a member orders four bottles during **Super Sale**, the price is reduced to just **\$9.45 per bottle**.

7-Keto® is a registered trademark of Humanetics Corporation.
Note: Supplements should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.



7-Keto® DHEA 100-mg, 60 vegetarian Capsules, Item #01271

7-Keto® DHEA is a metabolite of DHEA that safely increases fat-burning enzymes in the liver. Human subjects who consumed 200 mg of 7-Keto® DHEA a day in conjunction with a diet and exercise program lost more total weight and body fat than those who took a placebo.¹ Since 7-Keto® DHEA does not convert to estrogen or testosterone in the body, it can be used by those with hormone-sensitive cancers such as breast and prostate cancer. This 7-Keto® DHEA supplement contains a potent **antioxidant blend** to protect against free radicals that might be formed in response to increased fat-burning. A bottle containing 60 **100-mg** vegetarian capsules of **7-Keto® DHEA**, along with a special antioxidant blend, retails for \$40; if a member orders four bottles during **Super Sale**, the price is reduced to only **\$24.30 per bottle**.

Reference: 1. *Curr Therap Res.* 2000;61(7):435-42.



DHEA Complete (25 mg DHEA+100 mg 7-Keto® DHEA), 60 vegetarian Capsules, Item #01250

To obtain optimal potencies of both forms of DHEA, the **DHEA Complete** formula provides **25 mg of DHEA, 100 mg of 7-Keto® DHEA**, and a potent **antioxidant blend** in each capsule. For those seeking to combine the multiple benefits of DHEA and 7-Keto® DHEA, this is the ideal single-formula supplement. A bottle containing 60 vegetarian capsules of **DHEA Complete** retails for \$48; if a member orders four bottles during **Super Sale**, the price is reduced to only **\$29.16 per bottle**.



DHEA 100-mg, 60 Capsules, Item #00883

Some people produce so little DHEA that they need to take high doses. These 100-mg capsules provide high-potency DHEA at a very low cost. A bottle containing 60 **100-mg** capsules of **DHEA** retails for \$22.50; if a member orders four bottles during **Super Sale**, the price is reduced to just **\$12.83 per bottle**.

To order DHEA call **1-800-544-4440** or visit **www.LifeExtension.com**

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.



Advanced Generation

LIPOIC ACID

More STABLE, POTENT, and FASTER-ACTING



Dedicated research and development has produced a form of **R-lipoic acid** that is being hailed as the “next-generation” antioxidant powerhouse.

Life Extension’s **Super R-Lipoic Acid** has demonstrated superior bioavailability, stability, and potency for a variety of health benefits. This breakthrough converts the biologically active “R” form of lipoic acid to sodium-R-lipoic acid, which in a recent human study achieved **10–30 times** higher peak blood levels than pure R-lipoic acid.¹

Not only does this lipoic acid formulation reach higher peak blood levels,² it also achieves them sooner, up to **12 times** faster than R-lipoic acid, ensuring rapid uptake from the plasma into the tissues.¹ A recent study showed that oral ingestion of **Super R-Lipoic Acid** reached peak plasma concentrations within just **10–20 minutes** of supplementation.²

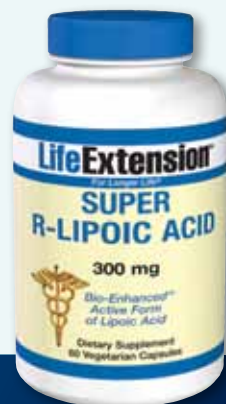
What’s more, unlike other forms of lipoic acid, **Super R-Lipoic Acid** is more stable in the body. The increased stability of this enhanced formulation is the reason for its greater absorption and bioavailability compared with R-lipoic acid.



POWERFUL ANTIOXIDANT PROTECTION

The superior antioxidant effects of **R-lipoic acid** are already well known for supporting healthy mitochondrial function. **Super R-Lipoic Acid** provides more potent benefits for preserving youthful cellular energy levels.

A bottle of **Super R-Lipoic Acid** containing 60 capsules retails for \$49. If a member buys four bottles during **Super Sale**, the cost is only **\$29.90 per bottle**. Each capsule contains **300 mg** of stabilized, Bio-Enhanced® sodium-R-lipoic acid supplying **210 mg** of R-lipoic acid.



Item #01208

To order
Super R-Lipoic Acid,
call **1-800-544-4440** or
visit **www.LifeExtension.com**

Bio-Enhanced® is a registered trademark of GeroNova Research, Inc.

References:

1. Carlson DA, Young KL, Fischer SJ, Ulrich H. In: Packer L, Patel M. eds. *Lipoic Acid: Energy Production, Antioxidant Activity and Health Effects*. London Taylor & Francis Publishers; 2008:235-70.
2. Carlson DA, Smith AR, Fischer SJ, Young KL, Packer L. *Altern Med Rev*. 2007 Dec;12(4):343-51.

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.



NEW TRIPLE ACTION CRUCIFEROUS Vegetable Extract with Apigenin

Scientists have identified specific extracts from **cruciferous vegetables**—such as broccoli, cauliflower, cabbage and Brussels sprouts—that help maintain healthy hormone levels. Maintaining optimal hormone balance is essential to any anti-aging strategy. **Triple Action Cruciferous Vegetable Extract** combines these plant extracts into the most comprehensive food-based, plant compilation for cell protection yet.

I3C (indole-3-carbinol) and **DIM (di-indolyl-methane)** favorably modulate estrogen metabolism and induce liver detoxification enzymes to help neutralize potentially harmful estrogen metabolites and xenoestrogens (potentially toxic, estrogen-like environmental chemicals).¹⁻⁴

Extracts of **broccoli**, **watercress**, and **rosemary** provide **glucosinolates**, **isothiocyanates**, **carnosic acid**, and **carnosol**—bio-active compounds that have a multitude of favorable effects on estrogen metabolism and cell division.⁵⁻⁸ **Apigenin**, a powerful plant flavonoid found in plants such as **parsley** and **celery**, is also added to the formula to boost cell protection,⁹ while 25 mg of a natural source of benzyl isothiocyanate (BITC), are included to maintain cell health.¹⁰

For those weighing less than 160 pounds, just one capsule a day provides optimal potencies. Those weighing over 160 pounds should consider taking two capsules a day. A 60-capsule bottle of **Triple Action Cruciferous Vegetable Extract** retails for \$24. If a member buys four bottles during **Super Sale**, the price is reduced to only **\$14.85 per bottle**.



ITEM #01468



ITEM #01469

The new Triple Action Cruciferous Vegetable Extract provides the following concentrates in just one capsule:

Broccoli Super Concentrate	400 mg [standardized to 4% glucosinolates (16 mg)]
Watercress 4:1 extract	50 mg
Indole-3-Carbinol (I3C)	80 mg
Rosemary Extract	50 mg
Cat's Claw Extract	50 mg
Cabbage Extract	25 mg
DIM (di-indolyl-methane)	14 mg
Apigenin	25 mg

Those who want to obtain the benefits of **resveratrol** can order **Triple Action Cruciferous Vegetable Extract with Resveratrol**. Each capsule provides **20 mg of resveratrol** in addition to the **vegetable extracts** and retails for \$32 per 60-capsule bottle. When a member buys four bottles during **Super Sale**, the price is reduced to only **\$19.98 per bottle**.

Caution: May interfere with oral contraceptives. If pregnant or intending to become pregnant, do not use this product. Do not use if taking antacids, H2-receptor blockers (e.g., Zantac®), or proton-pump inhibitors (e.g., Nexium®), as these drugs may impede the conversion of I3C to active metabolites.

REFERENCES:

1. *Biochem Pharm.* 2002; 64:393-404.
2. *Toxicol Appl Pharm.* 2001 Jul 15;174(2):146-52.
3. *J Natl Cancer Inst.* 1997 May 21;89(10):718-23.
4. *Cancer Detect Prevent.* 2004;28:72-9.
5. *Carcinogenesis.* 2002 Apr;23(4):581-6.
6. *Mol Cancer Ther.* 2003 Oct;2(10):1045-52.
7. *Carcinogenesis.* 1998 Oct;19(10):1821-7.
8. *Carcinogenesis.* 1995 Sep;16(9):2057-62.
9. *J Clin Biochem Nutr.* 2009 May;44(3):260-5. Epub 2009 Apr 25.
10. *Food Chem Toxicol.* 2008 Jul;46(7):2358-64. Epub 2008 Mar 25.

To order the New Triple Action Cruciferous Vegetable Extract, call 1-800-544-4440 or visit www.LifeExtension.com

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.

Products

AMINO ACIDS

Acetyl-L-Carnitine
Acetyl-L-Carnitine-Arginate
Branched Chain Amino Acids
D, L-Phenylalanine Capsules
GABA Powder
Glycine Capsules
Glycine Powder
Arginine Capsules
L-Arginine Free Base Powder
Arginine/L-Ornithine Capsules
L-Carnitine Capsules
L-Carnitine Powder
L-Cysteine Capsules
L-Glutathione, L-Cysteine & C
L-Glutamine Capsules
L-Glutamine Powder
L-Lysine Capsules
L-Lysine Powder
L-Methionine Powder
L-Tyrosine Powder
L-Tyrosine Tablets
Mega L-Glutathione Capsules
N-Acetyl-Cysteine Capsules
Optimized Carnitine with GlycoCarn®
PharmaGABA
Super Carnosine Capsules
Taurine Capsules
Tryptopure® Tryptophan
(Optimized) Tryptopure® Plus

BONE & JOINT HEALTH

ArthroMax™ with Theaflavins
Bone-Up™
Bone Restore™
Bone Strength Formula w/KoAct™
Chondroitin Sulfate
Chondrox
Fast-Acting Joint Formula
Glucosamine Chondroitin Capsules

BRAIN HEALTH

Acetyl-L-Carnitine
Acetyl-L-Carnitine-Arginate
CDP Choline Capsules
Cognitex with NeuroProtection Complex
Cognitex with Pregnenolone &
NeuroProtection Complex
DMAE
DMAE-Ginkgo
DMAE Powder (37% DMAE)
Ginkgo Biloba Certified Extract™
Huperzine A
Lecithin with B5 and BHA
Lecithin Granules
Methylcobalamin Lozenges
Optimized Ashwagandha Extract
Phosphatidylserine Capsules
Rhodiola Extract
Super Ginkgo Extract
Vinpocetine

DIGESTIVE

Bromelain Powder
Carnosoothe w/PicroProtect
Digest RC™
Enhanced Super Digestive Enzymes
(also available with Probiotics)
Florastor
Intact Digest™
Life Flora™
Natural EsophaGuard
NutraFlora (FOS) Powder
N-Zimes™
Pancreatin
Papain Powder
Primal Defense
Regimint™

DURK AND SANDY PRODUCTS

Blast™
Dual-C
Inner Power™
Memory Upgrade

EYE CARE

Bilberry Extract
Blackcurrant Freeze Dried Extract
Brite Eyes III
Lutein Plus Powder
Overxcast Polarized Sunglasses
Solarshield Sunglasses
Super Zeaxanthin with Lutein &
Meso-Zeaxanthin
(Plus Astaxanthin also available)
Vision Optimizer

FIBER

Apple Pectin Powder
Chitosan
Enhanced Fiber Food Powder
Hi-Lignan® Nutri-Flax®
SlimStyles® PGX
WellBetX PGX® Soluble Fiber Blend

HAIR CARE

Dr. Proctor's Advanced Hair Formula
Dr. Proctor's Shampoo
Healthy Hair Spray
Life Extension Shampoo and Conditioner
Super-Absorbable Tocotrienols

HEART HEALTH

Advanced Lipid Control
D-Ribose Capsules
D-Ribose Powder
Endothelial Defense
Enhanced CoQ10 with Brewer's Yeast
Fibrinogen Resist
Forskolin
Homocysteine Resist
Low Dose Aspirin (Enteric Coated)
Natural BP Management
Peak ATP® with GlycoCarn®
Policosanol
Red Yeast Rice
Super Absorbable CoQ10™ with d-Limonene
Super Omega-3 EPA/DHA with Sesame
Lignans & Olive Fruit Extract
Super Ubiquinol CoQ10 with Enhanced
Mitochondrial Support™
Sytrinol™
Theaflavin Standardized Extract
TMG Powder
TMG Tablets
Vascular Protect

HERBAL/PHYTO PRODUCTS

Artichoke Leaf Extract
Astaxanthin
Berry Complete
Blackcurrant Juice Concentrate
Blueberry Extract
Blueberry Extract w/Pomegranate
and CocoaGold™
Butterbur Extract w/Standardized
Rosmarinic Acid
Calcium D-Glucarate
Chloroplex
Cilantro Herbal Extract
Citrus Bioflavonoid
CocoaGold™
Grapeseed Extract with Resveratrol &
Pterostilbene
Green Tea Leaves
Hesperidin Complex Powder
Huperzine A with Natural Vitamin E
Kyolic® Garlic Formula 105
Kyolic® Reserve
Lycopene
Mega Green Tea Extract (98%)
Mega Green Tea Extract (98% decaffeinated)
Mega Lycopene
Mega Silymarin with Isosilybin B
Nutrim
Optimized Ashwagandha Extract
Phyto-Food
Pomegranate Extract
Pomegranate Extract with CocoaGold™
Pomegranate Juice Concentrate
ProGreens®
Pure-Gar™

Pycnogenol
Optimized Quercetin
Resveratrol with Pterostilbene
Rhodiola Extract
Rosmarinic Acid Extract
Rutin Powder
Silibinin Plus
Silymarin
SODzyme™ with GliSODin®
Stevia Extract
Super Bio-Curcumin®
Super Curcumin with Bioperine®
Super Polyphenol Extracts w/CocoaGold™
Super Ginkgo Extract
Triple Action Cruciferous Vegetable Extract
Venotone
Whole Grape Extract

HORMONES

7-Keto® DHEA
DHEA
DHEA Complete
GH Pituitary Support Day Formula
GH Pituitary Support Night Formula
Melatonin
Melatonin Timed Release
Natural Estrogen with Pomegranate Extract
Pregnenolone
ProFem Cream
Pure IGF
Super Miraforte with Standardized Lignans

IMMUNE ENHANCEMENT

Agave Digestive-Immune Support
AHCC® (Active Hexose Correlated Compound)
Buffered Vitamin C Powder
Echinacea
Enhanced Life Extension Whey Protein
Immune Protect with PARACTIN®
Lactoferrin
Maitake SX-Fraction
Norwegian Shark Liver Oil
Primal Defense™
ProBoost™ Thymic Protein A
Pure Gar™
Sambu® Guard
Theralac Capsules
Thymic Immune Factors
Vitamin C with Dihydroquercetin
Zinc Lozenges with Vitamin C

INFLAMMATORY REACTIONS

Arthro-Immune Joint Support™
ArthroMax™ with Theaflavins
Barlean's Kids DHA
Boswella
Boswella™ Topical Cream
Bromelain (Specially-coated)
Coromega Kids Brain and Body (DHA)
DHA 240
Emulsified Norwegian Cod Liver Oil
Fast-Acting Joint Formula
Korean Angelica
5-LOXIN®
Mega EPA/DHA
Mega GLA with Sesame Lignans
MSM
Natural Relief 1222™ Cream
NKO Krill Oil
Perilla Oil
Serrafazyme
Shark Cartilage
SODzyme™ with GliSODin® and Wolfberry
Super MaxEPA
Super Omega-3 EPA/DHA with Sesame
Lignans & Olive Fruit Extract
Udo's Choice Oil
Zyflamend Easy

LIVER HEALTH

Branch Chain Amino Acids
HepatoPro
Mega Silymarin with Isosilybin B
N-Acetyl Cysteine
SAME
Silibinin Plus
Silymarin

MINERALS

Biosil
Bone Restore
Bone Strength Formula w/KoAct™
Bone-Up™
Boron Capsules
Calcium Citrate with D3
Chromium Ultra
Copper
Iodoral®
Iron Protein Plus
Magnesium
Magnesium Citrate
Mineral Formula for Men
Mineral Formula for Women
Only Trace Minerals
OptiZinc
Sea-Iodine™
Selenium
Se-Methylselenocysteine
Vanadyl Sulfate
Zinc/Vitamin C Lozenges

MISCELLANEOUS

Blood Pressure Monitor Arm Cuff Medium
Cell Sensor Gauss Meter™
Empty Gelatin Capsules
The Capsule Filler Machine
The Pill Cutter and Grinder
Therasage Far Infrared Pad

MITOCHONDRIAL SUPPORT

Acetyl-L-Carnitine
Acetyl-L-Carnitine-Arginate
ChronoForte with Luteolin
Mitochondrial Energy Optimizer
Optimized Carnitine with GlycoCarn®
Super Absorbable CoQ10™ with *d*-Limonene
Super Alpha-Lipoic Acid with Biotin
Super R-Lipoic Acid
Super Ubiquinol

MOOD RELIEF

L-Theanine
Natural Stress Relief
Optimized TryptoPure® Plus
SAME
St. John's Wort Extract
TryptoPure® L-Tryptophan

MOUTH CARE

Advanced Oral Hygiene
Dr. Tung's Tongue Cleaner
Life Extension Mouthwash w/Pomegranate
Life Extension Toothpaste
MistOral III™ with CoQ10

MULTIVITAMIN

Children's Formula Life Extension Mix
Comprehensive Nutrient Pack
Life Extension Booster
Life Extension Mix™ Capsules
Life Extension Mix™ Powder
Life Extension Mix™ Tablets
Life Extension Mix™ w/o Copper Capsules
Life Extension Mix™ w/o Copper Powder
Life Extension Mix™ w/o Copper Tablets
Life Extension Mix™ w/Extra Niacin
Life Extension Mix™ w/Extra Niacin w/o Copper
Life Extension Mix™ w/Stevia Powder
Life Extension Mix™ w/Stevia w/o Copper Powder
Life Extension One-Per-Day
Life Extension Two-Per-Day
Super Booster Softgels w/Advanced K2 Complex
Vital Greens Mix

PET CARE

Life Extension Cat Mix
Life Extension Dog Mix

PROSTATE & URINARY HEALTH

BetterWOMAN®
Cran-Max
5-LOXIN®
(Water-Soluble) Pumpkin Seed Extract

Super Saw Palmetto with Beta-Sitosterol
Super Saw Palmetto/Nettle Root Formula
w/Beta-Sitosterol
Ultra Natural Prostate Formula

SKIN CARE

Anti-Aging Mask
Anti-Glycation Serum
Antioxidant Facial Mist
Antioxidant Rejuvenating Foot Cream
Antioxidant Rejuvenating Foot Scrub
Antioxidant Rejuvenating Hand Cream
Antioxidant Rejuvenating Hand Scrub
Anti-Redness & Blemish Lotion
Cellulite Suppress™ Formula
Corrective Clearing Mask
DermaWhey
Dual-Action MicroDerm Abrasion
Essential Plant Lipids Reporative Serum
Face Master® Platinum
Face Rejuvenating Antioxidant Cream
Enhanced FernBlock® with Sendara™
Fine Line-Less
Hair Suppress Formula
Healing Mask
Hyaluronic Facial Moisturizer
Hydroderm®
Lavilin Underarm Deodorant
Life Extension Sun Protection Spray
Lifting & Tightening Complex
Mild Facial Cleanser
NaPCA w/Aloe Vera
Neck Rejuvenating Antioxidant Cream
New Face Solution
Peel Off Cleansing Mask
Pigment Correcting Cream
(Ultra) Rejuvenex®
Rejuvenex® Body Lotion
Rejuvenex® Factor
Rejuvenating Serum
Skin Activated Collagen & Elastin w/Alast-X™
Skin Lightening Serum
Skin Stem Cell Serum
Total Sun Protection Cream
Triple Action Under Eye Rejuvenator
Ultra Rejuvenex®
Ultra RejuveNight® w/ Progesterone
Ultra RejuveNight® w/o Progesterone
Ultra Lip Plumper
Ultra Wrinkle Relaxer
Under Eye Refining Serum
Under Eye Rescue Cream
Vitamin C Serum
Vitamin K Healing Cream

SOY

Natural Estrogen w/Pomegranate
Soy Power Powder
Soy Protein Concentrate
Super Absorbable Soy Isoflavones
Ultra Soy Extract

SPECIAL PURPOSE FORMULA

Anti-Alcohol Antioxidants w/HepatoProtection
Complex
Benfotiamine w/Thiamine
Breast Health Formula
Butterbur Extract w/Standardized
Rosmarinic Acid
Chlorella
Chlorophyllin w/Zinc
CocoaGold™ w/Beta Glucan
Coriolus Versicolor Super Strength
Enhanced Cinsulin® w/Glucose
Management Proprietary Blend
EDTA
(European Leg Solution) Diosmin 95
Fem Dophilus
GlucoFit™
Lustre™
Maitake SX-Fraction™
Menopause Solutions
Migra-eeze™
Natural Female Support
Pecta-Sol®
Potassium Iodide

Prelox® Natural Sex for Men®
Pyridoxamine
Rosmarinic Acid Extract

SPORTS PERFORMANCE

Enhanced Life Extension Protein
DMG (N, N-dimethylglycine)
Inosine
L-Glutamine Capsules
L-Glutamine Powder
Micronized Creatine Capsules
Micronized Creatine Powder
Octacosanol

VITAMINS

Ascorbic Acid Powder
Ascorbyl Palmitate Capsules
Ascorbyl Palmitate Powder
B1
B2
B12
Beta-Carotene
Biotin Capsules
Biotin Powder
Buffered Vitamin C Powder
Calcium Ascorbate Powder
Complete B Complex
Eligen® B12
Folic Acid + B12
Folic Acid powder
Gamma E Tocopherol w/Sesame Lignans
Gamma E Tocopherol/Tocotrienols
High Compliance Niacin
Inositol Capsules
Inositol Powder
Liquid Emulsified Vitamin A
Mega Lycopene Extract
Methylcobalamin
MK-7
No-Flush Niacin
Optimized Folate
PABA Capsules
PABA Powder
Super Ascorbate C Capsules
Super Ascorbate C Powder
Super K w/Advanced K2 Complex
Tocotrienols w/Sesame Lignans
Vitamin B1 Powder
Vitamin B2 Powder
Vitamin B3 (Niacin) Capsules
Vitamin B5 Powder
Vitamin B6
Vitamin B12 Powder
Vitamin C
Vitamin D
Vitamin D3
Vitamin D3 w/Sea-Iodine™
Vitamin E Succinate
Vitamin K1

WEIGHT MANAGEMENT

Alli® Refill Pack
Belly Slim & Tone
Chitosan
CitriChrome
7-Keto DHEA
DHEA Complete
Enhanced Fiber Food
Fucoxanthin Slim™
HCA
Integra-Lean® Irvingia
Optimized Irvingia w/Phase 3™ Calorie
Control Complex
Life Mix
Natural Appetite Control
SlimStyles® PGX Natural Weight Loss
Stevia Liquid Extract
Super CLA Blend w/Guarana and
Sesame Lignans
Super CLA Blend w/Sesame Lignans
Udo's Choice Wholesome Fast Food Blend
WellBetX PGX® Soluble Fiber Blend

Buyers Club Order Form

SUPER SALE SAVINGS ON ALL PRODUCTS
To order call: 1.954.766.8433 or 1.800.544.4440

No.		Retail	Member Price	Qty	Total
A					
00449	ACETYL-L-CARNITINE - 500 mg, 100 caps	\$56.00	\$42.00		
	ACETYL-L-CARNITINE - 4 bottles of 100 caps	186.64	139.98		
00788	ACETYL-L-CARNITINE ARGINATE - 100 caps	59.00	44.25		
	ACETYL-L-CARNITINE ARGINATE - 4 bottles of 100 caps	203.96	152.97		
01308	ADVANCED LIPID CONTROL - 60 veg. caps	30.00	22.50		
	ADVANCED LIPID CONTROL - 4 bottles of 60 veg. caps	108.00	81.00		
01300	ADVANCED ORAL HYGIENE - 60 veg. mint lozenges	20.00	15.00		
	ADVANCED ORAL HYGIENE - 4 bottles of 60 veg. mint lozenges	72.00	54.00		
01417	AGAVE DIGESTIVE-IMMUNE SUPPORT - 360 grams of powder	30.00	22.50		
	AGAVE DIGESTIVE-IMMUNE SUPPORT - 4 bottles of powder	108.00	81.00		
00681	AHCC - 500 mg, 30 caps	49.98	37.49		
	AHCC - 4 bottles of 30 caps	180.00	135.00		
46925	ALLI® REFILL PACK - 60 mg, 120 caps	69.95	58.00		
00261	ALL-IN-ONE WEIGHT LOSS FORMULA - 300 caps	59.95	44.96		
	ALL-IN-ONE WEIGHT LOSS FORMULA - 2 bottles of 300 caps	110.00	82.50		
	ALL-IN-ONE WEIGHT LOSS FORMULA - 4 bottles of 300 caps	174.00	130.50		
00457	(SUPER) ALPHA-LIPOIC ACID w/BIOTIN - 250 mg, 60 caps	37.00	27.75		
	(SUPER) ALPHA-LIPOIC ACID w/BIOTIN - 4 bottles of 60 caps	128.00	96.00		
00802	ANTI-ALCOHOL ANTIOXIDANTS W/HEPATOPRO - 100 caps	18.70	14.03		
	ANTI-ALCOHOL ANTIOXIDANTS W/HEPATOPRO - 4 bottles of 100 caps	68.00	51.00		
00105	APPLE PECTIN POWDER - 8 oz bottle of powder	14.75	11.06		
	APPLE PECTIN POWDER - 4 bottles of powder	55.00	41.25		
01012	ARGININE CAPS - 800 mg, 200 caps	26.50	19.88		
	ARGININE CAPS - 4 bottles of 200 caps	93.00	69.75		
01039	ARGININE/ORNITHINE CAPS - 500/250 mg, 100 caps	16.00	12.00		
	ARGININE/ORNITHINE CAPS - 4 bottles of 100 caps	58.00	43.50		
00038	ARGININE/ORNITHINE POWDER - 150 grams of powder	22.95	17.21		
	ARGININE/ORNITHINE POWDER - 4 bottles of powder	76.00	57.00		
01025	(L)-ARGININE FREE-FORM POWDER - 100 grams of powder	18.50	13.88		
	(L)-ARGININE FREE-FORM POWDER - 4 bottles of powder	67.00	50.25		
00040	(L)-ARGININE HCL - 1 kilogram of powder	118.00	88.50		
	(L)-ARGININE HCL - 4 bottles of powder	432.00	324.00		
01303	ARTHRONAX™ w/THEAFLAVINS - 120 veg. caps	44.00	33.00		
	ARTHRONAX™ w/THEAFLAVINS - 4 bottles of 120 veg. caps	160.00	120.00		
01404	ARTHRO-IMMUNE JOINT SUPPORT - 60 veg. caps	30.00	22.50		
	ARTHRO-IMMUNE JOINT SUPPORT - 4 bottles of 60 veg. caps	108.00	81.00		
00919	ARTICHOKE LEAF EXTRACT - 500 mg, 180 veg. caps	28.00	21.00		
	ARTICHOKE LEAF EXTRACT - 4 bottles of 180 veg. caps	101.52	76.14		
00086	(SUPER) ASCORBATE C POWDER - 8 oz of powder	24.95	18.71		
	(SUPER) ASCORBATE C POWDER - 4 bottles of powder	92.52	69.39		
00080	ASCORBIC ACID POWDER - 16 oz of powder vitamin C	38.00	28.50		
	ASCORBIC ACID POWDER - 4 bottles of powder vitamin C	139.72	104.79		
00082	ASCORBYL PALMITATE CAPSULES - 500 mg, 100 caps	22.50	16.88		
	ASCORBYL PALMITATE CAPSULES - 4 bottles of 100 caps	80.00	60.00		
00083	ASCORBYL PALMITATE POWDER - 100 grams of powder	32.00	24.00		
	ASCORBYL PALMITATE POWDER - 4 bottles of powder	120.00	90.00		
00888	(OPTIMIZED) ASHWAGANDHA EXTRACT - 60 veg. caps	10.00	7.50		
	(OPTIMIZED) ASHWAGANDHA EXTRACT - 4 bottles of 60 veg. caps	36.00	27.00		
00892	(LOW DOSE) ASPIRIN ENTERIC COATED - 81 mg, 500 tablets	10.00	7.50		
	(LOW DOSE) ASPIRIN ENTERIC COATED - 4 bottles of 500 tablets	36.00	27.00		
00708	ASTAXANTHIN - 2 mg, 30 softgels	9.98	7.49		

SUBTOTAL OF COLUMN 1

SUPER SALE SPECIAL EDITION WINTER 2009-2010

No.		Retail	Member Price	Qty	Total
B					
01040	BELLY SLIM & TONE - 6 fl oz	\$42.00	\$31.50		
	BELLY SLIM & TONE - 4 bottles of 6 fl oz	152.00	114.00		
00920	BENFOTIAMINE W/ THIAMINE - 100 mg, 120 caps	19.95	14.96		
	BENFOTIAMINE W/ THIAMINE - 4 bottles of 120 caps	74.40	55.80		
00925	(MEGA) BENFOTIAMINE - 250 mg, 120 veg. caps	30.00	22.50		
	(MEGA) BENFOTIAMINE - 4 bottles of 120 veg. caps	108.00	81.00		
01206	BERRY COMPLETE - 30 veg. caps	21.00	15.75		
	BERRY COMPLETE - 4 bottles of veg. caps	74.68	56.00		
00664	BETA-CAROTENE - 25,000 IU, 100 softgels	10.50	7.88		
	BETA-CAROTENE - 4 bottles of 100 softgels	38.00	28.50		
00088	BETA-CAROTENE POWDER - 100 grams of powder	27.00	20.25		
	BETA-CAROTENE POWDER - 4 bottles of powder	100.00	75.00		
00653	BETTERWOMAN -40 caps	40.00	30.00		
	BETTERWOMAN - 4 bottles of 40 caps	152.00	114.00		
00497	BILBERRY EXTRACT - 100 mg, 100 caps	28.00	21.00		
	BILBERRY EXTRACT - 4 bottles of 100 caps	100.00	75.00		
*01006	BIOSIL™ - 5 mg, 30 veg. caps	18.95	15.16		
*01007	BIOSIL™ - 30 fl ml	29.99	23.99		
00102	BIOTIN CAPSULES - 600 mcg, 100 caps	7.50	5.63		
	BIOTIN CAPSULES - 4 bottles of 100 caps	26.00	19.50		
00145	BIOTIN POWDER - 30 grams of powder	12.50	9.38		
	BIOTIN POWDER - 4 bottles of powder	44.00	33.00		
01037	BLACKCURRANT FREEZE-DRIED EXTRACT - 60 veg. caps	21.95	16.46		
01034	BLACKCURRANT JUICE CONCENTRATE - 12 fl. oz	17.95	13.46		
01008	BLAST™ - 600 grams of powder	26.95	20.21		
70000	BLOOD PRESSURE MONITOR-ARM CUFF (medium)	99.95	64.97		
70001	BLOOD PRESSURE MONITOR-WRIST (travel size)	69.95	45.47		
01214	BLUEBERRY EXTRACT - 60 veg. caps	22.50	16.88		
	BLUEBERRY EXTRACT - 4 bottles of 60 veg. caps	80.00	60.00		
01338	BLUEBERRY EXTRACT w/POMEGRANATE & COCOAGOLD™ - 60 veg. caps	30.00	22.50		
	BLUEBERRY EXTRACT w/POMEGRANATE & COCOAGOLD™ - 4 bottles of 60 veg. caps	108.00	81.00		
00811	BONE RESTORE - 150 caps	22.50	16.88		
	BONE RESTORE - 4 bottles of 150 caps	78.00	58.50		
01211	BONE STRENGTH FORMULA w/KOACT™ - 120 caps	42.00	31.50		
	BONE STRENGTH FORMULA w/KOACT™ - 4 bottles of 120 caps	152.00	114.00		
00313	BONE-UP® - 240 caps (hydroxyapatite complex)	24.95	18.71		
	BONE-UP® - 4 bottles of 240 caps	90.00	67.50		
01079	BOOSTER - 60 softgels	48.00	36.00		
	BOOSTER - 4 bottles of 60 softgels	176.00	132.00		
01280	(SUPER) BOOSTER w/ADVANCED K2 COMPLEX - 60 softgels	42.00	31.50		
	(SUPER) BOOSTER w/ADVANCED K2 COMPLEX - 4 bottles of 60 softgels	152.00	114.00		
00621	BORON CAPS - 3 mg, 100 caps	5.95	4.46		
	BORON CAPS - 4 bottles of 100 caps	21.00	15.75		
00202	BOSWELLA - 100 caps	38.00	28.50		
	BOSWELLA - 4 bottles of 100 caps	120.00	90.00		
00258	BOSWELLA TOPICAL CREAM - 4 oz jar	15.00	11.25		
	BOSWELLA TOPICAL CREAM - 4 jars	52.00	39.00		
00253	BRANCHED CHAIN AMINO ACIDS - 90 caps	19.50	14.63		
	BRANCHED CHAIN AMINO ACIDS - 4 bottles of 90 caps	68.00	51.00		
00999	BREAST HEALTH FORMULA - 60 veg. caps	34.00	25.50		
	BREAST HEALTH FORMULA - 4 bottles of 60 veg. caps	120.00	90.00		
00893	BRITE EYES III - 2 vials, 5 ml each	34.00	25.50		
	BRITE EYES III - 4 boxes	128.00	96.00		

SUBTOTAL OF COLUMN 2

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

OFFER ENDS FEBRUARY 1, 2010
To order online visit: www.lifeextension.com

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
00136	BROMELAIN POWDER - 100 grams of powder	\$21.00	\$15.75		
	BROMELAIN POWDER - 4 bottles of powder	75.00	56.25		
01203	(SPECIALLY COATED) BROMELAIN - 500 mg, 60 enteric coated tablets	21.00	15.75		
	(SPECIALLY COATED) BROMELAIN - 4 bottles of 60 tablets	76.00	57.00		
00884	BUTTERBUR EXT. W/ STANDARDIZED ROSMARINIC ACID - 60 softgels	44.00	33.00		
	BUTTERBUR EXT. W/ STANDARDIZED ROSMARINIC ACID - 4 bottles of 60 softgels	158.40	118.80		
C					
00146	CALCIUM ASCORBATE POWDER - 300 grams of powder	\$24.00	\$18.00		
	CALCIUM ASCORBATE POWDER - 4 bottles of powder	88.00	66.00		
00058	CALCIUM CARBONATE POWDER - 1 kilogram of powder	13.95	10.46		
	CALCIUM CARBONATE POWDER - 4 bottles of powder	52.00	39.00		
01015	CALCIUM CITRATE - 300 caps	24.00	18.00		
	CALCIUM CITRATE - 4 bottles of 300 caps	85.00	63.75		
00535	CALCIUM D-GLUCARATE - 200 mg, 60 caps	18.00	13.50		
	CALCIUM D-GLUCARATE - 4 bottles of 60 caps	60.00	45.00		
00149	CALCIUM/MAGNESIUM POWDER - 1 kilogram of powder	21.00	15.75		
	CALCIUM/MAGNESIUM POWDER - 4 bottles of powder	75.00	56.25		
00118	CAPSULE FILLER MACHINE FOR "00" CAPSULES	12.00	9.00		
	CAPSULE FILLER MACHINE FOR "00" CAPSULES - 4 machines	45.00	33.75		
00613	CAPSULE FILLER MACHINE FOR "0" CAPSULES	12.00	9.00		
	CAPSULE FILLER MACHINE FOR "0" CAPSULES - 4 machines	45.00	33.75		
00916	(OPTIMIZED) CARNITINE w/GLYCOCARN® - 60 veg. caps	29.00	21.75		
	(OPTIMIZED) CARNITINE w/GLYCOCARN® - 4 bottles of 60 veg. caps	104.40	78.30		
01041	L-CARNITINE CAPSULES - 500 mg, 30 caps	15.00	11.25		
	L-CARNITINE CAPSULES - 4 bottles of 30 caps	52.80	39.60		
00051	L-CARNITINE POWDER - 100 grams of powder	85.00	63.75		
	L-CARNITINE POWDER - 4 bottles of powder	295.00	221.25		
01258	CARNOSOOTHE w/PICROPROTECT™ - 60 veg. caps	29.95	22.46		
	CARNOSOOTHE w/PICROPROTECT™ - 4 bottles of 60 veg. caps	108.00	81.00		
01287	(SUPER) CARNOSINE CAPS - 500 mg, 90 caps	66.00	49.50		
	(SUPER) CARNOSINE CAPS - 4 bottles of 90 caps	240.00	180.00		
01011	CELLULITE SUPPRESS™ FORMULA - 6 fl. oz	58.00	43.50		
	CELLULITE SUPPRESS™ FORMULA - 4-6oz bottles	208.00	156.00		
00390	CDP CHOLINE CAPS - 250 mg, 60 caps	36.00	27.00		
	CDP CHOLINE CAPS - 4 bottles of 60 caps	136.00	102.00		
00998	CELL SENSOR-EMF DETECTION/MEASUREMENT METER	39.95	29.95		
01370	CHILDREN'S FORMULA MIX - 100 chewable tablets	18.00	13.50		
	CHILDREN'S FORMULA MIX - 4 bottles of 100 chewable tablets	64.00	48.00		
00216	CHITOSAN - 250 mg, 180 caps	28.00	21.00		
	CHITOSAN - 4 bottles of 180 caps	100.00	75.00		
	CHITOSAN - 10 bottles of 180 caps	230.00	172.50		
00369	CHITOSAN - 500 mg, 180 caps	55.00	41.25		
	CHITOSAN - 4 bottles of 180 caps	200.00	150.00		
00550	CHLORELLA - 500 mg, 200 tablets	23.50	17.63		
	CHLORELLA - 4 bottles of 200 tablets	84.00	63.00		
01048	CHLOROPHYLLIN w/ZINC - 100 mg, 100 softgels	24.00	18.00		
	CHLOROPHYLLIN w/ZINC - 4 bottles of 100 softgels	80.00	60.00		
01045	CHLOROPLEX - 100 caps	28.00	21.00		
	CHLOROPLEX - 4 bottles of 100 caps	98.00	73.50		
	CHLOROPLEX - 12 bottles of 100 caps	256.00	192.00		
00142	CHOLINE BITARTRATE - 300 grams of powder	17.75	13.31		
	CHOLINE BITARTRATE - 4 bottles of powder	64.00	48.00		
00541	CHOLINE CHLORIDE - 16 oz liquid	14.95	11.21		
	CHOLINE CHLORIDE - 4 bottles of 16 oz liquid	56.00	42.00		

SUBTOTAL OF COLUMN 3

No.		Retail	Member Price	Qty	Total
00364	CHONDROITIN SULFATE - 400 mg, 60 tablets	\$19.95	\$14.96		
	CHONDROITIN SULFATE - 4 bottles of 60 tablets	72.00	54.00		
00169	CHROMIUM - 200 mcg polynicotinate, 365 caps	28.00	21.00		
	CHROMIUM - 4 bottles of 365 caps	104.00	78.00		
01071	CHROMIUM ULTRA - 100 veg. caps	24.00	18.00		
	CHROMIUM ULTRA - 4 bottles of 100 veg. caps	84.00	63.00		
00680	CHRONOFORTE WITH LUTEOLIN - 180 caps	96.00	72.00		
	CHRONOFORTE WITH LUTEOLIN - 4 bottles of 180 caps	354.00	265.50		
00551	CILANTRO HERBAL EXTRACT - 1 oz	12.00	9.00		
	CILANTRO HERBAL EXTRACT - 4 bottles of 1oz	44.00	33.00		
01267	(ENHANCED) CINSULIN® w/GLUCOSE MGMT PROP BLEND - 90 veg. caps	32.00	24.00		
	(ENHANCED) CINSULIN® w/GLUCOSE MGMT PROP BLEND - 4 bottles of 90 veg. caps	120.00	90.00		
00223	CITRICHROME - 90 caps	22.95	17.21		
	CITRICHROME - 4 bottles of 90 caps	80.00	60.00		
00069	CITRUS BIOFLAVONOID - 100 caps	14.95	11.21		
	CITRUS BIOFLAVONOID - 4 bottles of 100 caps	56.00	42.00		
00818	(SUPER) CLA BLEND w/SESAME LIGNANS - 1000 mg, 120 softgels	36.00	27.00		
	(SUPER) CLA BLEND w/SESAME LIGNANS - 4 bottles of 120 softgels	132.00	99.00		
	(SUPER) CLA BLEND w/SESAME LIGNANS - 10 bottles, 120 softgels	263.30	197.48		
00819	(SUPER) CLA BLEND w/GUARANA & SESAME - 120 softgels	42.00	31.50		
	(SUPER) CLA BLEND w/GUARANA & SESAME - 4 blts of 120 softgels	153.32	114.99		
00863	COCOAGOLD™ - 130 mg, 60 veg. caps	12.50	9.38		
	COCOAGOLD™ - 4 bottles of 60 veg. caps	44.00	33.00		
01285	COCOAGOLD™ w/BETA-GLUCAN POWDER - 180 grams	20.00	15.00		
	COCOAGOLD™ w/BETA-GLUCAN POWDER - 4 jars of 180 grams	72.00	54.00		
00050	COD LIVER OIL - 12 fl oz (355 ml) (Emulsified)	9.50	7.13		
	COD LIVER OIL - 4 bottles of 12 fl oz (355 ml)	32.00	24.00		
00293	COD LIVER OIL - 100 softgels (Emulsified)	9.95	7.46		
	COD LIVER OIL - 4 bottles of 100 softgels	37.52	28.14		
00922	COGNITEX w/PREGNENOLONE & NEUROPROTECTION COMPLEX - 90 softgels	74.00	55.50		
	COGNITEX w/PREGNENOLONE & NEUROPROTECTION COMPLEX - 4 blts of 90 softgels	266.40	199.80		
	COGNITEX w/PREGNENOLONE & NEUROPROTECTION COMPLEX - 12 blts of 90 softgels	768.00	576.00		
00921	COGNITEX w/o PREGNENOLONE w/NEUROPROTECTION COMPLEX - 90 softgels	72.00	54.00		
	COGNITEX w/o PREGNENOLONE w/NEUROPROTECTION COMPLEX - 4 bottles of 90 softgels	256.00	192.00		
	COGNITEX w/o PREGNENOLONE w/NEUROPROTECTION COMPLEX - 12 bottles of 90 softgels	744.00	558.00		
00110	COMPLETE B-COMPLEX - 180 caps	21.50	16.13		
	COMPLETE B-COMPLEX - 4 bottles of 180 caps	72.00	54.00		
01305	COMPREHENSIVE NUTRIENT PACK - 30-day supply	189.00	141.75		
	COMPREHENSIVE NUTRIENT PACK - 120-day supply	684.00	513.00		
00119	COPPER CAPSULES - 2 mg, 100 caps	5.95	4.46		
	COPPER CAPSULES - 4 bottles of 100 caps	21.52	16.14		
00208	(ENHANCED) COQ10 (with Brewer's Yeast) - 30 mg, 100 caps	32.00	24.00		
	(ENHANCED) COQ10 (with Brewer's Yeast) - 4 bottles of 100 caps	108.00	81.00		
	(ENHANCED) COQ10 (with Brewer's Yeast) - 10 bottles of 100 caps	245.00	183.75		
00949	(SUPER ABSORBABLE) COQ10™ w/ d-LIMONENE - 50 mg, 60 softgels	28.50	21.38		
	(SUPER ABSORBABLE) COQ10™ w/ d-LIMONENE - 4 bottles of 60 softgels	99.00	74.25		
	(SUPER ABSORBABLE) COQ10™ w/ d-LIMONENE - 10 bottles of 60 softgels	230.00	172.50		
00950	(SUPER ABSORBABLE) COQ10™ w/ d-LIMONENE - 100 mg, 100 softgels	73.00	54.75		
	(SUPER ABSORBABLE) COQ10™ w/ d-LIMONENE - 4 bottles of 100 softgels	260.00	195.00		
	(SUPER ABSORBABLE) COQ10™ w/ d-LIMONENE - 10 bottles of 100 softgels	620.00	465.00		

SUBTOTAL OF COLUMN 4

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

SUPER SALE SPECIAL EDITION WINTER 2009-2010

Buyers Club Order Form

SUPER SALE SAVINGS ON ALL PRODUCTS
To order call: 1.954.766.8433 or 1.800.544.4440

No.		Retail	Member Price	Qty	Total
C CONTINUED					
01426	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -100 mg, 60 softgels	\$62.00	\$46.50		
	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -4 bot of 60 softgels	224.00	168.00		
	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -10 bot of 60 softgels	520.00	390.00		
01425	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -50 mg, 100 softgels	58.00	43.50		
	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -4 bot of 100 softgels	212.00	159.00		
	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -10 bot of 100 softgels	500.00	375.00		
01427	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -50 mg, 30 softgels	20.00	15.00		
	(SUPER UBIQUINOL) COQ10 w/ENH MITOCHONDRIAL SUPPORT™ -4 bot of 30 softgels	72.00	54.00		
01053	CORIOLUS VERSICOLOR SUPER STRENGTH - 600 mg, 150 caps	99.95	74.96		
00857	COROMEGA CHILD BRAIN & BODY - (Lemon Lime) 30 packets	25.00	18.75		
	COROMEGA CHILD BRAIN & BODY - (Lemon Lime) 4 boxes of 30 packets	90.00	67.00		
80118	COSMESIS ANTI-AGING MASK - 2 oz bottle	66.60	49.95		
	COSMESIS ANTI-AGING MASK - 2-2 oz bottles	117.22	87.92		
80134	COSMESIS ANTI-GLYCATION SERUM - 1 oz bottle w/BLUEBERRY & POMEGRANATE EXTRACTS	24.00	18.00		
	COSMESIS ANTI-GLYCATION SERUM - 2-1 oz bottles w/BLUEBERRY & POMEGRANATE EXTRACTS	45.60	34.20		
80133	COSMESIS ANTI-OXIDANT FACIAL MIST - 2 oz bottle	29.95	22.46		
	COSMESIS ANTI-OXIDANT FACIAL MIST - 2-2 oz bottles	56.90	42.68		
80132	COSMESIS ANTI-OXIDANT FACIAL MIST - 4 oz bottle	39.95	29.96		
	COSMESIS ANTI-OXIDANT FACIAL MIST - 2-4 oz bottles	76.00	57.00		
80127	COSMESIS ANTI-OXIDANT REJUVENATING FOOT CREAM - 2 oz jar	39.95	29.96		
	COSMESIS ANTI-OXIDANT REJUVENATING FOOT CREAM - 2-2 oz jar	76.00	57.00		
80128	COSMESIS ANTI-OXIDANT REJUVENATING FOOT SCRUB - 2 oz jar	52.95	39.71		
	COSMESIS ANTI-OXIDANT REJUVENATING FOOT SCRUB - 2-2 oz jar	93.20	69.90		
80117	COSMESIS ANTI-OXIDANT REJUVENATING HAND CREAM - 2 oz jar	59.00	44.25		
	COSMESIS ANTI-OXIDANT REJUVENATING HAND CREAM - 2-2 oz jars	106.00	79.50		
80121	COSMESIS ANTI-OXIDANT REJUVENATING HAND SCRUB - 2 oz jar	52.95	39.71		
	COSMESIS ANTI-OXIDANT REJUVENATING HAND SCRUB - 2-2 oz jars	93.20	69.90		
80105	COSMESIS ANTI-REDNESS & BLEMISH LOTION - 1 oz	69.95	52.46		
	COSMESIS ANTI-REDNESS & BLEMISH LOTION - 2-1 oz bottles	123.12	92.34		
80120	COSMESIS CORRECTIVE CLEARING MASK - 2 oz jar	59.95	44.96		
	COSMESIS CORRECTIVE CLEARING MASK - 2-2 oz jars	105.52	79.14		
80108	COSMESIS ESSENTIAL PLANT LIPIDS REPARATIVE SERUM - 1 oz	71.60	53.70		
	COSMESIS ESSENTIAL PLANT LIPIDS REPARATIVE SERUM - 2-1 oz bottles	126.00	94.50		
80123	COSMESIS FACE REJUVENATING ANTIOXIDANT CREAM - 2 oz jar	65.00	48.75		
	COSMESIS FACE REJUVENATING ANTIOXIDANT CREAM - 2-2 oz jars	114.40	85.80		
80107	COSMESIS FINE LINE-LESS - 1 oz	69.95	52.46		
	COSMESIS FINE LINE-LESS - 2-1 oz bottles	123.12	92.34		
80131	COSMESIS HAIR SUPPRESS FORMULA - 4 oz bottle	53.75	40.31		
	COSMESIS HAIR SUPPRESS FORMULA - 2- 4 oz bottles	94.60	70.95		
80115	COSMESIS HEALING MASK - 2 oz bottle	59.95	44.96		
	COSMESIS HEALING MASK - 2-2 oz bottles	105.52	79.14		
80109	COSMESIS HYALURONIC FACIAL MOISTURIZER - 1 oz	52.95	39.71		
	COSMESIS HYALURONIC FACIAL MOISTURIZER - 2 bottles of 1 oz	93.20	69.90		
80110	COSMESIS HYALURONIC OIL-FREE FACIAL MOISTURIZER - 1 oz	52.95	39.71		
	COSMESIS HYALURONIC OIL-FREE FACIAL MOISTURIZER - 2 btl of 1 oz	93.20	69.90		
80103	COSMESIS LIFTING & TIGHTENING COMPLEX - 1 oz	69.95	52.46		
	COSMESIS LIFTING & TIGHTENING COMPLEX - 2 bottles of 1 oz	123.12	92.34		
80114	COSMESIS MILD FACIAL CLEANSER - 8 oz	52.95	39.71		
	COSMESIS MILD FACIAL CLEANSER - 2 bottles of 8 oz	93.20	69.90		
80122	COSMESIS NECK REJUVENATING ANTIOXIDANT CREAM - 2 oz jar	59.00	44.25		
	COSMESIS NECK REJUVENATING ANTIOXIDANT CREAM - 2-2 oz jars	106.00	79.50		

SUBTOTAL OF COLUMN 5

SUPER SALE SPECIAL EDITION WINTER 2009-2010

No.		Retail	Member Price	Qty	Total
80119	COSMESIS PEEL OFF CLEANSING MASK - 2 oz bottle	\$59.95	\$44.96		
	COSMESIS PEEL OFF CLEANSING MASK - 2-2 oz bottles	105.52	79.14		
80111	COSMESIS PIGMENT CORRECTING CREAM - 1/2 oz	69.95	52.46		
	COSMESIS PIGMENT CORRECTING CREAM - 2 bottles of 1/2 oz	123.12	92.34		
80106	COSMESIS REJUVENATING SERUM - 1 oz	69.95	52.46		
	COSMESIS REJUVENATING SERUM - 2 bottles of 1 oz	123.12	92.34		
80112	COSMESIS SKIN LIGHTENING SERUM - 1/2 oz	79.95	59.96		
	COSMESIS SKIN LIGHTENING SERUM - 2 bottles of 1/2 oz	140.72	105.54		
80130	COSMESIS SKIN STEM CELL SERUM - 1 oz	69.00	51.75		
	COSMESIS SKIN STEM CELL SERUM - 2 bottles of 1 oz	128.00	96.00		
80116	COSMESIS ULTRA LIP PLUMPER - 1/3 oz	59.95	44.96		
	COSMESIS ULTRA LIP PLUMPER - 2 bottles of 1/3 oz	105.52	79.14		
80101	COSMESIS ULTRA WRINKLE RELAXER - 1 oz	89.95	67.46		
	COSMESIS ULTRA WRINKLE RELAXER - 2 bottles of 1 oz	159.52	119.64		
80113	COSMESIS UNDER EYE REFINING SERUM - 1/2 oz	69.95	52.46		
	COSMESIS UNDER EYE REFINING SERUM - 2 bottles of 1/2 oz	123.12	92.34		
80104	COSMESIS UNDER EYE RESCUE CREAM - 1/2 oz	69.95	52.46		
	COSMESIS UNDER EYE RESCUE CREAM - 2 bottles of 1/2 oz	123.12	92.34		
80129	COSMESIS VITAMIN C SERUM - 1 oz bottle	79.95	59.96		
	COSMESIS VITAMIN C SERUM - 2-1 oz bottles	140.72	105.54		
80102	COSMESIS VITAMIN K HEALING CREAM - 1 oz	74.95	56.21		
	COSMESIS VITAMIN K HEALING CREAM - 2 bottles of 1 oz	131.92	98.94		
00862	CRAN-MAX® - 500 mg, 60 veg. caps	17.50	13.13		
	CRAN-MAX® - 4 bottles of 60 veg. caps	60.00	45.00		
00609	CREATINE CAPS MICRONIZED - 120 caps	10.95	8.21		
	CREATINE CAPS MICRONIZED - 4 bottles of 120 caps	37.00	27.75		
00610	CREATINE POWDER MICRONIZED - 500 grams of powder	29.00	21.75		
	CREATINE POWDER MICRONIZED - 4 bottles of powder	106.52	79.89		
01096	CREATINE-WHEY-GLUTAMINE POWDER - 1 kg vanilla	45.00	33.75		
	CREATINE-WHEY-GLUTAMINE POWDER - 4 bottles of powder	168.00	126.00		
00912	(SUPER) CURCUMIN W/BIOPERINE® - 800 mg, 60 caps	20.75	15.56		
	(SUPER) CURCUMIN W/BIOPERINE® - 4 bottles of 60 caps	74.72	56.04		
00407	(SUPER BIO) CURCUMIN® - 400 mg, 60 veg. caps	30.00	22.50		
	(SUPER BIO) CURCUMIN® - 4 bottles of 60 veg. caps	106.00	79.50		
00126	CYSTEINE ANHYDROUS POWDER - 300 grams of powder	28.50	21.38		
	CYSTEINE ANHYDROUS POWDER - 4 bottles of powder	105.00	78.75		
00064	(L) CYSTEINE CAPSULES - 500 mg, 60 caps	15.95	11.96		
	(L) CYSTEINE CAPSULES - 4 bottles of 60 caps	56.00	42.00		
D					
01313	DERMAWHEY- 400 mg, 60 caps	\$65.00	\$48.75		
	DERMAWHEY- 4 bottles of 60 caps	236.00	177.00		
00856	(BARLEAN'S KID'S) DHA (Fruit Punch Flavor)- 8 fl. oz	22.00	16.50		
	(BARLEAN'S KID'S) DHA (Fruit Punch Flavor)- 4 bottles of 8 fl. oz	80.00	60.00		
00995	DHA 240 - 240 mg, 60 softgels	19.00	14.25		
	DHA 240 - 4 bottles of 60 softgels	68.00	51.00		
00658	7-KETO® DHEA METABOLITE - 25 mg, 100 caps	28.00	21.00		
	7-KETO® DHEA METABOLITE - 4 bottles of 100 caps	96.00	72.00		
01271	7-KETO® DHEA METABOLITE - 100 mg, 60 veg. caps	40.00	30.00		
	7-KETO® DHEA METABOLITE - 4 bottles of 60 veg. caps	144.00	108.00		
00607	DHEA - 25 mg dissolve-in-mouth 100 tablets pharmaceutical-grade	14.00	10.50		
	DHEA - 4 bottles of 100 tablets pharmaceutical-grade	47.00	35.25		
01250	DHEA COMPLETE - 60 veg. caps	48.00	36.00		
	DHEA COMPLETE - 4 bottles of 60 veg. caps	172.80	129.60		
00335	DHEA - 25 mg, 100 caps	15.00	11.25		
	DHEA - 4 bottles of 100 caps	50.00	37.50		

SUBTOTAL OF COLUMN 6

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

OFFER ENDS FEBRUARY 1, 2010
To order online visit: www.lifeextension.com

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
00454	DHEA - 15 mg, 100 caps	\$12.00	\$9.00		
	DHEA - 4 bottles of 100 caps	40.00	30.00		
00882	DHEA - 50 mg, 60 caps	16.00	12.00		
	DHEA - 4 bottles of 60 caps	56.00	42.00		
00883	DHEA - 100 mg, 60 caps	22.50	16.88		
	DHEA - 4 bottles of 60 caps	76.00	57.00		
00458	DIGEST RC - 30 tablets	14.00	10.50		
	DIGEST RC - 4 boxes of 30 tablets	47.80	35.85		
01272	(ENHANCED SUPER) DIGESTIVE ENZYMES - 100 veg. caps	18.95	14.21		
	(ENHANCED SUPER) DIGESTIVE ENZYMES - 4 bottles of 100 veg. caps	64.00	48.00		
01273	(ENHANCED SUPER) DIGESTIVE ENZYMES w/PROBIOTICS - 100 veg. caps	24.00	18.00		
	(ENHANCED SUPER) DIGESTIVE ENZYMES w/PROBIOTICS - 4 bottles of 100 veg. caps	88.00	66.00		
00114	DILAURYL THIODIPROPIONATE POWDER - 100 grams of powder	22.00	16.50		
	DILAURYL THIODIPROPIONATE POWDER - 4 bottles of powder	80.00	60.00		
*01042	(EUROPEAN LEG SOLUTION) DIOSMIN95 - 600 mg, 30 veg. tabs	20.00	15.00		
	(EUROPEAN LEG SOLUTION) DIOSMIN95 - 4 bottles of 30 veg. tabs	72.00	54.00		
00034	D,L-PHENYLALANINE CAPSULES - 500 mg, 100 caps	18.75	14.06		
	D,L-PHENYLALANINE CAPSULES - 4 bottles of 100 caps	64.00	48.00		
00033	D,L-PHENYLALANINE PLUS POWDER - 100 grams of powder	26.00	19.50		
	D,L-PHENYLALANINE PLUS POWDER - 4 bottles of powder	86.00	64.50		
00257	DMAE BITARTRATE - 150 mg, 200 caps	14.00	10.50		
	DMAE BITARTRATE - 4 bottles of 200 caps	42.00	31.50		
00022	DMAE POWDER (37% DMAE) - 100 grams of powder	24.00	18.00		
	DMAE POWDER (37% DMAE) - 4 bottles of powder	80.00	60.00		
00197	DMAE-GINKGO CAPSULES - 100 caps	36.00	27.00		
	DMAE-GINKGO CAPSULES - 4 bottles of 100 caps	120.00	90.00		
	DMAE-GINKGO CAPSULES - 8 bottles of 100 caps	220.00	165.00		
00059	DMG - 125 mg dimethylglycine, 60 tablets	18.50	13.88		
	DMG - 4 boxes of 60 tablets	68.00	51.00		
01052	DNA PROTECTION FORMULA - 60 veg. caps	28.00	21.00		
	DNA PROTECTION FORMULA - 4 bottles of 60 veg. caps	100.80	75.60		
00321	DR. PROCTOR'S ADVANCED HAIR FORMULA - 2 oz	39.95	29.96		
	DR. PROCTOR'S ADVANCED HAIR FORMULA - 4 bottles	128.00	96.00		
00320	DR. PROCTOR'S HAIR FORMULA SHAMPOO - 8 oz bottle	24.95	18.71		
	DR. PROCTOR'S HAIR FORMULA SHAMPOO - 4 bottles	88.00	66.00		
00376	DR. TUNG'S TONGUE CLEANER	8.45	6.34		
	DR. TUNG'S TONGUE CLEANERS - 4 quantity	32.20	24.15		
00899	DUAL-ACTION MICRODERMABRASION ADV. EXFOLIATE - 2.4 net oz jar	39.95	29.96		
	DUAL-ACTION MICRODERMABRASION ADV. EXFOLIATE - 4 jars of 2.4 net oz	155.80	116.85		
00240	DUAL-C - 90 caps	12.00	9.00		
	DUAL-C - 4 bottles of 90 caps	42.00	31.50		
E					
00388	ECHINACEA - 250 mg, 60 caps	\$14.35	\$10.76		
	ECHINACEA - 4 bottles of 60 caps	50.00	37.50		
01024	EDTA - 500 mg, 100 caps	17.50	13.13		
01403	ELIGEN® B12 - 100 mcg 30 veg tablets	28.00	21.00		
	ELIGEN® B12 - 4 bottles of 30 veg tablets	100.00	75.00		
01297	ENDOTHELIAL DEFENSE™ w/GLISODIN® and COCOAGOLD™ - 60 veg. caps	54.00	40.50		
	ENDOTHELIAL DEFENSE™ w/GLISODIN® and COCOAGOLD™ - 4 bottles of 60 veg. caps	192.00	144.00		
00625	(MEGA) EPA/DHA - 120 softgels	19.95	14.96		
	(MEGA) EPA/DHA - 4 bottles of 120 softgels	72.00	54.00		

* Due to license restrictions, this product is not for sale to wholesalers outside of the United States of America and Canada.

** Can only be sold in the United States and cannot be sold into the health food retail store channel.

† Member and Super Sale pricing not valid on this item.

SUBTOTAL OF COLUMN 7

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

No.		Retail	Member Price	Qty	Total
F					
†01054	FACE MASTER® PLATINUM	\$199.00	\$199.00		
00965	FAST-ACTING JOINT FORMULA - 30 caps	39.00	29.25		
	FAST-ACTING JOINT FORMULA - 4 bottles of 30 caps	144.00	108.00		
20053	FEM DOPHILUS® - 30 caps	24.95	18.71		
20055	FEM DOPHILUS® - 60 caps	35.95	26.96		
*01311	(ENHANCED) FERNBLOCK® w/SENDARA™ - 30 veg. caps	39.00	29.25		
	(ENHANCED) FERNBLOCK® w/SENDARA™ - 4 bottles of 30 veg. caps	140.00	105.00		
00229	FIBER FOOD CAPS - 200 caps	15.00	11.25		
	FIBER FOOD CAPS - 4 bottles of 200 caps	50.00	37.50		
	FIBER FOOD CAPS - 10 bottles of 200 caps	119.00	89.25		
00228	FIBER FOOD - 300 grams of powder	15.00	11.25		
	FIBER FOOD - 4 bottles of powder	50.00	37.50		
	FIBER FOOD - 10 bottles of powder	119.00	89.25		
01307	(ENHANCED) FIBER FOOD POWDER - 453 grams of powder	34.00	25.50		
	(ENHANCED) FIBER FOOD POWDER - 4 jars of powder	120.00	90.00		
00718	FIBRINOGEN RESIST FORMULA (NATTOKINASE) - 30 veg. caps	49.00	36.75		
	FIBRINOGEN RESIST FORMULA (NATTOKINASE) - 4 bottles of 30 caps	176.00	132.00		
00873	FLAXSEED POWDER (HI-LIGNAN NUTRI-FLAX) - 16 oz powder	9.95	7.46		
01200	FLORASTOR® - 50 caps	55.15	41.36		
01312	(OPTIMIZED) FOLATE (5-METHYLTETRAHYDROFOLATE) - 100 veg. caps	28.00	21.00		
	(OPTIMIZED) FOLATE (5-METHYLTETRAHYDROFOLATE) - 4 bottles of 100 veg. caps	100.00	75.00		
00347	FOLIC ACID + B12 CAPSULES - 200 caps	10.50	7.88		
	FOLIC ACID + B12 CAPSULES - 4 bottles of 200 caps	38.00	28.50		
00148	FOLIC ACID POWDER - 30 grams of powder	16.00	12.00		
	FOLIC ACID POWDER - 4 bottles of powder	55.00	41.25		
00300	FORSKOLIN - 10 mg, 60 caps of elemental forskolin	15.00	11.25		
	FORSKOLIN - 4 bottles of 60 caps of elemental forskolin	50.00	37.50		
00993	FUCOXANTHIN-SLIM™ - 90 softgels	44.00	33.00		
	FUCOXANTHIN-SLIM™ - 4 bottles of 90 softgels	156.00	117.00		
G					
00127	GABA POWDER - 100 grams of powder	\$23.75	\$17.81		
	GABA POWDER - 4 bottles of powder	90.00	67.50		
00559	GAMMA E TOCOPHEROL/TOCOTRIENOLS - 60 softgels	42.00	31.50		
	GAMMA E TOCOPHEROL/TOCOTRIENOLS - 4 bottles of 60 softgels	148.00	111.00		
00759	GAMMA E TOCOPHEROL w/SESAME LIGNANS - 60 softgels	32.00	24.00		
	GAMMA E TOCOPHEROL w/SESAME LIGNANS - 4 bottles of 60 softgels	116.00	87.00		
00612	GELATIN CAPSULES - Set of 1000 empty caps size "0"	15.00	11.25		
	GELATIN CAPSULES - 4 Sets	56.00	42.00		
00117	GELATIN CAPSULES - Set of 1000 empty caps size "00"	19.00	14.25		
	GELATIN CAPSULES - 4 Sets	72.00	54.00		
01301	GH PITUITARY SUPPORT DAY FORMULA - 120 vegetarian tabs	48.00	36.00		
	GH PITUITARY SUPPORT DAY FORMULA - 4 bottles of 120 veg. tabs	176.00	132.00		
01302	GH PITUITARY SUPPORT NIGHT FORMULA - 120 veg. caps	25.00	18.75		
	GH PITUITARY SUPPORT NIGHT FORMULA - 4 bottles of 120 veg. caps	90.00	67.50		
00778	GINKGO BILOBA CERTIFIED EXTRACT™ - 120 mg, 365 caps	46.00	34.50		
	GINKGO BILOBA CERTIFIED EXTRACT™ - 2 bottles of 365 caps	87.00	65.25		
00504	(SUPER) GINKGO EXTRACT - 120 mg, 100 caps	29.00	21.75		
	(SUPER) GINKGO EXTRACT - 4 bottles of 100 caps	106.00	79.50		
01032	(PANAX RED) GINSENG - 60 veg. caps	29.99	22.49		
00756	(MEGA) GLA WITH SESAME LIGNANS - 60 softgels	19.50	14.63		
	(MEGA) GLA WITH SESAME LIGNANS - 4 bottles of 60 softgels	72.00	54.00		
00345	(L) GLUTAMINE CAPSULES - 500 mg, 100 caps	14.95	11.21		
	(L) GLUTAMINE CAPSULES - 4 bottles of 100 caps	54.00	40.50		
00141	(L)-GLUTAMINE POWDER - 100 grams of powder	19.00	14.25		
	(L)-GLUTAMINE POWDER - 4 bottles of powder	67.52	50.64		

SUBTOTAL OF COLUMN 8

SUPER SALE SPECIAL EDITION WINTER 2009-2010

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
G CONTINUED					
00522	GLUCOSAMINE/CHONDROITIN CAPSULES - 100 caps	\$38.00	\$28.50		
	GLUCOSAMINE/CHONDROITIN CAPSULES - 4 bottles of 100 caps	128.00	96.00		
00512	GLUCOFIT™ (COROSOLIC ACID) - 100 softgels	28.00	21.00		
	GLUCOFIT™ (COROSOLIC ACID) - 4 bottles of 100 softgels	100.00	75.00		
00113	GLUTATHIONE, C & CYSTEINE - 750 mg, 100 caps	18.00	13.50		
	GLUTATHIONE, C & CYSTEINE - 4 bottles of 100 caps	64.00	48.00		
00314	(MEGA) L-GLUTATHIONE - 250 mg, 60 caps	35.95	26.96		
	(MEGA) L-GLUTATHIONE - 4 bottles of 60 caps	129.44	97.08		
00795	GLYCINE CAPSULES - 1000 mg, 100 caps	12.00	9.00		
	GLYCINE CAPSULES - 4 bottles of 100 caps	43.20	32.40		
00128	GLYCINE POWDER - 300 grams of powder	18.00	13.50		
	GLYCINE POWDER - 4 bottles of powder	64.00	48.00		
01091	(WHOLE) GRAPE EXTRACT w/RESVERATROL - 60 veg. caps	36.00	27.00		
	(WHOLE) GRAPE EXTRACT w/RESVERATROL - 4 bottles of 60 veg. caps	136.00	102.00		
01411	GRAPE SEED EXTRACT w/RESVERATROL & PTEROSTILBENE-100 mg, 60 veg. caps	36.00	27.00		
	GRAPE SEED EXTRACT w/RESVERATROL & PTEROSTILBENE-4 bottles of 60 veg. caps	136.00	102.00		
00203	GREEN TEA LEAVES - 300 grams of powder	15.00	11.25		
	GREEN TEA LEAVES - 4 bottles of powder	50.00	37.50		
00953	(MEGA) GREEN TEA EXTRACT - lightly caffeinated - 100 veg. caps	28.00	21.00		
	(MEGA) GREEN TEA EXTRACT - 4 bottles of 100 veg. caps	106.00	79.50		
00954	(MEGA) GREEN TEA EXTRACT - decaffeinated - 100 veg. caps	28.00	21.00		
	(MEGA) GREEN TEA EXTRACT - 4 bottles of 100 veg. caps	106.00	79.50		
H					
00230	HCA - 90 caps	\$18.00	\$13.50		
	HCA - 4 bottles of 90 caps	62.00	46.50		
01405	HEALTHY HAIR SPRAY - 5 fl. oz	35.00	26.25		
	HEALTHY HAIR SPRAY - 4 bottles of 5 fl. oz	128.00	96.00		
00656	HEPATOPRO - 900 mg, 60 softgel	49.50	37.13		
	HEPATOPRO - 4 bottles of 60 softgel	188.00	141.00		
00138	HESPERIDIN COMPLEX POWDER - 300 grams of powder	19.00	14.25		
	HESPERIDIN COMPLEX POWDER - 4 bottles of powder	65.00	48.75		
00873	HI-LIGNAN NUTRI-FLAX - 16 oz powder	9.95	7.46		
00800	HOMOCYSTEINE RESIST - 100 caps	24.00	18.00		
	HOMOCYSTEINE RESIST - 4 bottles of 100 caps	86.40	64.80		
00067	HOODIA GORDONII - 60 caps	14.00	10.50		
00627	HUPERZINE A W/NATURAL VITAMIN E - 50 mcg, 60 caps	27.95	20.96		
	HUPERZINE A W/NATURAL VITAMIN E - 4 bottles of 60 caps	96.00	72.00		
00661	HYDRODERM® - 1 oz bottle	79.95	59.96		
	HYDRODERM® - 2 - 1 oz bottles	130.66	98.00		
I					
00955	IMMUNE PROTECT W/PARACTIN® - 30 veg. caps	\$29.50	\$22.13		
	IMMUNE PROTECT W/PARACTIN® - 4 bottles of 30 veg. caps	106.20	79.65		
01004	INNERPOWER™ W/SWEET STEVIA - Tropical Flavor Powder	44.00	33.00		
00155	INOSINE CAPSULES - 500 mg, 60 caps	22.95	17.21		
	INOSINE CAPSULES - 4 bottles of 60 caps	84.00	63.00		
00140	INOSINE POWDER - 100 grams of powder	52.00	39.00		
	INOSINE POWDER - 4 bottles of powder	180.00	135.00		
00109	INOSITOL CAPSULES - 500 mg, 100 caps	13.50	10.13		
	INOSITOL CAPSULES - 4 bottles of 100 caps	50.00	37.50		
00410	INOSITOL CAPSULES - 1000 mg, 360 caps	48.00	36.00		
	INOSITOL CAPSULES - 4 bottles of 360 caps	175.00	131.25		
00108	INOSITOL POWDER - 100 grams of powder	18.00	13.50		
	INOSITOL POWDER - 4 bottles of powder	67.52	50.64		
01021	INTACT DIGEST™ - 8 fl oz	29.95	22.46		
	INTACT DIGEST™ - 4 - 8 fl oz bottles	112.00	84.00		
SUBTOTAL OF COLUMN 9					

SUPER SALE SPECIAL EDITION WINTER 2009-2010

SUPER SALE SAVINGS ON ALL PRODUCTS
To order call: 1.954.766.8433 or 1.800.544.4440

No.		Retail	Member Price	Qty	Total
01292	INTEGRA-LEAN® IRVINGIA - 150 mg, 60 veg. caps	\$56.00	\$42.00		
	INTEGRA-LEAN® IRVINGIA - 4 bottles of 60 veg. caps	192.00	144.00		
01002	IODORAL® - 180 tablets	50.00	37.50		
00563	IRON PROTEIN PLUS - 300 mg, 100 caps	24.00	18.00		
	IRON PROTEIN PLUS - 4 bottles of 100 caps	88.00	66.00		
01492	(OPTIMIZED) IRVINGIA W/PHASE 3™ - 120 veg. caps	78.00	58.50		
	CALORIE CONTROL COMPLEX				
	(OPTIMIZED) IRVINGIA W/PHASE 3™ - 4 bottles of 120 veg. caps	288.00	216.00		
J, K					
00056	JARRO-DOPHILUS EPS™ - 60 veg. caps	\$19.95	\$14.96		
01224	(SUPER) K WITH ADVANCED K2 COMPLEX - 90 softgels	26.00	19.50		
	(SUPER) K WITH ADVANCED K2 COMPLEX - 4 bottles of 90 softgels	92.00	69.00		
01050	(NKO) KRILL OIL - 60 softgels	33.95	25.46		
00316	KYOLIC® GARLIC FORMULA 102 - 350 mg, 200 caps	23.95	17.96		
	KYOLIC® GARLIC FORMULA 102 - 4 bottles of 200 caps	82.00	61.50		
00214	KYOLIC® GARLIC FORMULA 105 - 200 caps	22.95	17.21		
	KYOLIC® GARLIC FORMULA 105 - 4 bottles of 200 caps	73.00	54.75		
00789	KYOLIC® RESERVE - 600 mg, 120 caps	24.75	18.56		
	KYOLIC® RESERVE - 4 bottles of 120 caps	85.80	64.36		
L					
00513	LACTOFERRIN (APOLACTOFERRIN) CAPS - 300 mg, 60 caps	\$40.00	\$30.00		
	LACTOFERRIN (APOLACTOFERRIN) CAPS - 4 bottles of 60 caps	144.00	108.00		
00017	LAVILIN UNDERARM DEODORANT - 12.5 grams of cream	15.00	11.25		
	LAVILIN UNDERARM DEODORANT - 4 jars of cream	55.00	41.25		
01003	LIFE EXTENSION CAT MIX - 100 grams of powder	15.00	11.25		
	LIFE EXTENSION CAT MIX - 4 bottles of powder	48.00	36.00		
00544	LIFE EXTENSION DOG MIX - 100 grams of powder	19.50	14.63		
	LIFE EXTENSION DOG MIX - 4 bottles of powder	64.00	48.00		
00010	LIFE EXTENSION HAIR CONDITIONER - 16 oz bottle	6.00	4.50		
	LIFE EXTENSION HAIR CONDITIONER - 4 bottles	18.00	13.50		
00020	LIFE EXTENSION LECITHIN GRANULES - 16 oz. jar	15.00	11.25		
	LIFE EXTENSION LECITHIN GRANULES - 4 jars	50.00	37.50		
00019	LIFE EXTENSION LECITHIN w/B5 AND BHA - 16 oz. jar	15.00	11.25		
	LIFE EXTENSION LECITHIN w/B5 AND BHA - 4-16 oz. jars	50.00	37.50		
01455	LIFE EXTENSION MIX™ - 315 tablets	98.00	73.50		
	LIFE EXTENSION MIX™ - 4 bottles of 315 tablets	344.00	258.00		
	LIFE EXTENSION MIX™ - 10 bottles of 315 tablets	695.00	521.25		
01457	LIFE EXTENSION MIX™ w/EXTRA NIACIN - 315 tablets	98.00	73.50		
	LIFE EXTENSION MIX™ w/EXTRA NIACIN - 4 bottles of 315 tablets	344.00	258.00		
	LIFE EXTENSION MIX™ w/EXTRA NIACIN - 10 bottles of 315 tablets	695.00	521.25		
01454	LIFE EXTENSION MIX™ - 490 caps	110.00	82.50		
	LIFE EXTENSION MIX™ - 4 bottles of 490 caps	392.00	294.00		
	LIFE EXTENSION MIX™ - 10 bottles of 490 caps	850.00	637.50		
01456	LIFE EXTENSION MIX™ POWDER - 14.81 oz of powder	98.00	73.50		
	LIFE EXTENSION MIX™ POWDER - 4 bottles of powder	344.00	258.00		
	LIFE EXTENSION MIX™ POWDER - 10 bottles of powder	720.00	540.00		
01465	LIFE EXTENSION MIX™ - 315 tablets without copper	98.00	73.50		
	LIFE EXTENSION MIX™ - 4 bottles of 315 tablets without copper	344.00	258.00		
	LIFE EXTENSION MIX™ - 10 bottles of 315 tablets without copper	695.00	521.25		
01467	LIFE EXTENSION MIX™ w/EXTRA NIACIN 315 tablets w/o copper	98.00	73.50		
	LIFE EXTENSION MIX™ w/EXTRA NIACIN 4 bottles of 315 tablets w/o copper	344.00	258.00		
	LIFE EXTENSION MIX™ w/EXTRA NIACIN 10 bottles of 315 tablets w/o copper	695.00	521.25		
SUBTOTAL OF COLUMN 10					

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

OFFER ENDS FEBRUARY 1, 2010
To order online visit: www.lifeextension.com

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
01464	LIFE EXTENSION MIX™ - 490 caps without copper	\$110.00	\$82.50		
	LIFE EXTENSION MIX™ - 4 bottles of 490 caps without copper	392.00	294.00		
	LIFE EXTENSION MIX™ - 10 bottles of 490 caps without copper	850.00	637.50		
01466	LIFE EXTENSION MIX™ POWDER - 14.81 oz of powder without copper	98.00	73.50		
	LIFE EXTENSION MIX™ POWDER - 4 bottles of powder without copper	344.00	258.00		
	LIFE EXTENSION MIX™ POWDER - 10 bottles of powder without copper	720.00	540.00		
01279	LIFE EXTENSION MOUTHWASH w/POMEGRANATE - 16 oz bottle	18.50	13.88		
	LIFE EXTENSION MOUTHWASH w/POMEGRANATE - 4 - 16 oz bottles	68.00	51.00		
01401	LIFE EXTENSION ONE-PER-DAY - 60 veg. tablets	19.95	14.96		
	LIFE EXTENSION ONE-PER-DAY - 4 bottles of 60 veg. tablets	72.00	54.00		
00011	LIFE EXTENSION SHAMPOO - 16 oz bottle	6.00	4.50		
	LIFE EXTENSION SHAMPOO - 4 bottles	19.00	14.25		
01278	LIFE EXTENSION TOOTHPASTE MINT FLAVOR - 4 oz	9.50	7.13		
	LIFE EXTENSION TOOTHPASTE MINT FLAVOR - 4-4 oz tubes	34.68	26.00		
01416	LIFE EXTENSION TWO-PER-DAY - 60 veg. tablets	9.95	7.46		
	LIFE EXTENSION TWO-PER-DAY - 4 bottles of 60 veg. tablets	36.00	27.00		
01415	LIFE EXTENSION TWO-PER-DAY - 120 veg. tablets	18.95	14.21		
	LIFE EXTENSION TWO-PER-DAY - 4 bottles of 120 veg. tablets	68.00	51.00		
00263	LIFE FLORA™ - 300 mg, 120 caps	20.50	15.38		
	LIFE FLORA™ - 4 bottles of 120 caps	75.00	56.25		
00032	LIFE MIX - 1 lb can of powder	25.00	18.75		
	LIFE MIX - 4 cans of powder	90.00	67.50		
00294	LIQUID EMULSIFIED VITAMIN A DROPS - 20,000 IU per drop	27.00	20.25		
	LIQUID EMULSIFIED VITAMIN A DROPS - 4 bottles	96.00	72.00		
00939	5-LOXIN® - 75 mg, 100 veg. caps	19.50	14.63		
	5-LOXIN® - 4 bottles of 100 veg. caps	69.00	51.75		
01013	L-LYSINE CAPSULES - 620 mg, 100 caps	9.00	6.75		
	L-LYSINE CAPSULES - 4 bottles of 100 caps	32.00	24.00		
00129	L-LYSINE POWDER - 300 grams of powder	16.00	12.00		
	L-LYSINE POWDER - 4 bottles of powder	55.00	41.25		
01017	LUSTRE™ - 90 tablets	17.00	12.75		
	LUSTRE™ - 4 bottles of 90 tablets	61.00	45.75		
01014	LUTEIN PLUS - 150 grams of powder	25.00	18.75		
	LUTEIN PLUS - 4 bottles of powder	88.00	66.00		
01028	LYCOPENE - 10 mg, 60 softgels	24.98	18.74		
00455	(MEGA) LYCOPENE EXTRACT - 15 mg, 90 softgels	35.00	26.25		
	(MEGA) LYCOPENE EXTRACT - 4 bottles of 90 softgels	120.00	90.00		
M					
01044	MAGNESIUM CAPS - 500 mg, 100 caps	\$9.50	\$7.13		
	MAGNESIUM CAPS - 4 bottles of 100 caps	32.00	24.00		
00502	MAGNESIUM CITRATE CAPS - 160 mg, 100 caps	9.00	6.75		
	MAGNESIUM CITRATE CAPS - 4 bottles of 100 caps	30.00	22.50		
00057	MAGNESIUM OXIDE POWDER - 1 kilogram of powder	14.00	10.50		
	MAGNESIUM OXIDE POWDER - 4 bottles of powder	52.52	39.39		
00704	MAITAKE™ SX-FRACTION - 90 tablets	49.95	37.46		
00048	(SUPER) MAX EPA - 12 oz liquid concentrate	18.50	13.88		
	(SUPER) MAX EPA - 4 bottles of concentrate	66.00	49.50		
00547	MELATONIN - 300 mcg, 100 caps	5.75	4.31		
	MELATONIN - 4 bottles of 100 caps	20.00	15.00		
00328	MELATONIN CAPSULES - 500 mcg, 200 caps	16.00	12.00		
	MELATONIN CAPSULES - 4 bottles of 200 caps	56.00	42.00		
00329	MELATONIN CAPSULES - 1 mg, 60 caps	5.00	3.75		
	MELATONIN CAPSULES - 4 bottles of 60 caps	18.52	13.89		

SUBTOTAL OF COLUMN 11

No.		Retail	Member Price	Qty	Total
00330	MELATONIN CAPSULES - 3 mg, 60 caps	\$8.00	\$6.00		
	MELATONIN CAPSULES - 4 bottles of 60 caps	27.52	20.64		
00333	MELATONIN CAPSULES - 3 mg, 60 time-release caps	10.50	7.88		
	MELATONIN CAPSULES - 4 bottles of 60 time-release caps	37.52	28.14		
00331	MELATONIN CAPSULES - 10 mg, 60 caps	28.00	21.00		
	MELATONIN CAPSULES - 4 bottles of 60 caps	96.00	72.00		
00332	MELATONIN LOZENGES - 3 mg, 60 dissolve-in-mouth lozenges	8.00	6.00		
	MELATONIN LOZENGES - 4 bottles of 60 dissolve-in-mouth lozenges	27.52	20.64		
00546	MELATONIN TIME RELEASE - 300 mcg, 100 caps	6.25	4.69		
	MELATONIN TIME RELEASE - 4 bottles of 100 caps	22.52	16.89		
00540	MELATONIN TIME RELEASE - 750 mcg, 60 caps	5.75	4.31		
	MELATONIN TIME RELEASE - 4 bottles of 60 caps	20.00	15.00		
01009	MEMORY UPGRADE - 600 grams powder	26.95	20.21		
01047	MENOPAUSE SOLUTIONS - 120 tablets	49.95	37.46		
00536	METHYLCOBALAMIN - 1 mg, 60 dissolve-in-mouth lozenges (vanilla)	9.95	7.46		
	METHYLCOBALAMIN - 4 bottles of 60 dissolve-in-mouth lozenges	32.00	24.00		
00537	METHYLCOBALAMIN - 5 mg, 60 dissolve-in-mouth lozenges (vanilla)	32.00	24.00		
	METHYLCOBALAMIN - 4 bottles of 60 dissolve-in-mouth lozenges	100.00	75.00		
	METHYLCOBALAMIN - 10 bottles of 60 dissolve-in-mouth lozenges	230.00	172.50		
00130	L-METHIONINE POWDER - 100 grams of powder	22.00	16.50		
	L-METHIONINE POWDER - 4 bottles of powder	75.00	56.25		
00709	MIGRA-EEZE (BUTTERBUR) - 60 softgels	29.50	22.13		
	MIGRA-EEZE (BUTTERBUR) - 4 bottles of 60 softgels	105.32	79.00		
00623	MINERAL FORMULA FOR MEN - 100 caps	15.00	11.25		
	MINERAL FORMULA FOR MEN - 4 bottles of 100 caps	50.00	37.50		
	MINERAL FORMULA FOR MEN - 12 bottles of 100 caps	130.00	97.50		
00624	MINERAL FORMULA FOR WOMEN - 100 caps	15.00	11.25		
	MINERAL FORMULA FOR WOMEN - 4 bottles of 100 caps	50.00	37.50		
	MINERAL FORMULA FOR WOMEN - 12 bottles of 100 caps	130.00	97.50		
01315	(SUPER) MIRAFORTE w/STANDARDIZED LIGNANS - 120 caps	62.00	46.50		
	(SUPER) MIRAFORTE w/STANDARDIZED LIGNANS - 4 bottles of 120 caps	224.00	168.00		
01368	MITOCHONDRIAL ENERGY OPTIMIZER - 120 caps	86.00	64.50		
	MITOCHONDRIAL ENERGY OPTIMIZER - 4 bottles of 120 caps	312.00	234.00		
00803	MISTORAL III w/COQ10 - 2 fl oz bottle	28.00	21.00		
	MISTORAL III w/COQ10 - 4 bottles	101.32	75.99		
00065	MK-7 - 90 mcg, 60 softgels	28.00	21.00		
	MK-7 - 4 bottles of 60 softgels	100.00	75.00		
00451	MSM (METHYL-SULFONYL-METHANE) - 1000 mg, 100 caps	14.00	10.50		
	MSM (METHYL-SULFONYL-METHANE) - 4 bottles of 100 caps	47.80	35.85		

N

00215	N-ACETYL CYSTEINE CAPSULES - 600 mg, 60 caps	\$14.00	\$10.50		
	N-ACETYL CYSTEINE CAPSULES - 4 bottles of 60 caps	54.00	40.50		
00168	NAPCA w/ALOE VERA - 8 fl oz bottle	9.50	7.13		
	NAPCA w/ALOE VERA - 4 bottles	35.00	26.25		
00066	NATTOKINASE - 60 softgels	34.98	26.24		
00718	NATTOKINASE (FIBRINOGEN RESIST FORMULA) - 30 caps	49.00	36.75		
	NATTOKINASE (FIBRINOGEN RESIST FORMULA) - 4 bottles of 30 caps	176.00	132.00		
00891	NATURAL APPETITE CONTROL - 90 softgels	28.00	21.00		
	NATURAL APPETITE CONTROL - 4 bottles of 90 softgels	100.80	75.60		
00984	NATURAL BP MANAGEMENT - 60 tablets	42.00	31.50		
	NATURAL BP MANAGEMENT - 4 bottles of 60 tablets	151.20	113.40		
00913	NATURAL ESOPHAGUARD - 10 softgels	19.95	14.96		
	NATURAL ESOPHAGUARD - 2 boxes of 10 softgels	38.00	28.50		

SUBTOTAL OF COLUMN 12

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

SUPER SALE SPECIAL EDITION WINTER 2009-2010

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
N CONTINUED					
00712	NATURAL ESTROGEN w/POMEGRANATE EXTRACT - 60 caplets	\$38.00	\$28.50		
	NATURAL ESTROGEN w/POMEGRANATE EXTRACT - 4 bottles of 60 caplets	132.00	99.00		
01221	NATURAL FEMALE SUPPORT - 30 veg. caps	28.00	21.00		
	NATURAL FEMALE SUPPORT - 4 bottles of 30 veg. caps	96.00	72.00		
00698	NATURAL RELIEF 1222™ - 2 oz tube	28.00	21.00		
	NATURAL RELIEF 1222™ - 4-2 oz tubes	100.00	75.00		
00990	NATURAL SLEEP - 3 mg, 60 caps	12.99	9.74		
	NATURAL SLEEP - 4 bottles of 60 caps	40.00	30.00		
00277	NATURAL SLEEP MELATONIN - 5 mg, 60 caps	18.00	13.50		
	NATURAL SLEEP MELATONIN - 4 bottles of 60 caps	64.00	48.00		
00987	NATURAL STRESS RELIEF - 30 veg. caps	28.00	21.00		
	NATURAL STRESS RELIEF - 4 bottles of 30 veg. caps	96.00	72.00		
01000	NEW FACE SOLUTION - 1.7 oz bottle	54.00	40.50		
	NEW FACE SOLUTION - 4 bottles of 1.7 oz	196.00	147.00		
00096	NIACIN (B-3) CAPSULES - 1000 mg, 100 caps	12.75	9.56		
	NIACIN (B-3) CAPSULES - 4 bottles of 100 caps	48.00	36.00		
00372	NIACIN (B-3) CAPSULES - 500 mg, 100 caps	7.65	5.74		
	NIACIN (B-3) CAPSULES - 4 bottles of 100 caps	26.60	19.95		
01402	(HIGH COMPLIANCE) NIACIN - 120 softgels	48.00	36.00		
	(HIGH COMPLIANCE) NIACIN - 4 bottles of 120 softgels	176.00	132.00		
00373	NO-FLUSH NIACIN - 800 mg, 100 caps	19.00	14.25		
	NO-FLUSH NIACIN - 4 bottles of 100 caps	68.00	51.00		
00262	NUTRAFLORA - 500 grams of powder	46.00	34.50		
	NUTRAFLORA - 4 bottles of powder	160.00	120.00		
01035	NUTRIM POWDER - 170 grams powder	25.95	19.46		
00523	N-ZIMES® - 270 caps	23.90	17.93		
	N-ZIMES® - 4 bottles of 270 caps	88.00	66.00		
O					
00104	OCTACOSANOL - 8000 mcg, 60 caps	\$15.75	\$11.81		
	OCTACOSANOL - 4 bottles of 60 caps	56.00	42.00		
01483	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT - 60 softgels	18.00	13.50		
	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT - 4 bottles of 60 softgels	64.00	48.00		
01482	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT - 120 softgels	32.00	24.00		
	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT - 4 bottles of 120 softgels	112.00	84.00		
	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT - 10 bottles of 120 softgels	249.00	186.75		
01484	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT (ENTERIC COATED) - 120 softgels	34.00	25.50		
	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT (ENTERIC COATED) - 4 bottles of 120 softgels	124.00	93.00		
	(SUPER) OMEGA 3 EPA/DHA w/SESAME LIGNANS & OLIVE FRUIT EXTRACT (ENTERIC COATED) - 10 bottles of 120 softgels	280.00	210.00		
00717	ONLY TRACE MINERALS - 90 caps	15.00	11.25		
	ONLY TRACE MINERALS - 4 bottles of 90 caps	50.00	37.50		
00915	OPTIZINC® - 30 mg, 90 veg. caps	5.95	4.46		
	OPTIZINC® - 4 bottles of 90 veg. caps	20.00	15.00		
00043	L-ORNITHINE CAPSULES - 500 mg, 100 caps	24.95	18.71		
	L-ORNITHINE CAPSULES - 4 bottles of 100 caps	80.00	60.00		
P					
00107	PABA CAPS - 500 mg, 100 caps	\$10.50	\$7.88		
	PABA CAPS - 4 bottles of 100 caps	37.50	28.12		
SUBTOTAL OF COLUMN 13					

SUPER SALE SPECIAL EDITION WINTER 2009-2010

* Product cannot be sold outside the USA.

SUPER SALE SAVINGS ON ALL PRODUCTS
To order call: 1.954.766.8433 or 1.800.544.4440

No.		Retail	Member Price	Qty	Total
00106	PABA POWDER - 100 grams of powder	\$15.00	\$11.25		
	PABA POWDER - 4 bottles of powder	55.00	41.25		
00073	PANCREATIN - 500 mg, 50 caps	9.75	7.31		
	PANCREATIN - 4 bottles of 50 caps	36.00	27.00		
00137	PAPAIN POWDER - 100 grams of powder	24.00	18.00		
	PAPAIN POWDER - 4 bottles of powder	80.00	60.00		
00923	PEAK ATP® WITH GLYCOCARN® - 60 tablets	59.00	44.25		
	PEAK ATP® WITH GLYCOCARN® - 4 bottles of 60 tablets	224.00	168.00		
00342	PECTA-SOL - One-month supply modified citrus pectin	99.95	74.96		
	PECTA-SOL - Four-month supply modified citrus pectin	382.80	287.10		
00872	PGX FIBER POWDER (SLIMSTYLES) - 6.4 oz powder	22.95	17.21		
00673	(WELLBETX) PGX SOLUBLE FIBER BLEND -180 caps	34.95	26.21		
00865	PHARMAGABA™ - 60 chewable tablets	29.95	22.46		
	PHARMAGABA™ - 4 bottles of 60 chewable tablets	108.00	81.00		
00131	L-PHENYLALANINE POWDER - 100 grams of powder	28.00	21.00		
	L-PHENYLALANINE POWDER - 4 bottles of powder	100.00	75.00		
00368	PHOSPHATIDYLSERINE CAPS - 100 mg, 100 caps	54.00	40.50		
	PHOSPHATIDYLSERINE CAPS - 4 bottles of 100 caps	192.00	144.00		
01016	PHYTO-FOOD - 80 grams of powder	46.00	34.50		
	PHYTO-FOOD - 4 bottles of powder	172.00	129.00		
00614	PILL CUTTER/GRINDER	11.95	8.96		
00561	POLICOSANOL - 10 mg, 60 tablets	24.00	18.00		
	POLICOSANOL - 6 bottles of 60 tablets	108.00	81.00		
00994	(SUPER) POLYPHENOL EXTRACT w/ COCOAGOLD™ - 30 veg caps	24.00	18.00		
	(SUPER) POLYPHENOL EXTRACT w/ COCOAGOLD™ - 4 bottles of 30 veg. caps	84.00	63.00		
00956	POMEGRANATE EXTRACT - 30 veg. caps	19.50	14.63		
	POMEGRANATE EXTRACT - 4 bottles of 30 veg. caps	70.20	52.64		
01256	POMEGRANATE EXTRACT w/ COCOAGOLD™ - 30 veg caps	24.00	18.00		
	POMEGRANATE EXTRACT w/ COCOAGOLD™ - 4 bottles of 30 veg caps	84.00	63.00		
00957	POMEGRANATE JUICE CONCENTRATE - 16 oz. liquid	25.95	19.46		
	POMEGRANATE JUICE CONCENTRATE - 4 bottles of 16 oz liquid	96.00	72.00		
00577	POTASSIUM IODIDE - 1 box, 14 tablets	6.95	5.21		
	POTASSIUM IODIDE - 4 boxes, 14 tablets	21.00	15.75		
00302	PREGNENOLONE CAPSULES - 50 mg, 100 caps	24.00	18.00		
	PREGNENOLONE CAPSULES - 4 bottles of 100 caps	76.00	57.00		
00700	PREGNENOLONE CAPSULES - 100 mg, 100 caps	26.00	19.50		
	PREGNENOLONE CAPSULES - 4 bottles of 100 caps	90.00	67.50		
*01373	PRELOX® NATURAL SEX FOR MEN® - 60 tablets	50.00	37.50		
	PRELOX® NATURAL SEX FOR MEN® - 4 bottles of 60 tablets	180.00	135.00		
00571	PRIMAL DEFENSE® - 900 mg, 90 caplets	49.95	37.46		
	PRIMAL DEFENSE® - 4 bottles of 90 caplets	194.00	145.50		
01019	PRIMAL DEFENSE® - 180 caplets	78.95	59.21		
00525	PROBOOST THYMIC PROTEIN A™ - 4 mcg, 30 packets	72.00	54.00		
	PROBOOST THYMIC PROTEIN A™ - 4 boxes	280.00	210.00		
00869	PRO FEM CREAM - 2 oz jar, Progesterone Cream	26.00	19.50		
	PRO FEM CREAM - 4, 2 oz jars, Progesterone Cream	96.00	72.00		
01020	PROGREENS® - 15 stick pack	22.50	16.88		
00396	PRO M - 500 mg, 100 caps	28.00	21.00		
	PRO M - 4 bottles of 100 caps	104.00	78.00		
01475	(ULTRA NAT) PROSTATE FORMULA w/ 5-LOXIN® STAND. LIGNANS-60 softgels	38.00	28.50		
	(ULTRA NAT) PROSTATE FORMULA w/ 5-LOXIN® STAND. LIGNANS-4 bot of 60 softgels	140.00	105.00		
	(ULTRA NAT) PROSTATE FORMULA w/ 5-LOXIN® STAND. LIGNANS-12 bot of 60 softgels	384.00	288.00		
01092	(ENHANCED LIFE EXTENSION) PROTEIN (VANILLA) - 1 kg. of powder	38.00	28.50		
	(ENHANCED LIFE EXTENSION) PROTEIN (VANILLA) - 4 bot of powder	144.00	108.00		
01093	(ENHANCED LIFE EXTENSION) PROTEIN (CHOCOLATE) - 1 kg of powder	38.00	28.50		
	(ENHANCED LIFE EXTENSION) PROTEIN (CHOCOLATE) - 4 bot of powder	144.00	108.00		
SUBTOTAL OF COLUMN 14					

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

OFFER ENDS FEBRUARY 1, 2010
To order online visit: www.lifeextension.com

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
01094	(ENHANCED LIFE EXTENSION) PROTEIN (NATURAL) - 1 kg of powder	\$38.00	\$28.50		
	(ENHANCED LIFE EXTENSION) PROTEIN (NATURAL) - 4 bot of powder	144.00	108.00		
01095	(ENHANCED LIFE EXTENSION) PROTEIN (BERRY) - 1 kg of powder	38.00	28.50		
	(ENHANCED LIFE EXTENSION) PROTEIN (BERRY) - 4 bot of powder	144.00	108.00		
00290	(DESIGNER WHEY) PROTEIN - Vanilla 2 lbs of powder	41.95	31.46		
	(DESIGNER WHEY) PROTEIN - 4 bottles of Vanilla powder	152.00	114.00		
00282	(DESIGNER WHEY) PROTEIN - Chocolate 2 lbs of powder	41.95	31.46		
	(DESIGNER WHEY) PROTEIN - 4 bottles of Chocolate powder	152.00	114.00		
00283	(DESIGNER WHEY) PROTEIN - Natural 2 lbs of powder	41.95	31.46		
	(DESIGNER WHEY) PROTEIN - 4 bottles of Natural powder	152.00	114.00		
01056	PURE-GAR® - 200 caps	24.95	18.71		
	PURE-GAR® - 4 bottles of 200 caps	84.00	63.00		
01209	(WATER-SOLUBLE) PUMPKIN SEED EXTRACT - 60 veg. caps	20.00	15.00		
	(WATER-SOLUBLE) PUMPKIN SEED EXTRACT - 4 bottles 60 veg. caps	72.00	54.00		
01210	(WATER-SOLUBLE) PUMPKIN SEED EXT w/SOY ISOFLAVONES - 60 veg. caps	22.00	16.50		
	(WATER-SOLUBLE) PUMPKIN SEED EXT w/SOY ISOFLAVONES - 4 bottles 60 veg.	80.00	60.00		
01031	PYCNOGENOL® - 60 veg. caps	86.95	65.21		
01207	PYRIDOXAMINE CAPS - 50 mg, 60 veg. caps	22.00	16.50		
	PYRIDOXAMINE CAPS - 4 bottles of 60 veg. caps	79.20	59.40		
Q, R					
01309	(OPTIMIZED) QUERCETIN - 250 mg, 60 veg. caps	\$18.00	\$13.50		
	(OPTIMIZED) QUERCETIN - 4 bottles of 60 veg. caps	68.00	51.00		
01030	RED YEAST RICE (Bluebonnet) - 600 mg, 60 veg. caps	15.95	11.96		
00979	RED YEAST RICE (Nature's Plus) - 600 mg, 60 veg. caps	22.75	17.06		
00060	RED YEAST RICE EXTENDED RELEASE (Nature's Plus)- 30 veg. tablets	20.55	15.41		
00605	REGIMINT® - 60 enteric-coated caps	19.95	14.96		
	REGIMINT® - 4 bottles of 60 caps	74.68	56.01		
00448	REJUVENEX® BODY LOTION - 6 oz tube	24.00	18.00		
	REJUVENEX® BODY LOTION - 4 tubes	79.20	59.40		
	REJUVENEX® BODY LOTION - 8 tubes	136.00	102.00		
00918	REJUVENEX® FACTOR - 1.7 oz Airless pump bottle	65.00	48.75		
	REJUVENEX® FACTOR - 2 bottles	120.00	90.00		
	REJUVENEX® FACTOR - 4 bottles	220.00	165.00		
	REJUVENEX® FACTOR - 8 bottles	399.28	299.46		
01220	(ULTRA) REJUVENEX® - 2 oz jar	52.00	39.00		
	(ULTRA) REJUVENEX® - 2 jars	96.00	72.00		
	(ULTRA) REJUVENEX® - 4 jars	176.00	132.00		
	(ULTRA) REJUVENEX® - 8 jars	319.44	239.38		
00676	(ULTRA) REJUVENIGHT (DREAM CREAM) - 2 oz jar	39.95	29.96		
	(ULTRA) REJUVENIGHT (DREAM CREAM) - 4 jars	144.00	108.00		
00706	(ULTRA) REJUVENIGHT w/PROGESTERONE - 2 oz jar	42.00	31.50		
	(ULTRA) REJUVENIGHT w/PROGESTERONE - 4 jars	152.00	114.00		
01413	RESVERATROL w/PTEROSTILBENE - 20 mg, 60 veg. caps	24.00	18.00		
	RESVERATROL w/PTEROSTILBENE - 4 bottles of 60 veg. caps	88.00	66.00		
01410	RESVERATROL w/PTEROSTILBENE - 100 mg, 60 veg. caps	36.00	27.00		
	RESVERATROL w/PTEROSTILBENE - 4 bottles of 60 veg. caps	128.00	96.00		
01409	(OPTIMIZED) RESVERATROL w/PTEROSTILBENE - 250 mg, 60 veg. caps	46.00	34.50		
	(OPTIMIZED) RESVERATROL w/PTEROSTILBENE - 4 bottles of 60 veg. caps	165.32	124.00		
00889	RHODIOLA EXTRACT - 250 mg, 60 veg. caps	11.75	8.81		
	RHODIOLA EXTRACT - 4 bottles of 60 veg. caps	42.32	31.74		
00972	(D) RIBOSE POWDER - 150 grams of powder	27.50	20.63		
	(D) RIBOSE POWDER - 4 jars of 150 grams	99.00	74.25		

SUBTOTAL OF COLUMN 15

No.		Retail	Member Price	Qty	Total
00973	(D) RIBOSE CAPS - 120 veg. caps	\$32.00	\$24.00		
	(D) RIBOSE CAPS - 4 bottles of 120 veg. caps	115.20	86.40		
01208	(SUPER) R-LIPOIC ACID - 300 mg, 60 veg. caps	49.00	36.75		
	(SUPER) R-LIPOIC ACID - 4 bottles of 60 veg. caps	180.00	135.00		
00070	RNA CAPSULES - 500 mg, 100 caps	17.95	13.46		
	RNA CAPSULES - 4 bottles of 100 caps	64.64	48.48		
00143	RNA POWDER - 100 grams of powder	24.00	18.00		
	RNA POWDER - 4 bottles of powder	80.00	60.00		
00917	ROSMARINIC ACID EXTRACT - 60 veg. caps	38.00	28.50		
	ROSMARINIC ACID EXTRACT - 4 bottles of 60 veg. caps	144.00	108.00		
00139	RUTIN POWDER - 100 grams of powder	15.50	11.63		
	RUTIN POWDER - 4 bottles of powder	55.00	41.25		
S					
* 00573	SAMBU GUARD - 175 ml	\$17.49	\$13.99		
00358	SAME (S-ADENOSYL-METHIONINE) - 200 mg, 20 enteric coated tablets	18.95	14.21		
	SAME (S-ADENOSYL-METHIONINE) - 8 boxes of 20 enteric coated tablets	132.80	99.60		
00453	SAME (S-ADENOSYL-METHIONINE) - 200 mg, 50 enteric coated tablets	45.00	33.75		
	SAME (S-ADENOSYL-METHIONINE) - 4 bottles of 50 enteric coated tablets	156.00	117.00		
00557	SAME (S-ADENOSYL-METHIONINE) - 400 mg, 20 enteric coated tablets	35.00	26.25		
	SAME (S-ADENOSYL-METHIONINE) - 6 boxes of 20 enteric coated tablets	168.00	126.00		
01043	SEA-IODINE™ - 1000 mcg, 60 veg. caps	8.00	6.00		
	SEA-IODINE™ - 4 bottles of 60 veg. caps	28.80	21.60		
00046	SELENIUM - 2 oz dropper bottle	9.45	7.09		
	SELENIUM - 4 bottles of 2 oz bottle	36.00	27.00		
00567	SE-METHYLSelenocysteine - 200 mcg, 100 caps	12.00	9.00		
	SE-METHYLSelenocysteine - 4 bottles of 100 caps	44.00	33.00		
00318	SERRAFLAZYME - 100 tablets	18.00	13.50		
	SERRAFLAZYME - 4 bottles of 100 tablets	64.00	48.00		
00339	SHARK-A CARTILAGE - 750 mg, 270 caps	68.00	51.00		
	SHARK-A CARTILAGE - 4 bottles of 270 caps	255.00	191.25		
00284	SHARK LIVER OIL (NORWEGIAN) - 1000 mg, 30 softgels	18.00	13.50		
	SHARK LIVER OIL (NORWEGIAN) - 4 bottles of 30 softgels	64.00	48.00		
00503	SILIBININ PLUS - 90 veg. caps	36.00	27.00		
	SILIBININ PLUS - 4 bottles of 90 veg. caps	128.00	96.00		
00184	SILYMARIN - 100 mg, 50 caps	9.25	6.94		
	SILYMARIN - 4 bottles of 50 caps	33.00	24.75		
00702	(MEGA) SILYMARIN WITH ISOSILYBIN B - 100 caps	38.00	28.50		
	(MEGA) SILYMARIN WITH ISOSILYBIN B - 4 bottles of 100 caps	136.80	102.60		
00872	SLIMSTYLES PGX® - 6.4 oz powder	22.95	17.21		
00961	SODZYME® W/GLISODIN® AND WOLFBERRY - 90 veg. caps	28.00	21.00		
	SODZYME® W/GLISODIN® AND WOLFBERRY - 4 bottles of 90 veg. caps	96.00	72.00		
00657	SOLARSHIELD SUNGLASSES - 1 pair smoke color	12.99	9.74		
	SOLARSHIELD SUNGLASSES - 2 pair smoke color	23.00	17.25		
00785	(ULTRA) SOY EXTRACT - 675 mg, 600 caps	349.00	261.75		
	(ULTRA) SOY EXTRACT - 4 bottles of 600 caps	1260.00	945.00		
00304	SOY POWER POWDER - 300 grams of powder	31.50	23.63		
	SOY POWER POWDER - 4 bottles of powder	114.00	85.50		
00286	SOY PROTEIN POWDER (concentrated soy protein) - 16 oz of powder	12.00	9.00		
	SOY PROTEIN POWDER - 4 bottles of powder	42.50	31.87		
00432	STEVIA EXTRACT - 100 packets, 1 gram each	9.95	7.46		
	STEVIA EXTRACT - 4 boxes of 100 packets	36.00	27.00		
00351	ST. JOHN'S WORT EXTRACT - 300 mg, 60 caps	10.98	8.24		
	ST. JOHN'S WORT EXTRACT - 4 bottles of 60 caps	40.00	30.00		

SUBTOTAL OF COLUMN 16

**LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE**

* These products are not 25% off retail price.

DECEMBER 2009

Buyers Club Order Form

No.		Retail	Member Price	Qty	Total
00327	ST. JOHN'S WORT EXTRACT (PLANETARY) - 600 mg, 60 tablets	\$24.95	\$18.71		
	ST. JOHN'S WORT EXTRACT (PLANETARY) - 4 bottles of 60 tablets	85.00	63.75		
00971	SUN PROTECTION SPRAY W/BETA GLUCAN - SPF30 - 6 oz bottle	14.95	11.21		
	SUN PROTECTION SPRAY W/BETA GLUCAN - SPF30 - 4 bottles, 6 oz	54.00	40.50		
00747	(OVERXCAST POLARIZED) SUNGLASSES - gray color	27.00	20.25		
	(OVERXCAST POLARIZED) SUNGLASSES - 2 pairs, gray color	42.00	31.50		
00748	(OVERXCAST POLARIZED) SUNGLASSES - gray color, medium	27.00	20.25		
	(OVERXCAST POLARIZED) SUNGLASSES - 2 pairs, gray color	42.00	31.50		
00758	SUPER ABSORBABLE SOY ISOFLAVONES - 60 caps	28.00	21.00		
	SUPER ABSORBABLE SOY ISOFLAVONES - 4 bottles of 60 caps	100.00	75.00		
01408	SUPER SAW PALMETTO/NETTLE ROOT W/BETA-SITOSTEROL 60 softgels	28.00	21.00		
	SUPER SAW PALMETTO/NETTLE ROOT w/BETA-SITOSTEROL 4 bottles of 60 softgels	104.00	78.00		
	SUPER SAW PALMETTO/NETTLE ROOT w/BETA-SITOSTEROL One-year supply	288.00	216.00		
01407	SUPER SAW PALMETTO W/BETA SITOSTEROL - 30 softgels	15.00	11.25		
	SUPER SAW PALMETTO W/BETA SITOSTEROL - 12 bottles of 30 softgels	144.00	108.00		
00578	SUPER SELENIUM COMPLEX - 200 mcg, 100 caps	12.00	9.00		
	SUPER SELENIUM COMPLEX - 4 bottles of 100 caps	40.00	30.00		
	SUPER SELENIUM COMPLEX - 12 bottles of 100 caps	108.00	81.00		
00674	SYTRINOL™ - 60 softgels	32.00	24.00		
	SYTRINOL™ - 4 bottles of 60 softgels	112.00	84.00		
T					
	TAL•SHI™ COSMETICS • For information please call 1-800-544-4440 or visit www.lifeextension.com				
00199	TAURINE CAPSULES - 1000 mg, 50 caps	\$8.95	\$6.71		
	TAURINE CAPSULES - 4 bottles of 50 caps	32.00	24.00		
00133	TAURINE POWDER - 300 grams, powder	20.00	15.00		
	TAURINE POWDER - 4 bottles of powder	67.52	50.64		
01304	THEAFLAVIN STANDARDIZED EXTRACT - 30 veg. caps	18.00	13.50		
	THEAFLAVIN STANDARDIZED EXTRACT - 4 bottles of 30 veg. caps	64.00	48.00		
00555	(L) THEANINE - 100 mg, 60 caps	24.00	18.00		
	(L) THEANINE - 4 bottles of 60 caps	82.00	61.50		
01038	THERALAC - 30 caps	44.95	33.71		
* HP0001	THERASAGE FAR INFRARED PAD - 12" x 18"	159.00	119.25		
00224	THYMIC IMMUNE FACTORS - 100 caps	18.00	13.50		
	THYMIC IMMUNE FACTORS - 4 bottles of 100 caps	56.00	42.00		
00668	(METABOLIC ADVANTAGE) THYROID FORMULA - 100 caps	17.95	13.46		
00349	TMG - 50 grams of powder	14.00	10.50		
	TMG - 4 bottles of powder	44.00	33.00		
00359	TMG TABLETS - 500 mg, 180 tablets	18.00	13.50		
	TMG TABLETS - 4 bottles of 180 tablets	62.00	46.50		
00366	TOCOTRIENOLS - 50 mg, 60 softgel caps	39.95	29.96		
	TOCOTRIENOLS - 4 bottles of 60 softgel caps	144.00	108.00		
00781	TOCOTRIENOLS WITH SESAME LIGNANS - 60 softgels	38.00	28.50		
	TOCOTRIENOLS WITH SESAME LIGNANS - 4 bottles of 60 softgels	144.00	108.00		
01400	(SUPER-ABSORBABLE) TOCOTRIENOLS - 60 softgels	30.00	22.50		
	(SUPER-ABSORBABLE) TOCOTRIENOLS - 4 bottles of 60 softgels	112.00	84.00		
01274	TOTAL SUN PROTECTION CREAM W/BETAGLUCANS - SPF 30, 4 oz Tube & PHOTO-AGING RECOVERY COMPLEX	28.00	21.00		
	TOTAL SUN PROTECTION CREAM W/BETAGLUCANS & PHOTO-AGING RECOVERY COMPLEX	100.80	75.60		
01468	TRIPLE ACTION CRUCIFEROUS VEGETABLE EXTRACT - 60 veg. caps	24.00	18.00		
	TRIPLE ACTION CRUCIFEROUS VEGETABLE EXTRACT - 4 bot 60 veg. caps	88.00	66.00		
01469	TRIPLE ACTION CRUCIFEROUS VEGETABLE EXTRACT w/RESVERATROL - 60 veg. caps	32.00	24.00		
	TRIPLE ACTION CRUCIFEROUS VEGETABLE EXTRACT w/RESVERATROL - 4 bottles	118.40	88.80		

SUBTOTAL OF COLUMN 17

SUPER SALE SPECIAL EDITION WINTER 2009-2010

SUPER SALE SAVINGS ON ALL PRODUCTS
To order call: 1.954.766.8433 or 1.800.544.4440

No.		Retail	Member Price	Qty	Total
00866	TRYPTOPURE® L-TRYPTOPHAN - 500 mg, 90 veg. caps	\$38.00	\$28.50		
	TRYPTOPURE® L-TRYPTOPHAN - 4 bottles of 90 veg. caps	136.00	102.00		
01202	(OPTIMIZED) TRYPTOPURE® PLUS - 90 veg. caps	40.00	30.00		
	(OPTIMIZED) TRYPTOPURE® PLUS - 4 bottles of 90 veg. caps	144.00	108.00		
00036	L-TYROSINE POWDER - 100 grams of powder	22.50	16.88		
	L-TYROSINE POWDER - 4 bottles of powder	80.00	60.00		
00326	L-TYROSINE TABLETS - 500 mg, 100 tablets	16.98	12.74		
	L-TYROSINE TABLETS - 4 bottles of 100 tablets	62.52	46.89		
00035	L-TYROSINE PLUS POWDER - 100 grams of powder	28.00	21.00		
	L-TYROSINE PLUS POWDER - 4 bottles of powder	98.00	73.50		
U					
* 00310	UDO'S CHOICE® - 17 oz liquid (omega fatty acids)	\$27.49	\$21.99		
* 00311	UDO'S CHOICE® - 1000 mg, 180 caps	33.79	27.03		
* 00322	UDO'S CHOICE® WHOLESOME FAST FOOD - 1 lb bottle	27.49	21.99		
01046	(TRIPLE ACTION) UNDER EYE REJUVENATOR - 0.5 oz pump	24.00	18.00		
	(TRIPLE ACTION) UNDER EYE REJUVENATOR - 4 boxes	88.00	66.00		
V					
00213	VANADYL SULFATE - 7.5 mg, 100 tablets	\$15.00	\$11.25		
	VANADYL SULFATE - 4 bottles of 100 tablets	50.00	37.50		
01018	VASCULAR PROTECT - 120 vegetarian caps	48.00	36.00		
	VASCULAR PROTECT - 4 bottles of 120 vegetarian caps	180.00	135.00		
00252	VELVET DEER ANTLER - 250 mg, 30 caps	36.00	27.00		
	VELVET DEER ANTLER - 4 bottles of 30 caps	136.00	102.00		
00408	VENOTONE - 60 caps	18.95	14.21		
	VENOTONE - 4 bottles of 60 caps	64.00	48.00		
00427	VINPOCETINE - 5 mg, 100 tablets	18.00	13.50		
	VINPOCETINE - 4 bottles of 100 tablets	56.00	42.00		
01033	VISION OPTIMIZER - 90 caps	29.95	22.46		
01098	VITAL GREENS MIX - 309 grams of powder	48.00	36.00		
	VITAL GREENS MIX - 4 bottles of powder	176.00	132.00		
00091	VITAMIN B1 CAPS - 500 mg, 100 caps	15.50	11.63		
	VITAMIN B1 CAPS - 4 bottles of 100 caps	56.00	42.00		
00090	VITAMIN B1 POWDER - 100 grams of powder (Thiamin)	18.00	13.50		
	VITAMIN B1 POWDER - 4 bottles of powder	67.52	50.64		
00093	VITAMIN B2 CAPS - 100 mg, 100 caps	9.50	7.13		
	VITAMIN B2 CAPS - 4 bottles of 100 caps	35.00	26.25		
00092	VITAMIN B2 POWDER - 30 grams of powder	10.50	7.88		
	VITAMIN B2 POWDER - 4 bottles of powder	37.52	28.14		
00096	VITAMIN B3 (NIACIN) - 1000 mg, 100 caps	12.75	9.56		
	VITAMIN B3 (NIACIN) - 4 bottles of 100 caps	48.00	36.00		
00372	VITAMIN B3 (NIACIN) - 500 mg, 100 caps	7.65	5.74		
	VITAMIN B3 (NIACIN) - 4 bottles of 100 caps	26.60	19.95		
00094	VITAMIN B3 POWDER - 300 grams of powder	15.00	11.25		
	VITAMIN B3 POWDER - 4 bottles of powder	56.00	42.00		
00098	VITAMIN B5 CAPS - 500 mg, 100 caps (Pantothenic Acid)	10.50	7.88		
	VITAMIN B5 CAPS - 4 bottles of 100 caps	37.52	28.14		
00097	VITAMIN B5 POWDER - 100 grams of powder	15.25	11.44		
	VITAMIN B5 POWDER - 4 bottles of powder	55.00	41.25		
00556	VITAMIN B6 CAPS - 250 mg, 100 caps	12.50	9.38		
	VITAMIN B6 CAPS - 4 bottles of 100 caps	44.00	33.00		
00099	VITAMIN B6 POWDER - 100 grams of powder	24.50	18.38		
	VITAMIN B6 POWDER - 4 bottles of powder	88.00	66.00		
00361	VITAMIN B12 TABLETS - 500 mcg, 100 dissolve-in-mouth tablets	8.75	6.56		
	VITAMIN B12 TABLETS - 4 bottles of 100 dissolve-in-mouth tablets	29.00	21.75		
00144	VITAMIN B12 POWDER - 100 grams of powder	12.00	9.00		
	VITAMIN B12 POWDER - 4 bottles of powder	42.52	31.89		

SUBTOTAL OF COLUMN 18

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS
DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

OFFER ENDS FEBRUARY 1, 2010
To order online visit: www.lifeextension.com

No.		Retail	Member Price	Qty	Total
00927	VITAMIN C WITH DIHYDROQUERCETIN - 1000 mg, 250 tablets	\$25.50	\$19.13		
	VITAMIN C WITH DIHYDROQUERCETIN - 4 bottles of 250 tablets	93.00	69.75		
00084	(BUFFERED) VITAMIN C POWDER - 454.6 grams of powder	23.95	17.96		
	(BUFFERED) VITAMIN C POWDER - 4 bottles of powder	88.00	66.00		
00864	VITAMIN D - 2000 IU, 1 fl oz	28.00	21.00		
	VITAMIN D - 4 bottles of 1 fl oz	100.00	75.00		
00251	VITAMIN D3 CAPS - 1000 IU, 250 caps	12.50	9.38		
	VITAMIN D3 CAPS - 4 bottles of 250 caps	45.00	33.75		
00713	VITAMIN D3 CAPS - 5000 IU, 60 caps	11.00	8.25		
	VITAMIN D3 CAPS - 4 bottles of 60 caps	39.60	29.70		
01371	VITAMIN D3 w/SEA-IODINE™ - 1000 IU, 250 veg. caps	22.00	16.50		
	VITAMIN D3 w/SEA-IODINE™ - 4 bottles of 250 veg. caps	80.00	60.00		
01372	VITAMIN D3 w/SEA-IODINE™ - 5000 IU, 60 veg. caps	14.00	10.50		
	VITAMIN D3 w/SEA-IODINE™ - 4 bottles of 60 veg. caps	50.00	37.50		
00063	VITAMIN E CAPS (NATURAL) - 400 IU, 100 caps	18.75	14.06		
	VITAMIN E CAPS (NATURAL) - 4 bottles of 100 caps	69.00	51.75		
	VITAMIN E CAPS (NATURAL) - 10 bottles of 100 caps	150.00	112.50		
00062	VITAMIN E POWDER (SYNTHETIC) - 300 grams of powder	28.95	21.71		
	VITAMIN E POWDER (SYNTHETIC) - 4 bottles of powder	100.00	75.00		
01225	(LOW-DOSE) VITAMIN K2 (MK-7) - 90 softgels	18.00	13.50		
	(LOW-DOSE) VITAMIN K2 (MK-7) - 4 bottles of 90 softgels	64.00	48.00		
Z					
00986	(SUPER) ZEAXANTHIN w/LUTEIN & MESO-ZEAXANTHIN - 60 softgels	\$22.00	\$16.50		
	(SUPER) ZEAXANTHIN w/LUTEIN & MESO-ZEAXANTHIN - 4 bottles	79.20	59.40		
01286	(SUPER) ZEAXANTHIN w/LUTEIN & MESO-ZEAXANTHIN PLUS ASTAXANTHIN - 60 softgels	42.00	31.50		
	(SUPER) ZEAXANTHIN w/LUTEIN & MESO-ZEAXANTHIN PLUS ASTAXANTHIN - 4 bottles of 60 softgels	152.00	114.00		
00152	ZINC GLUCONATE POWDER - 100 grams of powder	8.00	6.00		
	ZINC GLUCONATE POWDER - 4 bottles of powder	27.50	20.62		
00061	ZINC LOZENGES WITH VITAMIN C - 75 lozenges	9.50	7.13		
	ZINC LOZENGES WITH VITAMIN C - 4 bottles of 75 lozenges	27.00	20.25		
01051	ZYFLAMEND - 120 softgels	58.95	44.21		
01029	ZYFLAMEND EASYCAPS - 180 caps	29.95	22.46		

SUBTOTAL OF COLUMN 19

**GIVE THE GIFT of HEALTH,
with a LIFE EXTENSION
GIFT CARD!**



\$10-ITEM # GC010
\$25-ITEM # GC025
\$50-ITEM # GC050
\$100-ITEM # GC100

**GIVE THE LIFE-ENHANCING BENEFITS
OF LIFE EXTENSION
WITH A GIFT OF \$10, \$25, \$50 OR \$100**

To order a Life Extension Gift Card
for someone special, call 1-800-544-4440.

Buyers Club Order Form



HOW TO JOIN THE LIFE EXTENSION FOUNDATION®

As a member of the Life Extension Foundation®, you have the opportunity to participate in a great scientific endeavor. We are the world's premier organization dedicated to stopping and reversing aging.

Our 29-year track record shows that we have been five to ten years ahead of conventional and alternative medicine in making new life-saving therapies available to our members.

When you join the Life Extension Foundation®, we update you on the latest published medical research by sending you FREE books. Our most impressive publication is the 1,665-page *Disease Prevention and Treatment* protocol book that contains novel therapies to treat 133 common diseases of aging. *Disease Prevention and Treatment* is the only book that combines conventional and alternative therapies in order to implement a treatment regimen for fighting the multiple processes involved in degenerative disease.

Each month, Life Extension Foundation® members receive a magazine packed with the latest medical findings from around the world. Members also can call a toll-free phone number to talk to our knowledgeable health advisors about their health issues.

**If your number one priority is good health and a long life,
please join our not-for-profit organization.**

Four Easy Ways to Join

1. Call toll-free 1-800-544-4440 2. Go to www.lef.org 3. Fax back to 1-866-728-1050 4. Mail to: Life Extension Foundation® • PO Box 407198
Ft. Lauderdale, FL 33340-7198 • Local Number: 954-766-8433

MEMBERSHIP APPLICATION

I want to contribute to your research efforts to extend the healthy human life span. Enclosed is my first year's membership donation of \$75 to join the most elite group of longevity enthusiasts in the world. (Canadians add \$7, all others outside the U.S. add \$35)
Item code: MEMB1. Call for multiple year membership rates.

Name

Address

City ST ZIP

Email Phone

☐ Check enclosed *(payable to Life Extension Foundation®)

☐ Charge my cc:

Card # Exp.

ORDER SUBTOTALS

SUBTOTAL COLUMN 1	
SUBTOTAL COLUMN 2	
SUBTOTAL COLUMN 3	
SUBTOTAL COLUMN 4	
SUBTOTAL COLUMN 5	
SUBTOTAL COLUMN 6	
SUBTOTAL COLUMN 7	
SUBTOTAL COLUMN 8	
SUBTOTAL COLUMN 9	
SUBTOTAL COLUMN 10	
SUBTOTAL COLUMN 11	
SUBTOTAL COLUMN 12	
SUBTOTAL COLUMN 13	
SUBTOTAL COLUMN 14	
SUBTOTAL COLUMN 15	
SUBTOTAL COLUMN 16	
SUBTOTAL COLUMN 17	
SUBTOTAL COLUMN 18	
SUBTOTAL COLUMN 19	

ORDER TOTALS

Subtotal A (Subtotal of Columns 1 through 19)

SUPER SALE DEDUCT 10% (subtotal x 10%) Ends 02/01/10

Postage And Handling (Any size order, continental U.S.) **\$5.50**

C.O.D.s (Add \$7 for C.O.D. orders)

Shipping UPS OVERNIGHT add \$16, UPS 2nd DAY AIR add \$7. For Puerto Rico, US Virgin Islands, Alaska & Hawaii, add \$7. CANADA UPS EXPRESS Flat rate \$17.50, UK Flat rate \$25 USD. ALL OTHER INTERNATIONAL AIR WILL BE ADDED.

GRAND TOTAL (Must be in U.S. dollars)



PLEASE MAIL TO:

Life Extension Foundation® Buyers Club, Inc.
P.O. Box 407198 • Ft. Lauderdale, Florida 33340-7198
Or Call Toll Free 1-800-544-4440 • Fax: 866-728-1050
Local Number: 954-766-8433

ORDER ONLINE AT: www.lifeextension.com

LIFE EXTENSION FOUNDATION® MEMBERS ONLY

MEMBER NO.

PRINT MEMBERSHIP NO. FOR MEMBER DISCOUNT

NOT A MEMBER? JOIN TODAY!

- ☐ I want to join the Life Extension Foundation®.
Enclosed is \$75 for annual membership. (Canadians add \$7.00, all others outside the U.S. add \$35.00). Send me: *Disease Prevention & Treatment Protocol Book*

- ☐ CHECK HERE FOR C.O.D. ORDERS
- ☐ CHECK HERE FOR UPS BLUE LABEL (2ND DAY)
- ☐ CHECK HERE FOR UPS RED LABEL (OVERNIGHT)

BILL TO ADDRESS

NAME _____ E-MAIL _____

ADDRESS _____

CITY/STATE/ZIP-POSTAL CODE _____ COUNTRY _____

PHONE _____ FAX _____

VISA/MASTERCARD/AMEX/DISCOVER # _____

EXP. DATE _____

SIGNATURE _____

SHIP TO ADDRESS

NAME _____ E-MAIL _____

ADDRESS _____

CITY/STATE/ZIP-POSTAL CODE _____ COUNTRY _____

PHONE _____ FAX _____

SIGNATURE _____

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE NOTIFY THE LIFE EXTENSION FOUNDATION® OF ANY ADDRESS CHANGE

DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

OFFER ENDS FEBRUARY 1, 2010
To order online visit: www.lifeextension.com

Buyers Club Order Form

		Retail	Member Price	Qty	Total
LIFE EXTENSION MEDIA					
33815	KNOCKOUT • by Suzanne Somers	2009	\$25.99	\$17.00	
33814	CHEATING DEATH • by Sanjay Gupta	2009	\$24.99	\$17.49	
33813	TIMESHIP • by Stephen Valentine	2009	\$45.00	\$33.75	
33812	LIFE OVER CANCER • by Keith Block, MD (hardcover)	2009	\$25.00	\$17.50	
33800	TEXTBOOK OF BIO-IDENTICAL HORMONES • by Edward Lichten, MD	2007	\$49.95	\$37.46	
33811	THE GREAT AMERICAN HEART HOAX • by Michael Ozner, MD, FACC, FAHA	2009	\$24.95	\$17.47	
33810	THE ULTRAMIND SOLUTION • by Mark Hyman, MD	2009	\$27.50	\$19.25	
33809	TESTOSTERONE FOR LIFE • by Abraham Morgentaler, MD	2008	\$16.95	\$11.87	
33808	BREAKTHROUGH: EIGHT STEPS TO WELLNESS • by Suzanne Somers	2008	\$25.95	\$18.17	
33599	YOUNGER YOU • by Eric Braverman, MD	—	\$24.95	\$15.75	
33598	AGELESS • by Suzanne Somers	2006	\$25.00	\$17.50	
33666	ULTRAMETABOLISM: THE SIMPLE PLAN FOR AUTOMATIC WEIGHT LOSS • by Mark Hyman, MD	2006	\$25.00	\$15.35	
33422	BRAIN LONGEVITY • by Dharma Singh Khalsa, MD, with Cameron Stauth	1997	\$14.95	\$11.21	
33017	CANCER THERAPY • by Ralph W. Moss, PhD	1995	\$19.95	\$15.00	
33677	DANGEROUS DOSES • by Katherine Eban	2005	\$25.00	\$16.25	
33600	DISEASE PREVENTION AND TREATMENT, EXPANDED FOURTH EDITION (hardcover)	2003	\$49.95	\$37.46	
	Price per book when 4 books purchased	—	\$44.00	\$33.00	
33594	THE EDGE EFFECT • by Eric Braverman, MD (paperback)	2004	\$12.95	\$9.71	
33700	ENDING AGING • by Aubrey DeGrey with Michael Rae	2007	\$28.94	\$17.75	
33488	FEMALE AND FORGETFUL • by Elisa Lottor, PhD, ND, and Nancy P. Bruning	2002	\$18.99	\$14.24	
33388	THE FIRST IMMORTAL • by James L. Halperin	1998	\$6.99	\$6.00	
33557	FOREVER AGELESS • by Ron Rothenberg, MD, and Kathleen Becker, MA, RN	2001	\$24.95	\$18.71	
33604	THE IMMORTAL CELL • by Michael West (hardcover)	—	\$24.95	\$16.95	
33696	LIFE EXTENSION REVOLUTION • by Philip Lee Miller, MD (paperback)	—	\$16.00	\$12.00	
33387	MAXIMIZE YOUR VITALITY & POTENCY • by Jonathan Wright, MD	1999	\$14.95	\$11.00	
33010	MELATONIN • by Russ Reiter, PhD and Jo Robinson, MD	1996	\$22.95	\$15.00	
33180	THE MELATONIN AND AGING SOURCEBOOK • by Roman Rozenzwaig, MD, and Hasnain Walji, PhD	1997	\$79.95	\$59.95	
33011	THE MELATONIN MIRACLE • by Walter Pierpaoli, MD, PhD, and William Regelson, MD	1995	\$6.80	\$5.10	
33637	THE METABOLIC PLAN • by Stephen Cherniske, MS	—	\$14.95	\$11.21	
33805	MIAMI MEDITERRANEAN DIET WITH 300 RECIPES • by Michael D. Ozner, MD, FACC, FAHA (hardcover)	2008	\$24.95	\$16.25	
33906	THE MIGRAINE CURE • by Sergey Dzigan, MD, PhD	2006	\$24.00	\$15.60	
33026	MIND FOOD & SMART PILLS • by Ross Pelton, PhD	1989	\$13.95	\$11.95	
33569	OVERDOSE • by Jay Cohen, MD	—	\$24.95	\$16.95	
33680	PRESCRIPTION FOR DISASTER DVD • by Gary Null	2005	\$18.00	\$12.00	
33670	A PRIMER ON PROSTATE CANCER (2nd edition) • by Stephen B. Strum, MD, and Donna Pogliano	2005	\$28.95	\$21.71	
33262	SAVE YOUR SIGHT • by Marc Rose, MD/Michael Rose, MD	—	\$13.99	\$8.35	
33804	YOU: STAYING YOUNG: THE OWNER'S MANUAL FOR EXTENDING YOUR WARRANTY • by Mehmet Oz, MD	2008	\$26.00	\$18.20	
33806	THE CR WAY • by Paul McGlothlin and Meredith Averill	—	\$15.95	\$11.25	
33595	THE SEXY YEARS • by Suzanne Somers (hardcover)	2004	\$25.00	\$17.00	
33676	THE SIDE EFFECTS BIBLE • by Frederic Vagnini, MD and Barry Fox, PhD	—	\$16.95	\$11.53	
33399	VOCAL EXCERPTS FROM SCIENTIFIC STUDIES • Audio Tape	—	\$6.00	\$3.50	
33695	WE BECOME SILENT • DVD by Kevin Miller	—	\$24.98	\$18.74	
33803	WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT DIABETES • by Steven V. Joyal, MD	2008	\$14.99	\$10.49	
33703	JOHN ABDO'S NO EXCUSES WORKOUT DVD	2008	\$13.30	\$9.98	
SUBTOTAL (U.S. Dollars)					
Shipping only \$5.50 U.S. • \$17.50 Canada • \$12.50 Hawaii, Alaska, U.S. Virgin Islands, Puerto Rico • UK Flat rate \$25 USD					
(Add \$7 for C.O.D. • Add \$16.00 for UPS overnight • Add \$7.00 for UPS 2nd day air • International air mail costs will be added.)					
Deduct 10% on all books during Super Sale! Ends February 1, 2010.				TOTAL	

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE NOTIFY THE LIFE EXTENSION FOUNDATION® OF ANY ADDRESS CHANGE

PLEASE MAIL TO: Life Extension Foundation® Buyers Club, Inc.
P.O. Box 407198 • Ft. Lauderdale, Florida 33340-7198
Or Call Toll Free 1-800-544-4440 • Fax: 866-728-1050
Local Number: 954-766-8433

LIFE EXTENSION FOUNDATION® MEMBERS ONLY

MEMBER NO.

PRINT MEMBERSHIP NO. FOR MEMBER DISCOUNT

NOT A MEMBER? JOIN TODAY!

☐ I want to join the Life Extension Foundation®.

Enclosed is \$75 for annual membership. (Canadians add \$7.00, all others outside the U.S. add \$35.00). Send me: *Disease Prevention & Treatment Protocol Book*

NAME	E-MAIL
ADDRESS	
CITY/STATE/ZIP-POSTAL CODE	COUNTRY
PHONE	FAX
VISA/MASTERCARD/AMEX/DISCOVER #	EXP. DATE
SIGNATURE	
<input type="checkbox"/> COD	<input type="checkbox"/> UPS RED LABEL
	<input type="checkbox"/> UPS BLUE LABEL

SUPERCARGED ASCORBIC ACID!

Vitamin C Tabs *with Dihydroquercetin*

Since it was first isolated nearly 80 years ago, **vitamin C** has been deemed essential for life and for maintaining optimal health and well-being. Its potent antioxidant properties and critical role in facilitating essential biochemical reactions throughout the body have made **vitamin C** the world's most widely consumed nutritional supplement.

Because humans do not manufacture **vitamin C** internally, it must be obtained through dietary sources or supplements. Few people realize, however, that **vitamin C** is a *water-soluble* nutrient that is quickly oxidized and excreted by the body,¹ which limits its efficacy. Until now, those seeking to capture **vitamin C**'s optimal health benefits have had no choice but to consume it several times throughout the day.

Fortunately, a *flavonoid* antioxidant known as **dihydroquercetin** functions as a **vitamin C** "supercharger." Studies demonstrate that *dihydroquercetin* acts to inhibit the oxidation of **vitamin C**, thereby helping to maintain its concentration and to recycle **vitamin C** throughout the body.^{2,3} This synergistic relationship between *dihydroquercetin* and **vitamin C** greatly enhances the efficacy of both molecules in the body's organs and tissues.

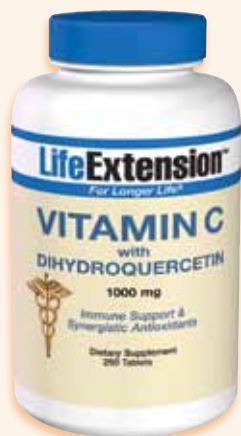
Vitamin C with Dihydroquercetin was formulated for those seeking to obtain optimal efficacy and antioxidant protection from their vitamin C supplement. The suggested daily dose of one tablet of this formula supplies **1000 mg** of **vitamin C** (as ascorbic acid), along with **10 mg** of

Dihydroquercetin-3-rhamnoside, a highly bioavailable form of dihydroquercetin derived from grape leaf extract.

A bottle containing 250 tablets of **Vitamin C with Dihydroquercetin** retails for \$25.50. If a member buys four bottles during **Super Sale**, the price is reduced to just **\$15.69 per bottle**.

References:

1. *PLoS Med.* 2005 Sep;2(9):e307; author reply e309. Epub 2005 Sep 27.
2. *Am J Clin Nutr.* 1988 Sep;48(3):601-4.
3. *J Food Tech.* 1969;4:255-67.



ITEM #00927



**To order VITAMIN C with Dihydroquercetin,
call 1-800-544-4440 or visit www.LifeExtension.com**

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.

PROTECT EYE HEALTH AND FIGHT TIRED EYES

By absorbing blue-light, the **macula** protects delicate **photo-receptor cells** in the retina from light damage. The *density* of your macular pigment (composed of lutein, zeaxanthin, and meso-zeaxanthin) is essential to proper vision. Unfortunately, this density declines naturally over time. Some aging people also lose their ability to convert lutein into **meso-zeaxanthin** inside their macula.

Eating lots of lutein- and zeaxanthin-containing vegetables can help maintain the structural integrity of their macula. However, since **meso-zeaxanthin** is not part of the typical diet, it cannot be replaced except in supplement form.

Super Zeaxanthin with Lutein & Meso-zeaxanthin Plus Astaxanthin gives you therapeutic doses of **all three carotenoids** to help protect your precious eyesight plus a special ingredient that's scientifically proven to help fight tired eyes.

Fight Tired Eyes With Astaxanthin

If you're one of the more than 72 million people in America who use a computer daily at work,¹ you're probably familiar with eye fatigue. Staring at a fixed-distance object such as a computer screen for a long period of time can cause the muscles that focus your eyes (called the ciliary body) to tire or go into spasm. This can result in physical symptoms such as head discomfort, sensitivity to glare, tiredness, soreness, dryness, and blurry vision.



Item #01286

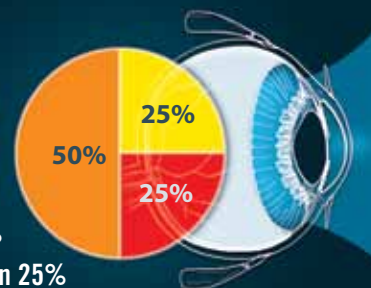
Super Zeaxanthin with Lutein & Meso-zeaxanthin Plus Astaxanthin contains a potent dose of **astaxanthin**, a carotenoid found in a red algae called *Haematococcus pluvialis*. Studies show that taking **astaxanthin** with other carotenoids protects against free-radical induced DNA damage, repairs UVA-irradiated cells, and inhibits inflammatory cell infiltration.²⁻⁵ Astaxanthin also helps support vascular health within the eye and improves visual acuity.⁴ Its fat-soluble nature offers protection to sensitive cells inside the eye.⁶

With its special combination of ingredients that targets eyestrain and protects visual acuity, **Super Zeaxanthin with Lutein & Meso-zeaxanthin Plus Astaxanthin** is truly an exciting breakthrough in eye care.

The retail price for a bottle containing 60 softgels of **Super Zeaxanthin with Lutein & Meso-zeaxanthin Plus Astaxanthin** is \$42. If a member buys four bottles during **Super Sale**, the price is reduced to just **\$25.65** per bottle.



■ Lutein 50%
■ Zeaxanthin 25%
■ Meso-zeaxanthin 25%



Each softgel of new **Super Zeaxanthin with Lutein & Meso-zeaxanthin Plus Astaxanthin** provides:

OptiLut® and Lutein Plus® with MZ®	38 mg
Marigold (<i>Tagetes erecta</i>) Extract (flower) [free lutein equivalent 10 mg]	
Zeaxanthin & Meso-zeaxanthin blend	3.75 mg
(micronized zeaxanthin, OptiLut® Marigold and Lutein Plus® with MZ® Marigold Extract)	
Natural Astaxanthin	6 mg
(from <i>Haematococcus pluvialis</i> algae extract)	

**To order Super Zeaxanthin with Lutein & Meso-zeaxanthin Plus Astaxanthin,
call 1-800-544-4440 or visit www.LifeExtension.com**

References:

1. Report by the National Telecommunications and Information Administration of the US Department of Commerce. 2001 Sep.
2. *J Photochem Photobiol B*. 2007 Jul 27;88(1):1-10.

3. *J Photochem Photobiol B*. 2006 Dec 1;85(3):205-15.
4. *Ophthalmology*. 2008 Feb;115(2):324-333.e2.
5. *Invest Ophthalmol Vis Sci*. 2008 Apr;49(4):1679-85.
6. *Biochimica et Biophysica Acta*. 2001;1512: 251-8.

OptiLut® is a registered trademark of NutriScience Innovations, LLC.

Lutein Plus® and MZ® are registered trademarks of Quantum Nutritionals. Licensed under U.S. Patents 5,523,494; 6,218,436; 6,329,432; and 6,504,067.

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.

SUPER SALE *Begins*

563.01 1109

WHAT'S INSIDE

New CoQ10 Generates Even More Mitochondrial Energy



Coenzyme Q10 is required to sustain vital *mitochondrial* energy output. Recent studies reveal that when CoQ10 is combined with a natural agent called **shilajit**, energy production significantly **increases** compared to CoQ10 alone! **Shilajit** also protects and enhances precious **ubiquinol** reserves in the body.

Most Effective Vitamin to Reduce Cardiac Risk Factors



Niacin is nature's oldest lipid-correcting nutrient. It lowers LDL cholesterol and triglycerides, raises HDL cholesterol, and balances levels of other protective blood compounds. Niacin's multi-pronged effects in managing lipids gives it a tremendous edge over cholesterol-lowering prescription drugs. A breakthrough combination of **niacin** with natural **flavonoid** extracts dramatically reduces unwanted side effects previously associated with taking this vitamin.

Research Shows That Apigenin Combats Cancer



A flavonoid called **apigenin** (found in other plants) produces *unique* cancer preventative effects that may be just as important as those exerted by vegetables such as **broccoli**. Working together, **apigenin** and **cruciferous extracts** can exert broad-spectrum power to prevent cancer at each stage of its development.

Highest-Grade Supplements ... Lowest Pricing of the Year!



During this 21st annual **Super Sale**, you can purchase **state-of-the-art** dietary supplements at **extra-discounted** prices. When buying from the **Life Extension Foundation Buyers Club**, you are assured that the products you purchase are backed by Life Extension®'s quality guarantee and 30-year **commitment** to helping you live healthier longer.