Annual SUPER SALE Begins

Major Advance Reverses Aging Process

Safely Remove Senescent Cells
Enhance Cellular Energy Metabolism
Reduce Your Abdominal Fat
Boost Sirtuin 1 Longevity Gene

OBTAiN MOST ADVANCED NUTRIENT FORMULAS AT YEAR’S LOWEST PRiCES
UCLA Biologists Corroborate This Anti-Aging Strategy

This issue of Life Extension® is dedicated to educating members about an enzyme in our cells called AMPK. When activated, AMPK induces profound anti-aging effects.

Before we could even finish this issue, biologists at UCLA published the results of a study showing that when AMPK is activated in one part of an organism, there is a systemic slowing of aging throughout the entire body, including the brain.

They showed that AMPK activation enables cells to discard old/damaged cellular components through a process called “autophagy.” By getting rid of this “cellular garbage” before it destroys cells, autophagy protects against aging.

Activated AMPK facilitates the efficient removal of cellular debris that scientists believe is an underlying cause of neurodegenerative and other age-related diseases.

The most exciting finding of this study was that in response to activating AMPK in only one organ of fruit flies, life span increased by 30%!

We’ve long encouraged Life Extension members to take steps to systematically activate AMPK. The incredible news is that there’s finally an effective means for everyone to induce these robust age-reversal benefits in their own body.
**Anti-Aging Benefit Of Metformin Now Available To All**

Metformin may be the most effective compound humans can take today to combat degenerative disease. Its primary mechanism is to activate AMPK!

We recommended metformin over 20 years ago based on findings that it might reverse certain aging processes. Metformin was approved in England as a diabetes treatment in 1958. The FDA did not approve it until 1994. The death toll caused by the regulatory delay in approving metformin is incalculable.

Life Extension has published dozens of articles showing that metformin may prevent and treat certain cancers, in addition to helping reverse insulin resistance and excess belly fat. While a number of our members have obtained a metformin prescription, most can’t gain access to it because their doctor won’t prescribe it for anything except type II diabetes.

What makes metformin unique has been its ability to activate AMPK and to “turn on” youthful controls over cellular functions—analogs to what happens during calorie restriction.

**Benefits Of Enhanced Cellular Energy**

Youthful cell metabolism results in glucose and fatty acids being converted to energy instead of stored as body fat. It also enables cells to dispose of accumulated “cellular junk” that contributes to inflammation.

Cancer hates metformin’s uptick in energy efficiency. That’s because in the process of increasing cellular metabolic activity, favorable gene expression changes occur that help destroy malignancies.

Members who have managed to obtain metformin should stay on this drug. For those who are challenged to obtain metformin, or encounter one its side effects such as gastrointestinal upset, there are now plant extracts that produce the same increase in energy efficiency (AMPK activation) as metformin.

You’re going to read about these new plant extracts on the next page of this special winter 2015 edition of Life Extension magazine.

**New Age-Reversal Programs**

Another advance has been reached in our ability to understand and reverse age-related pathological processes. Over the next two months, you will be introduced to the most aggressive clinical programs in human history to significantly reverse immune senescence. In the process of restoring immune function, whole body longevity benefits have been observed.

We are at a historic juncture where we must protect against every senescent factor that makes us sitting ducks for premature debility and death. Most of you already follow a comprehensive anti-aging program.

If you are not currently taking metformin or practicing calorie restriction, I urge you to initiate the new AMPK Activator formula described in this issue. It fills an important gap in our quest to vanquish the mechanisms that underlie pathological aging.

To order any of our formulas at low Super Sale pricing, call 1-800-544-4440.

For longer life,

William Faloon
If one were to travel back in time to the 1800s, it would have been difficult to imagine that bacterial diseases would ever cease being the leading cause of suffering and death.¹

Even highly educated doctors of the era would point out that no one knew what caused tuberculosis, cholera, diphtheria, and other infectious diseases. Educated skeptics could go further and state that assuming the cause of these plagues was someday discovered—could they ever be cured?

No one could have predicted what happened during the following 100 years. Bacteria would be proven to be the cause behind these epidemic killers and antibiotics were developed to cure most of them.

The 20th century was characterized by fantastic advances in life expectancy as factors behind human mortality shifted from bacterial infections to degenerative disease.²

You’re about to discover a novel method to circumvent a major underlying cause of obesity, age-related decline and cessation of life.
As 2015 approaches, we have a huge advantage over our ancestors who died of bacterial diseases. We already know many of the underlying causes of degenerative disease and are rapidly developing technologies to circumvent them.

In this special issue, we’re introducing you to an enzyme within our cells called AMPK. In youth, AMPK is more activated and helps protect against obesity and diabetes.

As we grow older, cellular AMPK activation decreases, weight gain often follows, and we are more likely to succumb to the destructive factors of aging.

AMPK is found inside every cell and serves as your body’s “master regulating switch.” It determines body fat composition and how long you’ll live.

Unlike previous generations that wallowed in medical ignorance, documented methods exist right now to activate AMPK and in the process, reduce storage of body fat and protect against degenerative disorders that are today’s leading killers.

Scientists view the discovery of AMPK as a major advance in how we understand and combat aging. By reactivating cellular AMPK, we move tantalizingly closer to gaining meaningful control over deadly aging processes, such as excessive weight gain, that predispose us to so many degenerative disorders.

This article will explain the significance of AMPK in age-related disease and reveal several proven ways to enhance activation of this youth-promoting enzyme.

### Why AMPK Levels Decline

Most humans today suffer chronic nutritional overloads. When this happens, vital life functions may become disrupted, such as the proper uptake of glucose and fat from our blood for effective energy regulation.

In response to excess calorie consumption, cellular housekeeping decreases, resulting in the accumulation of cellular waste and damaged proteins. Abundant food intake impairs beneficial longevity genes while causing pro-inflammatory genes to become dominant.

Just imagine what would happen if you never got out of bed and had all meals delivered to you. In the hospital setting, this lack of mobility increases mortality risk. Your cells are no different.

When cells are chronically overnourished, the energy-mobilizing enzymatic activity of AMPK diminishes. The outward effects manifest in the form of unwanted weight gain, diabetes, degenerative disease, and premature death.

Few individuals are able to consistently undereat. Fortunately, scientists have identified a cellular enzyme called AMPK that, when activated, mimics many of the beneficial effects observed in calorie restrictors, including loss of surplus body fat.
AMPK Promotes Longevity and Reduces Fat Storage

• The science of bioenergetics is producing paradigm-shifting discoveries, including the role of AMPK in regulating the ways our bodies use and transform energy.

• AMPK is the “switch” that is the link between metabolic disease, inflammation, and longevity. This “switch” tells our cells when to store and generate energy-containing molecules such as fat, and when to “hunker down” and use existing energy stores.

• When switched “on,” AMPK triggers the use of stored energy from fats, enhances removal of fats and sugar from the blood, increases production of mitochondria, and reduces inflammation and cellular “junk.”

• Calorie restriction and vigorous exercise activate AMPK, shrinking body fat stores (especially in the belly region), lowering blood sugar and lipid levels, and producing other beneficial effects that retard the aging process.

• The drug metformin also activates AMPK, with similar body-wide results.

• A pair of natural botanical extracts have now been found to activate AMPK, reducing belly fat, cholesterol, blood sugar, and insulin levels.

• Instead of combating longevity threats using multiple drugs, supplementation with AMPK-activating botanicals can address these problems at its source.

• Age-induced risk factors can be tackled efficiently by boosting AMPK activity with Gynostemma pentaphyllum and trans-tiliroside from rose hips.
AMPK—THE CELLULAR ENZYME THAT PROMOTES LONGEVITY AND REDUCES FAT STORAGE

Another deadly impact of reduced AMPK activation is a decreased number of functional mitochondria\(^29,52\) and the accumulation of cellular garbage\(^7,53,54\), which eventually renders cells nonfunctional\(^51,55,56\).

The discovery of how AMPK regulates aging processes has been decades in the making. A PubMed search now delivers over 7,500 published articles on various aspects of AMPK. For those who are curious, AMPK is the acronym to define the enzyme \textit{adenosine monophosphate-activated protein kinase}\(^{31}\).

An important property of AMPK is that it induces multiple \textit{longevity factors}, which have been shown to increase stress-resistance and extend life span in many organisms\(^{32,33}\).

One such longevity factor boosted by AMPK is the \textit{SIRT1} enzyme\(^7\). \textit{SIRT1} operates by silencing genes that code for unhealthy responses to stress, including the inflammatory response\(^{34,35}\), excess fat storage\(^{36}\), and new fat production\(^{33,37,38}\). \textit{SIRT1} activity is also increased by \textit{calorie restriction}\(^{39,40}\), the only fully proven way to increase life span in all animal models tested to date, further indicating the importance of AMPK in activating \textit{SIRT1}\(^{41,42}\).

\textit{Resveratrol} found in red wine helps activate \textit{SIRT1}\(^{43,44}\), but AMPK activates \textit{SIRT1} more directly\(^{45,46}\).

The Dangers Of Reduced AMPK

In many ways, AMPK acts as a traffic cop, efficiently moving excess fat and sugar into our cells to be burned for energy. When we are young, AMPK keeps our metabolic functions running smoothly. Ideally, we are slim and disease-free. But as we age, AMPK signaling declines, which may quickly lead to an excess buildup of blood glucose and dangerous fat accumulation\(^7\). This turns into a lethal combination for many aging humans.

With reduced AMPK signaling, a range of damaging conditions begins to take over a previously healthy body, often leading to an early death. These damaging conditions include:

- Increased belly fat\(^{47,48}\)
- Chronic inflammation\(^7,47,48\)
- Elevated blood sugar\(^{47,50}\)
- Insulin resistance\(^7,47,50\)
- High cholesterol and triglycerides\(^{47,48}\)
- Decreased numbers and function of mitochondria\(^7,47,48\)
- Increased accumulations of abnormal or damaged proteins in our cells that lead to neurodegeneration\(^7,51\)

Conventional medicine diagnoses and treats each of the above conditions as a separate disease requiring separate medications when, in fact, they are all associated with one source: declining AMPK activity.

What Is AMPK?

AMPK is found in every cell in our body\(^{23,25}\). It serves as the body’s “master regulating switch” that fends off degenerative factors by revitalizing aging cells.

AMPK is involved in reducing fat storage\(^{26}\), regulating glucose uptake\(^{27,28}\), creating new mitochondria\(^{29}\), and eliminating cellular garbage that accumulates inside aging cells\(^{30}\).

Another deadly impact of reduced AMPK activation is a decreased number of functional mitochondria\(^{29,52}\) and the accumulation of cellular garbage\(^7,53,54\), which eventually renders cells nonfunctional\(^{51,55,56}\).

As scientists continue to unravel the mystery of AMPK, they are discovering that many of the known biochemical longevity factors (such as \textit{SIRT1}, FoxO, and \textit{p53}) are activated by normal AMPK function\(^7\). For example, \textit{p53} is a tumor-suppressing gene that inhibits uncontrolled cell propagation. Without AMPK, these longevity genes fail to perform their duties, potentially resulting in premature death\(^7,33\).

Fortunately, research demonstrates that when AMPK signaling is boosted, these deteriorating processes are reversed\(^57\), restoring more youthful metabolism, preventing related chronic diseases, and potentially adding years of useful, productive life.
AMPK—THE CELLULAR ENZYME THAT PROMOTES LONGEVITY AND REDUCES FAT STORAGE

**Beneficial Effects Of Restoring AMPK**

When AMPK is increased, the body kicks into high gear and functions with youthful vitality. Activated AMPK helps remove excess glucose and fats, burning them for energy instead of depositing them in the belly and elsewhere. To support all this increased fat burning, cells manufacture new mitochondria in a process known as mitochondrial biogenesis. These newly created mitochondria burn fuel more cleanly and efficiently than older, worn-out mitochondria, resulting in a higher energy output for the entire body.

**AMPK-activated** cells are generally cleaner, healthier cells. Old cells with decreased AMPK activity tend to become clogged with cellular debris, which reduces their efficiency and shortens their life span. These junk-laden cells accelerate the aging process and contribute to neurodegenerative diseases like Alzheimer’s and Parkinson’s, and to the thickening and stiffening of vital tissues throughout the body.

Cells that have been energized by AMPK empty their internal garbage cans of accumulated damaged proteins and then convert these damaged proteins for recycling into healthy new ones. The result of AMPK re-activation is enhanced efficient cellular activity. Finally, increased AMPK activation can suppress body-wide inflammatory responses such as those produced by excess belly fat.

Over the last few years, research has shown that it is possible to revitalize AMPK to youthful levels of activity. To date, experiments have shown that increased AMPK activation is associated with:

- Extended life span by as much as 20-30% in animals
- Improved glucose uptake in cells, lowering blood sugar
- Inhibiting excess fat synthesis and increased burning of stored fat
- Reduction of blood triglycerides
- Decreased liver fat accumulation and fat-related chronic inflammation
- Increased numbers of new, healthy mitochondria

**Fat-Loss Effects Of New AMPK-Activator**

*Gynostemma pentaphyllum* is a plant distantly related to the cucumber. In traditional Asian medicine, it’s used to promote longevity. Today’s scientists have discovered why Asian doctors prescribed *G. pentaphyllum* to address age-related health issues: It promotes AMPK activation.

**How To Boost AMPK**

As researchers continue to unravel the mysteries of AMPK, they have discovered four ways to boost the body’s AMPK activity:

1. **Exercise:** AMPK activity increases with regular vigorous exercise. This beneficial effect of exercise on AMPK, however, may vanish in the elderly.
2. **Calorie Restriction:** When you undereat, you create increased AMPK activity as cells sense a requirement to function more efficiently in the presence of diminished energy (food) intake. However, when normal food intake resumes, AMPK activity declines.
3. **Metformin:** One of the drug metformin’s most beneficial mechanisms is to activate AMPK. This is one way it lowers elevated glucose. Unfortunately, most physicians only prescribe metformin for type II diabetes, making access to this drug difficult for most people. Some people also experience digestive upset in response to metformin and cannot take it.
4. **Botanical Extracts:** Two natural agents (the Chinese herb *Gynostemma pentaphyllum* and *trans*-tiliroside derived from rose hips) have been shown to activate AMPK. Each of these agents triggers different downstream metabolic benefits, and in one study, *trans*-tiliroside led to an even greater glucose-lowering effect than the AMPK-activating antidiabetic drug metformin.

With these four documented methods of boosting AMPK signaling, there is no reason for aging humans to suffer the degenerative impact caused by loss of activated AMPK.
When scientists began exploring the benefits of *G. pentaphyllum* for AMPK activation, they turned to animal studies. What they found was that leaf extracts of *G. pentaphyllum* activate AMPK, resulting in reduced body weight gain and fat accumulation. In a preclinical study, obese mice supplemented with *G. pentaphyllum* showed impressive declines in markers associated with obesity and its related diseases. In just eight weeks, the following results were seen in response to *G. pentaphyllum*:¹⁹

- An 8.1% decrease in body weight gain,
- A 10.3% reduction of deep fat,
- A 15.5% reduction in abdominal lining fat,
- An 18.8% reduction in liver weight,
- A 14.2% reduction in blood cholesterol.

Similarly, obese rats supplemented for just four days with a *G. pentaphyllum* extracts showed, compared with controls:³⁶

- 33% reduced triglycerides,
- 13% reduced total cholesterol,
- 33% reduced LDL (“bad”) cholesterol,
- 20% lower after-meal blood glucose.

Cell culture experiments with *G. pentaphyllum* extracts also demonstrated:²⁹

- A more than 2-fold increase in fat burning,
- A 1.7-fold increase in cellular glucose uptake.

In another study, this time using diabetic rats, three weeks of *G. pentaphyllum* supplementation resulted in improved glucose tolerance by 35% and reduced new glucose production in the liver by 29%, with a reduction in liver glycogen, the storage form of sugar.⁸⁷

These results show the enormous beneficial impact of reducing circulating sugar and fats in response to AMPK activation by *G. pentaphyllum*.

Human studies have confirmed what many of the researchers had found in the lab: *G. pentaphyllum* boosts AMPK activity and provides important longevity benefits.

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Marked Reduction In Abdominal Fat

**Figure 1:** Total abdominal fat reduction in human subjects supplemented with *Gynostemma pentaphyllum* vs. placebo.²⁴
But perhaps the most impressive data comes from a study of overweight and obese people with no active disease who took a placebo or 450 mg daily of a concentrated *G. pentaphyllum* extract for 12 weeks.\(^{24}\) Compared to baseline, the supplemented group showed significant:

- Reduction in total abdominal fat area of 3.24 square inches, whereas the placebo group only saw a 0.44 square inch reduction,
- Reduction in belly fat area of 1.81 square inches in supplemented patients, whereas the placebo group lost only 0.45 square inches.

Subjects supplemented with *G. pentaphyllum* showed a loss of more than an inch in abdominal circumference, and a half-inch in hip circumference, both of which are risk factors for the fat-driven inflammation that may lead to cancer, cardiovascular disease, and metabolic diseases.

None of these findings should be surprising since the prescription drug *metformin*, which is an AMPK activator, produces many of these same benefits.\(^{89,91}\)

In a compelling human study, type II diabetics who were not using diabetic medications drank a tea made with *G. pentaphyllum*. The results compared to controls were:\(^88\)

- A 5-fold reduction in fasting glucose,
- A 10-fold reduction in hemoglobin A1c, a measure of chronic glucose exposure,
- A near 3-fold decrease in insulin resistance,
- No dangerously low blood sugar episodes, which can often occur with certain oral antidiabetic drugs (especially sulfonylurea class drugs).

In another human study, those taking *G. pentaphyl-


lum* significantly boosted the effects of a sulfonylurea antidiabetic drug, producing an additional fasting glucose reduction of 52.2 mg/dL compared with just 16.2 mg/dL for the drug alone.\(^89\)
Scientists are now finding that trans-tiliroside increases the GLUT4 transporter in cell membranes, which helps pull excess sugar out of the blood and into cells, where it is burned for energy, thereby reducing circulating blood glucose.\(^93\)

In animal studies, trans-tiliroside supplementation significantly reduces dangerous after-meal glucose spikes while also suppressing surges in insulin.\(^94\) A laboratory study of insulin-resistant human liver cells found that trans-tiliroside boosted cellular glucose consumption in a manner that compared favorably to metformin, a widely used antidiabetic drug.\(^95\)

Not surprisingly, in mouse models of diabetes, daily oral administration of trans-tiliroside reduced fasting blood sugar by up to nearly 30% after 15 days of treatment, while diabetic mice treated with metformin had a near 23% reduction.\(^81\) Supplemented animals also had significant reductions in serum triglycerides and total cholesterol, while experiencing beneficial increases in HDL cholesterol levels.

And in obese-diabetic mice, supplementation with trans-tiliroside increased fat burning, lowered plasma insulin, lowered free fatty acids, and lowered triglycerides, while increasing levels of adiponectin, a protein hormone that regulates glucose and breaks down fat.\(^92\) Moreover, oral supplementation of trans-tiliroside in mice for two weeks with the human equivalent dose of 56 mg/day significantly reduced plasma glucose levels.\(^96\)
Along with reducing the dangers of excess blood glucose, *trans*-tiliroside has been shown to battle obesity, especially by reducing cellular fat. In a laboratory experiment, *trans*-tiliroside inhibited cellular fat accumulation by up to 75%.

This study also demonstrated reduced plasma cholesterol and a lower ratio of LDL to HDL (which means beneficial HDL levels increased in relation to atherogenic LDL).

Another study showed that rose hip powder prevented obesity in lean mice on a high-fat diet and reversed weight gain and body fat mass increases in obese mice on the same diet. Baseline levels of glucose and insulin were lowered and glucose tolerance was improved.

An additional manifestation of AMPK activation resulted in a reduction in liver fat stores, the result of reduced fat production. Still more impressively, studies have now shown that *trans*-tiliroside can significantly inhibit the accumulation of visceral fat and gain in body weight in mice after just two weeks’ supplementation, without any change in food intake at the human equivalent dose of 56 mg/day. Indeed, mice fed a 1% *trans*-tiliroside rose hip extract while on a high-fat diet showed, compared to controls:

- 23.3% less body weight increase,
- 26.6% less belly fat,
- 21.1% lower liver weight (resulting from decreased liver fat).

**Are AMPK Activators Weight-Loss Agents?**

When AMPK is activated, cells go into a survival mode, making and storing no new fat, while burning up available fat from storage, pumping glucose in from the blood for additional energy, building new mitochondria for more efficient energy use, and recycling damaged or dysfunctional proteins. These are all beneficial anti-aging mechanisms.

The net effects of AMPK activation closely resemble those of calorie restriction and vigorous exercise. This is because both calorie restriction and vigorous exercise activate AMPK in response to energy needs that exceed supply. The drug metformin independently activates AMPK, producing similar benefits, which include reduction in dangerous belly fat stores, general weight loss, and reductions in blood sugar and fat levels.

*G. pentaphyllum* and *trans*-tiliroside have induced profound weight-loss effects in controlled studies. The question is how well will they work in real-world settings, where overweight individuals often over-consume so many calories that no drug, hormone, or supplement can induce meaningful fat loss.

The answer to the question of the weight-loss benefits of AMPK activators can be analogized to cancer patients who take aggressive steps to boost immune function. Restoring optimal immune status alone will not cure most malignancies, but failing to address immune deficits places cancer patients at significantly greater risks of dying.

Likewise, we suspect that *G. pentaphyllum* and *trans*-tiliroside by themselves are not going to enable significantly overweight individuals to become normal weight. But if one is serious about shedding excess body fat, and they don’t take steps to reactivate their cellular AMPK, it may be less likely that they will be able to achieve their fat-loss objectives.

In response to aging, vigorous exercise may not induce an AMPK activating effect and most people are unable to consistently restrict their caloric intake. It’s abundantly clear that those seeking to shed excess fat (especially in the belly) should take measures to activate their AMPK so that they may assist the body in restoring the youthful enzymatic activity needed to help safely manage body weight.
AMPK—the cellular enzyme that promotes longevity and reduces fat storage

Summary

Activating AMPK represents a major advance in our ability to combat degenerative disease and obesity. AMPK is now being intensively studied in the prevention and treatment of many age-related disorders.100,101

When AMPK is activated, cells decrease production and storage of new fat and burn stored body fat. In addition, AMPK activation results in glucose being pumped out of the blood and into cells for additional energy. Mitochondrial biogenesis occurs, leading to more efficient energy use while cellular debris and dysfunctional proteins are removed.

The net effects of AMPK activation closely resemble those of calorie restriction and vigorous exercise. This occurs because both calorie restriction and vigorous exercise activate AMPK in response to energy needs that exceed supply. (Exercise may not increase AMPK in elderly individuals.)

Gynostemma pentaphyllum and trans-tiliroside, two naturally sourced extracts, uniquely increase AMPK activation without drugs, severe calorie restriction, or exercise. Studies show that these supplements significantly reduce risky belly fat accumulation, promote weight loss, normalize blood sugar, improve insulin resistance, and lower serum lipid levels.

When looking at the chart on this page, one can see that human life expectancy has more than doubled since the founding years of our country.

What's encouraging is that these averages include people who don't take care of themselves (including tobacco smokers and those who eat an unhealthy diet). This means that individuals who follow healthier lifestyles, which includes taking steps to activate AMPK, may add many more healthy years to their projected life spans.

According to the latest data, a man reaching age 65 today can expect to live on average until age 84.3. Women have it better and can expect to live to 86.6 if they make it to age 65. One out of every four 65-year-olds will live past age 90. Life Extension®'s healthy longevity objectives stretch far beyond this.

Activation of the AMPK enzyme is a critical component in warding off degenerative disease. As stated in the beginning of this article, vital life functions are dependent on cellular enzyme activity.

By activating cellular AMPK, we provide our body with the opportunity to reverse physical and mental decline associated with aging, buying us time to take advantage of future longevity breakthroughs that will markedly extend healthy human life spans.

Deadly Delays...

What History Has Taught Us

In 1796, Edward Jenner demonstrated that inoculation using fluid from cowpox lesions could safely prevent smallpox.103

This research was initially rejected, but by 1840, the British government provided Jenner’s smallpox vaccine free of charge.

What few people realize is that 700 years before Jenner’s discovery, the Chinese had developed a crude form of inoculation. Yet no one in Europe paid attention despite widespread smallpox outbreaks that ravaged all social classes.

Even more surprising are the 300 million people who perished from smallpox in the 20th century because of the delay in implementing universal smallpox vaccination.

When Edward Jenner discovered the smallpox vaccine, no one knew that viruses existed. They only observed that those inoculated with his vaccine were immune from smallpox for life.

Gynostemma pentaphyllum was first described in a Chinese medical book in 1406. Doctors in the following centuries discovered the multiple disease-fighting benefits this herb conveyed, but they had no idea how it worked in the body. Back in those days, no one knew about blood glucose and certainly nothing was understood about something as sophisticated as AMPK.

All doctors could do in early centuries was observe the beneficial effects that occurred when patients were treated with Gynostemma pentaphyllum.

Today we know that declining AMPK activity predisposes humans to degenerative diseases, and we know of validated methods to markedly increase AMPK signaling. One low-cost approach to activating AMPK is to take 450 mg of standardized Gynostemma pentaphyllum extract daily plus 56 mg of trans-tiliroside for optimal effects.

US LIFE EXPECTANCY 1800 TO 2011

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If you have any questions on the scientific content of this article, please call a Life Extension Health Advisor at 1-866-864-3027.

References


Many aging individuals find themselves under assault from rising blood sugar levels.

Despite a healthy diet and exercise, blood sugar levels can rise due to a number of factors including excess gluconeogenesis whereby the liver produces glucose from protein. Another issue is the rapid conversion of any starch, including whole grains, into glucose. The result is that even health-conscious, active people can experience higher-than-desired blood sugar levels as they age.¹,²

An all-natural, multi-pronged approach has been designed to support the natural balance of key glucose pathways!

**Tri Sugar Shield™** provides three plant-derived nutrients that—through their rich array of complementary mechanisms³—afford an unrivaled level of optimal, broad-spectrum support for healthy glucose metabolism in aging individuals within normal range.

### MULTI-PRONGED APPROACH

**Life Extension® Tri Sugar Shield™** contains the following three nutrients:

**Sorghum Extract**

Sorghum has long been cultivated in Asia (and now is grown in Africa, India, China, Australia, and the USA) and helps maintain healthy blood sugar levels, among those in the normal range, by modulating four different mechanisms:

- Balances the rate of sugar manufacture in the liver (gluconeogenesis).⁵
- Promotes insulin sensitivity.⁶
- Regulates PPAR-gamma, a metabolic thermostat controlling glucose metabolism.⁷,⁸
- Regulates the enzyme alpha-amylase, which in turn controls the release of sugar found in starch.⁹,¹⁰

**Mulberry Leaf Extract**

Mulberry leaf has been used in Chinese traditional medicine for centuries. Mulberry leaf extract targets three different mechanisms:

- Targets the alpha-glucosidase enzyme to regulate conversion of starch into glucose.⁶,¹⁰
- Supports glucose transporter GLUT4 that moves glucose out of the bloodstream and into muscle and liver cells.¹¹,¹²
- Promotes insulin sensitivity.¹³

**Phloridzin**

Phloridzin is a natural polyphenol found in various fruit trees.¹⁴ Phloridzin helps maintain healthy blood sugar levels, among those in the normal range by:

- Targeting carrier protein SGLT1, in turn helping to block the absorption of glucose into the bloodstream.¹⁵,¹⁶
- Targeting carrier protein SGLT2, in turn supporting glucose elimination via urine.¹⁷,¹⁸

By targeting all of these diverse glucose pathways, **Life Extension® Tri Sugar Shield™** delivers the broad-spectrum support to help naturally stabilize already healthy glucose levels! The addition of AMPK activating agents can help further lower glucose.

The suggested daily dose of one vegetarian capsule taken twice daily before the heaviest carbohydrate or sugar-containing meals/drinks of **Tri Sugar Shield™** provides:

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A bottle of 60 vegetarian capsules of **Life Extension® Tri Sugar Shield™** retails for $36. If a member buys four bottles during **Super Sale**, the price is reduced to **$21.60** per bottle.

### References


To order **Life Extension® Tri Sugar Shield™**, 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.
AMPK is an enzyme that serves as the body’s “master regulating switch.” It inhibits multiple degenerative factors by revitalizing aging cells.1

Found in every cell,2,3 AMPK promotes longevity factors that have been shown to extend life span in numerous organisms.4 Increasing AMPK signaling “turns off” many destructive effects of aging, thus enabling cells to return to their youthful vitality.5

Life Extension® scientists have compiled years of research to create AMPK Activator, a specialized dual-extract formulation that supports AMPK activation for health optimization. This natural formula supports AMPK enzymatic activities required to safely support a more youthful cellular environment.

**Importance Of AMPK**

Greater AMPK (adenosine monophosphate-activated protein kinase) activation has been shown to help target damaging factors of aging.5 Studies show increased AMPK activity supports reduced fat storage,6 new mitochondria production,7 and the promotion of healthy blood glucose and lipids already within normal range.8

**Gynostemma Pentaphyllum**

An extract of the plant Gynostemma pentaphyllum was traditionally used in Asian medicine to promote longevity and scientists now know why—G. pentaphyllum promotes AMPK activation!9-10 In one of many studies showing a wide variety of benefits, researchers documented a 1-inch reduction in abdominal circumference in overweight individuals who took 450 mg daily of G. pentaphyllum extract for 12 weeks.11

**Trans-Tiliroside**

Extracted from plants such as rose hips, trans-tiliroside, also boosts AMPK activation, but triggers different downstream metabolic benefits than G. pentaphyllum.12-14 Among its many benefits, a low equivalent dose of 56 mg daily of trans-tiliroside has been shown by researchers in preclinical studies to promote healthy blood glucose levels and body weight already within normal range.15

**Anti-Aging Discovery That Cannot Be Overlooked**

Scientists uncovered the cell-energizing effect of AMPK in the 1970s. Since then, an exponential volume of data (over 7,500 published studies) documents the critical role that activated AMPK plays in maintaining life-sustaining cellular functions.

Those seeking to meaningfully extend their healthy life span should ensure they optimally activate their cellular AMPK. The reason this is so important is that in response to aging, excess calorie consumption, and/or low levels of physical activity, AMPK activity markedly declines.

A targeted way of reversing cellular depletion of this critical enzyme is to take the new AMPK Activator formula that comprises a dual-extract, plant-based formulation.

A bottle of 90 vegetarian capsules of the new AMPK Activator retails for $48. If a member buys four bottles during Super Sale, the price is reduced to $29.70 per bottle.

*References*

4. Physiol Rev 2009 89(1025–79.
10. Circ Res. 2007 Sep;100(9):1607-16.

To order AMPK Activator at low Super Sale prices, call 1-800-544-4440 or visit www.LifeExtension.com
As we age, our once-vigorous immune system begins to decline. The result is **immune senescence**, which has been linked to problematic outcomes in aging.¹

A vital immune system is composed of a healthy balance of **naïve T cells** that attack new invaders and **memory T cells** that attack previously known invaders. However, after a **naïve T cell** attacks a new threat, it becomes a **memory T-cell**, which will only go after a threat that it remembers.²³

The result is that the delicate immune balance tips and we have a surplus of **memory T-cells** and a deficit of **naïve T-cells**. With this imbalance, our body is less able to defend itself against new invasions. This produces a less-vigilant immune system—or **immune senescence**.⁴

Life Extension® researchers have developed an innovative, **dual-mechanism** formula designed to combat **immune senescence**.

**Immune Senescence Protection Formula™** is composed of two botanical compounds that support both adaptive (e.g. **naïve T-cells**) and innate (e.g. macrophages and neutrophils) immune response cells. Together, these nutrients work in a complementary fashion to rejuvenate both major arms of the aging immune system through unique mechanisms.

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**Cistanche Rejuvenates Aging Immune System**

Scientists have discovered that the echinacoside compound found in **Cistanche** plant extract stimulates the development of **naïve T cells** and leads to a lower amount of **memory T cells**, thereby creating a more balanced immune response. **Cistanche** also increases Natural Killer (NK) cell activity—resulting in a 15% life span increase in animal research!⁵

A 12-week human study of a dietary supplement containing standardized **Cistanche**, resulted in impressive gains in immune factors after supplementation. Subjects had significant improvements, including an 11.7% increase in natural killer (NK) cell activity and a 20.2% improvement in the ratio of CD4 to CD8 cells. An increased CD4/CD8 ratio is indicative of healthy, youthful immune function.⁶

**Reishi Mushroom Combats Immune Senescence**

The numerous bioactive components of the **Reishi** mushroom exert powerful effects that may reverse many of the factors of immune senescence.⁷

**Reishi** extracts boost the function of innate immune cells, the immune system’s first line of defense.⁷⁹

It has long been known that **Reishi’s** unique polysaccharides, triterpenes, and other constituents¹⁰ enhance the body’s hematopoietic stem cells, macrophages, and other crucial immune factors.¹¹ Animal research shows **Reishi** supports multiple aspects of immune function and longevity.¹⁴

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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.
Ultra-Potent, Dual-Extract Formulation

Now, both Cistanche and Reishi are available in one powerful, dual-extract formulation, specifically created for year-round support of the aging immune system!

Immune Senescence Protection Formula™ with standardized Cistanche and Reishi is our maximum dual-extract defense against immune senescence.

The suggested serving of two vegetarian capsules daily of Immune Senescence Protection Formula™ provides:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cistanche tubulosa extract (stem and leaf)</td>
<td>210 mg</td>
</tr>
<tr>
<td>Reishi mushroom (Ganoderma lucidum) extract</td>
<td>980 mg</td>
</tr>
<tr>
<td>Vitamin C (as ascorbyl palmitate)</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

A bottle of 60 vegetarian capsules of Life Extension® Immune Senescence Protection Formula™ retails for $30. If a member buys four bottles during Super Sale, the price is reduced to $24.30 per bottle.

Standardized Cistanche

For those seeking the effects of Cistanche only, Life Extension® has created a standalone Standardized Cistanche that contains the same echinacosides as in the Immune Senescence Protection Formula™. For a very low price, a member can obtain the recommended 210 mg daily Cistanche dosage in a single, high-potency capsule providing a potent 46.2 mg dose of echinacosides. Standardized Cistanche provides powerful support against immune senescence.

The suggested dosage of one vegetarian capsule of Standardized Cistanche provides:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cistanche tubulosa extract (stem and leaf)</td>
<td>210 mg</td>
</tr>
<tr>
<td>Vitamin C (as ascorbyl palmitate)</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

A bottle of 30 vegetarian capsules of Life Extension® Standardized Cistanche retails for $20. If a member buys four bottles during Super Sale, the price is reduced to $10.80 per bottle.

To order Life Extension® Immune Senescence Protection Formula™, or Standardized Cistanche call 1-800-544-4440 or visit www.LifeExtension.com

References
### Discount Prices for Premium-Quality Products

Life Extension® members are longevity enthusiasts who 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 discounts available to Foundation members enable them to purchase premium-quality supplements at prices below those charged by commercial companies.

Here are some examples of savings members enjoy during the annual **Super Sale:**

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Our Low Retail Price</th>
<th>Member-Volume Discount Price Per Bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Super Omega-3 EPA/DHA with Sesame Lignans &amp; Olive Fruit Extract</strong></td>
<td>$32</td>
<td>$15.35 (ten-bottle purchase)</td>
</tr>
<tr>
<td>Super-purified EPA/DHA fish oil plus sesame lignans and potent olive (fruit and leaf) extract to provide critical omega-3 fatty acids and essential components of the Mediterranean diet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AMPK Activator</strong> • 90 vegetarian capsules, Item # 01907</td>
<td>$48</td>
<td>$29.70 (four-bottle purchase)</td>
</tr>
<tr>
<td>Activating AMPK “turns off” many of the destructive factors of aging, enabling cells to return to their youthful vitality. Research shows that the two plant extracts contained in this formula (Gynostemma pentaphyllum and trans-tiliroside), promote AMPK activation.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Super Bio-Curcumin®</strong> • 400 mg, 60 vegetarian capsules, Item # 00407</td>
<td>$38</td>
<td>$23.63 (four-bottle purchase)</td>
</tr>
<tr>
<td>Super-absorbable formulation promotes healthy lipids, joint function, and healthy DNA. Absorbs up to seven times greater than conventional curcumin.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>NAD+ Cell Regenerator™ Nicotinamide Riboside</strong> 100 mg, 30 vegetarian capsules, Item # 01904</td>
<td>$34</td>
<td>$17.55 (four-bottle purchase)</td>
</tr>
<tr>
<td>Nicotinamide riboside is a revolutionary new form of vitamin B3 that is directly converted to NAD+, a coenzyme found in every cell that is essential for efficient energy transfer from food to energy.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Super Booster with MacuGuard™ Ocular Support</strong> • 60 softgels, Item# 01980</td>
<td>$52</td>
<td>$32.40 (four-bottle purchase)</td>
</tr>
<tr>
<td>Just one softgel daily provides potent doses of vitamins K1/ K2, gamma tocopherol, sesame lignans, chlorophyllin, and lycopene, along with zeaxanthin, meso-zeaxanthin, lutein, and C3G for eye support.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Two-Per-Day</strong> • 120 tablets Item # 01915</td>
<td>$20</td>
<td>$12.15 (four-bottle purchase)</td>
</tr>
<tr>
<td>Provides up to 50 times more potency of specific ingredients than commercial multivitamin/mineral formulas, along with unique ingredients not found in products like Centrum®. Also available in capsule form.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™</strong> 100 mg, 60 softgels, Item # 01426</td>
<td>$62</td>
<td>$35.10 (ten-bottle purchase)</td>
</tr>
<tr>
<td>The superior ubiquinol form of CoQ10 plus a natural compound (shilajit) shown to double mitochondrial CoQ10 levels.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Life Extension Mix™ • 315 Tablets, Item # 01955</strong></td>
<td>$98</td>
<td>$46.91 (ten-bottle purchase)</td>
</tr>
<tr>
<td>This high potency multi-nutrient formula now includes a small dose of nicotinamide riboside, a revolutionary form of vitamin B3 that converts to a coenzyme in the body called NAD+, which is essential in “turning off” genes that promote aging.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D3</strong> • 5,000 IU, 60 softgels, Item # 01713</td>
<td>$11</td>
<td>$6.68 (four-bottle purchase)</td>
</tr>
<tr>
<td>High-potency vitamin D in a softgel to provide greater absorption into the bloodstream.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ultra Natural Prostate</strong> • 60 softgels, Item # 01898</td>
<td>$38</td>
<td>$21.60 (twelve-bottle purchase)</td>
</tr>
<tr>
<td>Comprehensive support for an aging prostate gland utilizing standardized lignans, plus boron, and phospholipids for enhanced absorption.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MacuGuard™ Ocular Support</strong> • 60 softgels, Item # 01885</td>
<td>$22</td>
<td>$13.37 (four-bottle purchase)</td>
</tr>
<tr>
<td>Offers triple eye protection with phospholipids, lutein, and zeaxanthins. This product is no longer needed for most people taking the new Super Booster that now contains these same ingredients.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Super K with Advanced K2 Complex</strong> • 90 softgels, Item # 01724</td>
<td>$30</td>
<td>$18.23 (four-bottle purchase)</td>
</tr>
<tr>
<td>More potent formula includes 200 mcg of long-acting MK-7 form of vitamin K2, plus 1,000 mcg of K1 and 1,000 mcg of the MK-4 form of vitamin K2.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
<table>
<thead>
<tr>
<th>Product Description</th>
<th>Retail Price</th>
<th>Discount Price</th>
<th>Bottle Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PQQ Caps with BioPQQ®</strong> • 10 mg, 30 vegetarian capsules, Item # 01500</td>
<td>$24</td>
<td>$14.85</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Promotes mitochondrial biogenesis (generation of new mitochondria) in aging cells.</td>
<td></td>
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</tr>
<tr>
<td><strong>DHEA (Dehydroepiandrosterone)</strong> • 25 mg, 100 capsules, Item # 00335</td>
<td>$18</td>
<td>$10.13</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>A hormone that declines with aging, benefits overall health.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mitochondrial Energy Optimizer with BioPQQ®</strong> • 120 capsules, Item # 01768</td>
<td>$94</td>
<td>$56.70</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>To maintain healthy cellular function, protein structural integrity, and mitochondrial biogenesis.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mega Green Tea Extract</strong> 725 mg, 100 lightly caffeinated vegetarian capsules, Item # 00953</td>
<td>$30</td>
<td>$16.20</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>A highly concentrated 98% polyphenol extract delivering 45% of the health-promoting catechin EGCG.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Optimized Resveratrol with NAD+ Cell Regenerator™</strong> • 60 vegetarian capsules, Item # 01930</td>
<td>$42</td>
<td>$24.30</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Best-selling trans-resveratrol formula now contains nicotinamide riboside, a novel form of vitamin B3 that supports mitochondrial health, along with pterostilbene and fisetin, which work in synergy with resveratrol to “turn on” longevity genes.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bone Restore with Vitamin K2</strong> • 120 capsules, Item # 01727</td>
<td>$24</td>
<td>$14.85</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Highly absorbable forms of calcium and FruteX B® OsteoBoron®, magnesium, zinc, and K2 as MK-7. Available with or without vitamin K2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cognitex® with Brain Shield®</strong> • 90 softgels, Item # 01896</td>
<td>$60</td>
<td>$35.10</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Optimal support for the brain. Includes gastrodin, glyceryl phosphoryl choline, vinpocetine, phosphatidylserine, uridine 5'-monophosphate, and more. Available with or without pregnenolone.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Brain Shield® Gastrodin</strong> • 300 mg, 60 vegetarian capsules, Item# 01802</td>
<td>$33</td>
<td>$20.25</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>A unique compound providing unparalleled, multifactorial support for cognitive and circulatory brain function.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ImmuneSenescence Protection Formula</strong> • 60 vegetarian capsules, Item # 01905</td>
<td>$40</td>
<td>$24.30</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Standardized full-spectrum Reishi mushroom extract with Cistanche extract to regulate the immune system and restore youthful immune balance.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Triple Action Cruciferous Vegetable Extract</strong> • 60 vegetarian capsules, Item # 01468</td>
<td>$24</td>
<td>$14.85</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Comprehensive cruciferous plant extract formulation, with I3C, DIM, apigenin, and other DNA-protecting vegetable concentrates.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>European Milk Thistle</strong> • 60 softgels, Item # 01822</td>
<td>$28</td>
<td>$16.88</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>High-absorption phospholipid-enhanced formula delivers nearly five times more active components to the bloodstream to support detoxification processes as well as promote liver health and function.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Skin Restoring Phytoceramides</strong> • 350 mg, 30 vegetarian capsules, Item # 01596</td>
<td>$25</td>
<td>$15.53</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Oral phytoceramides derived from wheat can reach the skin’s deepest layers to offset the body’s natural decline with age.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ArthroMax® Advanced with UC-II® and AprèsFlex®</strong> • 60 capsules, Item # 01618</td>
<td>$36</td>
<td>$21.60</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Promotes joint health and may promote comfortable joint structure and function.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FlorAssist® Heart Health Probiotic</strong> • 60 liquid vegetarian capsules, Item # 01821</td>
<td>$32</td>
<td>$18.90</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Contains a novel probiotic—L. reuteri 30242—shown to support healthy cholesterol in the normal range.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Advanced Bio-Curcumin® with Ginger and Tumerones</strong> • 30 softgels, Item # 01808</td>
<td>$30</td>
<td>$18.23</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Triple-action formula acting on multiple signaling pathways to deliver broad-spectrum protection against chronic inflammation.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Neuro-Mag™ Magnesium L-Threonate</strong> • 90 vegetarian capsules Item# 01603</td>
<td>$40</td>
<td>$24.30</td>
<td>(four-bottle purchase)</td>
</tr>
<tr>
<td>Optimal form of magnesium to protect synaptic density of neurons.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Order online at www.LifeExtension.com/SuperSale

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.
At Life Extension®, we continually update our formulas to reflect the latest research findings. The Ultra Natural Prostate formula provides the latest scientifically validated, standardized botanical extracts 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 promoting the aging prostate gland. Here are the ingredients in the Ultra Natural Prostate formula:

- **Standardized lignans** convert to enterolactone in the intestine, which is then absorbed into the bloodstream to provide support for prostate cells against excess estrogen levels.1,3
- **AprèsFlex** supports normal inhibition of 5-lipoxygenase or 5-LOX, an enzyme that is associated with undesirable cell division changes.4,5
- **Stinging and Dwarf nettle root extracts** help support prostate cells against excess estrogen levels.6,7
- **Saw Palmetto CO2 extract** helps inhibit dihydrotestosterone (DHT) activity in the prostate, helps support normal urinary flow, and helps regulate inflammatory reactions in the prostate.8-11
- **Pygeum** (Pygeum africanum) extract helps suppress prostaglandin production in the prostate and supports healthy urination patterns.11,12
- **Pumpkin seed oil**, from select pumpkins, enhances the composition of free fatty acids and augments saw palmetto’s benefits.12-16
- **Beta-sitosterol** enhances the protective effects of other botanical extracts and helps improve quality of life.17-19
- **Graminex® Flower Pollen Extract™** has been shown to help relax the smooth muscles of the urethra and help regulate inflammatory reactions.20-22
- **Boron** has been shown to slow elevation of prostate-specific antigen (PSA).22,23
- **Lycopene** supports efficient cellular communication, helps maintain healthy DNA, regulates hormonal metabolism, and promotes healthy prostate size and structure.23-32
- **Phospholipids** enhance absorption of active compounds.

The suggested daily dose of two softgels of Ultra Natural Prostate provides:

- **Saw Palmetto CO2 extract** (fruit) [providing 272 mg total fatty acids] 320 mg
- **Graminex® Flower Pollen Extract™** (from rye) 252 mg
- **Stinging and Dwarf nettle extracts** (root) 240 mg
- **Beta-Sitosterol** (from pine) 180 mg
- **Phospholipids** 160 mg
- **Pygeum extract** (bark) 100 mg
- **Pumpkin seed oil** (providing 170 mg total fatty acids) 200 mg
- **AprèsFlex® Indian frankincense** (Boswellia serrata) extract (gum resin) [providing 14 mg AKBA®] 70 mg
- **Proprietary Enterolactone Precursors Blend** (HMRlignan™ Norway spruce (Picea abies) (knot wood) and Flax (seed) lignan extracts) 20.15 mg
- **Lycopene** (from natural tomato extract (fruit)) 10 mg
- **Boron** (as Albion® bororganic glycine) 3 mg

*3-O-acetyl-11-keto-B-boswellic acid

A bottle of 60 softgels of Ultra Natural Prostate retails for $38. If a member buys four bottles during Super Sale, the price is reduced to $23.63 per bottle. If a member buys 12 bottles during Super Sale, the price is $21.60.

Contains soybeans.

To order Ultra Natural Prostate, call 1-800-544-4400 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.
Validated in Huge New Study: Vascular Benefits of a Mediterranean Diet

A large, rigorous study published in the New England Journal of Medicine confirmed the health benefits of those who switch to a Mediterranean diet rich in omega-3 fish oil as well as protective nutrients called polyphenols found in olive oil, fruits, vegetables, nuts like walnuts, and wine.1 The study ended early because the life-sparing effects were so overwhelming, with startling benefits for vascular health.1

In addition to health-promoting vegetables and fruits with their abundance of polyphenol nutrients, the Mediterranean diet group also took 4 tablespoons of polyphenol-rich extra-virgin olive oil a day.1

Life Extension® Members Benefited Long Ago

Starting in 2005, Life Extension members began taking a supplement (Super Omega-3) that provided potent concentrations of fish oil and olive polyphenols like hydroxytyrosol and oleuropein.

Olive oil contains polyphenol nutrients that have demonstrated wide-ranging health benefits.2-4 The recommended daily dose of Super Omega-3 supplies a similar polyphenol content to that found in 4 to 6 tablespoons of olive oil.

This supplement also provided standardized sesame lignans to support the beneficial effect of omega-3 fatty acids in the body.5

The sesame lignans not only direct the omega-3s fatty acids toward more effective pathways in the body, but guard the delicate fish oil from oxidation.5,6

CAUTION: If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Supportive but not conclusive evidence shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. IFOS™ certification mark is a registered trademark of Nutrasonce Diagnostics, Inc. These products have been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasonce Diagnostics, Inc.

References

To order the most advanced fish oil supplement, Super Omega-3 EPA/DHA with Sesame Lignans and Olive Fruit Extract (with or without enteric coating), 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.
HOW MUCH CURCUMIN ARE YOU ABSORBING?

Derived from the Indian spice turmeric, curcumin is acclaimed for its wide range of health-promoting effects on almost every organ system,1-6 while supporting the body’s healthy inflammatory response.7

Most curcumin extracts are neither well absorbed nor well retained in the body.

Advanced Bio-Curcumin® with Ginger & Turmerones contains BCM-95®, a patented, bioenhanced preparation of curcumin that has been shown to reach up to 7 times higher concentration in the blood than standard curcumin.8 In addition to the benefits of BCM-95® this advanced formula provides:

• Turmerones: botanical compounds that remain after curcumin is extracted, enhancing curcumin absorption and increasing the amount of curcumin inside cells.9

• Ginger: a close relative of curcumin with overlapping, complementary health benefits.

• Phospholipids: an emulsifying molecule that greatly enhances absorption.10

The suggested daily dosage of one softgel of Advanced Bio-Curcumin® with Ginger & Turmerones provides:

<table>
<thead>
<tr>
<th>Turmeric Phospholipid Blend</th>
<th>630 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCM-95® Bio-Curcumin Turmeric 25:1 extract (rhizome) (total curcuminoids complex with essential oils (380 mg)), Turmeric oil (rhizome) (providing 60 mg total turmerones), Phospholipids</td>
<td></td>
</tr>
<tr>
<td>Ginger CO2 extract (root) (providing 60 mg gingerols)</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

Each softgel of Advanced Bio-Curcumin® with Ginger & Turmerones provides 400 mg of BCM-95® Super Bio-Curcumin, plus an array of turmerones and phospholipids.

A bottle of 30 softgels of Advanced Bio-Curcumin® with Ginger & Turmerones retails for $30. If a member buys four bottles during Super Sale, the price is reduced to $18.23 per bottle.

Contains soybeans.

References

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

Caution: Do not take if you have gallbladder problems or gallstones. If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, contact your healthcare practitioner before taking this product.

To order Life Extension® Advanced Bio-Curcumin® with Ginger & Turmerones, 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.
Profound loss of connections between nerve cells in the brain is one of the major hallmarks associated with neurodegeneration and memory impairment. Previous research has shown that magnesium is a critical factor in controlling synaptic density.¹

To combat this, an innovative form of magnesium called Neuro-Mag™ has been developed. The magnesium-L-threonate contained in Neuro-Mag™ has been shown to specifically target multiple areas of the aging brain. In fact, pre-clinical models show that the magnesium-L-threonate contained in Neuro-Mag™ boosted levels of magnesium in spinal fluid by 15% versus no increase from conventional magnesium.²

New Cognitive Benefits Revealed!

Although research into the role of magnesium in the brain dates back 70 years, scientists continue to uncover its comprehensive benefits for cognitive function.³ Studies using magnesium-L-threonate show this unique form of magnesium maintains the quantity of synaptic connections between brain cells and inhibits the dysregulation of signaling pathways.¹

Capsules or Powder… Value Priced

The suggested daily dose of three Neuro-Mag™ Magnesium-L-Threonate Capsules provides 2,000 mg of Magnesium-L-Threonate. While supplying a modest 144 mg of elemental magnesium, its superior absorption into the bloodstream and nervous system make it a preferred choice for maturing individuals to supplement with.

This same brain-health supporting magnesium is also available in a natural lemon flavor called Neuro-Mag™ Magnesium-L-Threonate with Calcium and Vitamin D³ Powder. In addition to its fresh lemon flavor, the one-scoop per day serving supplies the same amount of magnesium as the capsules plus 500 mg of highly soluble calcium and 1,000 IU of vitamin D3.

A bottle containing 90 vegetarian capsules of Neuro-Mag™ Magnesium-L-Threonate or a jar containing 30 scoops of Neuro-Mag™ Magnesium-L-Threonate with Calcium and Vitamin D³ Powder retails for $40. If a member buys 4 units during Super Sale, the price is reduced to $24.30 per unit.

References
ArthroMax® Advanced
With UC-II® and AprèsFlex®

In addition to AprèsFlex®, ArthroMax® contains a novel form of standardized chicken cartilage: UC-II®. Data show it helps with immune issues that can impact joint discomfort and ease of motion in aging individuals.

Two capsules of ArthroMax® Advanced with UC-II® and AprèsFlex® provide the following nutrients in one convenient, joint-protecting formula:

- UC-II® standardized chicken cartilage 40 mg
- Glucosamine sulfate 2KCl (from corn) 1500 mg
- AprèsFlex® Indian frankincense (Boswellia serrata) extract 100 mg
- Boron (calcium fructoborate as patented FruiteX® B OsteoBoron®) 1.5 mg

The retail price of a bottle of 60 capsules of ArthroMax® Advanced with UC-II® and AprèsFlex® is $65. If a member buys four bottles during Super Sale, the price is reduced to $21.60 per bottle.

References

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.
Natural killer (NK) cells function as the body's first responders. As soon as NK cells sense a potential invasion, they are on the scene to initiate immune protection. Natural killer cells promote seasonal support for the body's natural defense system.

In addition, functional NK cells recognize and eliminate senescent cells that accumulate in aged tissues and create metabolic disturbances.

As we age, natural killer cell activity markedly declines with a concurrent weakening of normal immune functions.

For targeted seasonal protection, a formula called NK Cell Activator™ has been developed, which contains a modified rice bran shown to be a potent immune modulator.

NK Cell Activator™ supports the activity of natural killer (NK) cells—crucial components of the innate immune system.

In one clinical study, scientists documented a 3-fold increase of natural killer cell activity in healthy individuals within three to four weeks of receiving 500 mg daily of the rice bran compound found in NK Cell Activator™.

In another double-blind, randomized, placebo-controlled study, researchers noted that subjects taking the modified rice bran found in NK Cell Activator™ experienced a boost in myeloid dendritic cells—cells that act as key messengers between the innate and the adaptive immune systems.

A strategy to derive the unique functional effects of NK Cell Activator™ is to take one capsule daily for four months during the winter season.

The suggested single serving of one vegetarian tablet of NK Cell Activator™ provides:

| Proprietary Enzymatically Modified Rice Bran | 500 mg |

A bottle of 30 tablets of NK Cell Activator™ retails for $45. If a member buys four bottles during Super Sale, the price is reduced to $28.35 per bottle.
Huge numbers of Americans take a multivitamin, but the potencies of the individual nutrients are usually so trivial that no health benefit is derived. The chart directly to the left shows how much more potency is in the Two-Per-Day formula compared to the popular Centrum® Silver formula made by the Pfizer drug company. The ultra-low cost of Two-Per-Day makes it one of the great bargains on the dietary supplement marketplace. Each bottle of Two-Per-Day lasts 60 days, so members can obtain this high-potency formula for as little as $6.07 per month.

A bottle containing 120 capsules of Two-Per-Day Capsules retails for $22. If a member buys four bottles during Super Sale, the price is reduced to $13.50 per bottle. (Item # 01914)

A bottle containing 120 tablets of Two-Per-Day Tablets retails for $20. If a member buys four bottles during Super Sale, the price is reduced to $12.15 per bottle. (Item # 01915)

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.
**Unique Ingredients Not Found In Commercial Multivitamins**

**LIFE EXTENSION MIX™**

*Life Extension*®’s multi-nutrient formulas provide more potency and diversity compared to commercial products.

Unlike drug company-owned multivitamins you see advertised on TV, *Life Extension*® formulas provide standardized plant extracts, vitamins, and specialized ingredients at a fraction of the cost of taking the nutrients individually.

*Life Extension Mix™* now contains a small amount of nicotinamide riboside, a newly patented form of vitamin B3 that is directly converted to NAD+ in the body. NAD+ is a key metabolic cofactor found in every cell and is essential for safe, efficient energy transfer from food to tissues.

*Life Extension Mix™* and *Two-Per-Day* are the only multivitamins to contain nicotinamide riboside.

(Note: Higher-potency nicotinamide ribosome is found in the new *Optimized Resveratrol with NAD+ Cell Regenerator* or the standalone *NAD+ Cell Regenerator*.)

The new *Life Extension Mix™* also includes medium-chain triglycerides, a unique class of fatty acids that are easy to absorb. Most fats are broken down in the intestine and remade into a special form that can be transported in the blood. But MCTs are transported to the liver, where they are preferentially burned for energy, not stored as body fat.

The cost of taking all the nutrients in *Life Extension Mix™* separately would be astronomical. But members can obtain the full dose for as little as $1.34 per day if they buy during *Super Sale*. *Life Extension Mix™* provides much greater potency for less money than commercial formulas.

**Obtain Life Extension Mix™ At Below Wholesale Price**

The retail price of a five-week supply of the all-new *Life Extension Mix™* (315 tablets) is $98. The *Super Sale* member price for one bottle is **$66.15**. (Item # 01955)

If a member buys four bottles during *Super Sale*, the price is reduced to **$58.05** per bottle. When a member buys 10 bottles during *Super Sale*, the price goes down to just **$46.91** per bottle. Since each bottle lasts for five weeks, that means 10 bottles will last for almost an entire year!

Members can save up to 52% off the retail price of *Life Extension Mix™* during *Super Sale*. This unique formula provides more health-maintaining nutrients than any other multivitamin in the world. Turn the next page to view the new *Life Extension Mix™* formula.

**To order Life Extension Mix™ or Two-Per-Day, call 1-800-544-4440 or visit www.LifeExtension.com**

Contains soybeans. Due to the source of the kelp, this product may contain fish and shellfish.

*Two-Per-Day provides a small amount of gamma tocopherols as part of natural mixed tocopherols, which include natural vitamin E.


NIAGEN® is a registered trademark of ChromaDex, Inc. Patents see: www.ChromaDexPatents.com.

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 an olive extract standardized to provide the best-documented polyphenol called hydroxytyrosol.

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 proved one of the most beneficial at maintaining healthy DNA. Luteolin also suppresses excess levels of interleukin-6 and interleukin-1β. LIFE EXTENSION MIX™ contains a standardized dose of 8 mg of luteolin.

Lycopenes are red carotenoids in tomatoes that support 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.

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, including gamma tocopherol, and inhibit the formation of an inflammatory precursor called arachidonic acid.

Wild blueberry extract, standardized to help maintain neuronal function.

Pterostilbene is a compound naturally found in blueberries and grapes that has been shown to have beneficial, anti-aging effects.

Cyanidin-3-Glucoside is a berry compound that promotes healthy function of the retina to help support night vision.

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.

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

Nicotinamide riboside can enhance and support mitochondria, the “power plants” of the cells. The new LIFE EXTENSION MIX™ contains the amount of nicotinamide riboside found in 13 cups of milk.
Numerous 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 food to protect against common age-related decline, and commercial multivitamins do not provide all of the vital plant components needed to maintain good health. Life Extension Mix™ provides a broad array of fruit and vegetable extracts, as well as water- and fat-soluble vitamins, minerals, amino acids, and more. The new Life Extension Mix™ has been upgraded to include both nicotinamide riboside and medium-chain triglycerides.

Fat-Soluble Vitamins
- Vitamin A (as Betatene® natural beta-carotene from dunaliella and acetate) 5,000 IU
- Vitamin D3 (cholecalciferol) 2,000 IU
- Vitamin E (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract) 2,000 mg
- Vitamin E (natural α-tocopherol succinate and α-tocopherol) 100 IU
- Natural mixed tocopherols (providing gamma, delta, alpha, and beta tocopherol) 60 mg

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 selenite) 50 mcg
- Zinc (as zinc citrate) 20 mg
- Zinc (monomethionine) (OptiZinc®) 15 mg
- Boron (Alion® boroglycine) 3 mg
- Calcium 218 mg
- Copper (as copper bisglycinate chelate TRAACS®) 1 mg
- Chromium (as Criminex® 3+ chromium stabilized with Capros® and PrimaVie® Shilajit) 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

Fatty Acid Nutrition
- Medium-chain triglycerides 80 mg

1. Betatene® is a registered trademark of BASF SE. 2. Delphinol® is a registered trademark of MNL protected by U.S. patent application US 13/076,117 and WO 2012/090018 A1. 3. OptiZinc® is a registered trademark of InterHealth Nutritional, Inc. 4. SelenoPure™ is a trademark of Nutrition 21. 5. Criminex® 3+ is a trademark of Verdure Sciences. 6. SelenoPlus® is a trademark of Nutrezen, Inc. 7. L-Leucine® is a registered trademark of Indena S.p.A. 8. BioVite® is a registered trademark of Cyrex Nutrition. 9. Tocotrienol-O®Red is a registered trademark of Lycolife LTD. 10. POMELLA® Extract is covered under the U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Verdure Sciences, Inc. 11. prJoenPure™ is a trademark of ChromaDex, Inc. 12. TRAACS® and Albion® are registered trademark of Albion Laboratories, Inc. 13. CherryPure® is a registered trademark of Shireline Fruit LLC. 14. Niacinamide Riboside NAGEN® is a registered trademark of ChromaDex, Inc. Patents see: www.ChromaDexPatents.com.

The content of nicotinamide riboside in the new Life Extension Mix™ is equivalent to 13 cups of milk.

Medium-chain triglycerides are a special class of easily absorbed fatty acids. They enter the bloodstream quickly and are directly transported to the liver, where they immediately become available as an energy source.

During Super Sale, the full daily dose of Life Extension Mix™ can be obtained for as little as $1.34 a day!

Fat-Soluble Vitamins
- Vitamin A (as Betatene® natural beta-carotene from dunaliella and acetate) 5,000 IU
- Vitamin D3 (cholecalciferol) 2,000 IU
- Vitamin E (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract) 2,000 mg
- Vitamin E (natural α-tocopherol succinate and α-tocopherol) 100 IU
- Natural mixed tocopherols (providing gamma, delta, alpha, and beta tocopherol) 60 mg

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 selenite) 50 mcg
- Zinc (as zinc citrate) 20 mg
- Zinc (monomethionine) (OptiZinc®) 15 mg
- Boron (Alion® boroglycine) 3 mg
- Calcium 218 mg
- Copper (as copper bisglycinate chelate TRAACS®) 1 mg
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- 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

Fatty Acid Nutrition
- Medium-chain triglycerides 80 mg

Vitamin D3 helps maintain healthy bone density and DNA. There is five times more vitamin D in LIFE EXTENSION MIX™ compared to conventional multivitamins.

The Life Extension Mix™ utilizes natural mixed tocopherols that provide natural vitamin E from alpha tocopherol and a small amount of gamma tocopherol (40 mg). Compared to synthetic vitamin E, the natural form is far more bioavailable to the body.

Life Extension Mix™ contains the sodium selenite, selenomethionine, and Se-methyl L-selenocysteine forms of selenium. 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 function.

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

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 life-saving mineral.

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

A healthy type of dietary fat, medium-chain triglycerides are easily absorbed intact and transported directly to the liver, where they are immediately used for energy.

Contains soybeans. Contains fish (Tilapia).

References:


To order call toll-free 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.
If you’re able to read this, you should consider yourself lucky. Millions of older Americans are suffering from age-related vision loss and struggle with everyday activities like reading or driving.

It is estimated that a startling 20.5 million Americans have cataracts, while 1.8 million suffer age-related macular degeneration. These numbers are expected to double in the next few decades.

Recent research has revealed that these ocular diseases share common underlying causes, including oxidative stress, inflammation, and premature apoptosis (cell death).

Fortunately, a class of nutrients has been found to target all these underlying causes of vision loss.

Xanthophylls—including lutein, zeaxanthin, and meso-zeaxanthin—were long ago shown to provide powerful protection against devastating age-related vision loss.

What will impress long-term Life Extension members are new studies published in 2014 showing that these xanthophylls confer meaningful protection against the most common forms of degenerative eye disease.
Xanthophylls Help Prevent Macular Degeneration

Xanthophylls, the subclass of carotenoids responsible for giving the macula its yellow color, have been found to provide powerful protection against age-related macular degeneration.8

Macular degeneration is the leading cause of blindness in aging adults.9-11 It results from progressive loss of light-sensing nerve cells in the macula, or central part of the retina. This is the area where these cells are most densely packed, which is why the macula provides us with the greatest level of visual acuity (the ability to distinguish fine details).12-14 As macular degeneration progresses, central vision is lost, gradually diminishing one’s ability to engage in the many daily activities that require sharp vision.15

Research suggests that zeaxanthin and other xanthophylls may help prevent macular degeneration by increasing the structural density of the eye’s macular pigment.

Swiss scientists found that supplementing with just 10 to 20 daily mg of either lutein, zeaxanthin, or a combination of the two could increase the average plasma concentration of these xanthophylls by up to 27-fold. The researchers found that lutein wound up primarily in the most central region of the retina, while zeaxanthin was deposited over a wider area, suggesting that both nutrients are needed for maximum retinal health.16

Indeed, numerous studies have shown that higher dietary intakes of this powerful duo correspond with lower rates of macular degeneration and cataracts.17,18 In one study, epidemiologists found a 43% decrease in macular degeneration risk among people with the highest dietary carotenoid intakes—particularly zeaxanthin and lutein—compared with those with the lowest intakes.19

A remarkable double-blind, placebo-controlled study from 2014 demonstrated significant vision improvement with daily oral supplementation of 10 mg of lutein plus 2 mg of zeaxanthin—including a significant increase in macular pigment optical density.20

Also in 2014, a study in the journal Retina demonstrated the importance of supplementing with meso-zeaxanthin in addition to lutein and zeaxanthin. The researchers found that groups taking meso-zeaxanthin along with lutein and zeaxanthin significantly increased the optical density of macular pigment when compared to groups taking lutein and zeaxanthin without meso-zeaxanthin.21

Although there is no daily minimum for these xanthophylls, research suggests that a total daily intake of 6 mg of lutein and zeaxanthin is associated with a reduced risk of age-related macular degeneration.22
Prevention And Improvement Of Cataracts

Studies have confirmed similar effects in cataracts, another main cause of adult blindness.25,26 A cataract is a clouding of the lens, which causes light to bend and scatter in ways that prevent the formation of a sharp image on the retina.27-29

Studies have found that higher intakes of lutein and zeaxanthin are associated with reduced risk of cataracts. For example, the Nurses’ Health Study examined the impact of 12 years of carotenoid consumption on cataract formation in more than 77,000 female nurses over the age of 45. Women with the highest intake of zeaxanthin and lutein had a 22% lower risk of cataract extraction (cataracts severe enough to require surgical removal).30

What You Need To Know

Xanthophylls Offer Potent Eye Protection

- An estimated 20.5 million Americans have cataracts, and another 1.8 million suffer age-related macular degeneration. Both numbers are expected to double in the next few decades.
- New 2014 studies validate what Life Extension members have long known: Xanthophylls, such as lutein, zeaxanthin, and meso-zeaxanthin, have once again been shown to provide powerful protection against devastating age-related vision loss, including macular degeneration and cataracts.
- A novel flavonoid called cyanidin-3-glucoside (C3G) has been shown to combat age-related night blindness, further supporting xanthophyll activity.

Improvements For Macular Degeneration Sufferers

In addition to preventing the onset of macular degeneration, xanthophylls have been found to improve vision in those who are already suffering from this vision-robbing disease.

Italian ophthalmologists randomized 27 patients with early age-related macular degeneration and discovered that the patients taking a dietary supplement that included lutein and zeaxanthin showed highly significant increases in electrical activity in the central areas of their retinas—where maximum visual acuity is generated—while the control patients showed no significant changes.23

In another rigorous trial, 90 patients with macular degeneration received either 10 mg of lutein daily, 10 mg of lutein along with a vitamin-mineral mix, or a placebo. After 12 months of treatment, visual acuity increased for both the lutein-only and the lutein-plus-vitamin-mineral groups. The lutein-only patients also reported a subjective improvement in their vision on a standard scale, while placebo recipients had no significant change in any of the measured outcomes.24

Prevention And Improvement Of Cataracts

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Ensuring Adequate Xanthophyll Intake

Life Extension members were long ago educated about the critical importance of supplementing with lutein, zeaxanthin, and meso-zeaxanthin.

A large number of our members supplement with these xanthophylls to protect their vision, yet omit nutrients like vitamin K and gamma tocopherol that protect other areas of the body.

To ensure members are getting all these fat-soluble nutrients, Life Extension members can now obtain a combination of lutein, zeaxanthin, meso-zeaxanthin, vitamins K1 and K2, gamma tocopherol, and other nutrients all in one upgraded formula.

Xanthophylls: Nature’s Natural Eye Protection

The carotenoids known as xanthophylls provide broad support for eye cells against age-related insults such as oxidative stress and inflammation.

Compared to most other organs, the eye is particularly susceptible to oxidative damage due to its exposure to light and its high metabolism.

Each of the xanthophylls has been shown to target these shared pathologic pathways, resulting in potent protection against common, age-related causes of vision loss.

Lutein And Zeaxanthin

Of the 20 to 30 carotenoids found in human blood and tissues, the two most prominent found in your lens and retina are lutein and zeaxanthin.

Both of these xanthophylls, referred to as the macular pigment, are concentrated in the macula, the specialized central area of the retina that is responsible for detailed vision due to its high concentration of light-detecting cone cells. Lutein and zeaxanthin are believed to limit damage to the retina by absorbing incoming, high-energy blue light and by quenching reactive oxygen species.

Meso-Zeaxanthin

In addition to lutein and zeaxanthin, meso-zeaxanthin offers much-needed, broad-spectrum, structural support for the aging macula. While lutein and zeaxanthin are found in egg yolks and colorful fruits and vegetables, meso-zeaxanthin is only found in a few food sources. This xanthophyll may be converted in the retina from ingested lutein. With age, it has been theorized that the ability to convert lutein into meso-zeaxanthin may decline. If taken as a supplement, meso-zeaxanthin is absorbed into the bloodstream and raises macular pigment density.

A randomized, placebo-controlled study examined the effects of lutein and vitamin E on visual function in 17 adults who had already been clinically diagnosed with age-related cataracts. The patients supplemented with 15 mg of lutein, 100 mg of vitamin E, or a placebo three times weekly for up to two years. Those in the lutein arm of the study demonstrated improvements in visual performance, including visual acuity and glare sensitivity. By contrast, visual acuity was merely maintained in the vitamin E group and worsened in the placebo group.

In a later study, Australian researchers conducted a five-year investigation of 2,322 people 40 years old and older. They found an astonishing 40% lower energy-adjusted rate of cataracts occurring at the center of the lens for every 1 mg increase in subjects’ daily intake of lutein and zeaxanthin.

Night Blindness

Night blindness—impairment of our ability to see in the dark—occurs with age, even in the absence of ocular disease. It is caused because rhodopsin, a compound in the eyes that absorbs light in the retina, regenerates more slowly as we age.

Fortunately, a novel flavonoid called cyanidin-3-glucoside (C3G) can combat night blindness by stimulating the regeneration of rhodopsin. Although it does not belong to the xanthophyll group of compounds, it is important to aging people who suffer night vision loss.
C3G is a purple pigment in the anthocyanin family of flavonoids that is found in high concentrations in dark fruits such as blackberries and black currants. C3G has been shown to protect retinal cells against the harmful oxygen free radicals that are triggered by light.\textsuperscript{37,38} C3G and other cyanidin components of berries have also been shown to exert neuroprotective effects on retinal cells.\textsuperscript{39}

**Summary**

Age-related macular degeneration and cataracts—both associated with aging—are primary causes of the loss of vision that afflict millions of Americans.

These distinctly different diseases all share mechanistic pathways, including oxidative stress, inflammation, and apoptotic (cell death) factors. These common pathways are blocked by novel carotenoids known as macular xanthophylls, which specifically accumulate in the eye and structurally support the aging macula and retina.

**Xanthophylls**—including lutein, zeaxanthin, and meso-zeaxanthin—powerfully inhibit vision-robbing diseases. Supporting this activity, the anthocyanin C3G can protect retinal cells by stimulating rhodopsin regeneration and combating night blindness.

If you have any questions on the scientific content of this article, please call a Life Extension® Health Advisor at 1-866-864-3027.

**References**


NEW STUDIES VALIDATE POWERFUL PROTECTION AGAINST AGE-RELATED VISION LOSS


All brains decline with age, but numerous studies show that the proper nutrients can promote more youthful cognition and enhanced memory.

Only Cognitex® combines 11 essential ingredients in one cost-effective formula.

Sold separately, these components sell for a small fortune in Europe, where they are commonly prescribed for optimal brain health. The following is a sample of what you’ll find in each softgel:

- **Alpha-Glyceryl Phosphoryl Choline**: boosts levels of acetylcholine, which enables brain cells to communicate.
- **Gastrodin**: a brain shield that supports healthy levels of blood flow.
- **Grape Seed Extract**: boosts brain oxygen flow.
- **Vinpocetine**: increases circulation and brain cell conductivity.
- **Phosphatidylserine**: encourages improved concentration.
- **Pregnenolone**: a vital hormone that promotes mental energy.

Cognitex® with Pregnenolone & Brain Shield® is the most advanced neuro-enhancing formula on the market.

The retail price for 90 softgels of Cognitex® with Pregnenolone & Brain Shield® is $62. If a member buys four bottles during Super Sale, the price is reduced to $35.78 per bottle. If eight bottles are purchased during Super Sale, the price is reduced to $33.75.

Cognitex® is also available without pregnenolone at a slightly lower cost. Item # 01896

To order Cognitex® with Pregnenolone & Brain Shield®, call 1-800-544-4440 or visit www.LifeExtension.com

Contains soybeans.

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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 with BioPQQ® that helps protect delicate cellular structures and enables cells to perform life-sustaining metabolic processes.

Mitochondrial Energy Optimizer with BioPQQ® 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 called advanced glycation end products 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.7,10

- **PQQ**: This breakthrough micronutrient has been shown to trigger mitochondrial biogenesis—the growth of new mitochondria in aging cells! PQQ also activates genes involved in protecting the delicate structures within the mitochondria.7,10

- **LUTEOLIN**: Systemic inflammation is involved in most undesirable consequences of aging. Culprits behind inflammatory reactions are pro-inflammatory cytokines, such as interleukin-1 and tumor necrosis factor-alpha. Luteolin is a flavonoid that has been shown to help suppress these inflammatory cytokines.11-16

- **BENFOTIAMINE**: Effectively modulates multiple destructive biochemical pathways that 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.17-20 Benfotiamine protects endothelial cell integrity from the effects of high glucose levels. In addition, benfotiamine exhibits direct antioxidative capacity and supports DNA function.20

- **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.21-24

- **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.25-28

- **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.29

Taking all of the individual ingredients in the Mitochondrial Energy Optimizer with BioPQQ® separately would be prohibitively expensive, but Life Extension® members obtain this comprehensive formula at substantial savings. A bottle of Mitochondrial Energy Optimizer with BioPQQ® containing 120 capsules retails for $94. If a member buys four bottles during Super Sale, the price is reduced to $56.70 per bottle.

Just four capsules of Mitochondrial Energy Optimizer with BioPQQ® provide:

- **Carnosine**: 1000 mg
- **ArginoCarn® Acetyl-L-carnitine arginate DiHCl**: 675 mg
- **R-Lipoic acid (as microencapsulated Bio-Enhanced®)**: 150 mg
- **Benfotiamine**: 150 mg
- **Vitamin B6 (as pyridoxal 5’-phosphate)**: 100 mg
- **BioPQQ® (Pyridoxalquinoline quinone disodium salt)**: 10 mg
- **Luteolin**: 8 mg
- **Calcium**: 230 mg

To order Mitochondrial Energy Optimizer with BioPQQ®, 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.
SUPER BOOSTER

One-Per-Day Multi-Nutrient Softgel Cap

Most people don’t get enough **oil-based** nutrients from their diet. **Super Booster** solves that problem with a once-a-day softgel that provides high potencies of **fat-soluble** nutrients and other compounds.

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 BOOSTER** provides in one softgel capsule:

- **Vitamin K2**: Studies show vitamin K2 provides superior benefits for bones, arteries, and other tissues. The MK-4 form of vitamin K2 is the most rapidly absorbed, but only remains active in the blood for a few hours. The MK-7 form of K2, however, remains bioavailable for a sustained **24 hours**. Super Booster provides a potent dose of MK-7 and MK-4 (along with vitamin K1) to keep calcium in the bones and out of the arteries.

- **Gamma tocopherol**: Taking only alpha tocopherol displaces the critically important **gamma tocopherol** from cells in the body. Gamma tocopherol also quenches a dangerous free radical (peroxynitrite) that plays a major role in age-related decline. It is vital that those taking vitamin E supplements also consume at least **200 mg** a day of gamma tocopherol.

- **MacuGuard™ Carotenoid Phospholipid Blend**: To support eye health, macular density and healthy vision, MacuGuard™ provides zeaxanthin, meso-zeaxanthin, and lutein. Now that these carotenoids are included in the **Super Booster** formula, most people do not need to take a separate MacuGuard™ supplement.

- **Black currant extract**: Cyanidin-3-glucoside is the anthocyanin-rich purple pigment found in European **black currant extract** that helps promote eye comfort and health.

- **Sesame lignans**: Help boost tissue levels of **gamma tocopherol** via several different mechanisms.

- **Lycopene**: Evidence suggests those who ingest this carotenoid enjoy healthier prostate function. **Lycopene** also helps guard against LDL oxidation.

- **Chlorophyllin**: Scientific studies indicate **chlorophyllin** may protect against environmentally induced DNA damage.

**Super Booster** saves consumers big money by combining a variety of costly nutrients in one softgel. If you add up the price of the individual ingredients in **Super Booster**, you would spend **two to three** times more.

Just one **Super Booster** softgel should be taken each day with the heaviest meal.

A bottle of 60 **Super Booster** softgels—a two-month supply—retails for **$52**. If a member buys four bottles during **Super Sale**, the price is reduced to **$32.40** per bottle.

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

Contains soybeans.

**Tomat-O-Red®** is a registered trademark of LycoRed, Ltd.

---

**Just one softgel of Super Booster supplies:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin K1 (as phytonadione)</td>
<td>1,000 mcg</td>
</tr>
<tr>
<td>Vitamin K2 (as menaquinone-4)</td>
<td>1,000 mcg</td>
</tr>
<tr>
<td>Vitamin K2 (as menaquinone-7)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Gamma E Tocopherol</td>
<td>245 mg</td>
</tr>
<tr>
<td>Chlorophyllin</td>
<td>100 mg</td>
</tr>
<tr>
<td>MacuGuard™ Carotenoid Phospholipid Blend Phospholipids, marigold extract (flower) (providing 10 mg free lutein, 4 mg meso-zeaxanthin &amp; trans-zeaxanthin)</td>
<td>145 mg</td>
</tr>
<tr>
<td>C3G (Cyanidin-3-glucoside) [from European black currant extract (fruit)]</td>
<td>2.2 mg</td>
</tr>
<tr>
<td>Sesame seed lignans extract</td>
<td>20 mg</td>
</tr>
<tr>
<td>Lycopene proprietary blend [from Micronized Lycopene and Tomat-O-Red® natural tomato extract (fruit)]</td>
<td>10 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>95 mg</td>
</tr>
</tbody>
</table>
The optimal dose of PQQ is 20 mg each day. Members taking Mitochondrial Energy Optimizer, Mitochondrial Basics, or PQQ 10 mg caps obtain this optimal PQQ dose when taking the new Super Ubiquinol CoQ10 with BioPQQ®.

Super Ubiquinol CoQ10 with BioPQQ® energizes and generates new mitochondria in aging cells!

The suggested dosage of one softgel daily of Super Ubiquinol CoQ10 with BioPQQ® provides:

- Ubiquinol (as Kaneka QH Ubiquinol®) 100 mg
- PrimaVie® Shilajit fulvic acid complex 100 mg
- BioPQQ® Pyrroloquinoline quinone disodium salt 10 mg

A bottle of 30 softgels of Super Ubiquinol CoQ10 with BioPQQ® retails for $54. If a member buys four bottles during Super Sale, the price is reduced to $31.05 per bottle.

Super Ubiquinol CoQ10 with BioPQQ® contains shilajit to increase coenzyme Q10 in mitochondria plus PQQ to support the generation of new mitochondria in aging cells. This three-way mitochondrial support strategy offers the following benefits:

1. **Ubiquinol CoQ10** - CoQ10 is required for generating optimal cellular energy. The ubiquinol form of CoQ10 offers superior absorption compared to the standard ubiquinone form.¹

2. **Shilajit Complex** - PrimaVie® Shilajit has been shown to double levels of CoQ10 in the mitochondria.¹ Combining CoQ10 and Shilajit produced a 56% increase in energy production in the brain and a 144% increase in energy production in muscle.²

3. **BioPQQ®** - PQQ activates genes that promote the formation of new mitochondria while boosting mitochondrial antioxidant defenses.³,⁴

References

Kaneka QH Ubiquinol® is a registered trademark of Kaneka Corporation. PrimaVie® is a registered trademark of Natreon, Inc. BioPQQ® is a registered trademark of MGC (Japan).

To order Super Ubiquinol CoQ10 with BioPQQ®, 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.
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<table>
<thead>
<tr>
<th>CHOICE Options</th>
<th>Delivery Type</th>
<th>Term*</th>
<th>Prices</th>
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<tr>
<td>CHOICE Standard</td>
<td>Unlimited Standard</td>
<td>1 year</td>
<td>$19.95</td>
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<tr>
<td></td>
<td>(3 to 5 business days)</td>
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<tr>
<td>CHOICE Express</td>
<td>Unlimited 2-Day</td>
<td>1 year</td>
<td>$39.95</td>
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<td></td>
<td>(business days)</td>
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</tbody>
</table>

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Your CHOICE pre-paid shipping account will NOT auto-renew unless you’re auto-enrolled in one of the two CHOICE pre-paid, unlimited shipping options.

CHOICE pre-paid, unlimited shipping excludes blood test products, memberships and membership welcome kits, as well as gift cards.

†CHOICE pre-paid shipping is not available to international customers serviced by international distributors of Life Extension products. Ship to any address in the contiguous United States only.
Critical Importance of Mitochondria

In 1983, Life Extension® was the first to introduce CoQ10 as a proven method to enhance mitochondrial energy production. CoQ10 has since gained universal recognition for its role in supporting cellular performance throughout the body.¹⁴

In an age-defying advance, a compound called PQQ (pyrroloquinoline quinone) has been shown to support mitochondrial biogenesis—the spontaneous generation of new mitochondria in aging cells.² PQQ is available as a low-cost dietary supplement. Mitochondria are cellular energy generators that supply virtually all the power your body requires for a healthy life span. An abundance of published studies underscores the critical importance of the mitochondria to overall health, especially as we age. ⁸⁻¹⁴ Energy-intensive organs like the heart and brain are dense with mitochondria.

Until recently, the only natural ways for aging individuals to increase the number of mitochondria in their bodies were long-term calorie restriction or exhaustive physical activity. PQQ offers a viable alternative.

The Ultimate Cell Rejuvenator

The enormous amount of energy generated within the mitochondria exposes them to constant free radical attack. The resulting mitochondrial decay is a hallmark of aging. PQQ protects and augments delicate mitochondrial structures to promote youthful cellular function in three distinct ways:

- **Antioxidant power.**
- **Favorably modulates gene expression.**
- **Mitochondrial defense.**

Vital Protection for the Aging Heart and Brain

PQQ is an essential nutrient, meaning your body cannot make it on its own. A growing body of research indicates that PQQ’s unique nutritional profile supports heart health and cognitive function—alone and in combination with CoQ10.¹⁵,¹⁶ This comes as no surprise, given how much energy these vital organs need.

Research shows that PQQ supports heart cell function in the presence of free radicals and promotes blood flow in heart muscle.¹⁷ When taken in combination with CoQ10, just 20 mg per day of PQQ has been shown to promote memory, attention, and cognition in maturing individuals.¹⁹

A Breakthrough Weapon in the Battle Against Aging

Life Extension® has identified a purified, highly potent form of PQQ from Japan that is produced through a unique fermentation process. The result is the highest quality PQQ available on the market today called BioPQQ®.

A bottle containing 30 20 mg vegetarian capsules of PQQ Caps with BioPQQ® retails for $40. If a member buys four bottles during Super Sale, the price is reduced to $24.30 per bottle. (Item #01647) The recommended daily dose for PQQ is 20 mg. Those taking Mitochondrial Energy Optimizer or Mitochondria Basics only require an additional 10 mg of PQQ since these formulas already provide 10 mg of PQQ. Super Ubiquinol with PQQ also provides 10 mg of PQQ in each capsule. Those taking the recommended dose of either of these formulas only need an additional 10 mg of PQQ. The retail price for 30 10 mg PQQ caps is $24. If a member buys four bottles during Super Sale, the price is reduced to only $14.85 per bottle. (Item #01500) BioPQQ® is a registered trademark of MGC (Japan).
The suggested daily dose of two vegetarian capsules of FlorAssist® Heart Health Probiotic provides:
FlorAssist®       5 Billion CFU*
*Lactobacillus reuteri (NCIMB 30242)

* Colony Forming Units

A bottle of 60 vegetarian capsules of FlorAssist® Heart Health Probiotic retails for $32. If a member buys four bottles during Super Sale, the price is reduced to $18.90 per bottle.

Researchers are discovering how important probiotics are to overall health. Beyond improving digestive health, probiotics provide a broad spectrum of benefits throughout the body.

FlorAssist® Heart Health Probiotic contains a novel probiotic—Lactobacillus reuteri 30242—that has been shown in clinical trials to safely support healthy cholesterol in adults already within the normal range.1,2

Additionally, L. reuteri 30242 has been shown to support healthy CRP (a marker for inflammation), fibrinogen (involved in clot formation), apoB-100 (a marker for LDL particle size, a known cardiovascular risk factor), and vitamin D levels (important for cardiovascular health) for those within normal range.3

FlorAssist® Heart Health Probiotic has been carefully formulated for convenient use as a safe, easy-to-swallow capsule with no unpleasant aftertaste. One capsule with food twice daily is the perfect addition to a heart-healthy lifestyle.
Maintaining eye support is essential for optimal eye health.

As we get older, our eyes become vulnerable to a variety of insults that can cause irritation and dry eye. With just a few drops of the proper eye lubricant, eye irritation stemming from dryness may be alleviated.

Brite Eyes provides a powerful dose of two well-established lubricants in every drop, soothing eye discomfort without irritation. Hydroxyethyl-cellulose and glycerin are FDA-approved for ophthalmic use and are uniquely preserved with potent antioxidants and anti-glycating agents.

The Brite Eyes formula is buffered in a way to make it soothing to the eye. The suggested use of Brite Eyes III is to apply 1 to 2 drops in each eye every day.

Each box of Brite Eyes III contains two individual vials that provide 5 mL each. The reason for putting Brite Eyes into individual vials is to reduce the risk of bacterial contamination. Having small vials also makes it convenient for consumers to keep Brite Eyes readily accessible at home, the office, in one’s purse or pocket, and other places where access to a soothing eye drop is needed.

The retail price for a box containing two 5 mL vials of Brite Eyes III is $34. If a member buys four boxes during Super Sale, the price is reduced to $21.60 per box.

To order Brite Eyes III, call 1-800-544-4440 or visit www.LifeExtension.com
Bone Restore combines critical bone boosting nutrients into one superior formula.

Bone Restore includes highly absorbable forms of calcium and boron, along with vitamin D3, magnesium, zinc, manganese, and silicon. Bone Restore is available with or without vitamin K2 (MK-7).

The retail price for 120 capsules of Bone Restore is $24. If a member buys four bottles during Super Sale, the price is reduced to $14.85 per bottle. (Item# 01727)

The same Bone Restore formula without vitamin K2 (MK-7) is available as well. The retail price for 120 capsules is $22. If a member buys four bottles during Super Sale, the price is reduced to $12.83 per bottle. (Item# 01726)

Just four capsules of Bone Restore provide:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highly Absorbable Calcium</td>
<td>700 mg</td>
</tr>
<tr>
<td>(as DimaCal® dicalcium malate, TRAACS® calcium bisglycinate chelate, calcium fructoborate)</td>
<td></td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>1,000 IU</td>
</tr>
<tr>
<td>Vitamin K2 (as menaquinone-7)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Magnesium (as magnesium oxide)</td>
<td>300 mg</td>
</tr>
<tr>
<td>Boron (calcium fructoborate as patented FruiteX B® OsteoBoron®)</td>
<td>3 mg</td>
</tr>
<tr>
<td>Zinc (as zinc amino acid chelate)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Manganese (as amino acid chelate)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Silicon (from horsetail extract)</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

Note: Those who take Super Booster or Super K usually do not need additional vitamin K2. They should order Bone Restore without vitamin K2. Those taking the anticoagulant drug Coumadin® (warfarin) should use Bone Restore without vitamin K2.

Fruitex B® and OsteoBoron® are registered trademarks of VDF Futureceuticals, Inc. U.S. patent #5,962,049. DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. Malate is covered by U.S. Patent 6,706,904 and patents pending.

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

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BLOOD TESTING
The Ultimate Information

**MOST POPULAR PANELS**

<table>
<thead>
<tr>
<th>Panel Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Life Extension Panel</td>
<td>$269</td>
</tr>
<tr>
<td>Female Life Extension Panel</td>
<td>$269</td>
</tr>
<tr>
<td>Weight Loss Panel - Comprehensive</td>
<td>$275</td>
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<tr>
<td>Weight Loss Panel - Basic</td>
<td>$130</td>
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<tr>
<td>Male Hormone Add-On Panel</td>
<td>$155</td>
</tr>
<tr>
<td>Female Hormone Add-On Panel</td>
<td>$125</td>
</tr>
<tr>
<td>Life Extension Thyroid Panel</td>
<td>$75</td>
</tr>
<tr>
<td>Female Comprehensive Hormone Panel</td>
<td>$299</td>
</tr>
<tr>
<td>Male Comprehensive Hormone Panel</td>
<td>$299</td>
</tr>
</tbody>
</table>

**The Ultimate Information**

Blood testing provides the ultimate information regarding correctable risk factors that may predispose you to disorders such as cancer, diabetes, cardiovascular disease, and more. Information about general health and nutritional status can also be gained through standard blood analysis. Standing behind the belief that blood testing is an essential component of any program designed to attain optimal health and longevity, Life Extension® offers this innovative and convenient service at a very affordable price. Not only is comprehensive blood testing an important step in safeguarding your health, it is a simple process from virtually anywhere in the United States.

Five Easy Steps:
1. Call 1-800-208-3444 to discuss and place your order with one of our knowledgeable health advisors.
2. After your order is placed, you will be mailed either a requisition form to take to your local LabCorp Patient Service Center or a Blood Draw Kit; whichever is applicable. (Please note: If a blood draw kit is used, an additional local draw fee may be incurred.)
3. Have your blood drawn.
4. Your blood test results will be sent directly to you by Life Extension.
5. Take the opportunity to discuss the results with one of our knowledgeable health advisors by calling 1-800-226-2370; or review the results with your personal physician.

**For Our Local Members:**
For those residing in the Ft. Lauderdale, Florida area, blood-draws are also performed at the Life Extension Nutrition Center from 9:00 am to 2:00 pm Monday through Saturday. Simply purchase the blood test and have it drawn with no wait!

Our address is 5990 North Federal Highway, Ft. Lauderdale, FL, 33308-2633.

**Blood Testing Member Pricing**

<table>
<thead>
<tr>
<th>Panel Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBC/Chemistry Profile (LC381822)</td>
<td>$35</td>
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<tr>
<td>Cardiovascular Risk Profile</td>
<td></td>
</tr>
<tr>
<td>Liver Function Panel</td>
<td></td>
</tr>
<tr>
<td>Kidney Function Panel</td>
<td></td>
</tr>
<tr>
<td>Blood Count/Red and White Blood Cell Profile</td>
<td></td>
</tr>
</tbody>
</table>

**Most Popular Additional Panels**

- **COMPREHENSIVE PANELS**
- **WEIGHT LOSS PANEL-COMPREHENSIVE**
- **WEIGHT LOSS PANEL-BASIC**
- **MALE HORMONE ADD-ON PANEL**
- **FEMALE HORMONE ADD-ON PANEL**
- **LIFE EXTENSION THYROID PANEL**
- **ADRENAL FUNCTION PANEL**
- **HEALTHY AGING PANEL-COMPREHENSIVE**
- **HEALTHY AGING PANEL-BASIC**
- **VAP™ TEST**
- **VAP™ PLUS**

**Note:** This CBC/Chemistry Profile is included in many Life Extension panels. Please check panel descriptions.

**THE CBC/ChemISTRY PROFILE (LC381822)**

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

- AST (SGOT)
- ALT (SGPT)
- Bilirubin
- Alkaline Phosphatase
- LDH

**BLOOD PROTEIN LEVELS**
- Total Protein
- Albumin
- Creatinine
- Uric Acid

**BLOOD COUNT/RED AND WHITE BLOOD CELL PROFILE**
- Red Blood Cell Count
- White Blood Cell Count
- Hemoglobin A1c
- Hemoglobin
- Ferritin
- Monocytes
- Platelets
- Neutrophils

**VAP™ PLUS** (LC100009)

- VAP, C-Reactive Protein (high sensitivity), Homocysteine, Fibrinogen, PLAC® Test (Lp-PLA2), Vitamin D 25-hydroxy.
**Other Popular Tests and Panels**

<table>
<thead>
<tr>
<th>Panel Name</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRIENT PANEL* (LC100024)</td>
<td>Vitamin B12, Folate, Vitamin D 25-hydroxy, Vitamin C, Vitamin A, Selenium, Zinc, CoQ10, and RBC magnesium.</td>
<td>$49</td>
</tr>
<tr>
<td>ENERGY PROFILE (LC100005S)</td>
<td>CBC/Chemistry Profile (see description previous page), Epstein – Barr Virus antibodies (IgG and IgM), Cytomegalovirus Antibodies (IgG and IgM), Ferritin, Total and Free Testosterone, DHEA-S, Free T3, Free T4, Cortisol, C-Reactive Protein (high sensitivity), Vitamin B12, Folate, Insulin.</td>
<td>$135</td>
</tr>
<tr>
<td>ANEMIA PANEL* (LC100006)</td>
<td>CBC/Chemistry Profile (see description previous page), Ferritin, Total Iron Binding Capacity (TIBC), Vitamin B12, Folate, Reticulocyte Count.</td>
<td>$86</td>
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<tr>
<td>INFLAMMATION PANEL (LC100007)</td>
<td>CBC/Chemistry Profile (see description previous page), C-Reactive Protein (high sensitivity), Sedimentation Rate, Rheumatoid (RA) Factor, Antinuclear Antibodies (ANA) Screen.</td>
<td>$98</td>
</tr>
<tr>
<td>THYROID ANTIBODY PROFILE (LC100004)</td>
<td>Thyroid Antibodies (high sensitivity), Thyroid Peroxidase Antibody (TPO).</td>
<td>$99</td>
</tr>
<tr>
<td>CARDIAC PLUS* (LC100008)</td>
<td>CBC/Chemistry Profile (see description previous page), Vitamin D 25-hydroxy, C-Reactive Protein (high sensitivity), Fibrinogen, Homocysteine.</td>
<td>$145</td>
</tr>
<tr>
<td>Lp-PLA2 (PLAC® TEST) (LC123240)</td>
<td>This test is used to aid in predicting risk for coronary heart disease, and ischemic stroke associated with atherosclerosis. Lp-PLA2 is a cardiovascular risk factor that provides unique information about the stability of the plaque inside your arteries.</td>
<td>$125</td>
</tr>
<tr>
<td>GLYCOMARK (LC500115)</td>
<td>This test measures your average maximum glucose over the past two weeks and is an effective tool in monitoring postmeal glucose control.</td>
<td>$99</td>
</tr>
<tr>
<td>CANCER RISK TESTING</td>
<td>IGF-1 (LC010363)</td>
<td>High levels of IGF-1 (Insulin-like growth factor) are associated with breast and prostate cancer.</td>
</tr>
<tr>
<td>NATURAL KILLER CELL SURFACE ANTIGEN (LC505016)</td>
<td>Natural Killer (NK) Cells are highly selective white blood cells found in our immune system. They patrol the body looking for cells that are infected with cancer or other viruses. This test measures the number of natural killer cells but it does not measure their activity.</td>
<td>$116</td>
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<tr>
<td>PSA (PROSTATE SPECIFIC ANTIGEN) (LC010322)</td>
<td>Screening test for prostate disorders and possible cancer.</td>
<td>$31</td>
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<tr>
<td>GALECTIN-3 (LC004110)</td>
<td>Increased concentrations of galectin-3 are prevalent in growing cancers such as prostate, ovarian and breast.</td>
<td>$90</td>
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**HORMONES**

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<tbody>
<tr>
<td>DHEA-SULFATE (LC004020)</td>
<td>This test shows if you are taking the proper amount of DHEA. This test normally costs $100 or more at commercial laboratories.</td>
<td>$61</td>
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<tr>
<td>MALE BASIC HORMONE PANEL (LC100012)</td>
<td>DHEA-S, Estradiol, Free and Total Testosterone, PSA</td>
<td>$75</td>
</tr>
<tr>
<td>FEMALE BASIC HORMONE PANEL (LC100013)</td>
<td>DHEA-S, Estradiol, Free and Total Testosterone, Progesterone</td>
<td>$75</td>
</tr>
<tr>
<td>DIHYDROTESTOSTERONE (DHT)* (LC500142)</td>
<td>Measures serum concentrations of DHT.</td>
<td>$99</td>
</tr>
<tr>
<td>ESTRADIOL (LC004515)</td>
<td>For men and women. Determines the proper amount in the body.</td>
<td>$33</td>
</tr>
<tr>
<td>INSULIN FASTING (LC004333)</td>
<td>Can predict those at risk of diabetes, obesity, heart and other diseases.</td>
<td>$25</td>
</tr>
<tr>
<td>PREGNENOLONE* (LC140707)</td>
<td>Used to determine ovarian failure, hirsutism, adrenal carcinoma, and Cushing’s syndrome.</td>
<td>$116</td>
</tr>
<tr>
<td>PROGESTERONE (LC004317)</td>
<td>Primarily for women. Determines the proper amount in the body.</td>
<td>$55</td>
</tr>
<tr>
<td>SEX HORMONE BINDING GLOBULIN (SHBG) (LC082016)</td>
<td>This test is used to monitor SHBG levels which are under the positive control of estrogens and thyroid hormones, and suppressed by androgens.</td>
<td>$33</td>
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</tbody>
</table>

**GENERAL HEALTH**

<table>
<thead>
<tr>
<th>Test</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>VITAMIN D (250H) (LC081950)</td>
<td>This test is used to rule out vitamin D deficiency as a cause of bone disease. It can also be used to identify hypercalcemia.</td>
<td>$47</td>
</tr>
<tr>
<td>FERRITIN (LC004598)</td>
<td>Ferritin levels reflect your body’s iron stores and is also a biomarker for insulin resistance.</td>
<td>$28</td>
</tr>
<tr>
<td>VITAMIN B12/FOLATE (LC000810)</td>
<td>Measurements of B12 and Folate help evaluate your general health and nutritional status since the B vitamins are important for cardiac health as well as energy production.</td>
<td>$33</td>
</tr>
</tbody>
</table>

**TERMS AND CONDITIONS**

This blood test service is for informational purposes only and no specific medical advice will be provided. National Diagnostics, Inc., and the Life Extension Foundation® contract with a physician who will order your test(s), but will not diagnose or treat you. Both the physician and the testing laboratory are independent contractors and neither National Diagnostics, Inc., nor the Life Extension Foundation will be liable for their acts or omissions. Always seek the advice of a trained health professional for medical advice, diagnosis, or treatment. When you purchase a blood test from Life Extension/National Diagnostics, Inc., you are doing so with the understanding that you are privately paying for these tests. There will be absolutely no billing to Medicare, Medicaid, or private insurance. I have read the above Terms and Conditions and understand and agree to them.

Signature of Life Extension Member

Life Extension Foundation Members only

MEMBER NO. | Male | Female
--- | --- | ---

Name

Date of Birth (required) / /

Address

City

State Zip

Phone

Credit Card No.

Expiration Date / /

Mail your order form to:

LifeExtension

3600 West Commercial Boulevard

Fort Lauderdale, FL 33309

Phone your order to: 1-800-208-3444

Fax your order to: 1-866-728-1050

Blood tests available only in the continental United States. Not available in Maryland.

For non-member prices call 1-800-208-3444
AMINO ACIDS
Acetyl-L-Carnitine
Acetyl-L-Carnitine-Arginate
Branch Chain Amino Acids
D, L-Phenylalanine Capsules
Glycine Capsules
L-Arginine Capsules
Arginine/L-Ornithine Capsules
L-Citrulline Capsules
L-Glutathione, L-Cysteine & C
L-Glutamine Capsules
L-Glutamine Powder
L-Lysine Capsules
L-Tyrosine Tablets
Mega L-Glutathione Capsules
N-Acetyl-L-Cysteine Capsules
Optimized Carnitine with GlycoCarn®
Pharma QABA®
Super Carnosine Capsules
Taurine Capsules

BONE & JOINT HEALTH
ArthroMax® with Theaflavins and AprèsFlex®
ArthroMax® Advanced with UC-II® and AprèsFlex®
Bone-Up®
Bone Restore
Bone Restore w/Vitamin K2
Bone Strength Formula w/KoAct™
Dr. Strum’s Intensive Bone Formula
Fast Acting Joint Formula
Glucosamine Chondroitin Capsules

BRAIN HEALTH
Acetyl-L-Carnitine
Acetyl-L-Carnitine-Arginate
Brain Shield® Gastrodin
Cognitex® with Brain Shield®
Cognitex® with Pregnenolone & Brain Shield®
Cognitex® Basics
Cognizin® CDP Choline Capsules
DMAE Bitartrate
Ginkgo Biloba Certified Extract™
Huperzine A
Lecithin Granules
Methylcobalamin Lozenges
Migra-Mag with Brain Shield®
Neuro-Mag™ Magnesium L-Threonate
Optimized Ashwagandha Extract
Phosphatidylserine Capsules
Prevagen®
Rhodiola Extract
Super Ginkgo Extract
Vinpocetine

DIGESTIVE
Bifido GI Balance
Carnosol w/PicroProtect
Digest RC™
Esophageal Guardian
Enhanced Super Digestive Enzymes
Extraordinary Enzymes
FloraAssist® Probiotic
Gutsy Chewy Digestive Tablets
Pancreatin
Regimint
Theracal Probiotics

DURK AND SANDY PRODUCTS
Blast™
Inner Power™

EYE CARE
Bilberry Extract
Brite Eyes III
Eye Pressure Support with Mirtogenol®
MacuGuard™ Ocular Support
MacuGuard™ Ocular Support with Astaxanthin
Solarsheild Sunglasses
Super Booster w/MacuGuard™ Ocular Support

FIBER
AppleWise Polyphenol
Fiber Food
TruFiber®
WellBetX PGX® plus Mulberry

FOOD
Rich Rewards™ Black Bean Vegetable Soup
Rich Rewards™ Spicy Cruciferous Vegetable Soup
Rich Rewards™ Cruciferous Vegetable Soup
Rich Rewards™ Lentil Soup
Rich Rewards™ Mung Bean Soup with Tumeric
Rich Rewards® Coffee

HAIR CARE
Dr. Proctor’s Advanced Hair Formula
Dr. Proctor’s Shampoo
Super-Absorbable Tocotrienols

HEART HEALTH
AppleWise Polyphenol
Advanced Lipid Control
Advance Olive Leaf Vascular Support
w/Celery Seed Extract
Aspirin (Enteric Coated)
Cardio Peak™ w/Standardized Hawthorn and Arjuna
Chol-Less™
D-Ribose Tablets
D-Ribose Powder
Endothelial Defense™ with Full-Spectrum Pomegranate™
Fibrogenol Resist
Forskolin
Homocysteine Resist
Natural BP Management
Peak ATP® with GlycoCarn®
PhosphoOmega®
Policosanol
PROVINAL® Purified Omega-7
Pycnogenol® French Maritime Pine Bark Extract
Red Yeast Rice
Super Absorbable CoQ10™ with d-Limonene
Super Omega-3 EPA/DHA with Sesame
Lignani & Olive Fruit Extract
Super Omega with Krill & Astaxanthin
Super Ubiquinol CoQ10
Super Ubiquinol CoQ10 with BioPQQ®
Super Ubiquinol CoQ10 with Enhanced Mitochondrial™ Support
Theflavin Standardized Extract
TMG Powder
TMG Liquid Capsules

HERBAL PHYTO PRODUCTS
Artichoke Leaf Extract
Asian Energy Boost
Astaxanthin w/Phospholipids
Berry Complete
Blueberry Extract
Blueberry Extract w/Pomegranate
Butterbur Extract w/Standardized Rosmarinic Acid
Calcium D-Glucarate
Enhanced Berry Complete with Acai
Full-Spectrum Pomegranate™
Grapeseed Extract with Resveratrol & Pterostilbene
Huperzine A
Kyolic® Garlic Formula 102 + 105
Kyolic® Reserve
Mega Green Tea Extract
Mega Green Tea Extract (Decaffeinated)
(also w/CoffeeGenic® Green Coffee Extract)
Mega Lycopene Extract
Optimized Ashwagandha Extract
Optimized Garlic
Pomegranate Extract
Pycnogenol

IMMUNE ENHANCEMENT
AHCC® (Active Hexose Correlated Compound)
Black Cumin Seed Oil
Black Cumin Seed Oil w/Bio-Curcumin®
Buffered Vitamin C Powder
Echinacea Extract
FlorAssist™ Probiotic
i26 Hyperimmune Egg
Immune Modulator w/Tinoend™
Immune Protect with PARACTIN®
Immune Senescence Formula™
Lactoferin
NK Cell Activator™
Norwegian Shark Liver Oil
Optimized Fucoidan w/Maritech® 926
Peyony Immune
ProBoost™ Thymic Protein A
Reishi Extract Mushroom Complex
RiboGen™ French Oak Wood Extract
Standardized Cistanche
Vitamin C w/Dihydroquercetin
Zinc Loxenges

INFLAMMATORY REACTIONS
Arthro-Immune Joint Support
ArthroMax® with Theaflavins
Boswellia
Bromelain (Specially-coated)
Cytokine Supressor™ with EGCg
DHA (Vegetarian Sourced)
Fast Acting Joint Formula
Ginger Force®
Krill Healthy Joint Formula
5-LOX Inhibitor w/AprèsFlex®
Mega EPA/DHA
Mega GLA with Sesame Lignans
MSM
Organic Golden Flax Seed
Serraffzyme
SODzyme™ with GilISOdin® and Wolfberry
Super Omega-3 EPA/DHA with Sesame
Lignans & Olive Fruit Extract
Tart Cherry w/Standardized CherryPURE®
Zyflamend™ Whole Body

LIVER HEALTH
Branch Chain Amino Acids
Certified Mega Lycopene
N-Acetyl Cysteine
Liver Efficiency Formula
European Milk Thistle
Hepatopro
SAME
Silymarin
MINERALS
Advanced Iodine Complete
Biosil
Bone Restore
Bone Strength Formula w/KoAct®
Bone-Up™
Boron
Calcium Citrate with D3
Chromium Ultra
Copper
Iron Protein Plus
Magnesium
Magnesium Citrate
Only Trace Minerals
Optimized Chromium w/Crominex® 3+ Optimized Zinc
Sea-Iodine™
Se-Methyl L-Selenocysteine
Strontium
Vanadyl Sulfate
Zinc Lozenges

MISCELLANEOUS
Blood Pressure Monitor Arm Cuff
CR Way Edition Advanced Dietary Software

MITOCHONDRIAL SUPPORT
Acetil-L-Carnitine-Arginate
Adrenal Energy Formula
Zinc Lozenges
Vanadyl Sulfate

MOOD RELIEF
Adrenal Energy Formula
Bioactive Milk Peptides
L-Theanine
Enhanced Natural Sleep* w/ Melatonin
Enhanced Natural Sleep* w/o Melatonin
Natural Stress Relief
SAMe
L-Tryptophan
Optimized Tryptophan Plus

MOUTH CARE
Advanced Oral Hygiene
Mouthwash w/Pomegranate
Toothpaste
Xyliwhite™ Mouthwash

MULTIVITAMIN
Booster
Children’s Formula Life Extension Mix™
Comprehensive Nutrient Packs Advanced
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 Tablets
Life Extension Mix™ w/Extra Niacin
Life Extension Mix™ w/Extra Niacin w/o Copper
Life Extension Mix™ w/Stevia
Life Extension Mix™ w/Stevia Powder
Life Extension One-Per-Day
Life Extension Two-Per-Day
Super Booster MacuGuard™ Ocular Support

PET CARE
Cat Mix
Dog Mix

PROSTATE & URINARY HEALTH
Optimized Cran-Max™ with UTIRose™
Optimized Cran-Max™ with UTIRose™ S-LOXIN®
PalmettoGuard™ Saw Palmetto w/Beta Sitosterol
Pomi-T™

SKIN CARE
Advanced Hydrating Cream
Advanced Peptide Hand Therapy
Advanced Triple Peptide Serum
Advanced Under Eye Serum with Stem Cells
Amber Self MicroDermAbraham
Anti-Aging Mask
Anti-Glycation Serum
Anti-Aging Rejuvenating Face Cream with Coffee Extracts
Anti-Aging Rejuvenating Scalp Serum
Antioxidant Rejuvenating Foot Cream
Antioxidant Rejuvenating Foot Scrub
Antioxidant Rejuvenating Hand Cream
Antioxidant Rejuvenating Hand Scrub
Anti-Redness & Blemish Lotion
Bio-Collagen w/Patented UC-II™
Bioflavonoid Cream
Broccoll Cleanse
Corrective Clearing Mask
DNA Repair Cream
Dual-Action MicroDermAbraham
Essential Plant Lipids Reparative Serum
Face Master® Platinum
Face Rejuvenating Antioxidant Cream
Enhanced FerriBlock™ w/ Red Orange Complex
Fine Line-Less
Hair Suppression Formula
Healing Formula All-in-One Cream
Healing Mask
Hyaluronic Facial Moisturizer
Hydrating Anti-Oxidant Face Mist
Hydroderm™ Lifting & Tightening Complex
Lycopene Cream
Melatonin Cream
Mild Facial Cleanser
Neck Rejuvenating Antioxidant Cream
Pigment Correcting Cream (Ultra) Rejuvenex™
Rejuvenex® Body Lotion
Rejuvenex® Factor Firming Serum
Rejuvenating Serum
Renewing Eye Cream
Resveratrol Anti-Oxidant Serum
Skin Lightening Serum
Skin Restoring Phytoceramides w/Lipowheat®
Skin Stem Cell Serum
Stem Cell Cream w/Alpine Rose
Ultra Rejuvenex™
Ultra Rejuvelight™ w/ Progesterone
Ultra Lip Plumper
Ultra Wrinkle Relaxer
Under Eye Refining Serum
Under Eye Rescue Cream
Vitamin C Serum
Vitamin D Lotion
Vitamin E Essential Cream
Vitamin K Healing Cream
Youth Serum

SOY
Natural Estrogen w/Pomegranate
Natural Estrogen w/Pomegranate
Natural Estrogen w/Pomegranate
Natural Estrogen w/Pomegranate
Natural Estrogen w/Pomegranate
Natural Estrogen w/Pomegranate

SPORTS PERFORMANCE
Creatine Capsules
DMG (N, N-dimethylglycine)
L-Glutamine Capsules
L-Glutamine Powder
Whey Protein Isolate
Whey Protein Concentrate

VITAMINS
Ascorbly Palmitate Capsules
B12
Beta-Carotene
Biotin Capsules
Buffered Vitamin C Powder
Complete B Complex
Effervescent Vitamin C
Fast-C®
Folic Acid + B12
Gamma E Tocopherol w/Sesame Lignans
Gamma E Tocopherol/Tocotrienols
Insolitin Capsules
Mega Lycopene Extract
Methylcobalamin
MK-7
No-Flush Niacin
Optimized Folate
Super Ascorbate C Capsules
Super Ascorbate C Powder
Super K w/Advanced K2 Complex
Tocotrienols w/Sesame Lignans
Vitamin B3 (Niacin) Capsules
Vitamin B6
Vitamin B12 Lozenges
Vitamin C
Vitamin D3
Vitamin D3 w/Sea-Iodine™
Vitamins D and K w/Sea-Iodine™
Vitamin E
Vitamin K2

WEIGHT MANAGEMENT
Advanced Anti-Adipocyte Formula w/Meratrim® & Integra Lean®
Advanced Natural Appetite Suppress CalReduce Selective Fat Binder
CoffeeGenic® Green Coffee Extract
1-KETO DHEA
DHEA® Complete
Fucosanthin Slim™
Garcinia HCA
Integra-Lean® African Mango Irvingia
Optimized Irvingia w/Phase 3rd Calorie Control Complex
Optimized Saffron w/Satiereal®
Natural Glucose Absorption Control
Super Citrimax®
Super CLA Blend w/Guarana and Sesame Lignans
Super CLA Blend w/Sesame Lignans
WellBetX PGX® plus Mulbery

PRODUCTS
Coriolus Super Strength
CR Memetic Longevity Formula
Cinsulin® w/InSea®
and Crominex® 3+
European Leg Solution Diosmin 95
Fern Dophilus
Fenmessenese MacaPause®
GlycemicPro™ Transglucosidase
Migra-eze™
NAD+ Cell Regenerator™
Nicotinamide Riboside
Optimized Resveratrol w/NAD+ Cell Regenerator™
Pecta-Sol®
Potassium Iodide
POQ Caps with BioPOQ®
PeroPine®
Prelox® Natural Sex for Men®
Pyridoxal 5’- Phosphate
Tri Sugar Shield™
## Buyers Club Order Form

**SUPER SALE SAVINGS ON ALL PRODUCTS**

To order call 1-800-544-4440

<table>
<thead>
<tr>
<th>No.</th>
<th>Retail Each</th>
<th>Member Each</th>
<th>Qty</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0124</td>
<td>ACETYL-L-CARNITINE - 500 mg, 100 veg. caps</td>
<td>$34.00</td>
<td>$25.50</td>
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<tr>
<td>0125</td>
<td>ACETYL-L-CARNITINE ARGINATE - 100 veg. caps</td>
<td>59.00</td>
<td>44.25</td>
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<tr>
<td>01628</td>
<td>ADRENAL ENERGY FORMULA - 60 veg. caps</td>
<td>24.00</td>
<td>18.00</td>
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<tr>
<td>01630</td>
<td>ADRENAL ENERGY FORMULA - 120 veg. caps</td>
<td>46.00</td>
<td>34.50</td>
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<tr>
<td>01828</td>
<td>ADVANCED LIPID CONTROL - 60 veg. caps</td>
<td>30.00</td>
<td>22.50</td>
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<tr>
<td>01521</td>
<td>ADVANCED ORAL HYGIENE - 60 mint lozenges</td>
<td>20.00</td>
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<tr>
<td>00681</td>
<td>AMIC - 500 mg, 30 caps</td>
<td>59.98</td>
<td>44.99</td>
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<tr>
<td>00457</td>
<td>ALPHA-LIPIDIC ACID W/BIOTIN (SUPER) - 250 mg, 60 caps</td>
<td>37.00</td>
<td>27.75</td>
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<tr>
<td>01907</td>
<td>AMPK ACTIVATOR - 90 veg. caps</td>
<td>48.00</td>
<td>36.00</td>
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<tr>
<td>01440</td>
<td>ANTI-ALCOHOL ANTIOXIDANTS w/HEPATOPRO - 100 caps</td>
<td>26.00</td>
<td>19.50</td>
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<tr>
<td>01509</td>
<td>ANTI-ADIPOCYTE FORMULA w/MERATRIM® &amp; INTEGRA LEAN® (ADVANCED) - 60 veg. caps</td>
<td>39.00</td>
<td>29.25</td>
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<tr>
<td>01625</td>
<td>APPLEWLET POLYPHENOL EXTRACT - 600 mg, 30 veg. caps</td>
<td>21.00</td>
<td>15.75</td>
<td></td>
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<tr>
<td>01309</td>
<td>ARGinine/Ornithine - 500/250, 100 caps</td>
<td>17.99</td>
<td>13.49</td>
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<tr>
<td>00038</td>
<td>ARGinine/Ornithine Powder - 150 grams</td>
<td>22.95</td>
<td>17.21</td>
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</tr>
<tr>
<td>01624</td>
<td>L-(L)-ARGININE CAPS - 700 mg, 200 veg. caps</td>
<td>26.50</td>
<td>19.88</td>
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<tr>
<td>0617</td>
<td>ARTHRITOMAX® w/TEAFLAVINS &amp; APRESFLEX® - 120 veg. caps</td>
<td>44.00</td>
<td>33.00</td>
<td></td>
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<tr>
<td>0618</td>
<td>ARTHRITOMAX® ADVANCED w/U-C-II® &amp; APRESFLEX® - 60 caps</td>
<td>36.00</td>
<td>27.00</td>
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<tr>
<td>01404</td>
<td>ARTHRIO-IMMUNE JOINT SUPPORT - 60 veg. caps</td>
<td>32.00</td>
<td>24.00</td>
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<tr>
<td>00919</td>
<td>ARTHROCHIE LEAF EXTRACT - 500 mg, 180 veg. caps</td>
<td>30.00</td>
<td>22.50</td>
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<tr>
<td>01533</td>
<td>ASCORBYL PALMITATE - 500 mg, 100 veg-caps</td>
<td>22.50</td>
<td>16.88</td>
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<tr>
<td>00888</td>
<td>ASHWAAGADHA EXTRACT (OPTIMIZED) - 60 veg. caps</td>
<td>10.00</td>
<td>7.50</td>
<td></td>
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<tr>
<td>01805</td>
<td>ASIAN ENERGY BOOST - 90 veg. caps</td>
<td>24.00</td>
<td>18.00</td>
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<tr>
<td>01066</td>
<td>ASPIRIN - 81 mg, 300 enteric coated tablets</td>
<td>6.00</td>
<td>4.50</td>
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<tr>
<td>01720</td>
<td>ASTAXANTHIN WITH PHOSPHOLIPIDS - 4 mg, 30 softgels</td>
<td>16.00</td>
<td>12.00</td>
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<tr>
<td>B</td>
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<tr>
<td>00920</td>
<td>BENEFOTAMINE W/ THIAMINE - 100 mg, 120 veg. caps</td>
<td>$19.95</td>
<td>$14.96</td>
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<tr>
<td>00925</td>
<td>BENEFOTAMINE (Mega) - 250 mg, 120 veg. caps</td>
<td>18.60</td>
<td>13.95</td>
<td></td>
</tr>
</tbody>
</table>

**Deduct an additional 10% on all products during Super Sale**

**SUB-TOTAL OF COLUMN 1**

**SUB-TOTAL OF COLUMN 2**

**SUPER SALE 2014-2015**

**LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS**
<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Retail Each</th>
<th>Member Each</th>
<th>Qty</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>01203</td>
<td>BRONEMELAIN (SPECIALY-COATED) - 500 mg, 60 enteric coated tablets</td>
<td>$21.00</td>
<td>$15.75</td>
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<tr>
<td>00884</td>
<td>BUTTERBUR EXT. w/STANDARDIZED ROSMARINIC ACID - 60 softgels</td>
<td>$14.25</td>
<td>$10.25</td>
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<td>01653</td>
<td>CALCIUM CITRATE w/VITAMIN D - 300 caps</td>
<td>$24.00</td>
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<td>01651</td>
<td>CALCIUM D-GLUCARATE - 200 mg, 60 veg. caps</td>
<td>$19.00</td>
<td>$14.25</td>
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<tr>
<td>**01823</td>
<td>CALREDUCE SELECTIVE FAT BINDER - 120 mini chewable tablets</td>
<td>$15.00</td>
<td>$11.25</td>
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<tr>
<td>01700</td>
<td>CARDIO PEARL w/STANDARDIZED HAWTHORN &amp; ARALUNA - 120 veg. caps</td>
<td>$24.00</td>
<td>$18.00</td>
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<tr>
<td>00916</td>
<td>CARNITINE w/GLYCOCARN® (OPTIMIZED) - 60 veg. caps</td>
<td>$18.00</td>
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<tr>
<td>01532</td>
<td>L-CARNITINE - 500 mg, 30 veg. caps</td>
<td>$12.00</td>
<td>$9.00</td>
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<tr>
<td>01258</td>
<td>CARNOSOOTH w/PICROPROTECTTM - 60 veg. caps</td>
<td>$27.00</td>
<td>$20.25</td>
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<tr>
<td>01687</td>
<td>CARNOSINE (SUPER) - 500 mg, 90 veg. caps</td>
<td>$24.00</td>
<td>$18.00</td>
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<tr>
<td>01003</td>
<td>CAT MIX - 100 grams powder</td>
<td>$18.00</td>
<td>$13.50</td>
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<tr>
<td>01891</td>
<td>CHILDREN'S FORMULA LIFE EXTENSION MIX® - 100 chewable tablets</td>
<td>$24.00</td>
<td>$18.00</td>
<td></td>
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</tr>
<tr>
<td>00550</td>
<td>CHOLELIRA - 500 mg, 200 tablets</td>
<td>$23.50</td>
<td>$17.63</td>
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**SUB-TOTAL OF COLUMN 3**

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**SUPER SALE 2014-2015**

Deduction an additional 10% on all products during Super Sale
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**SUPER SALE SAVINGS ON ALL PRODUCTS**

**LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS**

**DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE**
## Buyers Club Order Form

**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 2, 2015**

*To order online visit www.LifeExtension.com/SuperSale*

### SUPER SALE 2014-2015

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**SUB-TOTAL OF COLUMN 7**

**SUB-TOTAL OF COLUMN 8**

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS  

SUPER SALE 2014-2015
Buyers Club Order Form

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SUB-TOTAL OF COLUMN 9

SUPER SALE 2014-2015

DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

SUPER SALE SAVINGS ON ALL PRODUCTS

To order call 1-800-544-4440

To order call 1-800-544-4440
<table>
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SUB-TOTAL OF COLUMN 11

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS

DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

SUB-TOTAL OF COLUMN 12

OFFER ENDS FEBRUARY 2, 2015

To order online visit www.LifeExtension.com/SuperSale

BUYERS CLUB ORDER FORM

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SUPER SALE 2014-2015

OFFER ENDS FEBRUARY 2, 2015
### Buyers Club Order Form

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<th>Qty</th>
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**CONTINUED**

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**SUB-TOTAL OF COLUMN 13**

**SUPER SALE SAVINGS ON ALL PRODUCTS**

**DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE**

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS DURING SUPER SALE.
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<tr>
<th>No.</th>
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<th>Qty</th>
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<tr>
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<td>01820</td>
<td>270 grams</td>
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<td>150 veg. caps</td>
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**Sub-Total of Column 15**

**Sub-Total of Column 16**

Life Extension Members receive 25% off the retail price of all products during the Super Sale.

Deduct an additional 10% on all products during Super Sale.
### Buyers Club Order Form

**Super Sale 2014-2015**

**Life Extension Members Receive 25% Off the Retail Price of All Products**

#### To order call: 1-954-766-8433 or 1-800-544-4440

<table>
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<th>No.</th>
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<th>Qty</th>
<th>Total</th>
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<td>00213</td>
<td>Vanadyl Sulfate - 7.5 mg, 100 veg. tablets</td>
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<td>00048</td>
<td>Venotone - 60 caps</td>
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<tr>
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<td>Vinpocetine - 10 mg, 100 tablets</td>
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<td>Vitamin B3 Niacin - 500 mg, 100 caps</td>
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<td>Vitamin C (Buffered) Powder - 454.6 grams</td>
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<td>Vitamin D3 - 2,000 IU, 1 fl oz, Mint flavor</td>
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<td>Vitamin D3 w/Sea-Iodine™ - 5,000 IU, 60 caps</td>
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<td>Vitamin D3 Liquid Emulsion - 2,000 IU, 1 oz.</td>
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<td>Vitamins D and K w/Sea-Iodine™ - 60 caps</td>
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**Sub-Total of Column 17**

**Super Sale 2014-2015**

**Life Extension Members Receive 25% Off the Retail Price of All Products**

**Deduct an Additional 10% on All Products During Super Sale**

---

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

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

* These products are not 25% off retail price.
** Not eligible for member discount or member renewal product credit.
*** Due to license restrictions, this product is not for sale to customers outside of the USA.
† Member pricing not valid on this item.
‡ Due to license restrictions, this product is not for sale to Canada.
†† Due to license restrictions, this product is not for sale to customers outside of the USA and Canada.
## Buyers Club Order Form

### ORDER SUBTOTALS

| Sub-Total Column 1 | Sub-Total Column 2 | Sub-Total Column 3 | Sub-Total Column 4 | Sub-Total Column 5 | Sub-Total Column 6 | Sub-Total Column 7 | Sub-Total Column 8 | Sub-Total Column 9 | Sub-Total Column 10 | Sub-Total Column 11 | Sub-Total Column 12 | Sub-Total Column 13 | Sub-Total Column 14 | Sub-Total Column 15 | Sub-Total Column 16 | Sub-Total Column 17 |
|--------------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|

### ORDER TOTALS

Sub-Total A (Sub-total of Columns 1 through 17)  
**SUPER SALE DEDUCT 10% (Subtotal x 10%)**  
**Ends 02/02/15**

- **Postage And Handling (Any size order, continental U.S.)**  
  $5.50
- **C.O.D.s (Add $7 for C.O.D. orders)**
- **Shipping**

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

### 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**

---

**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)**

**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

**ORDER ONLINE AT:**  
www.LifeExtension.com
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**Sub-Total (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.)

**Prices subject to change without notice. Please notify the Life Extension Foundation® of any address change.**

**TOTAL**

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**LIFE EXTENSION FOUNDATION® MEMBERS ONLY**

**NAME**

**E-MAIL**

**ADDRESS**

**CITY/STATE/ZIP-POSTAL CODE**

**COUNTRY**

**PHONE**

**FAX**

**VISA/MASTERCARD/AMEX/DISCOVER #**

**EXP. DATE**

**SIGNATURE**

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**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  
Other International Shipping Restrictions May Apply. Please visit www.LifeExtension.com/vitamins-supplements/shipping/shipping-information.htm

---

**MEMBER NO.**

**PRINT MEMBERSHIP NO. FOR MEMBER DISCOUNT**

**NOT A MEMBER? JOIN TODAY!**

☐ I want to join the Life Extension Foundation®.

Enclosed is $15 for annual membership, (Canadians add $7.00, all others outside the U.S. add $35.00). Send me: Disease Prevention & Treatment Protocol Book
FREE Gift to New Members

This 2014 edition of Disease Prevention and Treatment provides 1,400 pages of information about therapies that are documented in the scientific literature, but are not routinely used in clinical medical practice. Gaining access to this knowledge enables one with a medical disorder to take advantage of these advanced modalities immediately, rather than waiting years for conventional medicine to catch on.

To order a copy of Disease Prevention and Treatment, visit www.LifeExtension.com

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 34-year track record shows that we have been five to 10 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 1,400-page Disease Prevention and Treatment protocol book that contains novel therapies to treat 130 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.LifeExtension.com
3. Fax back to 1-866-728-1050
4. Mail to: Life Extension Foundation® PO Box 407198 • Ft. Lauderdale, FL 33340-7198

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: ____________________________ Exp. ______

To order online visit: www.LifeExtension.com

LIFE EXTENSION MEMBERS RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS

DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

SUPER SALE 2014-2015
Zinc Acetate Lozenges

FOR WINTER SEASON SUPPORT

Zinc stimulates the activity of about 300 enzymes\(^1\) and fortifies the immune system.\(^2\)

Taking the best zinc lozenge is important for maintaining the body's natural defense system during the cold season—and throughout the year. **Enhanced Zinc Lozenges** is a special "ionic formula" that delivers on the original promise of seasonal immune support.

**Immune Support For Seasonal Changes**

Scientific evidence is accumulating that *zinc acetate* is the preferred zinc compound to provide enhanced seasonal immune support.

**Zinc acetate** releases **100%** of its zinc as **ionic zinc**—positively charged zinc ions. **Zinc acetate** lozenges have been shown to strongly support immune function.\(^3\)\(^,\)\(^4\)

Life Extension\(^\circledR\) **Enhanced Zinc Lozenges** provide **zinc acetate** with no other ingredients that could reduce the delivery of these immune-supportive, positively charged zinc ions. **Enhanced Zinc Lozenges** come in a naturally flavored peppermint lozenge.

The suggested serving size of one vegetarian lozenge of **Life Extension\(^\circledR\) Enhanced Zinc Lozenges** provides:

- **Zinc (as zinc acetate)** 18.75 mg

A bottle of 30 vegetarian lozenges of **Life Extension\(^\circledR\) Enhanced Zinc Lozenges** retails for $12. If a member buys two bottles during **Super Sale**, the price is reduced to **$5.40** per bottle.

**References**

Nearly 6,000 studies have been published on the broad-spectrum health benefits of green tea. Research shows that green tea favorably influences cardiovascular health, lipid clearance, glucose tolerance, healthy body weight, DNA repair, prostate and breast health, and healthy cell division. Scientists have identified the polyphenol EGCG as the key compound for green tea’s multimodal health benefits.

Life Extension® has created a high-potency, standardized 98% polyphenol green tea extract. These highly concentrated Mega Green Tea Extract Capsules contain 725 mg of either lightly caffeinated or decaffeinated 98% standardized green tea extracts.

The retail price for 100 vegetarian capsules of Mega Green Tea Extract is $30. If a member buys four bottles of 725 mg Mega Green Tea Extract capsules during Super Sale, the price is reduced to $16.20 per bottle. Each bottle will last over three months at the typical dose of one capsule daily.

References
To Support Arterial Health And Bone Support

There are three forms of vitamin K that are key factors to promoting arterial health and bone support.\(^1\)

**Life Extension® Super K with Advanced K2 Complex** provides this dynamic trio of vitamin K1, vitamin K2 (MK-4), and vitamin K2 (MK-7) in one softgel.

Vitamin K1 is the form of vitamin K found in green vegetables, but only a fraction is absorbed into the bloodstream. Supplementation ensures ample K1 blood levels. Vitamin K2 can be found in meats, dairy, and egg yolks. If you are avoiding these foods for health reasons, it is essential to ingest a K2 supplement. MK-4 is the most rapidly absorbed form of K2, while MK-7 boasts a very long half-life in the body. This makes both forms the perfect complement to any vitamin K regimen.\(^5\)

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.

The retail price for a bottle containing 90 softgels is $30. If a member buys four bottles during **Super Sale**, the price is reduced to **$18.23 per bottle**. Each bottle lasts for three months.

(The same Super K formula consisting of vitamin K1, vitamin K2 (MK-4), and vitamin K2 (MK-7) can be found in the **Life Extension® Super Booster**. If you take the Super Booster, you do not need additional **Super K with Advanced K2 Complex**.)

To order Super K with Advanced K2 Complex or Super Booster, call 1-800-544-4440 or visit LifeExtension.com

**COMPREHENSIVE VITAMIN K FORMULA**

**Item # 0724**

**Just one daily softgel of Super K formula provides:**

- Vitamin K2 (MK-7) \(200\) mcg
- Vitamin K2 (MK-4) \(1,000\) mcg
- Vitamin K1 \(1,000\) mcg

References

**Warning to Coumadin® (warfarin) Drug Users:** Patients prescribed vitamin K-antagonist anticoagulant prescription drugs like warfarin should consult their physician before taking vitamin K supplements like Super K and Super Booster. There is evidence, however, that users of drugs like warfarin could benefit from a consistent low dose of supplemental K. Ask your doctor if you can take a low dose (45 mcg a day) of vitamin K2 in the long-acting MK-7 form for the purpose of stabilizing your INR levels and also protecting your body against long-term vitamin K deficit. Do not initiate any form of vitamin K supplementation without full cooperation of your treating doctor, as your doctor may need to increase your dose of warfarin to compensate for your vitamin K supplement. Life Extension® provides several forms of low-dose vitamin K for physician consideration.
Over 6,000 studies have been published on resveratrol, a compound shown to favorably alter genes that help slow the aging process. In fact, resveratrol triggers some of the same beneficial youthful gene expression activated by calorie restriction.\(^1\)

The all-new Optimized Resveratrol with NAD+ Cell Regenerator now contains NIAGEN\(^{TM}\) nicotinamide riboside, a novel nutrient shown to support mitochondrial health and promote longevity pathways. This new formula provides 100 mg of NIAGEN\(^{TM}\) nicotinamide riboside—an amount equivalent to almost 667 cups of milk!\(^2\)

The updated Optimized Resveratrol with NAD+ Cell Regenerator also contains specific compounds in berries, such as pterostilbene and fisetin, which researchers say work in synergy with resveratrol to “turn on” the body’s own longevity genes.

**Advanced Defense Against Cellular Aging**

The all-new...

**OPTIMIZED RESVERATROL**

with NAD+ Cell Regenerator

Over 6,000 studies have been published on resveratrol, a compound shown to favorably alter genes that help slow the aging process. In fact, resveratrol triggers some of the same beneficial youthful gene expression activated by calorie restriction.\(^1\)

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The updated Optimized Resveratrol with NAD+ Cell Regenerator also contains specific compounds in berries, such as pterostilbene and fisetin, which researchers say work in synergy with resveratrol to “turn on” the body’s own longevity genes.

**Just one capsule of Optimized Resveratrol with NAD+ Cell Regenerator supplies:**

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<td>Fisetin</td>
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</table>

A bottle of 30 Optimized Resveratrol with NAD+ Cell Regenerator vegetarian capsules retails for $42 (Item # 01930). If a member buys four bottles during Super Sale, the price is reduced to $24.30 per bottle. The suggested dose is one capsule daily of this “optimized” resveratrol formula.

Nicotinamide Riboside NIAGEN\(^{TM}\) is a registered trademark of ChromaDex, Inc. Patents see: [www.ChromaDexPatents.com](http://www.ChromaDexPatents.com).

To order Optimized Resveratrol with NAD+ Cell Regenerator, call 1-800-544-4440 or visit [www.LifeExtension.com](http://www.LifeExtension.com)

**References**


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.
WHAT’S INSIDE

Annual Super Sale begins November 17, 2014

ACTIVATE YOUR LONGEVITY GENES
Researchers have discovered a cellular enzyme that facilitates fat removal and extends life span. For the first time, we can re-activate this critical enzyme in a practical way that moves us closer to gaining control over destructive aging processes.

PREVENT AGE-RELATED VISION LOSS
Millions of Americans lose their eyesight due to cataracts and macular degeneration. New research published in 2014 validates that specific xanthophylls powerfully inhibit the pathways of vision loss, while a berry extract helps protect against night blindness.

WHAT HISTORY HAS TAUGHT US
As 2015 approaches, we have a huge advantage over our ancestors who died of bacterial infections. We already know many underlying causes of degenerative disease and are rapidly developing technologies to circumvent them. Two major age-reversal advances are described in this special edition of Life Extension® Magazine.

OBTAINING THE LOWEST PRICES
Life Extension® members are longevity enthusiasts who take extraordinary steps to stave off disease and aging. During our 26th annual winter Super Sale, members obtain advanced nutrient formulations at extra-discounted prices.