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Novel Protection Against Cellular Aging

The bacteria-killing effects of penicillin were published in the British Journal of Experimental Pathology in 1929.¹ The public did not gain access to penicillin until 1945.²,³ Millions of Americans died during the 16-year delay in making penicillin widely available.⁴,⁶ The same scenario is happening today. Effective ways to counteract aging have been discovered, but are overlooked by the medical mainstream.

Halt Alzheimer’s Dementia

Medical textbooks describe Alzheimer’s disease as progressive mental deterioration that is irreversible.⁷ This concept was turned upside down in 2014 as published human research showed progression of Alzheimer’s dementia can be partially reversed.⁸,⁹ The challenge in regressing Alzheimer’s is that it required strict adherence to dietary changes that most people are unable to comply with.

In a major advance, two low-cost natural compounds have been shown to halt Alzheimer’s progression. They work by protecting against the structural changes that occur in brain cells as we age.

In one human study, 54% of the Alzheimer’s patients given an extract from mother’s milk showed an average 25% improvement in mental test scores. The Alzheimer’s patients in the placebo arm of the study suffered a worsening of their neurologic status.¹⁰

Another study found no progression of symptoms in Alzheimer’s patients taking microdose lithium.¹¹

Protection Against Cellular Aging

Microdose lithium is a potential breakthrough in the control of Alzheimer’s. The mechanism by which it functions may represent a new paradigm in the prevention of brain cell aging in healthy individuals.

Lithium is a GSK-3 inhibitor.¹²,¹³ Based on a growing body of evidence, compounds that inhibit the deadly GSK-3 enzyme may soon become as well-known as antioxidants are today.¹⁴-¹⁶

Unlike victims of bacterial infections who had no access to penicillin at any price, the cost of lithium is remarkably low.

EXAMPLE OF LETAL DELAY

• Alexander Fleming identified antibiotic properties of penicillin in 1928.¹⁷,¹⁸
• British Journal of Experimental Pathology published findings in 1929.
• Penicillin not widely available until 1945.²,³
• Delay caused millions of deaths.
**Accelerated Development of Age-Delaying Compounds**

The first article in this issue describes how lithium and a mother’s milk extract protect against the structure damage observed in Alzheimer’s patients.

These findings may seem at first to be of interest to those with dementia. The take-home lesson is that consumers can now afford to apply this novel protection against brain aging before cognitive impairment and other degenerative changes manifest.

**Novel Method to Defend Your Joint Cartilage**

The hallmark structural damage associated with osteoarthritis is degeneration of joint cartilage.

A fascinating article in this issue describes herbal extracts that were compared directly with popular arthritis drugs. Not only did these nutrients provide superior overall relief, but two of them demonstrated a slowing of cartilage degeneration, something the drugs did not do.

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**Relief for Sensitive Stomachs**

Digestive difficulties remain a frequent cause of age-related discomfort. A common culprit is the H. pylori bacteria that can usually be eradicated by aggressive antibiotic intervention.

Japanese researchers have identified two nutrients that, when compounded together, safely reduce gastric inflammation, heal the stomach lining and reduce the presence of new H. pylori.

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New Method to Slow Brain Aging
Until recently, Alzheimer’s disease was viewed as an incurable consequence of aging. Nearly everyone predicted an explosion of dementia victims as the Baby Boomer population matures past 60 years.

That pessimistic theory was turned upside down in a landmark 2016 report. This study, published in the *New England Journal of Medicine*, reveals that overall dementia incidence declined by about 10%-20% per decade starting in the 1980s.¹

We at Life Extension® attribute the decline in dementia to Americans adopting healthier dietary/lifestyle practices, along with more aggressive interventions to protect vascular health. Solid research findings substantiate our position.²⁻²⁰

Steps people can take today to reduce dementia risk include protecting against inflammation,²¹⁻²⁶ hypertension,²⁷⁻²⁹ and mitochondrial dysfunction.²⁶,30⁻³⁵

Missing from this prevention strategy up until now is a way to reverse the structural changes observed in brain cells of Alzheimer’s patients.

This article reveals a novel and low-cost method of restoring cognitive function lost to normal aging.
In order to understand how Alzheimer’s dementia develops, you should know the structural damage that occurs in your brain as a part of normal aging.

The major structural defects are:

- **Beta amyloid accumulation**: Amyloid plaques are senile protein “clumps” that damage areas involved in memory consolidation. These plaques are highly toxic to neurons (brain cells).

- **Tau protein dysfunction**: Healthy neurons are held together by a cellular skeleton made up of tau protein microtubules. When tau proteins are dysfunctional and abnormally accumulate, the consequence is cellular death.

- **Neurofibrillary tangles**: As damaged tau proteins accumulate, neurons become clogged with neurofibrillary tangles. This renders neurons dysfunctional.

In a stunning development, two natural factors have been discovered that protect against structural brain cell alterations observed in the elderly. These new neuro-protectors are microdose lithium and a colostrum-derived proline-rich polypeptide.

Published studies reveal how these two nutrients can stabilize cognitive function, slow Alzheimer’s progression and possibly reverse it. These discoveries provide an easy way to protect against senile changes that up until now were thought to be unavoidable.

Lithium acts by inhibiting an enzyme called GSK-3 that causes the formation of abnormal tau proteins and neurofibrillary tangles. These “tangles” destroy brain cells and impair memory.

Proline-rich polypeptide alters the expression of genes involved in beta amyloid formation and in tau protein damage that contributes to brain cell destruction.

This “mother’s milk” extract has been shown to produce meaningful improvements in cognitive function and daily living activities in human studies. Additional research demonstrates an increase in new nerve cell growth and connectivity.

This article will focus on an unprecedented opportunity for aging humans to halt certain mechanisms of brain aging using very low-cost nutrients.

What should excite Life Extension supporters is that the mechanisms by which these nutrients protect the brain may confer similar benefits to cells in other parts of the aging body.

These discoveries open new fields of innovation to target the underlying causes of degenerative aging.

**GSK-3: The Age-Accelerating Enzyme**

Researchers have made a discovery so profound that it might surpass other known mechanisms of pathological aging in importance.

Our bodies contain an enzyme called GSK-3 that plays a role in regulating glucose metabolism. GSK-3 stands for glycogen synthase kinase-3. The problem with GSK-3 as we age is that it severely damages our delicate cellular structures.

Here’s a description of what scientists find when GSK-3 activity is increased:

1. Accelerated aging in heart and muscle, showing profound dysfunction.
2. Increase in pro-inflammatory cytokines.
3. Accelerated aging in the skeletal system, leading to degenerative joint disease.
4. Accelerated aging in the stomach and liver.
5. Development of structurally abnormal cell organelles including disrupted mitochondria.
6. Dysfunctional autophagy, meaning inability to clear “debris” that accumulates inside aging cells.
You are about to learn a new term that may soon become as widely known as “antioxidant.”

This new longevity strategy is to identify safe substances that function as GSK-3 inhibitors. Studies show that when GSK-3 is inhibited, healthy lifespan may be increased.48

**How GSK-3 Contributes to Alzheimer’s disease**

Alzheimer’s disease brains undergo structural changes that result in accumulations of beta amyloid plaque and damaged tau proteins.49 This in turn creates neurofibrillary tangles that lead to brain shrinkage and cell death associated with Alzheimer’s dementia.50

These structural alterations in brain cells correlate with increased activity of the GSK-3 enzyme.

GSK-3 converts tau proteins into destructive tangled clumps that poison brain cells. The abnormal expression of tau proteins caused by GSK-3 can lead to neurofibrillary tangle formation and eventual dementia.39,50,51

Evidence suggests that impaired glucose/insulin action increases accumulations of beta amyloid and damaged tau proteins.50

These observations have led to the term “type III diabetes” being used to describe Alzheimer’s disease. That’s because so many Alzheimer’s patients also present with glucose impairment and insulin resistance.52,53

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**What You Need to Know**

**Preventing Alzheimer’s with Lithium and Proline-Rich Polypeptide**

- Alzheimer’s disease threatens aging Americans with progressive erasure of memories, cognitive function, and normal social interactions.
- Mainstream medicine offers little hope for those with or at risk for Alzheimer’s, providing only temporary symptomatic relief with no ability to reverse the disease’s progress.
- Lithium, an element used as a drug for decades to achieve brain changes in psychiatry, is now showing tremendous promise, at microdoses, in inhibiting the GSK-3 enzyme, thereby preventing the chemical changes to tau proteins that cause them to aggregate into neurofibrillary tangles.
- Colostrum-derived proline-rich polypeptide can modify gene expression to reduce the amount of beta amyloid precursor production and damage to tau proteins.
- Lithium and proline-rich polypeptide have been shown in recent human studies to stabilize cognitive decline in people with mild cognitive impairment or early Alzheimer’s disease. Colostrum-derived proline-rich polypeptide is capable of reversing cognitive decline.
- Lithium and proline-rich polypeptide work more powerfully in the earliest stages of Alzheimer’s.
Studies have shown that by inhibiting GSK-3 activity, one can effectively lower blood glucose in diabetic animals, while increasing insulin sensitivity.54,55 Since Alzheimer’s patients frequently suffer from abnormal sugar and insulin action in their brains, this has led to the idea that GSK-3 inhibition might be a useful approach in Alzheimer’s disease.51 In fact, the title of a comprehensive scientific report on this topic is:

“GSK-3 is essential in the pathogenesis of Alzheimer’s disease”59

**Lithium: A GSK-3 Inhibitor**

You don’t have to wait for pharmaceutical research to resolve the devastating impact inflicted by excess GSK-3. That’s because a GSK-3 inhibitor already exists and holds tremendous promise in the fight against Alzheimer’s. This GSK-3 inhibitor is the trace element lithium.

Lithium has a long history in medicine as a psychoactive drug.56 It has also been shown to be an important component for cognitive and mental health.57-59 Epidemiologic studies show a strong association between low lithium levels in drinking water and high rates of suicide and homicide, suggesting that insufficient lithium contributes to mental destabilization.60 Because lithium intake from natural sources varies widely, this has led to speculation that many of us are failing to consume the element in quantities large enough to provide natural neuroprotection.5

And that, in turn, means that there may be real benefits in increasing our regular consumption of lithium by tiny amounts, on a regular basis. We now have persuasive evidence on how microdose lithium exerts robust brain-protective effects.

**Lithium Reduces Brain Plaque Accumulation**

The GSK-3 enzyme causes neurofibrillary tangles to aggregate, which is a structural defect observed in Alzheimer’s disease.40 At much lower doses than used in psychiatric treatment, lithium inhibits GSK-3.41 Just as humans do, fruit flies accumulate beta amyloid as they age and demonstrate progressive brain cell dysfunction. They therefore serve as a surrogate model to ascertain structural changes that occur in aged human brains. In fruit fly models of Alzheimer’s, lithium was shown to inhibit action of the GSK-3 enzyme, resulting in a reduction of beta amyloid toxicity to brain cells.40,41

**Lithium and Longevity**

Long known as a medication used to treat bipolar disorder, depression, and other illnesses, the element lithium has lately been found to possibly hold the key to extending lifespan. Researchers at University College London have found that fruit flies live a median 16% longer when given microdoses of lithium.48 The scientists say lithium inhibits the enzyme glycogen synthase kinase-3 (GSK-3) while activating a transcription factor, NRF-2,48 which plays an important role in fortifying cells against damage. Interestingly, lithium’s longevity benefits for fruit flies—which included stress reduction and reduced fat production for flies on a high-sugar diet—only occurred with low doses. Higher doses reduced lifespan.

Lead researcher Dr. Jorge Iván Castillo-Quan of Harvard Medical School believes that by targeting GSK-3:

“We could discover new ways of controlling the aging process in mammals, including humans.”62
In a separate study of fruit flies, lithium administered either throughout adulthood or only later in life extended lifespan, in part by means of GSK-3 inhibition. This study showed the profound impacts of GSK-3, an effect that is now being seen in higher vertebrates as well.

In a mouse model of Alzheimer’s disease, researchers studied the effects of microdose lithium, in amounts 1,000-fold smaller than those used in human psychiatry. These mice were supplied with lithium carbonate in drinking water, beginning in early and middle adulthood, while treating control animals with water alone.

By the end of treatment, there was no memory disruption seen in any of the Alzheimer’s or normal mice who were ingesting the lithium water. The Alzheimer’s-prone mice that drank water without lithium had significant disruption of memory during tasks.

In other words, the Alzheimer’s-model mice that were treated with lithium in their drinking water retained the memory and cognitive performance of normal mice.

Mice treated with lithium from early adulthood onward also showed a decrease in beta amyloid plaques in their brains, had no loss of neurons in memory centers of the brain, and had higher levels of protective brain-derived neurotrophic factor compared with non-treated animals. This would be an astonishing finding if replicated in humans.

Indeed, there is now growing evidence for just such an effect on human memory and behavioral characteristics.

Only “Tiny” Doses of Lithium

Lithium is a naturally occurring element present in drinking water in various quantities based on geographic location.

Even tiny amounts of lithium in drinking water appear to have a beneficial effect in improving brain health and mood.

One published analysis looked at 27 counties in Texas with a variety of lithium levels in people’s water from 1978-1987. The findings showed that people whose water had the least amount of lithium had significantly greater levels of suicides, homicides, and rapes compared to areas where drinking water had the higher levels of lithium. Those who consumed water with the highest lithium level (but still tiny) had nearly 40% fewer suicides than those with the lowest lithium level.

These findings were corroborated in separate studies of Japan, Greece, and Austria.

A review of epidemiological studies of the lithium content of drinking water showed that 9 out of 11 studies found an association with higher lithium levels in local drinking water and better behavioral and medical outcomes.

Some scientists are suggesting lithium in tiny doses be added to beverages as a way to reduce psychiatric disorders and prevent dementia.

Holding back this advance are side effects that occur in response to massive doses of ingested lithium. Like any mineral, high doses of lithium induce toxicity.

Psychiatric patients with bipolar disorder are typically prescribed lithium doses 3,000-4,000 times higher than the microdoses (300 mcg) given to Alzheimer’s patients over a 15-month study period. This tiny dose of lithium did not produce any of the side effects that psychiatric patients endure, nor would any side effects be expected.

Lithium is considered a trace micronutrient with a suggested daily requirement of about 1,000 mcg. The problem is most people are not getting anything near this amount in their drinking water, especially if it is heavily filtered or distilled, which can remove all natural minerals.

Based on the results of a 15-month Alzheimer’s clinical trial where dementia progression was halted and no side effects observed, the daily microdose used in this study (300 mcg per day) is a rational starting supplemental dose to suppress excess GSK-3 activity in our aging brains.
**Proline-Rich Polypeptide Reverses Neurologic Decline**

Derived from mother's milk, colostrum, a proline-rich polypeptide, has been shown to influence gene expression in the immune system and brain. Colostrum-derived proline-rich polypeptide is being studied for its ability to beneficially affect beta amyloid and damaged tau proteins.

The ability of proline-rich polypeptide to favorably modulate neuronal structure is being translated into positive clinical findings when studied in Alzheimer's patients.

**Proline-Rich Polypeptide Lowers Beta Amyloid and Abnormal Tau Levels**

In a lab study, proline-rich polypeptide altered the expression of genes involved in beta amyloid protein production and in the changes to tau proteins that trigger formation of neurofibrillary tangles.

At the same time, proline-rich polypeptide altered the expression of genes to increase the production of enzymes that break down and eliminate beta amyloid as part of the natural clearance process.

This study demonstrated additional protective effects of proline-rich polypeptide, including enhanced defenses against chemical stresses and decreased expression of cytokines that promote inflammation, a process long implicated in Alzheimer's disease.

Together, these properties of proline-rich polypeptide change the expression of molecular networks that lead to beta amyloid formation and tau alterations. This mother's milk-derived compound thus has the potential to prevent some of the fundamental structural causes of Alzheimer's disease!

**Proline-Rich Polypeptide Improves Cognitive Performance**

Compelling laboratory studies demonstrate that proline-rich polypeptide, when applied to nerve cells growing in culture, triggers a cascade of events very similar to that produced by natural nerve growth factor.

These structural effects include important brain benefits such as enhanced differentiation of premature cells into functioning adult neurons, and increased outgrowth of neurites, the tiny projections on nerve cells where cell-to-cell communication takes place.

A study was done on senescence-accelerated mice, which age at a much higher rate than do normal mice.

Human Study Shows that Lithium Preserves Cognition

Lithium at microdoses in humans shows cognition-preserving effects.

A study involving Alzheimer's patients was conducted using microdose lithium, administered at 300 mcg per day for 15 months. Cognitive impairment was evaluated by scores on the Mini-Mental State Examination.

At the outset of the study there were no significant differences in Mini-Mental State Examination scores between treated and control Alzheimer's subjects. The maximum Mini-Mental State Examination score is 30 points. A score of 20 to 24 suggests mild dementia, 13 to 20 suggests moderate dementia, and less than 12 indicates severe dementia.

By 90 days, statistical analysis revealed that Alzheimer’s subjects treated with microdose lithium had cognitive performance scores that remained stable, while patients taking the placebo experienced a decrease in cognitive performance scores. The placebo group of Alzheimer’s patients was approximately 3 points below the lithium-treated group (17.37 vs. 20.60) during the initial study period, and by the end of the study, placebo controls were approximately 5 points below the lithium-treated Alzheimer’s group (14 vs. 19.82).

Astonishingly, this study demonstrated that there was virtually no further cognitive decline during the study period in Alzheimer’s patients supplemented with microdose lithium.
They were fed either colostrum-derived proline-rich polypeptide, colostrum, or a mixture of cow-derived proteins. The mice were then subjected to a battery of behavioral tests to study spatial learning and memory.

In the group fed colostrum-derived proline-rich polypeptide, but not the others, learning and memory capabilities were found to be significantly improved as the animals aged, and the median lifespan was extended by 26%.

**Reversal of Cognitive Decline in Human Alzheimer’s Patients**

Studies of anti-Alzheimer’s drugs are considered successful when they show a slowing or stabilization of cognitive decline.

Human studies of colostrum-derived proline-rich polypeptide are showing not only stabilization, but also reversal of brain dysfunction in those with early-stage disease.

In one study, 46 patients with Alzheimer’s were randomly assigned to receive, every second day, either 100 mcg of colostrum-derived proline-rich polypeptide, 100 mcg of selenium, or placebo tablets. Subjects took the supplements for three weeks, followed by 2 weeks of no treatment, and repeated this cycle 10 times over the one-year trial. This dosing regimen was designed to maximize the impact of colostrum-derived proline-rich polypeptide, which can lose effectiveness when taken continuously without a regular time-out interval.

Subjects were then assessed by psychiatrists blinded to the treatment assignment of each patient, using the standard Mini-Mental State Examination score.

In the proline-rich polypeptide group, 54% of Alzheimer’s patients showed improved scores (average improvement 25%). In the other 46% of Alzheimer’s patients receiving proline-rich polypeptide, the dementia progression stabilized (did not worsen). Patients with milder Alzheimer’s at the beginning of the study showed greater improvement than those who had more advanced disease, demonstrating the value of early intervention.

In the selenium-treated group, 7% of the patients saw improvement and 87% stabilized.

In the unfortunate placebo group, Alzheimer’s patients with mild and moderate disease saw their mental test scores decrease by 36% and 55%, respectively. Scores of placebo patients with the most severe Alzheimer’s decreased by 31%.

A second study by the same group of researchers, and using the same dose and dosing schedule, was performed to evaluate longer-term effects of treatment. In this study, however, no placebo group or selenium group was included.

Treatment continued for 16 months, but included a group (1/3 of the whole) who had participated in the earlier study, and so were in fact treated for a total of 28 months.

By the end of the study, significant improvements in Mini-Mental State Examination scores were seen at each interval, compared with baseline values.

The mental test score improvements of the Alzheimer’s patients who received proline-rich polypeptide are substantial and translate into an exciting new direction for future clinical studies.
Unprecedented Findings

A very low dose of the element lithium, along with natural colostrum-derived proline-rich polypeptide, has been shown in both animal and human studies to halt Alzheimer’s progression.

In the case of proline-rich polypeptide, 54% of Alzheimer’s patients were able to reverse the cognitive decline produced by the disease.

Lithium acts by inhibiting the destructive GSK-3 enzyme. GSK-3 is implicated in the chemical changes that cause abnormal tau proteins to form toxic neurofibrillary tangles, which destroy brain cells and impair memory.

Proline-rich polypeptide inhibits expression of genes involved in the production of beta amyloid and the abnormal expression of tau proteins, both of which contribute to neuronal destruction.

While no truly effective medication for Alzheimer’s exists,74,75 lithium and proline-rich polypeptide contribute to potential prevention of the structural changes that contribute to Alzheimer’s. They are safe enough for regular use over the long term, and should be included in a supplement regimen aimed at decelerating destructive aging processes.

As described at the beginning of this article, GSK-3 inhibitors not only confer protection against neuronal structural changes, but may protect other cells in the body against age-associated deterioration.

Based on the data uncovered in this article, if a pharmaceutical were developed that produced anywhere near these same clinical benefits, it would become a multibillion-dollar blockbuster drug that would cost consumers hundreds if not thousands of dollars per bottle.

The cost of these two nutrients, on the other hand, is remarkably low.

Summary

Alzheimer’s disease remains a looming threat for the aging population. Its consequences are devastating, not only for patients, but also for their families and caregivers.

The availability of a pharmaceutical that protects against damaging structural alterations of brain cells would represent a game-changing advance in medicine.

If this same pharmaceutical was able to halt and partially reverse age-associated cognitive decline in older individuals, it would likely become the most ubiquitously-prescribed drug in medical history.

The incredible news for consumers is that these kinds of cellular protective benefits can be found in the novel use of nutrients that cost less than 50 cents a day.

The findings about microdose lithium alone represent a new weapon against a destructive aging mechanism caused by excess GSK-3 activity.

As humans adopt widespread use of GSK-3 inhibitors, look for potential increases in functional human longevity.
If you have any questions on the scientific content of this article, please call a Life Extension Wellness Specialist at 1-866-864-3027.

References


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Memory Protect
Item #02101 • 36 capsules

<table>
<thead>
<tr>
<th></th>
<th>Retail Price</th>
<th>Super Sale Price</th>
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</thead>
<tbody>
<tr>
<td>1 box</td>
<td>$24</td>
<td>$16.20</td>
</tr>
<tr>
<td>4 boxes</td>
<td></td>
<td>$14.40 each</td>
</tr>
</tbody>
</table>

To order Memory Protect, call 1-800-544-4440 or visit www.LifeExtension.com

CAUTION: Consult your healthcare provider before use if you are taking medication. Do not use if pregnant, lactating, or trying to become pregnant. Rare, mild and temporary anxiety and/or sleep disturbance may be experienced.

Non-GMO. Contains milk.
DISCOUNT PRICES
FOR PREMIUM-QUALITY PRODUCTS

Life Extension® customers are longevity enthusiasts who take extraordinary steps to stave off disease and aging while attaining optimal health. When customers buy products from Life Extension, they are assured of receiving the highest-quality products based on the latest published scientific studies that demonstrate benefits.

The discounts available to consumers enable them to purchase premium-quality supplements at prices below those charged by commercial companies. These pages provide examples of savings customers can enjoy during the annual SUPER SALE. And remember that each purchase at these discount prices qualifies for valuable Rewards Dollars that reduce your cost of future orders.

To order call toll-free 1-800-544-4440

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Retail Price</th>
<th>SUPER SALE Price Per Bottle</th>
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<tbody>
<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 DNA. Absorbs up to 7 times greater than conventional curcumin. Each bottle lasts two months.</td>
<td></td>
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<tr>
<td><strong>Bone Restore</strong> • 120 capsules, Item #01726</td>
<td>$22</td>
<td>$12.83 (four-bottle purchase)</td>
</tr>
<tr>
<td>Highly absorbable forms of calcium and FruteX B® OsteoBoron®, magnesium, zinc, and vitamin D3. Also available with vitamin K2 at a slightly higher price. (Those taking Super K or Health Booster don’t need additional vitamin K.)</td>
<td></td>
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<tr>
<td><strong>Super Omega-3 EPA/DHA with Sesame Lignans &amp; Olive Extract</strong> • 120 softgels, Item #01982</td>
<td>$32</td>
<td>$18.90 (four-bottle purchase)</td>
</tr>
<tr>
<td>A highly refined fish oil blend derived from pristine waters is formulated to remain exceptionally fresh. This purified EPA/DHA from Alaskan Pollock, plus sesame lignans and potent olive extract, provides essential components of the Mediterranean diet.</td>
<td></td>
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<tr>
<td><strong>Two-Per-Day</strong> • 120 tablets, Item #02115</td>
<td>$20</td>
<td>$12.15 (four-bottle purchase)</td>
</tr>
<tr>
<td>Compared to commercial multivitamins, Two-Per-Day has up to 50 times the potency of specific nutrients, as well as unique ingredients. It now contains apigenin, which has been shown to ease inflammation and support healthy cell growth and differentiation, and SelenoExcell®, a natural selenium source. (Also available in capsule form at a slightly higher price.)</td>
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<tr>
<td><strong>Once-Daily Health Booster</strong> • 60 softgels, Item #01991</td>
<td>$54</td>
<td>$34.20 (four-bottle purchase)</td>
</tr>
<tr>
<td>Just one softgel contains a variety of valuable nutrients, including two forms of vitamin K2, blueberry extract, gamma tocopherol, sesame lignans, chlorophyllin, lycopene, and a carotenoid blend that contains trans-zeaxanthin, meso-zeaxanthin, and lutein. Taken individually these ingredients would cost 2 to 3 times more!</td>
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<tr>
<td><strong>FLORASSIST® Balance</strong> • 30 liquid vegetarian capsules, Item #01825</td>
<td>$32</td>
<td>$18.90 (four-bottle purchase)</td>
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<tr>
<td>Dual-encapsulation technology delivers potent doses of the six most important probiotic strains.</td>
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<tr>
<td><strong>Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™</strong></td>
<td>$62</td>
<td>$35.10 (four-bottle purchase)</td>
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<tr>
<td>100 mg, 60 softgels, Item #01426</td>
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<tr>
<td>The superior ubiquinol form of CoQ10 plus a natural compound (shilajit) shown to double mitochondrial CoQ10 levels.</td>
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<tr>
<td><strong>Optimized Resveratrol with Nicotinamide Riboside</strong> • 30 vegetarian capsules, Item #02031</td>
<td>$42</td>
<td>$24.30 (four-bottle purchase)</td>
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<tr>
<td>This formula contains compounds that “turn on” the body’s longevity genes. It provides 250 mg of trans-resveratrol, the flavonoid quercetin (150 mg), a NAD+ cell booster plus botanical extracts like pterostilbene.</td>
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<tr>
<td><strong>Vitamin D3</strong> • 5,000 IU, 60 softgels, Item #01713</td>
<td>$10</td>
<td>$5.85 (four-bottle purchase)</td>
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<td>High-potency vitamin D in a softgel to provide greater absorption into the bloodstream.</td>
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<tr>
<td><strong>Ultra Natural Prostate</strong> • 60 softgels, Item #01928</td>
<td>$38</td>
<td>$21.60 (ten-bottle purchase)</td>
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<tr>
<td>Comprehensive support for an aging prostate gland utilizing pygeum, nettle root, beta-sitosterol, flower pollen, boron, saw palmetto, and lycopene.</td>
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<tr>
<td><strong>MacuGuard® Ocular Support</strong> • 60 softgels, Item #01992</td>
<td>$25</td>
<td>$15.75 (four-bottle purchase)</td>
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<tr>
<td>Offers triple eye protection with meso-zeaxanthin, lutein, and trans-zeaxanthin. This product is not needed by those already taking Health Booster, which contains these same ingredients.</td>
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<tr>
<td>PQQ Caps with BioPQQ® • 10 mg, 30 vegetarian capsules, Item #01500</td>
<td>Promotes mitochondrial biogenesis (generation of new mitochondria) in aging cells.</td>
<td>$24</td>
<td>$12.15 (four-bottle purchase)</td>
</tr>
<tr>
<td>DHEA (Dehydroepiandrosterone) • 25 mg, 100 capsules, Item #00335</td>
<td>A hormone that protects against age-related decline, benefits overall health.</td>
<td>$16</td>
<td>$9.90 (four-bottle purchase)</td>
</tr>
<tr>
<td>Mitochondrial Energy Optimizer with BioPQQ® • 120 capsules, Item #01868</td>
<td>This <em>glycation-protection</em> formula helps maintain cellular function, protein structural integrity, and mitochondrial biogenesis. It contains high potency carnosine along with R-lipoic acid, PQQ, benfotiamine, luteolin, and taurine. These ingredients cost far more if taken separately.</td>
<td>$72</td>
<td>$43.20 (four-bottle purchase)</td>
</tr>
<tr>
<td>Mega Green Tea Extract • 725 mg, 100 lightly caffeinated vegetarian capsules, Item #00953</td>
<td>A highly concentrated 98% polyphenol extract delivering 45% of the health-promoting catechin EGCG.</td>
<td>$30</td>
<td>$16.20 (four-bottle purchase)</td>
</tr>
<tr>
<td>Life Extension Mix™ • 315 tablets, Item #02155</td>
<td>This high-potency multinutrient now includes apigenin, which has been shown to ease inflammation and support healthy cell growth and differentiation, and SelenoExcell®, a natural selenium source. (Also available in capsule and powder form.)</td>
<td>$80</td>
<td>$46.80 (four-bottle purchase)</td>
</tr>
<tr>
<td>AMPK Activator • 90 vegetarian capsules, Item #01907</td>
<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 <em>trans</em>-tiliroside), promote AMPK activation.</td>
<td>$48</td>
<td>$29.70 (four-bottle purchase)</td>
</tr>
<tr>
<td>Cognitex® with Brain Shield® • 90 softgels, Item #01896</td>
<td>Optimal support for the brain. Includes gastrodin, alpha-glyceryl phosphoryl choline, vinpocetine, phosphatidylserine, uridine-5'-monophosphate, and more. Available with or without pregnenolone.</td>
<td>$60</td>
<td>$35.10 (four-bottle purchase)</td>
</tr>
<tr>
<td>Super K with Advanced K2 Complex • 90 softgels, Item #01834</td>
<td>Comprehensive formula providing 1,500 mcg of vitamin K1, 1,000 mcg of immediate-acting MK-4 vitamin K2, and 200 mcg of long-acting MK-7 vitamin K2. This same vitamin K formula is included in Health Booster.</td>
<td>$30</td>
<td>$18.23 (four-bottle purchase)</td>
</tr>
<tr>
<td>Triple Action Thyroid • 60 vegetarian capsules, Item #02003</td>
<td>A combination of ashwagandha, guggul, and Korean ginseng extract work in synergy to support healthy thyroid function.</td>
<td>$36</td>
<td>$21.60 (four-bottle purchase)</td>
</tr>
<tr>
<td>Memory Protect • 36 capsules, Item #02101</td>
<td>This new product contains microdose lithium and proline-rich polypeptide, which have been found to block and (in the case of proline-rich polypeptide) to reverse cognitive decline.</td>
<td>$24</td>
<td>$14.40 (four-box purchase)</td>
</tr>
<tr>
<td>European Milk Thistle • 60 softgels, Item #01922</td>
<td>High-absorption phospholipid-enhanced formula delivers nearly 5 times more active components to the bloodstream to support detoxification processes as well as promote liver health and function.</td>
<td>$28</td>
<td>$16.88 (four-bottle purchase)</td>
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<tr>
<td>Skin Restoring Phytoceramides • 350 mg, 30 vegetarian capsules, Item #01596</td>
<td>Oral phytoceramides derived from wheat can reach the skin’s deepest layers to offset the body’s natural decline with age.</td>
<td>$25</td>
<td>$15.53 (four-bottle purchase)</td>
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<tr>
<td>ArthroMax® Herbal Joint Formula • 60 capsules, Item #02108</td>
<td>Studies have shown that this combination of three natural ingredients (Chinese skullcap, cutch tree and white mulberry) supports healthy joint function.</td>
<td>$40</td>
<td>$24.30 (four-bottle purchase)</td>
</tr>
<tr>
<td>Super R-Lipoic Acid • 300 mg, 60 vegetarian capsules, Item#01208</td>
<td>Superior efficacy compared to alpha-lipoic acid—supplies 240 mg of stabilized R-lipoic acid.</td>
<td>$49</td>
<td>$30.38 (four-bottle purchase)</td>
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<tr>
<td>Advanced Bio-Curcumin® with Ginger and Tumerones • 30 softgels, Item #01924</td>
<td>Triple-action formula acting on multiple signaling pathways to deliver broad-spectrum protection against inflammation.</td>
<td>$30</td>
<td>$18.23 (four-bottle purchase)</td>
</tr>
<tr>
<td>Extend-Release Magnesium • 60 vegetarian capsules, Item #02107</td>
<td>Provides immediate-release magnesium citrate along with a 6-hour extended-release magnesium for optimal benefits.</td>
<td>$13</td>
<td>$7.88 (four-bottle purchase)</td>
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The most common culprit behind gastritis and peptic ulcer disease is infection with the *Helicobacter pylori* bacteria.1-7

*H. pylori* are so pervasive that almost 50% of the public are walking around with this bacterium in their stomach right now—and most don’t know it.6,8

Even though *H. pylori* can lead to painful gastritis and ulcers,7 it often causes no symptoms at all.5 This silent invasion is especially dangerous because infection with *H. pylori* is also the primary cause of stomach cancer,9 a deadly malignancy.8,10 This makes management of *H. pylori* critical not only for treating and preventing painful ulcers, but also for lowering the risk of gastric cancer.
Most physicians treat *H. pylori* infections with a powerful antibiotic combination. Although effective in approximately 80% of cases, the rise in antibiotic resistance has been associated with an increased failure rate in standard therapy for *H. pylori*.

Japanese researchers have found a better way to help control *H. pylori* over the longer term. By combining two unique nutrients, they can reduce and manage *H. pylori*. Added to this nutrient protocol is a specific beneficial strain of *Lactobacillus reuteri* that also reduces the presence of *H. pylori*.

The goal of this natural approach is to safely heal and repair the stomach lining, lower inflammation, and minimize the presence of *H. pylori*, thereby reducing chronic stomach problems along with the risk of ulcers and cancer.

### Powerful Stomach Protection

*H. pylori* is a spiral-shaped bacterium that winds its way into the stomach’s protective mucous lining where it can live for years. Over time, *H. pylori* steadily erodes the stomach’s essential mucous barrier, leaving it exposed to harsh acids that result in distress ranging from gastritis to cancer.

Japanese scientists pioneered the use of a unique combination of the mineral zinc with the amino acid-derived carnosine molecule that provides powerful actions against *H. pylori* and safely restores stomach health. Called zinc-carnosine, this compound offers physical protection for vulnerable stomach linings, while quelling much of the inflammation seen in gastritis and peptic ulcer disease.

This zinc-carnosine combination—a prescription drug in Japan and other countries—also has powerful effects against *H. pylori*. This means that it not only soothes an aching belly, but also offers protection against stomach cancer.

A second way of helping control *H. pylori* in the body is through the use of a specialized version of a heat-treated organism called *Lactobacillus reuteri*, strain DSMZ 17648. Through a unique mechanism, this form of *Lactobacillus reuteri* forms clumps with *H. pylori* organisms, promoting their excretion from the body and lowering their levels in the stomach. Used in combination, these natural products may be expected to relieve stomach pain related to gastritis and peptic ulcer disease, promote natural healing, and prevent gastric cancers related to *H. pylori*.

### Zinc-Carnosine

Studies show that zinc has numerous potent protective effects on the stomach. When it is linked with carnosine, those effects far surpass what either molecule can accomplish on its own. This unique combination solves multiple stomach problems, unlike single-purpose medications or over-the-counter treatments.

With its unique mechanism, zinc-carnosine gets delivered directly to the stomach wall, exactly where it is needed most. Once there, it sticks specifically to ulcer lesions, releasing its contents, which can heal the ulcer.
Together, zinc-carnosine complex offers a comprehensive approach to addressing gastritis and peptic ulcer disease:

- It repairs damaged mucous lining, stimulates mucous secretion, and promotes healing.19,20
- It reduces inflammation.21
- It inhibits the growth and damaging effects of \( H. \) pylori.15,22,23

In one study, 25 patients diagnosed with gastric ulcers took 75 mg of zinc-carnosine twice daily for 8 weeks.24 By the end of the study, subjects experienced:

- 63.6% reduction in heartburn,
- 80% reduction in belching,
- 66.7% reduction in nausea, and
- 76.9% reduction in abdominal distention.

In almost 91% of subjects, stomach pain at night had completely disappeared, healing was observed in 65% of subjects during endoscopic assessment, and almost 71% showed reduced stomach tenderness.24

A second study published at the same time demonstrated that zinc-carnosine outperformed cetrazate, a drug that is commonly used to treat ulcers.25 This was a multicenter double-blind comparative study that involved 299 patients with gastric ulcers who were evaluated endoscopically.

What You Need to Know

Natural Support for Stomach Health

- The most common causes of stomach pain in older adults are gastritis and peptic ulcer disease, both of which are associated with \( H. \) pylori infection, which is in turn associated with increased stomach cancer risk.30
- Treatment from mainstream medical practitioners is likely to include multiple antibiotics and a potent stomach-acid suppressor.
- Two natural products, zinc-carnosine and a selected strain of beneficial bacteria may ameliorate gastritis and peptic ulcer disease symptoms without the side effects associated with mainstream therapy.
- Zinc-carnosine sticks to ulcers, blocking erosive stomach contents from attacking the stomach wall and thus promoting healing.
- Zinc-carnosine also has an anti-\( H. \) pylori effect.
- \( Lactobacillus \) reuteri strain DSMZ 17648 aggregates with \( H. \) pylori organisms, removing them from the stomach and reducing the load of infection.
- Use of these products may ease symptoms of gastritis and peptic ulcer disease while reducing stomach cancer risk.
In the group taking 150 mg of zinc-carnosine, 60.4% had ulcer healing that was confirmed using an endoscopy, compared with just 46.2% of the cetraxate drug recipients, a statistically significant difference.\textsuperscript{25}

In a third study, the important outcome being measured was \textit{H. pylori} status.\textsuperscript{22} Here, 66 patients with proven \textit{H. pylori} infections received the most common therapy of two antibiotics, plus the proton pump inhibitor \textit{lansoprazole} (Prevacid\textsuperscript{®}). Half of the subjects were also randomly assigned to receive, in addition, 150 mg of zinc-carnosine twice daily.

Among subjects who completed the study, \textit{H. pylori} was eradicated in 86% of subjects taking the three drug combination therapy alone. In the group also taking zinc-carnosine, \textit{H. pylori} was eradicated in 100% of subjects!\textsuperscript{22}

Clearly, these impressive results have now been repeated numerous times, and all have shown significant improvements in symptoms and in endoscopic examinations after 8 weeks of continuous treatment with zinc-carnosine at doses of 75 to 150 mg twice daily.

\textbf{Gastritis}

\textit{Gastritis} is a general term for inflammation and swelling of the lining of the stomach. In the US, gastritis produces between 1.8 and 2.1 million visits to health care providers annually.\textsuperscript{31}

The stomach contains a thick protective coating of mucus, secreted by specialized cells that prevent the stomach’s natural acids from destroying it.\textsuperscript{32} Gastritis arises from damage to that mucous layer.\textsuperscript{31,32} The biggest cause of gastritis is infection with the bacterium \textit{H. pylori}, which generates inflammation and mucosal damage.\textsuperscript{31-33} We can also do substantial damage to our mucous lining with alcohol and over-the-counter and prescription drugs (especially non-steroidal anti-inflammatory drugs, or NSAIDs).\textsuperscript{31,32}

Symptoms of acute gastritis vary from individual to individual, but most describe a pain or discomfort in the upper middle portion of the abdomen. Other symptoms may include nausea, vomiting, appetite loss, belching, and/or bloating.\textsuperscript{31}

Diagnosis of gastritis is usually made by clinical history and physical examination, though endoscopy may be used to confirm the diagnosis and distinguish it from peptic ulcer disease.\textsuperscript{34}

\textbf{Peptic Ulcer Disease}

\textit{Peptic ulcer disease} is a condition that produces ulcers in the stomach lining, leaving even deeper tissues exposed to the acidic environment of the stomach. It affects nearly 4.5 million Americans each year.\textsuperscript{35} As with gastritis, the trigger for peptic ulcer disease is usually infection by \textit{H. pylori}, which damages the protective mucous layer, allowing acid and pepsin to destroy exposed stomach tissue.\textsuperscript{35}

The threat posed by \textit{H. pylori} cannot be overstated: among people known to be infected, about 20% will develop peptic ulcer disease in their lifetimes. The proportion of people with \textit{H. pylori} infection rises steadily with age, probably contributing to the age-related increase in the disease.\textsuperscript{35}

Drug use (NSAIDs) and tobacco are linked to peptic ulcer disease as well.\textsuperscript{36} As many as 25% of people taking regular nonsteroidal anti-inflammatory drugs (NSAIDs) will develop ulcers, and about 3% of those will develop acute and dangerous complications like bleeding or stomach perforation.\textsuperscript{36}

Peptic ulcers are characterized mainly by pain in the upper central portion of the abdomen. The pain is often described as a “gnawing” or “burning” sensation, usually shortly after meals.\textsuperscript{35}

Diagnosis of peptic ulcer disease is often made on endoscopy, when biopsies may be taken to reveal the depth and extent of ulcers.

\textbf{Gastric Cancer}

\textit{Gastric cancer} (stomach cancer) is the third leading cause of cancer deaths worldwide.\textsuperscript{8,10}

Since 1930, stomach cancer rates in the United States have been declining. This is often attributed to reduced dietary ingestion of nitrate-preserved and pickled foods.\textsuperscript{37} Stomach cancer nonetheless strikes 26,000 Americans each year and causes more than 10,000 deaths.\textsuperscript{38}

\textit{H. pylori} is the most important contributing factor to stomach cancer.\textsuperscript{9} People who have \textit{H. pylori} infection may have no symptoms, but the infection raises stomach cancer risk just the same, while eradication of \textit{H. pylori} can reduce the risk of stomach cancer, even when no symptoms are present.\textsuperscript{9}

Clearly, gastritis, peptic ulcer disease, and gastric cancer afflict so many people that prevention is indicated on a wide scale.
**Lactobacillus reuteri Removes H. pylori**

Meanwhile, a special form of heated-treated *Lactobacillus reuteri* strain DSMZ 17648 is also generating considerable excitement in the prevention of gastritis, peptic ulcer disease, and ultimately, stomach cancer.

*Lactobacillus reuteri* strain DSMZ 17648 was selected from among 700 different strains of *Lactobacillus* species, primarily for its unique ability to bind to *H. pylori* organisms under conditions found in the stomach. *Lactobacillus reuteri* strain DSMZ 17648 binds to *H. pylori* organisms, which are then passed harmlessly from the gastrointestinal tract, an action that decreases the amount of these bacteria in the stomach—entirely without antibiotics and their risks.26

One way to determine whether or not *H. pylori* is present in the stomach is with a **urea breath test**, which measures a product of *H. pylori* metabolism in the subject’s breath. Two separate human studies have used this test to determine the effect of *Lactobacillus reuteri* strain DSMZ 17648 on *H. pylori*.26,27

In both studies, subjects either took two tablets of *Lactobacillus reuteri* strain DSMZ 17648 twice a day for 2 weeks, or a placebo. And in both studies, the supplement significantly reduced the amount of *H. pylori* as indicated by the urea breath test, while the placebo had no effect.

It’s important to note that even though these subjects had proven *H. pylori* infections, none of them had any symptoms. Since *H. pylori* is known to contribute to stomach cancer even in patients without symptoms,8,28 the ability of *Lactobacillus reuteri* strain DSMZ 17648 to lessen *H. pylori* makes these studies especially important.

**CAUTION: People who are taking antibiotic therapy for *H. pylori* should not stop the antibiotics until they are finished, and should not use zinc-carnosine and the *L. reuteri* as a replacement for antibiotic therapy. However, for greater efficacy, these natural ingredients can be used in combination with standard antibiotic therapy.**22

**Summary**

Stomach pain is widespread and may represent gastritis or peptic ulcer disease. Both conditions are closely associated with *H. pylori* infection, which is also implicated in stomach cancer.28 While mainstream medicine utilizes powerful antibiotics and stomach acid reducers to eliminate *H. pylori*, painful stomach symptoms sometimes persist.29

**Zinc-carnosine** and **Lactobacillus reuteri strain DSMZ 17648** are natural products that attack the sources of gastritis and peptic ulcer disease without affecting beneficial stomach acid, and without antibiotics.

**Zinc-carnosine**, sold as a drug in Japan, produces a physical barrier between erosive stomach contents and the damaged stomach wall, preventing further injury. It also reduces inflammatory responses and has been shown to reduce infection with *H. pylori*.22

**Lactobacillus reuteri strain DSMZ 17648** physically binds to *H. pylori*, causing them to aggregate or “stick” together.26 They are then passed out of the gastrointestinal tract, helping to lower the load of organisms in the stomach.

Both of these compounds have produced significant symptom relief and reduction in *H. pylori* in people with gastritis and peptic ulcer disease.●

If you have any questions on the scientific content of this article, please call a Life Extension® Wellness Specialist at 1-866-864-3027.
PROSTATE HEALTH
The best way to keep You in the picture.

As a man ages, maintaining a healthy prostate is key. We created Ultra Natural Prostate to help you maintain prostate health, so you can focus on what’s important. With over a dozen natural ingredients, this supplement promotes healthy prostate function, supports easier urination, inhibits inflammatory factors, and encourages natural division of prostate cells. Ultra Natural Prostate. The most comprehensive prostate health supplement.

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IT’S SO PURE...
IT’LL TOUCH YOUR HEART

Highly Purified Fish Oil From Wild-Caught Alaska Pollock For A Strong Healthy Heart.

Item #01982 • 120 softgels

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NON-GMO

Call 1-800-544-4440 toll-free • www.LifeExtension.com

AlaskOmega® is a registered trademark of Organic Technologies. IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc. These products have been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasource Diagnostics, Inc. For a complete list of ingredients, dosage and use, important cautions and references, go to www.LifeExtension.com. Ratings based on results of the 2016 ConsumerLab.com Survey of Supplement Users. More information at www.consumerlab.com/survey2016.

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.
Gastro-Ease contains a unique nutrient compound (zinc-carnosine) to help soothe the stomach lining while providing a beneficial bacteria (*Lactobacillus reuteri*) for optimal gastric health.

Suggested dose is one capsule twice daily, after breakfast and before bed.

**Gastro-Ease**

Item #02100 • 60 vegetarian capsules

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Pylopass™ is a trademark of Organobalance GmbH. PepZinGI™ is a registered trademark of Hamari Chemicals, Ltd.

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INCREASE SKELETAL STRENGTH AND BOOST BONE DENSITY

It takes more than calcium to build strong bones...a host of skeletal-promoting nutrients are needed.

Bone Restore supplies a highly absorbable form of calcium in a combination of critical bone-building compounds:

- Boron,
- Vitamin D3,
- Magnesium,
- Manganese,
- Zinc,
- Silicon, and
- Vitamin K2 (long-acting MK-7 form).

Vitamin K2 is essential to maintain skeletal integrity.

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Bone Restore with Vitamin K2
Item #01727 • 120 capsules

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<td>4 bottles</td>
<td>$14.85 each</td>
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Bone Restore without Vitamin K
For those taking Super K or Health Booster, additional vitamin K2 is not needed. Bone Restore (without vitamin K) is available as Item #01726 at a slightly lower price.

To order Bone Restore with Vitamin K2, call 1-800-544-4440 or visit www.LifeExtension.com

Non-GMO

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Note: Those taking anticoagulant drug Coumadin® (warfarin) should use Bone Restore without K2.

Fruitex® 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.

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.
Ingestion of alcoholic beverages results in formation of a metabolite called acetaldehyde.

Healthy liver function along with glutathione precursors like n-acetyl-cysteine help neutralize acetaldehyde.1

Vitamin C along with benfotiamine (fat-soluble vitamin B1) have been shown to further reduce the effects of alcohol ingestion.2,3

Anti-Alcohol provides broad-spectrum nutrients to help neutralize alcohol metabolites, combat free radicals, and support healthy liver function.1-6
Multi-Pronged Attack Against Arthritis
Osteoarthritis is a joint disease caused by trauma, obesity, or most often a consequence of normal aging.

The most affected area in osteoarthritis is joint cartilage.

Cartilage consists of smooth tissue that covers the ends of bones in joints such as the knee, hip, and wrist. When cartilage is properly functioning, your bones effortlessly glide over each other with each movement. Cartilage also helps your joints absorb the impact of movement.

Osteoarthritis causes the top layer of cartilage to degrade. When this happens, bones under the cartilage start to grind together. The constant grinding of bone-on-bone creates swelling, pain, and loss of joint motion.

Over time, the joint may become dysfunctional to the point that surgical replacement with synthetic materials is required.

Drugs used to relieve osteoarthritis pain do little to protect joint cartilage and are laden with side effects.

In a search for safer alternatives, researchers have identified three herbal extracts that combat joint discomfort and stiffness associated with osteoarthritis better than leading arthritis drugs.

What separates these plants from drugs is their ability to also slow cartilage degradation.

This article describes remarkable human studies that compare these herbal extracts directly with popular arthritis drugs.
Improve Function of Aging Joints

A number of human studies have demonstrated beneficial effects of two herbal extracts—Scutellaria baicalensis, commonly called Chinese skullcap, and Acacia catechu, commonly known as cutch tree—for those suffering from arthritis.

One clinical study showed this herbal combination was better than placebo at reducing pain, stiffness, and functional impairment in people with osteoarthritis. This herbal extract combination compared favorably—and often proved superior—to the NSAID drug celecoxib (also known as Celebrex®).7

This particular study included 52 middle-aged adults (ages 40-75) who had osteoarthritis of the knee and/or hip with symptoms severe enough to require treatment. The subjects were randomly assigned to receive the herbal extract of Chinese skullcap and cutch tree (125 mg or 250 mg, twice daily), a placebo, or the drug celecoxib (100 mg twice daily).

At the beginning of the study, and after 30, 60, and 90 days of treatment, all subjects completed the arthritis-specific questionnaire called the Western Ontario and McMaster University Osteoarthritis Index (WOMAC), which produces a score specific to arthritis pain and disability. This score is routinely used in both research and by doctors in the clinical management of patients with osteoarthritis.

As measured by the WOMAC score, results for pain were impressive. When all patient visits were analyzed together, the higher-dose herbal combination and celecoxib both significantly reduced the average pain score compared to baseline scores. However, the higher-dose herbal blend was significantly more effective than celecoxib at pain relief after 30 days.

The herbal combination of Chinese skullcap and cutch tree also outperformed the placebo and celecoxib in its effect on joint stiffness and at improving functional impairment when compared to baseline. Both supplement doses reduced the stiffness scores at every point in time measured compared to baseline, whereas celecoxib produced no significant changes in stiffness.

The participants also filled out a second questionnaire called the Medical Outcomes Study Short Form-36 to answer general questions that measure health-related quality of life. This form revealed that both herbal combination doses (125 mg or 250 mg, twice daily) and the NSAID celecoxib produced significant improvements in physical function score and in energy and mental health scores compared with a placebo. And, in a head-to-head comparison between the herbal combination and celecoxib, the herbal combination was found to be superior to celecoxib at improving function scores at 90 days.

In these studies comparing the herbal combination to celecoxib, all doses were well-tolerated, and none of the blood chemistry or hematology tests was altered in any of the treatment groups.7

Superior Relief

A second study of the same two extracts demonstrated that these herbs, compared to baseline, were superior to the NSAID drug naproxen at improving pain and range of motion scores, and were equally effective at improving stiffness scores.8 Naproxen is available by prescription or at lower doses over the counter as Aleve®. This study was performed to evaluate the herbal extract combination on short-term relief of symptoms in 79 men and women (ages 40-90) who had osteoarthritis of the knee.8

In this randomized, double-blind study, the patients either received 500 mg/day of the dual herbal extract combination or 440 mg/day of naproxen. Both treatments were given for just one week, and the results were evaluated using the WOMAC questionnaire.

In this study, no significant reduction in pain scores or in range of motion was detected in the drug-treated group. But among subjects receiving the herbal extract combination, total pain scores fell by an approximate 20% after one week, and range of motion improved by 6%.

On stiffness scores, the herbal supplement group experienced an approximate 24% reduction, and the naproxen group experienced an approximate 27% reduction, indicating that both the herbal extract combination and the drug reduced stiffness to a similar extent.
Slowing Cartilage Breakdown

Based on clinical research, combining Chinese skullcap extracts with cutch tree is beneficial in relieving osteoarthritis pain, reducing joint stiffness, and improving function.

But when cutch tree is combined with another herb, Morus alba, also known as white mulberry, this combination provides an entirely different benefit—one that no known drug is able to do: it impedes the normal degenerative progression by slowing the cartilage breakdown process. This is a hallmark structural alteration of osteoarthritis.9

In a group of 135 adults (ages 35-75) who were suffering from knee pain, subjects either took 200 mg of the white mulberry/cutch tree herbal extract combination, a placebo, or a combination of glucosamine (750 mg) and chondroitin (600 mg), all twice daily for 12 weeks.

The researchers measured cartilage breakdown by determining levels in the urine of a biomarker called urinary type II collagen C-telopeptide (uCTX-II). The higher the uCTX-II levels in urine, the greater the degree of cartilage breakdown. This test is known to be a valid indicator of cartilage breakdown in humans.10,11

After 12 weeks, there was a statistically significant difference in the uCTX-II levels between the herbal extract combination and placebo groups. Placebo recipients experienced an increase in excreted uCTX-II levels while those in the white mulberry/cutch tree herbal-extract combination experienced a decline in the uCTX-II. No significant changes were seen in uCTX-II levels in the glucosamine/chondroitin group.

What You Need to Know

Relief for Osteoarthritis Pain

- Osteoarthritis afflicts about 27 million Americans, and if left untreated, ravages joint surfaces until mobility becomes impaired.
- Mainstream medicine offers only NSAID drugs that have zero impact on the disease’s progression and come with a number of side effects.
- Three natural supplements, Chinese skullcap (Scutellaria baicalensis), cutch tree (Acacia catechu), and white mulberry (Morus alba), provide osteoarthritis relief at least as good as, and often superior to, NSAID drugs, with none of those drugs’ side effects.
- All three supplements inhibit the 5-LOX and COX enzymes that produce inflammation-stimulating signaling molecules, resulting in pain reduction, improvement in function, and less stiffness in joints.
- The combination of white mulberry plus cutch tree also reduces the rate of joint degradation.
- A combination of these unique herbs is especially appropriate for people already taking glucosamine but who suffer from severe pain or disability, because it has joint-protecting properties that neatly complement those of glucosamine.
Confirmatory Data Shows Reduced Cartilage Degradation

All the studies described so far in this article were conducted on human osteoarthritis sufferers. What’s interesting is that the mechanism by which white mulberry/cutch tree slows cartilage degradation has also been demonstrated by laboratory research.

In these studies, the amount of a cartilage component called glycosaminoglycans, or GAG, is measured in the growth medium surrounding a piece of cartilage. GAG molecules impart the slippery, shock-absorbing properties that are so important in normal cartilage function. Their loss from cartilage is a useful way of estimating cartilage damage in experimental models. Several studies have demonstrated the impact of white mulberry/cutch tree herbal combination on GAG release.

In one study, pieces of rabbit hock joints were immersed in a growth medium, and then treated with various compounds to examine their effects on GAG release. At baseline, the cartilage segments produced about 3.5 mcg of GAG. After stimulation with a potent pro-inflammatory cytokine, GAG release shot up to more than 7 mcg, indicating inflammation-induced joint degradation.

Mulberry or cutch tree were found to individually reduce the GAG release caused by the pro-inflammatory cytokine. When the two extracts were combined, the GAG release stimulated by the pro-inflammatory cytokine fell to normal, unstimulated levels.

This provides further evidence that these two herbal nutrients have the potential to stop the negative impact that inflammation inflicts on joint cartilage.

The importance of this study lies not only with potential prevention of osteoarthritis progression, but also in what it implies for people with early or mild osteoarthritis. Early intervention with nutrients aimed at reducing bone and cartilage degradation, in addition to reducing inflammation (as shown with Chinese skullcap/cutch tree combination) may help to prevent subsequent joint damage.

How it Works

It was long thought that most joint damage was caused purely by repeated physical stress, where cartilage takes the brunt of the impact as bones are pressed together or slide over one another. But inflammatory changes—once thought to be minimal in osteoarthritis—are now recognized as playing a substantial role.

Inflammatory cells secrete damaging chemicals that degrade cartilage. Cartilage lacks blood vessels, which severely limits its ability to repair itself. Because of that, the physical damage and inflammation leads to the steady breakdown of this joint-cushioning tissue, resulting in progressively worsening pain and limitation of movement.

The herbal extracts described in this article have been shown to provide safe and effective relief of osteoarthritis symptoms by inhibiting inflammation, while at the same time uniquely slowing the breakdown of cartilage.

Herbal extract combinations of Chinese skullcap/cutch tree and white mulberry/cutch tree provide pain relief and reduced inflammation by inhibiting certain enzymes that produce pain- and inflammation-signaling molecules. These enzymes include 5-LOX and COX 1 and 2. Inhibiting these enzymes is the main property of prescription and over-the-counter NSAID drugs.

However, there is a key difference between NSAIDs and these natural herbal extracts. Most NSAIDs selectively block the COX-2 enzyme, but not 5-LOX nor much COX-1. This can result in an imbalance that can produce the side effects associated with these drugs. Studies show that these flavonoid-rich herbal extracts provide “dual inhibition” of both the COX and LOX enzymes, safely reducing their production of pro-inflammatory signaling molecules in a more balanced fashion.
New clinical data, however, demonstrate that this combination of three herbal extracts has been found to slow the process common to all osteoarthritis sufferers. This effect is credited with relieving pain, stiffness, and limited range of motion at least as well, and in some cases better than, NSAID drugs.

The herbal combination of white mulberry and cutch tree extracts has been found to slow the cartilage degradation process common to all osteoarthritis sufferers. No known drug has similar effects on cartilage stability, making this combination of unique interest in those who wish not only to control their pain but also to impede the disease’s natural progression.

People with mild osteoarthritis may gain sufficient relief from supplements such as glucosamine sulfate. New clinical data, however, demonstrate that this combination of three herbal extracts is ideally suited for osteoarthritis sufferers. This is particularly relevant for those whose pain is not fully controlled, or who wish to slow the progression of cartilage degradation.

References

For those who find themselves sitting for long periods of time at the office, in daily commutes, or when traveling by plane, the proprietary blend of nutrients in VenoFlow promotes healthy venous blood flow.

Just one capsule of VenoFlow provides nattokinase (providing 2,000 fibrinolytic units) and procyanidins derived from French maritime pine bark (Pycnogenol®).

**VenoFlow**
Item #02102 • 30 vegetarian capsules

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

CAUTION: Consult your healthcare provider before use if taking medication (especially those affecting blood coagulation or blood pressure), being treated for a medical condition (especially bleeding disorders), under the age of 18, pregnant, or lactating.

Pycnogenol® is a registered trademark of Horphag Research Ltd.

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.
Arthromax® Herbal Joint Formula

Promotes Joint Comfort and Cartilage Health

Arthromax® Herbal Joint Formula contains plant extracts that have been shown to support the comfort of weight-bearing joints, such as hips and knees—and help support their cartilage structure as well.

Just two daily capsules of this new herbal formula provide:
- Mobile-Ease™ Proprietary Blend 900 mg (white mulberry, Chinese skullcap, cutch tree)

Arthromax® Herbal Joint Formula
Item #02108 • 60 vegetarian capsules

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To order Arthromax® Herbal Joint Formula, call 1-800-544-4440 or visit www.LifeExtension.com

CAUTION: Consult your healthcare provider before use if you are taking medication or have a medical condition. Do not use if pregnant, lactating, or under age 18.

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.
Few people consistently eat enough plant foods to protect against common age-related decline. Commercial multivitamins do not provide vital plant components needed for good health. Life Extension Mix™ is superior to other multivitamins—partly because it provides a remarkably broad array of fruit and vegetable extracts.

Rounding out the superiority is a comprehensive list of vitamins, minerals, amino acids, and more. When Life Extension Mix™ was introduced in 1983, it provided the most efficient way to obtain higher-potency nutrients. Life Extension Mix™ has been upgraded over the past 33 years to reflect many new findings in the scientific literature. Life Extension Mix™ is the most comprehensive, high-potency daily multivitamin. During Super Sale, the full dose can be obtained for as little as $1.12 a day!

The tablet version of Life Extension Mix™ contains 70 mg of niacin and 1 mg of copper. There is an extra-niacin version that provides 336 mg of niacin at no additional charge (02157). Niacin maintains healthy cholesterol, triglyceride, and fibrinogen levels in those within normal ranges. Those with underlying liver disease sometimes cannot tolerate niacin. The suggested dose is 9 tablets per day in divided doses with meals.

The encapsulated version of Life Extension Mix™ used by many customers provides 1 mg of copper. These capsules are also available without copper (02164). The suggested dosage is 14 capsules per day in divided doses with meals.

The powder version of Life Extension Mix™ contains 1 mg of copper. This powder version is also available without copper (02166). The suggested dose is three scoops per day in divided doses with meals.

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


Contains soybeans.

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 Most Complete Multivitamin
Each Bottle Provides a 5-Week Supply!

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

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.

### Vegetable-Fruit Complex
- Broccoli sprout concentrate extracts and calcium D-glucarate (725 mg) (providing sulforaphane, glucosinolates, D-3T, and PBT)
- Green tea extract (decaffeinated) (45% EGCG) (325 mg)
- Olive juice extract (providing polyphenols, hydroxytyrosol, tyrosol, oleuropine) (12.5 mg)
- Grape seed proanthocyanidin extract (Leucoselect®) (25 mg)
- Grape (proanthocyanidin) extract (BioVin®) (25 mg)
- Luteolin (from orange extract) (8 mg)
- Lycopenes (natural tomato extract) (Tomat-O-Red®) (3 mg)
- Lutein (marigold extract) (465 mcg trans-zeaxanthin) (15 mg)
- Maqui Berry (Aristotelia chilensis) anthocyanin extract (100 mg)
- Milk thistle extract (85% silymarin) (100 mg)
- Bromelain (from pineapple) (15 mg)
- Citrus Bioflavonoids (50% hesperidin) (200 mg)
- Acora extract 4:1 (300 mg)
- Bilberry extract (MirtoSelect®) (30 mg)
- Pomegranate extract (30% punicalagins) (POMELLA®) (85 mg)
- Sesame seed lignan extract (10 mg)
- Fruit/ Berry Complex blend (proprietary blend of concentrated blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders) (200 mg)
- Wild Blueberry anthocyanin extract (fruit) (150 mg)
- trans-Pterostilbene (from pTeroPure™) (0.5 mg)
- Cyanidin-3-Glucoside (CG3) (from blackcurrant extract) (1.25 mg)
- CherryPure® Tart Cherry (Prunus cerasus) proanthocyanidin extract (85 mg)
- Delphinidins (from Delphinol® Maqui berry) (2 mg)
- Apigenin (5 mg)

### Water-Soluble Vitamins and Enzymatic Activators
- Vitamin C (ascorbic acid, calcium, magnesium & niacinamide ascorbates, ascorbyl palmitate, acerola extract) (2,000 mg)
- Folate (as L-5- methyltetrahydrofolate calcium salt) (400 mcg)
- Biotin (3,000 mcg)
- Trimethylglycine (TMG) (100 mg)
- Vitamin B1 (thiamine HCl) (125 mg)
- Vitamin B2 (riboflavin, riboflavin-5-phosphate) (50 mg)
- Vitamin B3 (niacinamide, niacin, niacinamide ascorbate) (190 mg)
- Vitamin B12 (methylcobalamin) (10 mg)
- Vitamin B6 (as pyridoxal 5'-phosphate, pyridoxine HCl) (100 mg)
- Vitamin B12 (methylcobalamin) (600 mcg)

### Amino Acid Complex
- N-acetyl-L-cysteine (600 mg)
- Taurine (200 mg)

### Mineral Complex
- Selenium (from Se-methyl L-selenocysteine) (100 mcg)
- Selenium (from SelenoExcell® high selenium yeast) (50 mcg)
- Selenium (from sodium selenite) (50 mcg)
- Zinc (as zinc citrate, OptiZinc® as zinc monomethionine) (35 mg)
- Boron (Albion® bororganic glycine) (3 mg)
- Copper (as copper bisglycinate chelate TRACoP®) (1 mg)
- Chromium as Crominex® 3+ chromium stabilized with Capros® and PrimaVie® Shilajit) (500 mcg)
- Potassium (as potassium chloride) (35 mg)
- Molybdenum (as molybdenum glulate chelate) (125 mcg)
- Manganese (as manganese gluconate, citrate) (1 mg)
- Iodine (potassium iodide) (150 mcg)
- Magnesium (as magnesium oxide, arginate, citrate, taurinate, glycitine, ascorbate) (400 mg)

### Cholinergic Complex
- Choline (from bitartrate) (120 mg)
- Phosphatidylcholine (from soy) (150 mg)
- Inositol (250 mg)

### Fatty Acid Nutrition
- Medium-chain triglycerides (80 mg)

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Here’s how customers can obtain Life Extension Mix™ at substantial savings:

The retail price of a five-week supply of the new Life Extension Mix™ (315 tablets) is $80. The price for one bottle during Super Sale is $54. (Item #02155) If a customer buys four bottles, the price is reduced to $46.80 per bottle. When a customer buys 10 bottles during Super Sale, the price goes down to just $39.38 per bottle. Since each bottle lasts for five weeks, that means that 10 bottles will last for almost a full year!
PQQ (pyrroloquinoline quinone) activates genes involved in the production of cellular energy.\textsuperscript{1-5}

Studies show PQQ supports heart health and cognitive function, complementing CoQ10.\textsuperscript{6,7}

In fact, just \textbf{20 mg} per day of PQQ plus CoQ10 promotes memory and attention in aging individuals.\textsuperscript{8}

\textbf{BioPQQ\textsuperscript{®}} is the \textbf{highest quality PQQ} available on the market today.

To order \textbf{PQQ Caps with BioPQQ\textsuperscript{®}} or any other \textbf{PQQ-containing formulas}, call \textbf{1-800-544-4440} or visit \textbf{www.LifeExtension.com}

Also available are \textbf{10 mg PQQ caps with BioPQQ\textsuperscript{®}} (Item #1500) and \textbf{100 mg Super Ubiquinol CoQ10 with BioPQQ\textsuperscript{®}} (Item #01733).

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\textbf{20 mg PQQ Caps with BioPQQ\textsuperscript{®}}

This formulation contains \textbf{20 mg} of PQQ per capsule, which is the recommended daily dose.

\textbf{Non-GMO}

BioPQQ\textsuperscript{®} is a registered trademark of MGC (Japan).

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.

\textbf{References}

**Tremendous Value in One Softgel**

**HEALTH BOOSTER**

Provides Important Nutrients Missing from Multivitamins

- **Alpha-carotene** and **safron** to promote eye health.
- **Vitamin K2** is the active form that keeps calcium in bones and out of arteries.
- **Vitamin K1** is rapidly absorbed and partially converts to vitamin K2 in the body.
- **Zeaxanthin, lutein, and meso-zeaxanthin** to support healthy vision.
- **Sesame lignans** to boost gamma tocopherol activity.
- **Blueberry** extract to sustain healthy neurological function.
- **Gamma tocopherols** to quench oxidation missed by conventional **vitamin E**.
- **Lycopene** to promote prostate health.
- **Chlorophyllin** to protect against environmental DNA damage.
- **Black currant extract** to promote eye health.
- **Methylcobalamin** form of B12 to better support healthy nerve function.
- **Vitamin K2** is the active form that keeps calcium in bones and out of arteries.
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- **Gamma tocopherols** to quench oxidation missed by conventional **vitamin E**.
- **Lycopene** to promote prostate health.
- **Chlorophyllin** to protect against environmental DNA damage.
- **Black currant extract** to promote eye health.
- **Methylcobalamin** form of B12 to better support healthy nerve function.

**Once-Daily Health Booster**

Item #01991 • 60 softgels (two-month supply)

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The same nutrients sold separately would cost **2-3 times** more money!

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

Non-GMO

Caution: Avoid use during pregnancy. Consult your healthcare practitioner before using this product if you are taking anti-coagulant or anti-platelet medications or have a bleeding disorder.

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LuteinPlus® and Mz® are registered trademarks of NutriProducts Ltd., UK, licensed under U.S. Patent 8,623,428.

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The Two-Per-Day multinutrient formula is superior to commercial multivitamins because it provides vastly higher potencies of vitamins, minerals and plant extracts. Two-Per-Day also provides optimal forms of vital nutrients such as:

- **5-MTHF**: Active form of folate—up to 7 times more bioavailable.
- **Natural Vitamin E**: Twice as bioavailable as synthetic vitamin E
- **Selenium**: Three different forms that each have specific properties
- **B-Vitamins**: Enzymatically active forms of B2 and B6
- **Added value**: Alpha lipoic acid and plant extracts like apigenin

The chart on the right side page compares Two-Per-Day to the most popular multivitamin commercial product (Centrum®).
To order call 1-800-544-4440 or log on to Life Extension.com

How to Obtain TWO-PER-DAY™ at Substantial Savings:

**How to Obtain Two-Per-Day at Substantial Savings:**

The retail price of a 60-day supply of the new Two-Per-Day tablets is $20. Your price during Super Sale is reduced to $13.50. If you buy four bottles, the price is reduced to $12.15 per bottle. Two-Per-Day capsules are available at slightly higher price.

This page shows the incredible value of Two-Per-Day compared to the leading multinutrient commercial formula.

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<td><strong>Chromium</strong></td>
<td>50 mcg</td>
<td>200 mcg</td>
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<tr>
<td><strong>Molybdenum</strong></td>
<td>45 mcg</td>
<td>100 mcg</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>80 mg</td>
<td>25 mg</td>
</tr>
<tr>
<td><strong>Alpha lipoic acid</strong></td>
<td>none</td>
<td>25 mg</td>
</tr>
<tr>
<td><strong>Boron</strong></td>
<td>none</td>
<td>3 mg</td>
</tr>
<tr>
<td><strong>Choline (as bitartrate)</strong></td>
<td>none</td>
<td>20 mg</td>
</tr>
<tr>
<td><strong>Inositol</strong></td>
<td>none</td>
<td>50 mg</td>
</tr>
<tr>
<td><strong>Lutein</strong></td>
<td>250 mcg</td>
<td>5,000 mcg (from marigold extract)</td>
</tr>
<tr>
<td><strong>Zeaxanthin</strong></td>
<td>none</td>
<td>155 mcg (from marigold extract)</td>
</tr>
<tr>
<td><strong>Lycopene</strong></td>
<td>300 mcg</td>
<td>1,000 mcg</td>
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<tr>
<td><strong>Natural mixed tocopherols (providing gamma, delta, alpha, and beta tocopherols)</strong>*</td>
<td>none</td>
<td>20 mg</td>
</tr>
<tr>
<td><strong>Apigenin</strong></td>
<td>none</td>
<td>5 mg</td>
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</tbody>
</table>

*These values are approximate and may vary slightly from batch to batch.

---

**THIS CHART COMPARES THE FORMULA OF CENTRUM SILVER® TO TWO-PER-DAY:**

---

To order call 1-800-544-4440 or log on to Life Extension.com
**PRODUCTS**

**Amino Acids**
- Arginine/L-Ornithine Capsules
- Arginine Ornithine Powder
- Branched Chain Amino Acids
- D,L-Phenylalanine Capsules
- L-Arginine Caps
- L-Carnitine
- L-Glutamine
- L-Glutamine Powder
- L-Iysine
- L-Taurine Powder
- L-Tyrosine Powder
- Super Carnosine
- Taurine

**Blood Pressure & Vascular Support**
- Advanced Olive Leaf Vascular Support with Celery Seed Extract
- Arterial Protect
- Blood Pressure Monitor Arm Cuff
- Dual Action Blood Pressure
- Endothelial Defense™ with Pomegranate Complete and CORDIART™
- Endothelial Defense™ with Glisodin®
- Natural BP Management
- NitroVasc with CORDIART™
- Pomegranate Complete
- Pomegranate Fruit Extract
- Triple Action Blood Pressure AM/PM
- VenoFlow

**Bone Health**
- Bone Restore
- Bone Restore with Vitamin K2
- Bone Strength Formula with KoAct®
- Bone-Up™
- Calcium Citrate with Vitamin D
- Dr. Strum’s Intensive Bone Formula
- Strontium Caps

**Brain Health**
- Acetyl-L-Carnitine
- Acetyl-L-Carnitine Arginate
- Blast™
- Brain Shield® Gastrodin
- Cognitex® Basics
- Cognitex® with Brain Shield®
- Cognitex® with Pregnenolone & Brain Shield®
- Cognizin® CDP-Choline Caps
- DMAE Bitartrate (dimethylaminoethanol)
- Dopa-Mind™
- Ginkgo Biloba Certified Extract™
- Huperzine A
- Lecithin Granules
- Memory Protect
- Migra-Eeze™
- Neuro-Mag® Magnesium L-Threonate
- Neuro-Mag® Magnesium L-Threonate with Calcium and Vitamin D3
- Optimized Ashwagandha Extract
- Prevagen™
- PS (Phosphatidylserine) Caps
- Vinpocetine

**Cholesterol Management**
- Advanced Lipid Control
- Cho-Less™
- CHOL-Support™
- Red Yeast Rice
- Theaflavins Standardized Extract
- Vitamin B3 Niacin Capsules

**Digestion Support**
- Artichoke Leaf Extract
- Digest RC®
- Effervescent Vitamin C - Magnesium Crystals
- Enhanced Super Digestive Enzymes
- Enhanced Super Digestive Enzymes w/Probiotics
- Esophageal Guardian
- Extraordinary Enzymes
- Fem Dophilus
- Fiber-Immune Support
- Gastro-Ease
- Ginger Force®
- Organic Golden Flax Seed
- Pancreatin
- Regimin
- Tranquil Tract™
- Trufiber™
- WellBiet PGX plus Mulberry

**Energy Management**
- Adrenal Energy Formula
- Asian Energy Boost
- D-Ribose Powder
- D-Ribose Tablets
- Forskolin
- Mitochondrial Basics with BioPQQ®
- Mitochondrial Energy Optimizer with BioPQQ®
- NAD+ Cell Regenerator
- Peak ATP™ with GlycoCarn®
- PQO Caps with BioPQQ®
- Rhodiola Extract
- Rib0Gen™ French Oak Wood Extract
- Triple Action Thyroid

**Eye Health**
- Astaxanthin with Phospholipids
- Brite Eyes III
- Certified European Bilberry Extract
- Eye Pressure Support with Mirtogenol®
- MacuGuard® Ocular Support
- MacuGuard® Ocular Support with Astaxanthin
- Tear Support with MaquiBright®

**Fish Oil & Omegas**
- OMEGA FOUNDATIONS® Mega EPA/DHA
- OMEGA FOUNDATIONS® Mega GLA with Sesame Lignans
- OMEGA FOUNDATIONS® Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract
- OMEGA FOUNDATIONS® Super Omega-3 Plus EPA/DHA with Sesame Lignans, Olive Extract, Krill & Astaxanthin
- OMEGA FOUNDATIONS® Proval® Purified Omegas 7
- OMEGA FOUNDATIONS® Vegetarian DHA
- Organic Golden Flax Seed

**Food**
- California Estate Extra Virgin Olive Oil
- Rich Rewards® Breakfast Blend
- Rich Rewards® Breakfast Blend Natural Mocha Flavor
- Rich Rewards® Breakfast Blend Natural Vanilla Flavor
- Rich Rewards® Breakfast Blend Whole Bean Coffee
- Rich Rewards® Decaf Roast
- Stevia Sweetener

**Glucose Management**
- CinSulin® with InSea2® and CromineX® 3+ Mega Benfotiamine
- Natural Glucose Absorption Control
- Tri Sugar Shield®

**Heart Health**
- Aspirin (Enteric Coated)
- BioActive Folate & Vitamin B12 Caps
- Cardio Peak® with Standardized Hawthorn and Arjuna
- Fibrinogen Resist® with Nattokinase
- Optimized Carnitine with GlycoCarn®
- Super Ubiquinol CoQ10
- Super Ubiquinol CoQ10 with BioPQQ®
- Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™
- Super-Absorbable CoQ10 Ubiquinone with d-Limonene
- TMG Powder
- TMG Liquid Capsules

**Hormone Balance**
- DHEA (Dehydroepiandrosterone)
- Inner Power
- Pregnenolone
- Triple Action Cruciferous Vegetable Extract with Resveratrol
- Triple Action Cruciferous Vegetable Extract

**Immune Support**
- AHCC®
- Echinacea Extract
- Enhanced Zinc Loxenges
- Immune Modulator with Tinofend®
- Immune Protect with PARACTIN®
- Immune Senescence Protection Formula™
- Kinoko® Gold AHCC
- Kyolic® Garlic Formula 102
- Kyolic® Garlic Formula 106
- Kyolic® Reserve
- Lactoferrin (apolactoferrin) Caps
- NK Cell Activator™
- Optimized Garlic
- Optimized Quercetin
- Peony Immune
- ProBoost Thymic Protein A
- Reishi Extract Mushroom Complex
- Standardized Cistanche
- Ten Mushroom Formula®
- Zinc Loxenges

**Inflammation Management**
- 5-LOX Inhibitor with AprèsFlex®
- Advanced Bio-Curcumin® with Ginger & Turmerones
- Black Cumin Seed Oil
- Black Cumin Seed Oil with Bio-Curcumin®
- Boswella
- Cytokine Suppress™ with EGCG
- Nervia®
- Serraf扬州
- Specially-Coated Bromelain
- Super Bio-Curcumin®
- Zyllram® Whole Body

**Joint Support**
- Arthro-Immune Joint Support
- ArthroMax® Advanced with UC-II® & AprèsFlex®
- ArthroMax® with Theaflavins & AprèsFlex®
- ArthroMax® Herbal Joint Formula
- Bio-Collagen with Patented UC-II®
- Fast-Acting Joint Formula
- Glucosamine/Chondroitin Capsules
- Krill Healthy Joint Formula
- MSM (Methylsulfonylmethane)

**Kidney & Bladder Support**
- Cran-Max® Cranberry Whole Fruit Concentrate
- Optimized Cran-Max® with Ellirose™
- Uric Acid Control
- Water-Soluble Pumpkin Seed Extract

**Liver Health & Detoxification**
- Anti-Alcohol with HepatoProtection Complex
- Calcium D-Glucarate
- Chlorella
- Chlorophyll
- European Milk Thistle
- Glutathione, Cysteine & C
- HepatoPro
- Liver Efficiency Formula
- N-Acetyl-L-Cysteine
- PectaSol-C®
- Silymarin
- SODzyme® with Glisodin® & Wolfberry

**Longevity & Wellness**
- Alpha-Lipoic Acid
- AMPK Activator
- AppleWise Polyphenol Extract
- Berry Complete
- Blueberry Extract
- Blueberry Extract with Pomegranate
CR Mimetic Longevity Formula
DNA Protection Formula
Enhanced Berry Complete with Acai
Essential Daily Nutrients
GrapeSeed Extract with Resveratrol & Pterostilbene
Mega Green Tea Extract (decaffeinated)
Mega Green Tea Extract (lightly decaffeinated)
Optimized Fucoidan with Maritech® 926
Optimized Resveratrol
Optimized Resveratrol with Nicotinamide
Riboside
pTeroPure®
Pycnogenol® French Maritime
Pine Bark Extract
Resveratrol with Pterostilbene
RNA (Ribonucleic Acid)
Super R-Lipoic Acid
X-R Shield

Men’s Health
Mega Lycopene Extract
PalmettoGuard® Saw Palmetto with Beta-Sitosterol
PalmettoGuard® Saw Palmetto/Nettle Root Formula with Beta-Sitosterol
Pomi-T™
Prelox® Natural Sex for Men®
Super MiraForte with Standardized Lignans
Triple Strength ProstaPollen™
Ultimate Natural Prostate

Minerals
Boron
Extend-Release Magnesium
Iron Protein Plus
Magnesium (Citrate)
Magnesium Caps
Only Trace Minerals
Optimized Chromium with CROMINEX® 3+
Sea-Iodine™
Se-Methyl L-Selenocysteine
Super Selenium Complex
Vanadyl Sulfate
Zinc Caps

Miscellaneous
Solarshield® Sunglasses

Mood & Stress Management
5-HTP
L-Theanine
Natural Stress Relief
SAMe (S-Adenosyl-Methionine)

Multivitamins
Children’s Formula Life Extension Mix™
Comprehensive Nutrient Packs ADVANCED
Life Extension Mix™ Capsules without Copper
Life Extension Mix™ Capsules Life Extension Mix™ Powder without Copper
Life Extension Mix™ Powder with Extra Niacin
Life Extension Mix™ Tablets without Copper
Life Extension Mix™ Tablets Once-Daily Health Booster
One-Per-Day Tablets
Two-Per-Day Capsules
Two-Per-Day Tablets

Personal Care
Anti-Aging Rejuvenating Scalp Serum Biocil
Dr. Proctor’s Advanced Hair Formula Biocil
Dr. Proctor’s Shampoo
European Leg Solution Featuring Certified Diosmin 95
Face Master Platinum
Facial Toning System
Hair, Skin & Nail Rejuvenation Formula w/VERISOL®
Hair Suppress Formula

Pet Care
Cat Mix
Dog Mix

Probiotics
Bifido GI Balance
BroccoMax®
FLORASSIST® Balance
FLORASSIST® GI
FLORASSIST® Heart Health
FLORASSIST® Mood
FLORASSIST® Oral Hygiene
FLORASSIST® Throat Health
Therac-V Probiotics
TruFlora® Probiotics

Skin Care
Advanced Anti-Glycation Peptide Serum
Advanced Brightening Cream
Advanced Peptide Hand Therapy
Advanced Triple Peptide Serum
Advanced Under Eye Serum with Stem Cells
Amber Self MicroDerm Abrasion
Anti-Aging Face Oil
Anti-Aging Mask
Anti-Aging Rejuvenating Face Cream
Anti-Glycation Serum with Blueberry & Pomegranate Extracts
Antioxidant Facial Mist
Anti-Oxidant Rejuvenating Foot Cream
Anti-Oxidant Rejuvenating Foot Scrub
Anti-Oxidant Rejuvenating Hand Cream
Anti-Redness & Adult Blemish Lotion
Bioflavonoid Cream
Broccoli Sprout Cream
Collagen Boosting Peptide Serum
Corrective Clearing Mask
DNA Repair Cream
Essential Plant Lipids Reparative Serum
Eye Lift Cream
Face Rejuvenating Anti-Oxidant Cream
Fine Line-Less
Healing Formula
Healing Mask
Healing Vitamin K Cream
Hyaluronic Acid Moisturizer
Hyaluronic Oil-Free Facial Moisturizer
Hydrating Anti-Oxidant Facial Mist
Hydroderm
Lifting & Tightening Complex
Lycopene Cream
Melatonin Cream
Mild Facial Cleanser
Multi Stem Cell Skin Tightening Complex
Neck Rejuvenating Anti-Oxidant Cream
Pigment Correcting Cream
Rejuvenating Serum
Rejuvenex® Body Lotion
Rejuvecity Factor Firming Serum
Renewing Eye Cream
Resveratrol Anti-Oxidant Serum
Shade Factor
Skin Lightening Serum
Skin Restoring Phytoceamidase with Lipowheat®
Skin Stem Cell Cream
Stem Cell Cream with Alpine Rose
Tightening & Firming Neck Cream
Triple-Action Vitamin C Cream
Ultimate MicroDermabrasion
Ultra Eyelash Booster
Ultra Lip Plumper
Ultra Rejuvecity
Ultra RejuveNight®
Ultra Wrinkle Relaxer
Under Eye Refining Serum
Under Eye Rescue Cream
Vitamin C Serum
Vitamin D Lotion
Vitamin E-ssential Cream

Sleep
Bioactive Milk Peptides
Enhanced Natural Sleep® with Melatonin
Enhanced Natural Sleep® without Melatonin
Fast-Acting Liquid Melatonin
Glycine
L-Tryptophan
Melatonin
Optimized Tryptophan Plus

Sports Performance
Creatine Capsules
Creatine Whey Glutamine Powder (Vanilla Flavor)
New Zealand Whey Protein Concentrate (Chocolate and Vanilla Flavor)
Tart Cherry with CherryPure®
Whey Protein Isolate (Chocolate and Vanilla Flavor)

Vitamins
Ascorbhyl Palmitate
Benfotiamine with Thiamine
Beta-Carotene
BioActive Complete B-Complex
Biotin
Buffered Vitamin C Powder
Fast-CTM with Dihydroquercetin
Gamma E Mixed Tocopherol Enhanced with Sesame Lignans
Gamma E Mixed Tocopherol/Tocotrienols
High Potency Optimized Folate
Inositol Caps
Liquid Emulsified Vitamin D3
Liquid Vitamin D3
Low-Dose Vitamin K2
Methylcobalamin
MK-7
Natural Vitamin E
No Flush Niacin
Optimized Folate (L-Methylfolate)
Pantothenic Acid (Vitamin B-5)
Pyridoxal 5’-Phosphate Caps
Super Absorbable Tocotrienols
Super Ascorbate C Capsules
Super Ascorbate C Powder
Super K with Advanced K2 Complex
Vitamin B12
Vitamin B6
Vitamin C with Dihydroquercetin
Vitamin D3 with Sea-Iodine™
Vitamin D3
Vitamins D and K with Sea-Iodine™

Weight Management
7-Keto® DHEA Metabolite
Advanced Anti-Adipocyte Formula
Advanced Natural Appetite Suppression
CalReduce Selective Fat Binder
DHEA Complete
Garcinia HCA
HCAactive™ Garcinia Cambogia Extract
Integra-Lean®
Mediterranean Trim with Sinetrol™-XPur
Optimized Irvingia with Phase 3® Calorie Control Complex
Optimized Saffron with Satiereal®
Super Citrimax®
Super CLA Blend with Guarana and Sesame Lignans
Super CLA Blend with Sesame Lignans

Women’s Health
Advanced Natural Sex for Women® 50+
Breast Health Formula
Femmenessence MacaPause®
Natural Estrogen
Progesterone Care®
Super-Absorbable Soy Isoflavones
Ultra Soy Extract
<table>
<thead>
<tr>
<th>ITEM No.</th>
<th>PRODUCT</th>
<th>Retail Each</th>
<th>1 Unit Each</th>
<th>4 Unit Each</th>
<th>10 Unit Each</th>
<th>QTY Total</th>
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<tbody>
<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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<td>0184</td>
<td>ACETYL-L-CARNITINE ARGINATE • 90 veg. caps</td>
<td>$52.00</td>
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<td>0162</td>
<td>ADRENAL ENERGY FORMULA • 60 veg. caps</td>
<td>$24.00</td>
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<tr>
<td>0163</td>
<td>ADRENAL ENERGY FORMULA • 120 veg. caps</td>
<td>$46.00</td>
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<td>0182</td>
<td>ADVANCED LIPID CONTROL • 60 veg. caps</td>
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<td>0981</td>
<td>AHCC® • 500 mg, 30 caps</td>
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<td>AHCC® (KINOKO® GOLD) • 500 mg, 60 veg. caps</td>
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<td>0045</td>
<td>ALPHA-LIPIC ACID W/BIOTIN • 250 mg, 60 caps</td>
<td>$37.00</td>
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<td>AMPK ACTIVATOR • 90 veg. caps</td>
<td>$48.00</td>
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<td>0150</td>
<td>ANTI-ADIPOCYTE FORMULA W/MERATRIM® &amp; INTEGRA LEAN® (Advanced) • 60 veg. caps</td>
<td>$39.00</td>
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<td>0210</td>
<td>ANTI-ALCOHOL w/HEPATOPRO COMPLEX • 60 caps</td>
<td>$22.00</td>
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<tr>
<td>0165</td>
<td>APPLEWISE POLYPHENOL EXTRACT 600 mg, 30 veg. caps</td>
<td>$21.00</td>
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<td>0103</td>
<td>ARGinine/Ornithine • 500/250, 100 caps</td>
<td>$17.99</td>
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<td>0038</td>
<td>ARGinine/Ornithine POWERWAVE • 150 grams</td>
<td>$22.95</td>
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<tr>
<td>0164</td>
<td>(L-)-ARGININE CAPS • 700mg, 200 veg. caps</td>
<td>$26.50</td>
<td>$19.88</td>
<td>$17.44</td>
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<tr>
<td>0204</td>
<td>ARTERIAL PROTECT • 30 veg. caps</td>
<td>$48.00</td>
<td>$36.00</td>
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<td>$33.00</td>
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<tr>
<td>0187</td>
<td>ARTHROMAX® W/THAEFLAVINS &amp; APRESFLEX® 120 veg. caps</td>
<td>$44.00</td>
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<tr>
<td>0181</td>
<td>ARTHROMAX® ADVANCED W/UC-II® &amp; APRESFLEX® 60 caps</td>
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<td>ARTHROMAX® HERBAL JOINT FORMULA • 60 veg. caps</td>
<td>$40.00</td>
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<td>0140</td>
<td>ARTHRO-IMMUNE JOINT SUPPORT • 60 veg. caps</td>
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<td>0091</td>
<td>ARTICHOKE LEAF EXTRACT • 500 mg, 180 veg. caps</td>
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<td>ASCORBIL PALMITATE • 500 mg, 100 veg. caps</td>
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<td>0088</td>
<td>ASHWAGANDHA EXTRACT (Optimized) • 60 caps</td>
<td>$10.00</td>
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<td>0185</td>
<td>ASIAN ENERGY BOOST • 90 veg. caps</td>
<td>$24.00</td>
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<td>0106</td>
<td>ASPIRIN • 81 mg, 30 enteric coated tablets</td>
<td>$6.00</td>
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<td>0193</td>
<td>ASTAXANTHIN WITH PHOSPHOLIPIDS • 4 mg, 30 softgels</td>
<td>$16.00</td>
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<td>$10.50</td>
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<tr>
<td>ITEM No.</td>
<td>PRODUCT</td>
<td>YOUR PRICE</td>
<td>TO ORDER ONLINE VISIT: <a href="http://www.LifeExtension.com">www.LifeExtension.com</a></td>
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<td>01659</td>
<td>COGNIZIN® CDH CHOLINE CAPS • 250 mg, 60 veg. caps</td>
<td>36.00</td>
<td>27.00 25.50</td>
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<td>01945</td>
<td>COMPLETE B-COMPLEX (BioActive) • 60 veg. caps</td>
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<td>9.00 8.00</td>
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<td>02998</td>
<td>COMPREHENSIVE NUTRIENT PACKS ADVANCED • 30 packs</td>
<td>90.00</td>
<td>67.50 61.50</td>
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<td>01949</td>
<td>COQ10 w/d-LIMONENE (Super-Absorbable) • 50 mg, 60 softgels</td>
<td>25.00</td>
<td>18.75 16.50 15.00</td>
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<td>01948</td>
<td>COQ10 w/d-LIMONENE (Super-Absorbable) • 100 mg, 100 softgels</td>
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<tr>
<td>01929</td>
<td>COQ10 (Super Ubiquinol) • 100 mg, 60 softgels</td>
<td>56.00</td>
<td>42.00 36.00 33.00</td>
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<tr>
<td>01733</td>
<td>COQ10 w/BiOPQQ® (Super Ubiquinol) • 100 mg, 30 softgels</td>
<td>54.00</td>
<td>40.50 33.00 30.00</td>
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<tr>
<td>01426</td>
<td>COQ10 w/ENH MITOCHONDRIAL SUPPORT™ (Super Ubiquinol) • 100 mg, 60 softgels</td>
<td>62.00</td>
<td>46.50 39.00 36.00</td>
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<td>COQ10 w/ENH MITOCHONDRIAL SUPPORT™ (Super Ubiquinol) • 50 mg, 30 softgels</td>
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<td>CREATINE CAPSULES • 120 veg. caps</td>
<td>10.95</td>
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<td>01746</td>
<td>CREATINE WHEY GLUTAMINE POWDER • 454 grams (vanilla)</td>
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<td>22.50 19.50</td>
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<td>CR MIMETIC LONGEVITY FORMULA • 60 veg. caps</td>
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<td>CURCUMIN® (Super Bio) • 400 mg, 60 veg. caps</td>
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**COSMETICS**

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<td>80157</td>
<td>ADVANCED ANTI-GLYCATION PEPTIDE SERUM • 1 oz</td>
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<td>80154</td>
<td>ADVANCED LIGHTENING CREAM • 1 oz</td>
<td>65.00 48.75 42.75</td>
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<td>80155</td>
<td>ADVANCED PEPTIDE HAND THERAPY • 4 oz</td>
<td>46.00 34.50 29.25</td>
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<td>80152</td>
<td>ADVANCED TRIPLE PEPTIDE SERUM • 1 oz</td>
<td>65.00 48.75 42.75</td>
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<td>80140</td>
<td>ADVANCED UNDER EYE SERUM W/STEM CELLS • .33 oz</td>
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<td>80139</td>
<td>AMBER SELF MICRODERMABRasion • 2 oz</td>
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<td>80158</td>
<td>ANTI-AGING FACE OIL • 1 oz</td>
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<td>ANTI-AGING MASK • 2 oz</td>
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<td>80151</td>
<td>ANTI-AGING REJUVENATING FACE CREAM • 2 oz</td>
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<td>ANTI-AGING REJUVENATING SCALP SERUM • 2 oz</td>
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<td>ANTI-OXIDANT FACIAL MIST • 2 oz</td>
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<td>ANTI-OXIDANT REJUVENATING FOOT CREAM • 2 oz</td>
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<td>ANTI-OXIDANT REJUVENATING FOOT SCRUB • 2 oz</td>
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<td>ANTI-OXIDANT REJUVENATING HAND CREAM • 2 oz</td>
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<td>ANTI-REDNESS &amp; ADULT BLEMISH LOTION • 1 oz</td>
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<td>80147</td>
<td>BIOFLAVONOID CREAM • 1 oz</td>
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<td>80144</td>
<td>BROCCOLI SPIROUT CREAM • 1 oz</td>
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<td>COLLAGEN BOOSTING PEPTIDE SERUM • 1 oz</td>
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<td>CORRECTIVE CLEARING MASK • 2 oz</td>
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<td>80141</td>
<td>DNA REPAIR CREAM • 1 oz</td>
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<td>80108</td>
<td>ESSENTIAL PLANT LIPIDS REPARATIVE SERUM • 1 oz</td>
<td>74.95 56.21 49.46</td>
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**SUBTOTAL OF COLUMN 3**

**SUBTOTAL OF COLUMN 4**

**SUPER SALE 2016-2017**

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

**RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS**

**OFFER ENDS JANUARY 31, 2017**
<table>
<thead>
<tr>
<th>ITEM No.</th>
<th>PRODUCT</th>
<th>QTY</th>
<th>Total</th>
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<td>02022</td>
<td>DIGESTIVE ENZYMES w/PROBIOTICS (Enhanced Super) • 60 veg. caps</td>
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<td>01671</td>
<td>D, L-PHENYLALANINE • 500 mg, 100 veg. caps</td>
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<td>01540</td>
<td>DMAE BITARTRATE • 150 mg, 200 veg. caps</td>
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<td>01570</td>
<td>DNA PROTECTION FORMULA • 60 veg. caps</td>
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<td>01931</td>
<td>DOG MIX • 100 grams powder</td>
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<td>02006</td>
<td>DOPA-MIND™ • 60 veg. tabs</td>
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<td>00321</td>
<td>DR. PROCTOR’S ADVANCED HAIR FORMULA • 2 oz</td>
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<td>00322</td>
<td>DR. PROCTOR’S HAIR SHAMPOO • 8 oz</td>
<td>24.95</td>
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<td>01528</td>
<td>ECHINACEA EXTRACT • 250 mg, 60 veg. caps</td>
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<td>ENDOThelial DEFENSE™ w/Pomegranate COMPLETE and Cordiat™ • 60 softgels</td>
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<td>ENDOThelial DEFENSE™ w/Glisin® • 60 veg. caps</td>
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<td>EPA/DHA (Mega) • 120 softgels</td>
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<td>ESOPHAGEAL GUARDIAN (Berry flavor) • 60 chewable tablets</td>
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<td>EUROPEAN LEG SOLUTION DIOSMIN 95 600 mg, 30 veg. tabs</td>
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<td>EXTRAORDINARY ENZYMES • 60 caps</td>
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<td>02008</td>
<td>(California Estate) EXTRA VIRGIN OLIVE OIL • 500 ml (16.9 fl oz)</td>
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<td>FACE MASTER® PLATINUM • Facial Toning System</td>
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<td>00965</td>
<td>FAST-ACTING JOINT FORMULA • 30 caps</td>
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<td>01717</td>
<td>FAST-C™ w/DiHydroQuercitin • 120 veg. tabs</td>
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<td>FEM DOPHILUS® • 30 caps</td>
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<td>FEMMINESSENCE MACAPOSE® • 120 veg. caps</td>
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<td>FIBER-IMMUNE SUPPORT (Apple Cinnamon) • 235 grams</td>
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<td>FIBRINOGEN RESIST™ • 30 veg. caps</td>
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<td>FLAX SEED (Organic golden) • 14 oz</td>
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<td>FLORASSIST® GI w/PHAGE TECHNOLOGY • 30 veg. caps</td>
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<td>FLORASSIST® HEART HEALTH • 60 veg. caps</td>
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<td>FLORASSIST® ORAL HYGIENE • 30 lozenges</td>
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<td>FLORASSIST® BALANCE • 30 liquid veg. caps</td>
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<td>02000</td>
<td>FLORASSIST® MOOD • 60 caps</td>
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<td>FLORASSIST® THroat HEALTH • 30 lozenges</td>
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<td>FOLATE HIGH POTENCY (Optimized) • 5,000 mcg, 30 veg. tablets</td>
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<td>FOLATE (Optimized) • 1,000 mcg, 100 veg. tablets</td>
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<td>FOLATE + VITAMIN B12 (BioActive) • 90 veg. caps</td>
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<td>01544</td>
<td>FORSKOLIN • 10 mg, 60 veg. caps</td>
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<td>FUOCIDIAN W/MARITECH® 926 (Optimized) • 60 veg. caps</td>
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<td>GAMMA E MIXED TOCOPHEROL/TOCOTRIENOLS • 60 softgels</td>
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<td>GAMMA E MIXED TOCOPHEROL w/ENHANCED SESAME LIGNANS • 60 softgels</td>
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<td>GARLIC (Optimized) • 200 veg. caps</td>
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<td>GASTRO-EASE • 60 veg. caps</td>
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**SUBTOTAL OF COLUMN 5**
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<td>60 softgels</td>
<td>25.00 18.75 17.50</td>
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<td>01951 MACUGUARD® OCULAR SUPPORT w/ASTAXANTHIN</td>
<td>60 softgels</td>
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<td>01450 MAGNESIUM CAPS</td>
<td>500 mg, 100 veg. caps</td>
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<td>01682 MAGNESIUM (CITRATE)</td>
<td>160 mg, 100 veg. caps</td>
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<td>02107 (EXTEND-RELEASE) MAGNESIUM</td>
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<tr>
<td>01908 MEDITERRANEAN TRIM WITH SINETROL™-XPUR</td>
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<td>01686 MELATONIN</td>
<td>300 mcg, 100 veg. caps</td>
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<td>01683 MELATONIN</td>
<td>500 mcg, 200 veg. caps</td>
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<td>00330 MELATONIN</td>
<td>3 mg, 60 veg. caps</td>
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<td>10 mg, 60 veg. caps</td>
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<td>3 mg, 60 veg. lozenges</td>
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<td>01787 MELATONIN TIMED RELEASE</td>
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<td>01788 MELATONIN TIMED RELEASE</td>
<td>750 mcg, 60 veg. tablets</td>
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<td>01786 MELATONIN TIMED RELEASE</td>
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<td>60 softgels</td>
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<td>60 softgels</td>
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<td>01925 MILK THISTLE</td>
<td>60 softgels</td>
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<td>01940 MIRAFORTE w/STANDARDIZED LIGNANS</td>
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<td>01868 MITOCONDRIAL ENERGY OPTIMIZER</td>
<td>w/BIOPOQ®+ 120 caps</td>
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<td>00065 MK-7</td>
<td>90 mcg, 60 softgels</td>
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<td>00451 MSM (Methylsulfonylmethane)</td>
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<td>14.00 10.50 8.96</td>
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## N

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<th>Your Price</th>
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<td>100 mg, 30 veg. caps</td>
<td>34.00 25.50 19.50</td>
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<td>00066 NATTOKINASE</td>
<td>60 softgels</td>
<td>25.50 19.13</td>
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<td>01807 NATURAL APPETITE SUPPRESS (Advanced)</td>
<td>60 veg. caps</td>
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<td>00984 NATURAL BP MANAGEMENT</td>
<td>60 tablets</td>
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<tr>
<td>01892 NATURAL ESTROGEN</td>
<td>60 veg. tabs</td>
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<tr>
<td>01626 NATURAL SEX FOR WOMEN® 50+ (Advanced)</td>
<td>90 veg caps</td>
<td>59.00 44.25 34.00</td>
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<td>01444 NATURAL SLEEP®</td>
<td>60 veg. caps</td>
<td>13.00 9.75 7.50</td>
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### SUBTOTAL OF COLUMN 7

RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS

DEDUCT AN ADDITIONAL 10% ON ALL PRODUCTS DURING SUPER SALE

SUPER SALE 2016-2017

OFFER ENDS JANUARY 31, 2017
<table>
<thead>
<tr>
<th>ITEM No.</th>
<th>PRODUCT</th>
<th>Retail Each</th>
<th>1 Unit</th>
<th>4 Unit</th>
<th>10 Unit</th>
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| SUBTOTAL COLUMN 3 |  |
| SUBTOTAL COLUMN 4 |  |
| SUBTOTAL COLUMN 5 |  |
| SUBTOTAL COLUMN 6 |  |
| SUBTOTAL COLUMN 7 |  |
| SUBTOTAL COLUMN 8 |  |
| SUBTOTAL COLUMN 9 |  |
| SUBTOTAL COLUMN 10 |  |
| SUBTOTAL COLUMN 11 |  |
| SUBTOTAL COLUMN 12 |  |

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| SUBTOTAL OF COLUMNS 1 - 12 |  |

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**GRAND TOTAL** (MUST BE IN U.S. DOLLARS)

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| VISA/MASTERCARD/AMEX/DISCOVER # |  |
| EXP. DATE |  |
| SIGNATURE |  |

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Support longevity factors with one daily capsule:

- **Trans-Resveratrol** facilitates youthful gene expression.
- **Pterostilbene** facilitates youthful gene expression and activates longevity pathways.
- **Nicotinamide riboside** helps support physical performance (NIAGEN®).
- **Quercetin** inhibits inflammatory factors and augments the beneficial effects of resveratrol.
- **Fisetin**—switches on cell signaling molecules that support youthful expression of longevity genes.
- **Red Grape/Blueberry Blend** providing polyphenols, anthocyanins, OPCs.

**Optimized Resveratrol with Nicotinamide Riboside**

Item #02031 • 30 vegetarian capsules

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<td>4 bottles</td>
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<td>$24.30 each</td>
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* Provides 250 mg of trans-resveratrol in one daily capsule along with synergistic plant extracts.

To order **Optimized Resveratrol with Nicotinamide Riboside**, call 1-800-544-4440 or visit www.LifeExtension.com

Non-GMO

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.


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.
People supplementing with saffron showed an improvement in vision as measured by them seeing an average of two additional lines on the eye chart commonly used by doctors to test vision.\(^1\)

**MacuGuard® Ocular Support** provides lutein, trans-zeaxanthin, and meso-zeaxanthin to help maintain structural integrity of the macula.\(^2,4\)

Alpha-carotene has been added based on new evidence that it helps support the macular pigment.\(^2\)

This formula also includes the optimal dose of saffron along with cyanidin-3-glucoside to support healthy vision.\(^3,6\)

Just one daily softgel of the new **MacuGuard® Ocular Support** formula provides:

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<th>Ingredient</th>
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<td>Lutein</td>
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<td>Trans-Zeaxanthin/Meso-zeaxanthin</td>
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<td>Cyanidin-3-glucoside</td>
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**MacuGuard® Ocular Support** is also available with Astaxanthin. Retail price is $44. If you buy four bottles, the price is reduced to $30 per bottle. Item #01993.

Many people already obtain astaxanthin by taking Astaxanthin with Phospholipids (Item #01923), Super Omega-3 Plus EPA/DHA with Sesame Lignans, Olive Extract, Krill & Astaxanthin (Item #01988), and Krill Healthy Joint Formula (Item #01600).

Avoid use during pregnancy.

**References**
Cognitex® is designed to improve cerebral performance and protect against neurological problems over the long term.

Scientifically formulated Cognitex® contains validated ingredients shown at two weeks to improve:

- **Spatial short-term memory 42%**
- **Recall 15%**
- **Recognition 11%**
- **Attention 12%**
- **Visual learning 33%**
- **Activities of daily living by over 10%**

Cognitex® with Pregnenolone & Brain Shield®

Cognitex® with Pregnenolone & Brain Shield® (Gastrodin)

Item #01897 • 90 softgels

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* J Diet Suppl. 2011 Jun; 8(2):158-68

Non-GMO

**Caution:** Do not take this product if you have breast cancer, prostate cancer, or other hormone-sensitive diseases. If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult with your health care provider before taking this product.

Leucoselect™ is a registered trademark of Indena S.p.A.
Perfluran™ is used with permission.
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To order Cognitex®, 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.*
Aging is characterized by inflammation, glycation, mitochondrial decay, and loss of cellular structure/function. Mitochondrial Energy Optimizer provides the following nutrients to help neutralize these changes:

- **CARNOSONE**: As humans age, proteins in their bodies become damaged by glycation reactions. Glycation can lead to alterations of normal cell function. Carnosine is a powerful anti-glycating agent, and protects neurons against protein carbonyl species associated with normal aging.1-5

- **TAURINE**: Supports whole-body health and boosts new brain cell formation in the area of the brain connected to learning and memory.6

- **PQQ**: This micronutrient has been shown to trigger the growth of new mitochondria in aging cells!7 PQQ also activates genes involved in protecting the delicate structures within the mitochondria.8-11

- **LUTEOLIN**: Systemic inflammation is involved in most consequences of aging. Culprits behind inflammatory reactions are pro-inflammatory cytokines, such as interleukin-6 and tumor necrosis factor-alpha. Luteolin is a flavonoid that has been shown to help suppress these inflammatory cytokines.12-16

- **BENFOTIAMINE**: Benfotiamine blocks multiple destructive biochemical pathways, including AGEs’ formation pathway,17-21 which is induced by higher than desirable blood glucose levels.22-23

- **PYRIDOXAL 5’-PHOSPHATE**: Pyridoxal 5’-phosphate is the active form of vitamin B6 that has been shown to protect against both lipid and protein glycation reactions.24-27

- **R-LIPOIC ACID**: A microencapsulated Bio-Enhanced® R-lipoic acid facilitates youthful mitochondrial energy output while guarding against free radicals.28-32

To order Mitochondrial Energy Optimizer with BioPQQ®, call 1-800-544-4440 or visit www.LifeExtension.com
Scientists continue to find healthy benefits—including DNA protection—in cruciferous plants. But it’s not always easy to get in five servings of cruciferous vegetables a day—and even if you do, cooking can destroy many of the protective compounds found in broccoli, Brussels sprouts, cauliflower, and cabbage.

Life Extension®’s Triple Action Cruciferous Vegetable Extract combines vital plant extracts into a comprehensive formula to provide cellular protection and optimal DNA protection as well as optimal hormone balance.

And you can get the additional benefits of trans-resveratrol in our Triple Action Cruciferous Vegetable Extract with Resveratrol.

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

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Milk thistle extract—rich in *silymarin*—is one of nature's most powerful weapons to support liver health. Scientific studies demonstrate silymarin's ability to provide potent protection for your liver.¹,²

Life Extension®'s European Milk Thistle contains standardized, top-grade potencies of *silymarin*, *silybin*, *isosilybin A*, and *isosilybin B*, providing a full spectrum of liver-supportive compounds. This unique formula includes *phosphatidylcholine*, a nutrient that promotes better absorption of milk thistle extract.³

The *silymarin* contained in European Milk Thistle is absorbed nearly 5 times better than silymarin alone, and its bioavailability to the liver is 10 times better.

References

SILIPHOS® is a registered trademark of Indena S.p.A., Italy.
Super R-Lipoic Acid is more bioavailable, stable, and potent, achieving 10-30 times higher peak blood levels. This unique sodium-R-lipoate can help you reach peak plasma concentrations within just 10-20 minutes of supplementation.

Suggested dose is one to two capsules daily.

Non-GMO

CAUTION: If you are taking glucose-lowering medication, consult your health care provider before taking this product.

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

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.
Phage therapy originated in Eastern Europe for ensuring maximum health through natural biology.

In a modern update of this healthy approach, FLORASSIST® GI with Phage Technology is designed to favorably modify the communities of bacteria living in the large and small intestine to promote healthy gastrointestinal function.

FLORASSIST® GI with Phage Technology combines four types of phages, along with six strains of probiotics that work within hours, not days.

The suggested daily serving of one liquid vegetarian capsule of FLORASSIST® GI with Phage Technology provides:

**Proprietary Probiotic Blend** • 15 Billion CFU***
- Lactobacillus acidophilus La-14
- Bifidobacterium lactis BI-04
- L. paracasei Lpc-37

**TetraPhage Blend** • 15 mg **
- LH01 - Myoviridae
- LLS - Siphoviridae
- T4D - Myoviridae
- LL12 - Myoviridae

The probiotic blend in this formula is identical to the popular Florassist Balance. This new formula adds phages that promote the ability of beneficial bacteria to propagate.

To order FLORASSIST® GI with Phage Technology, call 1-800-544-4440 or visit www.LifeExtension.com

Non-GMO *Colony Forming Units at time of manufacture. **Daily Value not established.

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Vitamin K1, vitamin K2 (MK-4), and vitamin K2 (MK-7) can also be found in Life Extension® Once-Daily Health Booster (formerly Super Booster). If you take Once-Daily Health Booster, you do not need additional Super K with Advanced K2 formula.

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.

Optimize your vitamin K and help keep calcium in your bones and out of blood vessels.

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WHAT’S INSIDE

Annual Super Sale begins November 14, 2016

ARTHRTIS: SLOW CARTILAGE BREAKDOWN
Cartilage degradation and constant inflammation are hallmarks of arthritis. New studies show three herbal extracts slow cartilage breakdown and relieve joint discomfort without side effects.

BRAIN AGING: HALT AND REVERSE IT
In a stunning development, two natural factors have been discovered that protect against structural brain damage. Published studies reveal improvements in cognitive function, along with slowing and reversal of Alzheimer's progression.

NEW WAYS TO MAINTAIN CELLULAR INTEGRITY
Low-cost natural approaches have been identified to help neutralize cell degeneration. These advances are light years ahead of conventional medicine. Consumers have new weapons to delay destructive cell senescence.

PROTECT AGAINST STOMACH DISTRESS
Japanese researchers have pioneered the use of a zinc-carnosine compound to protect against H. pylori and shield the stomach lining from common stressors. The addition of a unique probiotic can lessen the risk of ulcers and other digestive ailments.

Obtain Advanced Nutrients at Year’s Lowest Prices!