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**LifeExtension**

WINTER EDITION 2017-2018

**Break the Chronic PAIN Cycle**

- Curcumin Improves Brain Function
- Shed Abdominal Fat Storage
- Cleanse Your Cells Of Toxic Debris
- PQQ Protects Against Male Osteoporosis

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NEWS UPDATE (PAGE 2)

• When AMPK is activated it helps shed abdominal fat while cleansing cells of accumulated waste. AMPK provides many benefits of metformin.

• Those who suffer constant pain have low quality-of-life scores. AMPK safely targets pain and its pro-inflammatory source.

PAGE 6 • BREAK THE CYCLE OF CHRONIC PAIN

Two natural compounds have been identified that safely reduce underlying causes of pain. A human study shows one of these ingredients is more effective than ibuprofen.

PAGE 18 • BOOST AMPK TO REDUCE ABDOMINAL FAT

AMPK has been extensively studied for its health promoting properties. During their investigations, scientists discovered that boosting AMPK resulted in an unexpected benefit: the reduction of abdominal fat.

PAGE 30 • DISCOVERING CURCUMIN’S BRAIN BENEFITS

New research findings show that curcumin can reduce anxiety and depression. Curcumin has been shown to boost a signaling factor that is vital to retaining cognitive skills.

PAGE 46 • PQQ PREVENTS MALE BONE LOSS

A new study shows that pyrroloquinoline quinone (PQQ) protects bone strength in testosterone-deprived male mice. PQQ may soon emerge as an innovative bone restoration strategy for maturing men.

ANNUAL SUPER SALE BEGINS BEGINS NOW!

Once a year, Life Extension® discounts ALL of our advanced formulas. This enables consumers to obtain the latest versions of our premium nutrient blends at the lowest prices.
Imagine how efficiently your delicate cell machinery operated in youth.

Young cells cleanse themselves of waste through a process that is highly dependent on an enzyme called AMPK.

Normal aging diminishes AMPK activity.

One toxic result is accumulation of cellular debris that interferes with vital cellular function.

AMPK deficit is also associated with excess cell proliferation.

Maturing people do not want excess cell proliferation. Rapidly dividing cells lead to greater DNA mutations along with buildup of arterial plaque and abdominal adiposity.

When AMPK is activated, it suppresses cell proliferation. This has powerful implications in the prevention of malignancies, atherosclerosis and obesity.

Activating AMPK also helps clear cells of “debris” that clogs their metabolic activity.

AMPK is one component of a program involving calorie control and physical activity aimed at reducing abdominal fat stores.

**Powerful Anti-Aging Impact of Boosting Cellular AMPK**

- Lower Glucose
- Reduced Belly Fat
- Lower Insulin
- Reduced Triglycerides
- Lower Inflammation
- Reduced Cancer Risk
- Activates Autophagy
- Favorably Alters Genes
- Burns Cell Fat Stores
- Slows Cell Proliferation

**Reducing Abdominal Fat**

AMPK deficit manifests outwardly as stored body fat, especially in the abdomen.

Boosting AMPK activity can remove fat by:
- Inhibiting triglyceride synthesis
- Inhibiting fatty-acid synthesis
- Inhibiting adipocyte (fat cell) proliferation
- Facilitating fat burning for energy
- Promoting healthy oxidation of fatty acids
- Improving insulin sensitivity
- Suppressing glucose synthesis in the liver

When AMPK is activated it forces cells to utilize stored fats.
Protecting Against Malignancies

Some studies have shown that activated AMPK turns on genes that suppress malignant cell transformation while promoting healthy longevity.

AMPK activation is a glucose-lowering mechanism of metformin. Metformin has been associated with 30% lower cancer incidence.

We know that insulin resistance, obesity, and excess blood glucose increase cancer risk and reduce longevity.

Natural Relief From Chronic Pain

The news about pain-relieving drugs keeps getting worse.

A 2017 study reveals that even short term use of drugs like ibuprofen increases risk of heart attack by 48%. Regular ibuprofen use results in a 32% greater risk of kidney damage.

Controlling chronic pain is essential to life quality. But risking addiction, sudden heart attack or organ failure is a devastating consequence.

This issue of Life Extension Magazine describes two natural compounds that can safely reduce the underlying causes of pain.

For those suffering back discomfort, neuropathy, carpal tunnel syndrome, and other forms of chronic pain, this discovery represents a meaningful advance.

Annual Super Sale Savings!

Once a year, we discount the price of ALL of our advanced formulas.

This enables consumers to obtain the latest versions of our premium nutrient blends at the lowest prices.

This is our 29th annual Super Sale. It begins November 13, 2017, and extends to January 31, 2018.

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For longer life,

William Faloon, Co-Founder,
Life Extension Buyers Club

Anti-Aging Effects of AMPK

This special edition of Life Extension Magazine describes a new way to increase cellular AMPK.

When this happens, it turns on a process called autophagy, which is a natural way our cells cleanse themselves of metabolic waste.

In response to increased AMPK activity, there is a better opportunity to reduce abdominal fat.
FLORASSIST® GI with Phage Technology combines four types of phages, along with six strains of probiotics that work within hours, not days.

The addition of phages is designed to remove unwanted bacteria in the intestines to make room for the beneficial probiotics.

Probiotic blend • 15 Billion CFU**
- Lactobacillus acidophilus La-14
- Bifidobacterium lactis Bi-04
- L. paracasei Lpc-37

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

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

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Sesame lignans to enhance omega-3 stability

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Sustainable-sourced Alaskan Pollock

Daily Dose EPA 1500 mg DHA 1000 mg

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---|---
1 bottle | $32 | $21.60
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Item #01982 • 120 softgels

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Break the Cycle of CHRONIC PAIN
Common pain medications are more dangerous than originally thought.

A recent study showed pain-relieving drugs taken for as little as one to seven days increase risk of heart attack by 48% for those taking ibuprofen (Motrin® or Advil®). This same study found that naproxen (Aleve®) users suffered 53% more heart attacks.¹

Those who chronically use NSAID drugs like ibuprofen increase their risk of kidney impairment by 32%.²

Today’s opioid epidemic is resulting in over 100 daily overdose deaths.

A safe alternative is urgently needed.

Scientists have identified two natural compounds that can work together to reduce the underlying causes of pain.

The first compound, PEA (palmitoylethanolamide), is a fatty acid produced by the body to reduce inflammation and works at the site of tenderness to turn off the pain signal.³,⁴

The second, honokiol, extracted from the Magnolia tree, operates in the central nervous system to affect how our brains perceive pain.⁵

Compared with pharmaceutical pain drugs, PEA has been shown to be safer and more effective.⁶

For those who suffer from back discomfort, neuropathy, carpal tunnel syndrome, and other types of chronic pain, this may be the natural advance they’ve been waiting for.

The evidence supporting these two ingredients may radically alter how chronic soreness is managed.
The Problem of Chronic Pain

More than one in 10 Americans suffer from *chronic pain*, which increases with age.7

Much of the current *opioid epidemic* arises from inappropriate prescribing of drugs that work well for immediate and localized *acute pain* but not for managing ongoing *chronic pain*.

Acute and chronic pain are very different, and require different therapeutic approaches.

Chronic pain is more difficult to manage because it involves both *peripheral inflammation* at the site of an old injury and *central amplification* of the painful stimulus in the brain.

Drugs that are highly effective in treating acute pain fall short when it comes to chronic pain largely because they act only in a portion of the *chronic pain cycle*. Yet, all too often, doctors still prescribe opioids for chronic pain, which can result in the patient obtaining little relief while becoming quickly addicted.

That’s why scientists aggressively searched for a safe alternative. They discovered a natural, non-narcotic approach in the form of two natural compounds known as *PEA* and *honokiol*, that can work together to combat the underlying causes of chronic pain.

Most importantly, these bioactive compounds do not (and cannot) produce addiction or dependence because they do not involve the human body’s powerful *opioid* receptors.

To understand why PEA and honokiol represent an advance in the long-term management of chronic pain, let’s look at some recent studies.

Human Studies Show

**PEA Suppresses Chronic Pain**

Pain is the body alerting us that something is wrong. The challenge is both addressing the underlying cause of the pain and *turning off* the pain signal.

Most pharmaceuticals come in with a sledgehammer to do the job. A better approach is to *selectively* target the source of discomfort, not the entire body.

A promising solution for natural pain management has been found in *PEA*, a fatty-acid derivative that our bodies produce in response to inflammation-inducing damage.8

The nature of PEA was first identified by Nobel Laureate Rita Levi-Montalcini, the co-discoverer of nerve growth factor and other mechanisms by which pain signals are developed and transmitted.9-11

**PEA** is the acronym for *palmitoylethanolamide*. PEA is categorized as an *endocannabinoid* (a natural neurochemical signaling molecule), but it has not been found to bind to specific cannabinoid receptors. Moreover, PEA has no documented risk of dependency or adverse effects, which sets it apart from most other treatments for chronic pain.12

Multiple clinical trials and other human studies, involving more than 1,100 participants, have established the validity of PEA as a powerful, *peripherally-acting* pain reliever.3,4 Peripherally-acting compounds work at the site of the original injury, helping to break the chronic-pain cycle.

One of the larger studies followed 636 people suffering from *sciatic nerve pain* over a 3-week period.13 Sciatic pain involves inflammation and pressure on the main nerve supplying the back portions of the leg.14
Sciatic pain affects up to 43% of people and is associated with lower-back pain, one of the most common forms of chronic irritation. In this study, patients were randomly assigned to receive either a placebo or one of two doses of PEA (300 mg or 600 mg per day). After three weeks, both pain reduction and quality-of-life scores were significantly better among the PEA users than the placebo recipients. Those taking the larger 600-mg dosage had better outcomes than those in the 300-mg group. In pain studies, researchers determine how many patients would need to be treated on average for one to achieve a 50% reduction in pain. This is called the number needed to treat. The standard number needed to treat for a useful pain intervention is less than 5, with 1 being statistically perfect (meaning every patient treated achieves at least 50% pain reduction).

### TABLE 1: CHRONIC PAIN MEDICATIONS AND THEIR SIDE EFFECTS

<table>
<thead>
<tr>
<th>Drug Class</th>
<th>Common Side Effects</th>
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<tbody>
<tr>
<td><strong>Narcotics</strong></td>
<td>Tolerance and addiction; constipation; drowsiness; nausea and vomiting</td>
</tr>
<tr>
<td>Opiates</td>
<td></td>
</tr>
<tr>
<td><strong>Antidepressants</strong></td>
<td>Nausea; increased appetite and weight gain; loss of sexual desire and other sexual problems such as erectile dysfunction and decreased orgasm; fatigue and drowsiness; insomnia; dry mouth; blurred vision; constipation; dizziness; agitation; irritability; anxiety</td>
</tr>
<tr>
<td>SSRIs, Tricyclic antidepressants</td>
<td></td>
</tr>
<tr>
<td><strong>Anticonvulsants</strong></td>
<td>Dizziness; drowsiness; fatigue; nausea; tremor; rash; weight gain</td>
</tr>
<tr>
<td>Gabapentin, Pregabalin, Topiramate</td>
<td></td>
</tr>
<tr>
<td><strong>Nonsteroidal Anti-inflammatory Drugs (NSAIDs)</strong></td>
<td>Stomach ulcers; dizziness; headaches; high blood pressure; leg swelling; ringing in the ears; heartburn; stomach pain; increased risk of bleeding (especially for those using blood thinners); kidney or liver problems; increased risk of heart attack and kidney failure.</td>
</tr>
<tr>
<td>Naproxen, Ibuprofen</td>
<td></td>
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</tbody>
</table>

Breaking the Cycle of Chronic Pain

- Chronic pain is a huge and growing problem among young and aging Americans alike.
- Treating chronic pain with medications that are highly effective against acute pain results in high rates of addiction, side effects, and even death, and accounts for the bulk of the opioid crisis unfolding across America today.
- Chronic pain demands treatment with agents much better suited to it than the drugs typically available today.
- A new combination of a peripherally-acting supplement, PEA, with honokiol that acts in the brain, shows the best promise yet for breaking the cycle of chronic pain.
- PEA reduces inflammatory stimuli in tissues, helping to downregulate the peripheral amplification of pain that arises over time.
- Honokiol acts in the brain, restoring healthy signaling of the calming, pain-quenching neurotransmitter GABA.
- This nutrient combination represents an entirely new approach to chronic pain.
In this PEA study, the number needed to treat in the 600-mg-per-day group was calculated at just under three at week 2, and impressively, just 1.5 at week 3.13,

In other words, PEA showed incredible pain-reducing effectiveness that surpassed most pharmaceutical standards.

A number needed to treat as low as 1.5 is virtually unheard-of in this field, and indicates a remarkably high degree of effectiveness at pain reduction.

PEA Surpasses Ibuprofen in Pain Relief

The answer comes from a study comparing PEA head-to-head with one of the most common first-line pain relievers, ibuprofen, a non-steroidal anti-inflammatory drug (NSAID).

In that study, researchers evaluated 24 patients ages 24 to 54 with temporomandibular joint (TMJ) pain. This is a common and debilitating chronic pain condition involving inflammation of the jaw joint.6

The subjects were randomly assigned to take 600 mg of ibuprofen three times daily for two weeks, or PEA treatment, 300 mg in the morning and 600 mg in the evening for the first week, and only 300 mg of PEA twice daily for the second week.

After two weeks of treatment, the PEA group experienced significantly greater decrease in pain compared with the ibuprofen group. The ability for the subjects to open their mouths wider (which determined range of motion) and with less pain improved more in the PEA group as well.6

It is interesting to note that in a separate study, investigators also looked at PEA’s potential role in fighting the opioid painkiller epidemic. That study showed that mice treated with morphine plus PEA were less prone to develop morphine tolerance, compared with animals receiving morphine alone.17

Opioid tolerance means that the patient quickly gets used to the opioid and needs increasingly higher, more dangerous doses to achieve pain reduction.

From this study, we can deduce that when PEA is given along with an opioid, the patient will likely not require increasingly higher doses to achieve the same pain relief effect and may be less likely to become addicted.

To further enhance PEA’s pain-suppressing action, scientists began searching for a second compound that could approach pain reduction from a different point to provide deeper, complementary, more consistent relief. In their search of the literature, they identified honokiol.
Honokiol Dampens a Brain-Pain Receptor

While PEA achieves its pain-relieving effects by suppressing inflammation and painful stimuli at peripheral sites of old injuries, **honokiol** operates in the *central nervous system* to affect how our brains perceive pain.

**Honokiol** binds to GABA (gamma-aminobutyric acid) receptors in the brain. GABA is a neurotransmitter that generally induces a calming, pain-dampening signal in the brain.18,19

Loss of GABA receptors and reduced GABA signaling plays an important role in the transition from acute to chronic pain because it leaves the brain open to continued stimulus from an old injury.20-22

By mimicking GABA’s actions, **honokiol** can effectively interfere with the *chronic pain cycle*, restoring a natural pain-dampening effect in the brain. This is an approach being hotly pursued by pharmaceutical companies.23

Preclinical animal and basic-science studies demonstrate honokiol’s pain-relieving effects.

It has been shown that following *oral* administration, **honokiol** is quickly absorbed and then evenly distributed throughout the brain, the central processor where chronic pain is amplified.24-26

PEA Reduces Neuroinflammation

**Palmitoylethanolamide** (PEA) has powerful anti-inflammatory effects in peripheral tissues and nerves, properties that make it a leading candidate for breaking the chronic pain cycle.

But inflammation is also a major concern in the central nervous system, particularly in the brain, where inflammatory changes lie at the root of devastating neurologic conditions such as *Parkinson’s* and *Alzheimer’s* diseases.

A potential role for PEA is now being envisioned as part of intense efforts to slow or stop Parkinson’s disease from progressing to disability and dementia. A study published in March 2017 illustrates the impressive progress being made.

In the study, 30 people with advanced Parkinson’s, being treated with *levodopa* therapy, were evaluated with a cognitive test battery designed for Parkinson’s patients, before and after receiving 1,200 mg of **PEA** daily for three months, followed by 600 mg daily for up to one year.29

This study showed a significant and progressive (over time) reduction in both motor and non-motor symptoms. In addition, by the end of the study year, the number of patients with symptoms was reduced from baseline—a previously unheard of *reversal* in this chronic disease’s progression.

Clearly, we have much more to learn about the potential for PEA to reduce neuroinflammation, both in the periphery to reduce chronic pain, and in the central nervous system to prevent or even reverse the symptoms of chronic neurodegenerative diseases.

As humans live longer, we are increasingly vulnerable to the vicious effects of chronic pain.
In an impressive study, honokiol proved capable of inducing a significant pain-relieving effect in the brain. Mice were treated with honokiol or a control injection. Scientists then injected the mice with a variety of substances known to activate receptors that send pain signals to the brain. These receptors are involved in hyperalgesia, an important component of chronic pain in which the perceived pain is worse than the stimulus demands.

For each pain-inducing substance, the mice were first timed on how long they spent licking the painful site. (Longer licking implies more severe pain perception.) They were then timed to see how long it took them to withdraw their paw from a hot water bath. The longer it took, the less severe the pain was indicated to be, because the animal tolerated the hot water longer.

In every case, the animals treated with honokiol, particularly those at a higher dose, showed significant reductions in total licking time, and significant increases in the time for paw withdrawal from the hot bath. Both of these actions indicated a reduction in pain. This study demonstrates how honokiol, acting in the brain, can break the chronic pain cycle.

When combined, PEA and honokiol provide a dual action approach to chronic pain. Their unique, targeted actions can provide safe pain relief without the risks of harmful drugs.

Summary

As humans live longer, we are increasingly vulnerable to developing chronic pain. Chronic pain is a more complicated process than acute pain, involving both peripheral inflammation at the site of an old injury and central amplification of the painful stimulus in the brain.

In order to effectively treat chronic pain, we need to intervene both in the brain and at the peripheral site of tissue damage and inflammation. PEA and honokiol do just that.

PEA suppresses the painful inflammatory stimuli that persist at sites of old injury, and honokiol acts at the central level to restore normal pain-suppression signaling.

Anyone suffering with chronic pain and the side effects common with standard pain medications should consider this unique combination.
**References**


Optimized NAD+ Cell Regenerator™ combines 250 mg of nicotinamide riboside with resveratrol and other plant extracts.

For resveratrol to deliver functional results, it requires NAD+.

NAD+ levels plummet with age but increase in response to nicotinamide riboside.

For those already taking resveratrol, we also offer NAD+ Regenerator™ that provides 250 mg of nicotinamide riboside.

<table>
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<th>Optimized NAD+ Cell Regenerator™</th>
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<td>1 bottle</td>
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<td>4 bottles</td>
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<th>NAD+ Cell Regenerator™</th>
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<td>1 bottle</td>
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<td>4 bottles</td>
<td>$28.35</td>
<td>$25.20 each</td>
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For full product description and to order NAD+ Cell Regenerator™ or Optimized NAD+ Cell Regenerator™ with Resveratrol, call 1-800-544-4440 or visit www.LifeExtension.com

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Safe, Natural Relief
Take Pleasure in Everyday Activities

ComfortMAX™

- PEA (palmitoylethanolamide), a naturally produced fatty acid to suppress localized discomforts.
- Honokiol to reduce distress sensed in the brain.
- Proper morning dose of PEA and evening/nightly dose of honokiol and PEA in each box.

For full product description and to order ComfortMAX™, call 1-800-544-4440 or visit www.LifeExtension.com

ComfortMAX™
Item #02202 • 60 vegetarian tablets

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<th>Non-GMO. Retail Price</th>
<th>Super Sale Price</th>
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<tr>
<td>1 box</td>
<td>$44</td>
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<td>4 boxes</td>
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<td>$26.10 each</td>
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30 Palmitoylethanolamide AM vegetarian tablets + 30 Palmitoylethanolamide + Honokiol PM vegetarian tablets

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Life Extension® customers 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.

These pages provide examples of savings customers can enjoy during the annual SUPER SALE.

Each purchase at these discount prices qualifies for valuable Rewards Dollars that reduce the cost of future orders.

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
<th>Retail Price</th>
<th>SUPER SALE Price Per Bottle</th>
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<tr>
<td>Super Bio-Curcumin®</td>
<td>400 mg, 60 vegetarian capsules, Item #00407&lt;br&gt;Absorbs up to 7 times greater than conventional curcumin. Each bottle lasts two months.</td>
<td>$38</td>
<td>$23.63</td>
<td>(four-bottle purchase)</td>
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<tr>
<td>AMPK Metabolic Activator</td>
<td>30 vegetarian capsules, Item #02207&lt;br&gt;Dual ingredient plant compounds support youthful AMPK activity to fight belly fat and promote metabolic health. Just one caplet daily dosing.</td>
<td>$38</td>
<td>$21.60</td>
<td>(four-bottle purchase)</td>
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<tr>
<td>Extend-Release Magnesium</td>
<td>60 vegetarian capsules, Item #02107&lt;br&gt;Provides immediate-release magnesium citrate along with a 6-hour extended-release magnesium for optimal benefits.</td>
<td>$13</td>
<td>$7.88</td>
<td>(four-bottle purchase)</td>
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<tr>
<td>Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™</td>
<td>60 100 mg softgels&lt;br&gt;Item #01426&lt;br&gt;Superior ubiquinol form of CoQ10 (100 mg) plus shilajit shown to double mitochondrial CoQ10 levels.</td>
<td>$62</td>
<td>$35.10</td>
<td>(four-bottle purchase)</td>
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<td>Health Booster (Once-Daily)</td>
<td>60 softgels, Item #02091&lt;br&gt;Just one softgel provides three forms of vitamin K, blueberry extract, gamma tocopherol, sesame lignans, chlorophyllin, lycopene, trans-zeaxanthin, meso-zeaxanthin, and lutein. Taken individually these ingredients cost 2 to 3 times more! (2-month supply)</td>
<td>$54</td>
<td>$34.20</td>
<td>(four-bottle purchase)</td>
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<tr>
<td>Vitamin D3</td>
<td>5,000 IU, 60 softgels, Item #01713&lt;br&gt;High-potency vitamin D in a softgel to provide greater absorption into the bloodstream.</td>
<td>$10</td>
<td>$5.85</td>
<td>(four-bottle purchase)</td>
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<tr>
<td>MacuGuard® Ocular Support with Saffron</td>
<td>60 softgels, Item #01992&lt;br&gt;Eye protection with meso-zeaxanthin, lutein, trans-zeaxanthin, and saffron to support healthy vision.</td>
<td>$25</td>
<td>$15.75</td>
<td>(four-bottle purchase)</td>
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<td>ComfortMax™</td>
<td>60 vegetarian tablets, Item #02202&lt;br&gt;Two natural compounds to reduce common discomforts and improve freedom of movement.</td>
<td>$44</td>
<td>$26.10</td>
<td>(four-bottle purchase)</td>
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<tr>
<td>N-Acetyl-L-Cysteine</td>
<td>60 vegetarian capsules, Item #01534&lt;br&gt;Increases cell glutathione levels to mitigate oxidative stress.</td>
<td>$14</td>
<td>$8.33</td>
<td>(four-bottle purchase)</td>
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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
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<th>Product</th>
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<td><strong>DHEA</strong> (Dehydroepiandrosterone)</td>
<td>$16</td>
<td><strong>$9.90</strong> (four-bottle purchase)</td>
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<tr>
<td>A hormone that protects against age-related decline, benefits overall health.</td>
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<td><strong>Super K with Advanced K2 Complex</strong></td>
<td>$30</td>
<td><strong>$18.23</strong> (four-bottle purchase)</td>
</tr>
<tr>
<td>Provides two forms of vitamin K2 (1,000 mcg of immediate-release MK-4 and 100 mcg of new all-trans long-acting MK-7), along with 1,500 mcg of K1. (All-trans K2 is 100% biologically active.)</td>
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<tr>
<td><strong>Mitochondrial Energy Optimizer with BioPQQ®</strong></td>
<td>$68</td>
<td><strong>$40.50</strong> (four-bottle purchase)</td>
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<td>Glycation-protection formula helps maintain cell function, protein structural integrity, and mitochondrial biogenesis. Provides high potency carnosine along with R-lipoic acid, PQQ, benfotiamine, luteolin, and taurine.</td>
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<tr>
<td><strong>FLORASSIST® Prebiotic Chewable</strong></td>
<td>$20</td>
<td><strong>$11.70</strong> (four-bottle purchase)</td>
</tr>
<tr>
<td>Strawberry-flavored FLORASSIST® Prebiotic Chewable helps promote healthy bifidobacteria levels in as little as 14 days.</td>
<td></td>
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<tr>
<td><strong>PQQ Caps</strong></td>
<td>$18</td>
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<td>10 mg, 30 vegetarian capsules, Item #01500</td>
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<tr>
<td>Promotes generation of new mitochondria in aging cells.</td>
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<td><strong>Memory Protect</strong></td>
<td>$24</td>
<td><strong>$14.40</strong> (four-box purchase)</td>
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<tr>
<td>36-day supply, Item #02101  Microdose lithium and proline-rich polypeptide to inhibit cognitive decline.</td>
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<tr>
<td><strong>Super Omega-3 EPA/DHA with Sesame Lignans &amp; Olive Extract</strong></td>
<td>$32</td>
<td><strong>$18.90</strong> (four-bottle purchase)</td>
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<tr>
<td>Highly purified EPA (1,500 mg) and DHA (1,000 mg) from Alaskan Pollock, sesamum lignans plus potent olive extract provides essential components of the Mediterranean diet in four softgels.</td>
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<tr>
<td><strong>Clearly EPA/DHA</strong></td>
<td>$30</td>
<td><strong>$18</strong> (four-bottle purchase)</td>
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<tr>
<td>120 softgels, Item #02200  Concentrated Omega-3 uses a patented technology to provide 1,500 mg of EPA and 1,000 mg of DHA in four smaller clear softgels.</td>
<td></td>
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<tr>
<td><strong>Bone Restore Chewable Chocolate Tablets</strong></td>
<td>$22</td>
<td><strong>$12.83</strong> (four-bottle purchase)</td>
</tr>
<tr>
<td>60 chewable tablets, Item #02123 This new formula provides bone-building nutrients in a tasty sugar-free, chewable, chocolate-flavored tablet.</td>
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<td><strong>Glycemic Guard™</strong></td>
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<td>30 vegetarian capsules, Item #02122 Glycemic Guard™ contains plant extracts help maintain healthy after-meal blood glucose levels and insulin response, and promote healthy HbA1c levels.</td>
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<tr>
<td><strong>Optimized NAD+ Cell Regenerator™ with Resveratrol</strong></td>
<td>$50</td>
<td><strong>$30.60</strong> (four-bottle purchase)</td>
</tr>
<tr>
<td>30 vegetarian capsules, Item #02145 NIAGEN® nicotinamide riboside, trans-resveratrol, quercetin, fisetin, trans-pterostilbene, and more support healthy cellular metabolism, fight age-related fatigue, regulate genes that control aging.</td>
<td></td>
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</tr>
</tbody>
</table>

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AMPK Helps Reduce Abdominal Fat
In their search for natural compounds to extend the human lifespan, scientists have focused on ways to activate an enzyme called AMPK.

AMPK is found inside every cell and serves as a master energy sensor. Its activity level influences body fat composition and how long you’ll live.

During their investigations, scientists discovered that boosting AMPK resulted in an unexpected benefit: the reduction of abdominal fat.

Their findings made sense. Here’s why. As we age, cellular AMPK activity decreases and as a result, weight gain often follows.1,2 Excess weight, particularly in the abdominal region, accelerates aging processes.4 Boosting AMPK activity results in a healthier metabolic status, which can lead to less fat production.5,6

These findings were recently confirmed in a pair of human clinical trials. Researchers activated AMPK using two natural compounds. The result was a significant drop in abdominal fat.

The first study showed that abdominal fat deposits fell by 11%.7 In the second study, scientists observed a significant reduction in harmful inflammation, which can contribute to weight gain.8

For a nation where almost 75% of the population is overweight and obese, this is important news.9

While most people are interested in the cosmetic allure of reducing belly fat; the true value will be in the lives saved from the illnesses caused by abdominal adiposity.

This article reveals the science behind two plant extracts that boost AMPK activity and their ability to help reduce abdominal fat load.
AMPK HELPS REDUCE ABDOMINAL FAT

Not all body fat is the same. Certain types, such as abdominal fat, pose the greatest threat.

While abdominal fat is unsightly, it is also dangerous and can speed up aging processes. Deep abdominal fat morphs into its own organ, becoming an inflammation-promoting factory.

The more abdominal fat you carry, the more inflammatory chemicals are produced that attack your body and produce more fat. Once this vicious cycle begins it is difficult to stop without a targeted intervention.

Inflammation underlies much of the tissue damage that causes organ dysfunction. The end result is degenerative disorders that include dementia, diabetes, cardiovascular disease, certain cancers, and potential bone and joint breakdowns.

Increasingly, clinicians and patients are recognizing that the antidiabetes drug metformin has favorable effects on abdominal fat as well as on biomarkers of chronic inflammation induced by those fat deposits.

Metformin’s best-studied mechanism of action is to promote the activation of a master metabolic regulator in cells, called AMPK. As a prescription drug, metformin may be difficult to obtain by nondiabetics. Physicians are reluctant to promote the tremendous “off label” benefits of metformin.

Fortunately, researchers have identified two natural compounds that have been shown to activate AMPK, enabling many of the same systemic benefits as metformin. And, like metformin, the reduction of harmful abdominal fat is one of those benefits.

Let’s review the two groundbreaking studies on Gynostemma pentaphyllum and hesperidin, to see how this combination offers a two-pronged approach to reducing abdominal fat.

Gynostemma Pentaphyllum

The medicinal herb Gynostemma pentaphyllum has been shown in animal studies to be an effective AMPK activator.

G. pentaphyllum has long been used in traditional Chinese medicine to treat metabolic problems including elevated lipids, fatty liver, and, in particular, obesity.

Biochemists have determined that G. pentaphyllum extracts are powerful activators of AMPK, making them appealing in the quest to reduce abdominal obesity by shutting down fat production and accelerating fat burning.

Not all body fat is the same. Certain types, such as abdominal fat, pose the greatest threat.

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A major contributor to abdominal fat accumulation is the age-related decline in AMPK, a master regulator of cellular energy expenditure.
Human Study

Based on initial findings, researchers conducted a human randomized, placebo-controlled trial of a G. pentaphyllum extract for reduction of abdominal obesity.

In this study, 80 overweight people with a body mass index (BMI) between 25 and 30 kg/m², were randomly assigned to receive the G. pentaphyllum extract, 450 mg/day, or a placebo, for 12 weeks. Participants in both groups continued their usual diets.

In order to rigorously determine the effectiveness of the G. pentaphyllum extract, the participants’ abdominal fat area and distribution was measured with a CT scan at the beginning and at the end of the study. Body weight, BMI (body mass index), percent body fat and lean body mass were also measured and recorded.

The study found that during the 12 weeks of supplementation, total abdominal fat area, body weight, body-fat mass, percent body fat, and body-mass index were decreased in the supplemented subjects compared to placebo recipients.

Total fat area fell by 6.3% in supplemented subjects, but by less than 1% in placebo recipients, and the all-important abdominal fat deposits fell 11% vs. 3%. Subcutaneous fat dropped in supplemented subjects by nearly 4%, while increasing slightly in the placebo group.

This human study demonstrated the fat-reduction effects produced by G. pentaphyllum extract.

We now turn to a citrus extract which has the complementary effect of reducing fat-produced inflammatory factors that make abdominal fat so dangerous.

Hesperidin Slashes Inflammatory Markers

While abdominal fat is unattractive, it is also life-threatening. Abdominal fat generates massive amounts of inflammation-promoting cytokines.

These inflammatory cytokines cause serious damage to blood vessels, heart muscle, brain cells, and other tissues throughout the body.

Substances produced by the active fat cells, especially in abdominal fat, also contribute to endothelial dysfunction, which can result in reduced blood flow and higher blood pressure. Endothelial dysfunction is a known early finding in atherosclerosis and ultimately heart attacks, strokes, and other cardiovascular disasters.

AMPK Targets Abdominal Fat

• AMPK activity decreases with age.
• Studies show that activating AMPK not only reduces abdominal fat, but also reduces the inflammation and other damage that it wreaks.
• Metformin is a well-known AMPK activator but requires a prescription, and many people cannot tolerate its gastrointestinal side effects.
• Gynostemma pentaphyllum reduces abdominal fat in overweight adults that were otherwise healthy.
• Hesperidin, a flavonoid molecule derived from citrus, acts in a complementary fashion to slash markers of inflammation while boosting blood-vessel function and lowering cardiovascular risks.
• G. pentaphyllum extracts and hesperidin are now available to help activate AMPK to reduce abdominal fat and its deadly inflammatory, cardiovascular, and metabolic risk-raising impact.
Aging cells suffer diminished AMPK (adenosine monophosphate activated protein kinase). AMPK decline is heavily involved in degenerative aging. In time of famine, AMPK increases, which slows cells proliferation and prompts efficient utilization of stored fat. Modern populations consume an abundance of calories and suffer chronic suppression of AMPK. This can result in malignant cell transformation, accelerated aging, and excess fat storage. Those consuming typical modern diets should proactively boost their AMPK activity.

In one clinical study, when healthy volunteers deliberately gained on average 4 kg (8.8 pounds) over eight weeks, endothelial function worsened by more than 14%. Interestingly, this decline was completely reversed when the subjects lost the excess weight they’d gained.25

Another adverse effect of carrying around too much abdominal fat was shown in a laboratory study. The scientists noticed that blood vessels from subjects with large abdominal fat deposits had reduced nitric oxide, the signaling molecule that tells arteries to relax and dilate, improving blood flow and pressure.24

This indicates that any compound that reduces markers of fat-induced inflammation and improves other cardiovascular risk factors is an ideal complement to Gynostemma pentaphyllum’s abdominal fat-reducing properties.

Researchers at the National Center for Complementary and Alternative Medicine at the National Institutes of Health and several universities worldwide studied the citrus-derived flavonoid, hesperidin, which is a candidate for that complementary role.

In the first part of their study, the scientists treated cells in culture with hesperetin, the form of hesperidin that is absorbed into the bloodstream after ingestion. They found that this treatment promoted AMPK activation.
Having demonstrated these beneficial effects, the researchers conducted a randomized, placebo-controlled, double-blind study in a group of people with metabolic syndrome, which has as one of its characteristics increased abdominal fat and its inflammatory consequences. Subjects took either a placebo pill or 500 mg hesperidin once daily for three weeks. They were monitored and measured for endothelial function, metabolic parameters, and markers of inflammation at baseline and after the treatment period. Subjects continued their usual diet and physical activity patterns during the study.

The study found a significant reduction from baseline in blood levels of C-reactive protein, a validated measure of overall inflammation in the body. This study showed that compared to baseline, there was a 33% decrease in C-reactive protein in the hesperidin supplemented group.

In hesperidin-treated subjects, the flow-mediated dilation test demonstrated an associated treatment effect (improvement) of approximately 29% in comparison with placebo. That indicates AMPK-induced improvements in vascular function which may counteract the abdominal fat-induced degradation of arterial function. Finally, the study showed that the hesperidin group had a significant improvement in a cholesterol carrier associated with increased risk of heart disease called ApoB.

This study makes a strong case for hesperidin, with its anti-inflammatory, provascular health properties, as a perfect complement for the abdominal fat reduction produced by G. pentaphyllum extract. Evidence from previous studies shows that hesperidin may contribute directly to abdominal fat reduction. In one clinical trial, obese subjects taking hesperidin showed modest reductions in abdominal fat comparable to those seen in a study of metformin, which is a potent AMPK activator.

A study published in September 2017 reveals that otherwise healthy obese individuals have strikingly higher cardiovascular disease rates. This means that even when obese individuals have normal conventional risk factors (blood pressure, glucose, LDL, HDL, and triglycerides), they still suffer greater incidences of heart and brain disease. Source: J Am Coll Cardiol. 2017;70(12):1429-37.
How AMPK Removes Cellular Debris and Reduces Abdominal Fat

As part of normal energy production, our cells “clean house” by a process known as autophagy. This is how cells clear damaged proteins, dysfunctional mitochondria, viruses, and other metabolic waste products. Research shows that when autophagy declines, premature aging accelerates. Restoring healthy autophagy is a critical factor to slow and reverse biological aging. Scientists have discovered that autophagy can be increased by boosting AMPK. Activated AMPK signals cells to remove internal pollutants. For many people, helping their cells remove debris via AMPK activation may result in reduced abdominal fat.


Summary

While obesity poses serious threats, excess belly fat is the most dangerous. Fat accumulations inside the abdomen represent real dangers in terms of health and longevity.

A major contributor to abdominal fat buildup is the age-related decline in AMPK, an enzyme that helps regulate fat storage. Activated AMPK triggers beneficial effects such as a reduction in fat deposition. The marked decline in AMPK that occurs with aging results in increased fat and destructive metabolic consequences.

The prescription drug metformin can boost AMPK activation, but metformin is not available for everyone. That’s why scientists have become so excited by two natural compounds that can activate AMPK and battle belly fat.

Extracts of Gynostemma pentaphyllum reduced deadly abdominal fat accumulations in people with abdominal obesity and metabolic syndrome.

And the citrus flavonoid hesperidin produced complementary reductions in inflammation, and improvements in blood-vessel performance, all of which help to further mitigate the problems associated with abdominal fat.

Together, these two compounds provide a dual-action approach to reducing problematic abdominal fat.

References

AMPK HELPS REDUCE ABDOMINAL FAT


Support Youthful Brain Function

Human studies demonstrate robust neurological benefits in response to low-dose lithium and colostrum-derived proline-rich polypeptides. Memory Protect has been formulated with these two nutrients to support healthy structure of brain cells, normal memory, and recall function.

Each box is designed to enable you to take these nutrients on the identical dosage schedule used in successful clinical trials.

Memory Protect
Item #02101 • 36 capsules

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<thead>
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<th>Retail Price</th>
<th>Super Sale Price</th>
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<tr>
<td>1 box</td>
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<tr>
<td>4 boxes</td>
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<td>$14.40 each</td>
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For full product description and 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.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
New AMPK Formula at Sharply Reduced Price

Waist Management

The plant compounds in the new AMPK Metabolic Activator provide powerful support for youthful levels of AMPK activity, an enzyme that fights belly fat and promotes metabolic health.

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<thead>
<tr>
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<th>Retail Price</th>
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<tr>
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<tr>
<td>4 bottles</td>
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<td>$21.60 each</td>
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Item #02207 • 30 vegetarian tablets

NOTE: This new one-per-day formula will replace the current AMPK Activator that requires three capsules a day. A full description of its improved benefits will be published in a future issue of Life Extension Magazine®. It is also costs 20% less than current AMPK Activator.

For full product description and to order AMPK Metabolic Activator, call 1-800-544-4440 or visit www.LifeExtension.com

ActivAMP® is a registered trademark of Gencor.

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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®).

We are pleased to announce our 29th annual SUPER SALE. During this special event, clients can obtain our most advanced formulas at extra discounted prices.

When consumers purchase products from Life Extension®, they can rest assured that the quality of the product is backed by our commitment to achieving indefinitely extended lifespans.

During Super Sale, premium-quality formulas are available at prices below those charged by commercial companies. This enables health enthusiasts to obtain nutrients they can trust at discounted prices.

While Life Extension® loyalists always receive a 25% discount off the retail price, far greater savings occur when multiple bottles are purchased during Super Sale.

Life Extension’s Rewards provide more money-saving benefits. This program allows customers to earn reward dollars on every order that can then be applied to future purchases.

Clients also have the choice of joining the Premier Healthy Rewards program for just $49.95 a year, which doubles reward dollars, provides free shipping, and includes a $50 reward bonus to use on any product or blood test.

Super Savings on TWO-PER-DAY

This year’s Super Sale begins November 13, 2017.

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

<table>
<thead>
<tr>
<th>Sample Ingredient Comparison</th>
<th>Centrum Silver® Adults 50+</th>
<th>Life Extension® Two-Per-Day</th>
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<tbody>
<tr>
<td><strong>Vitamin A</strong></td>
<td>2,500 IU</td>
<td>5,000 IU (beta-carotene+ preformed)</td>
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<td><strong>Vitamin C</strong></td>
<td>60 mg</td>
<td>500 mg</td>
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<tr>
<td><strong>Vitamin D3</strong></td>
<td>1,000 IU</td>
<td>2,000 IU</td>
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<tr>
<td><strong>Vitamin E</strong></td>
<td>50 IU (synthetic)</td>
<td>100 IU (natural)</td>
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<tr>
<td><strong>Thiamine (vitamin B1)</strong></td>
<td>1.5 mg</td>
<td>75 mg</td>
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<tr>
<td><strong>Riboflavin (vitamin B2)</strong></td>
<td>1.7 mg</td>
<td>50 mg (with riboflavin-5-phosphate)</td>
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<td><strong>Niacin</strong></td>
<td>20 mg</td>
<td>50 mg</td>
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<tr>
<td><strong>Vitamin B6</strong></td>
<td>3 mg</td>
<td>75 mg (with pyridoxal-5-phosphate)</td>
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<tr>
<td><strong>Folate</strong></td>
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<td>400 mcg (5-MTHF)</td>
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<td><strong>Vitamin B12</strong></td>
<td>25 mcg</td>
<td>300 mcg (methylcobalamin)</td>
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<td><strong>Biotin</strong></td>
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<td><strong>Pantothenic acid</strong></td>
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<td><strong>Apigenin</strong></td>
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<td>5 mg</td>
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<td>none</td>
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The retail price of a 60 day supply of the new Two-Per-Day tablets is $21. (Item # 02215)

Your price during Super Sale is reduced to $14.18. If you buy four bottles, the price is reduced to $12.60 per bottle (21 cents/day).

Two-Per-Day capsules are available at slightly higher price.

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

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

For full product description and to order call 1-800-544-4440 or log on to Life Extension.com
Discovering CURCUMIN’S Brain Benefits
Curcumin is a potent anti-inflammatory herb that has been demonstrated to protect against a host of degenerative conditions.1-9

Its role in protecting brain health is now taking the scientific world by storm.

Researchers are finding that curcumin can reduce anxiety/depression, promote neurite growth and induce brain plasticity.

Curcumin has been shown, in preclinical and animal studies, to promote the activity of brain-derived neurotropic factor (BDNF), a vital signaling factor that promotes the growth and strengthening of nerve networks vital to retaining cognitive and memory skills.10-16

Clinical and laboratory data show that curcumin prevents or reverses underlying features of today’s leading age-related brain conditions: Alzheimer’s, Parkinson’s, stroke, and brain cancer.
Discovering Curcumin’s Brain Benefits

Researchers have discovered that major depression is associated with inflammation, oxidative stress, and microscopic-level brain-cell damage. These findings radically change our understanding of the causes and potential treatment of depression. Because of curcumin’s unique anti-stress and anti-inflammatory properties, scientists are now exploring it as a novel antidepressant.

Animal studies going back nearly five years have shown that curcumin supplementation reduces depressive-like behaviors in established models of depression. More recently, studies in depressed humans are now confirming these results.

For example, taking 1,000 mg a day of a bioavailable curcumin has been found to be more effective than placebo at improving mood-related symptoms on standard depression scales. It was particularly effective in people with atypical depression, a variant of major depression that is often accompanied by weight gain, increased appetite, and lethargy.

At the same 1,000 mg/day dose, curcumin enhanced with bioperine reduced the symptoms of anxiety among a group of obese subjects with depression and anxiety.

In addition to these clinical benefits, research has shown that curcumin influences several salivary, urinary, and blood biomarkers of oxidative stress and inflammation.

Curcumin Fights Leading Brain Disorders

Five crippling conditions account for a majority of the diseases that impact the brain and its function in aging Americans. These include, in order of their prevalence:

- Major depression (more than 15 million adults)
- Alzheimer’s disease (about 5.5 million)
- Parkinson’s disease (up to 1 million)
- Stroke (nearly 800,000 new cases/year)
- Brain cancer (nearly 80,000 new cases/year)

These diverse and complex conditions share an important relationship, i.e. oxidative stress and inflammation.

Curcumin is well known for its anti-inflammatory and oxidative stress-fighting properties. More recently, curcumin has been found to favorably affect two critical processes that are at the core of learning and memory.

As a result of these properties, curcumin has been shown to have potent neuroprotective properties in the five leading brain disorders suffered by aging Americans.

Depression

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By mid-2017, there was enough data on curcumin's impact on depression to warrant a meta-analysis. That study, which included six clinical trials and 377 patients in total, confirmed yet again that curcumin effectively reduced depression as measured by standardized depression scores. Three of those studies also reported significant antianxiety effects.

No adverse events were reported in any of the trials, contrasting sharply with modern antidepressant drugs, which have side effects such as agitation, weight gain, insomnia, sexual problems, and increased suicidal tendencies.

**Alzheimer's Disease**

Alzheimer's disease is the leading cause of dementia. Despite its prevalence, there is still no effective drug treatment.

Promising studies are emerging on natural treatments for Alzheimer's, and curcumin is a leading star.

In a study published in 2016, researchers gave older adults 1,500 mg of a specially-formulated curcumin supplement with enhanced bioavailability for 12 months. At six months of the study, the placebo group experienced a decline in cognitive function. There was no such drop in curcumin-supplemented subjects—an example of curcumin's ability to protect the brain against cognitive decline.

Clues as to why curcumin was so effective can be found in an earlier study in which taking just 80 mg of curcumin per day for four weeks led to lower blood triglycerides and adhesion molecules involved in vascular disease, along with higher levels of catalase, a natural protective enzyme. Importantly, subjects taking curcumin also had lower blood levels of beta-amyloid plaque, the toxic, nerve cell-damaging protein that is characteristic of Alzheimer's brains.

These findings demonstrate some of the many ways that curcumin is capable of protecting against cognitive decline and neurodegeneration.

Animal studies reveal that curcumin works in four key ways to protect against Alzheimer's:

First, Alzheimer's patients often have abnormal insulin signaling pathways. Curcumin helps to normalize those pathways—a protective action that results in improved cognitive function, spatial learning, and memory.

Another feature of Alzheimer's is the loss of synapses, critical connections between nerve cells where signals are transmitted. Studies in mice show that supplementing with curcumin nearly eliminated abnormal synapses, while also improving synaptic numbers and structure. This led to improvements in spatial learning and memory.

**Curcumin Promotes Brain Health**

- Curcumin, long recognized for its ability to fight both oxidative stress and inflammation, has recently emerged as a leading brain health-promoting supplement.
- Curcumin stimulates production of an essential growth factor, BDNF, that promotes new connections (neuronal plasticity) between brain cells.
- Curcumin has also been shown in several preclinical studies to enhance outgrowth of neurites, nerve-cell projections that later develop into new cell-to-cell connections that facilitate plasticity.
- Lab and clinical studies are already showing curcumin’s brain health-promoting properties, including encouraging results in depression, Alzheimer’s, Parkinson’s, stroke, and even brain tumors.
- There’s no healthy aging without a healthy brain, so brain-protecting curcumin should be on every serious person’s “A-list” of essential supplements.
A similar model of Parkinson’s showed that curcumin enhanced cell survival, reduced cell death by apoptosis, and increased mitochondrial function—all important actions that provide both new life and renewed energy to afflicted cells.49

Studies in animal models of Parkinson’s have confirmed the observations made in laboratory studies. For example, Parkinson’s disease can cause a reduction in the ability to experience pleasure (called anhedonia).50 This may include a loss of interest in eating, which can lead to undesired weight loss. In one rat study, curcumin supplementation increased healthy body weight of animals with Parkinson’s, while also reversing the disease-induced anhedonia.51

That same study showed that curcumin reduced the behavioral manifestations of Parkinson’s, while increasing amounts of the neurotransmitter dopamine. Increasing dopamine is critical, since it is the loss of dopamine that causes the lack of motor control associated with the disease.52

When researchers examined the animals’ brains directly, they found reduced damage in the memory-intensive hippocampal area of the brain,53 a powerful indicator of curcumin’s ability to protect the very structure of the brain.

A similar study in mice receiving curcumin also demonstrated improvements in behavior and mitochondrial function, with reduced oxidative damage to brain cells, compared with untreated animals.54

Loss of synapses—and in fact of entire brain cells—is largely triggered by the oxidation and inflammation that occur when beta-amyloid plaque builds up in the brain. Curcumin not only reduces brain inflammation caused by beta-amyloid plaque, but can also reverse its toxic impact on brain cells.41,42

Finally, curcumin inhibits the enzyme acetylcholinesterase, which helps boost levels of the neurotransmitter acetylcholine in synapses.55 This is the mechanism by which several Alzheimer’s drugs work.

**Parkinson’s Disease**

Parkinson’s severely impairs movement and balance, and carries a high risk of dementia.44,45 Like Alzheimer’s, Parkinson’s is driven by toxic protein accumulation, inflammation, and selective loss of dopamine-producing brain cells.46-48

These driving forces suggest that curcumin can function as a powerful ally against this brain-robbing disease—and studies are starting to back that up.

The first indications of curcumin’s protective effects were seen in laboratory studies. In these studies, toxic chemicals are often used to induce Parkinson’s-like symptoms in cell culture. But when these cells were pretreated with curcumin, they were completely protected against such toxicity.47

**Strokes**

An ischemic stroke occurs when blood flow is cut off to part of the brain, leaving brain cells inflamed and dying in its wake.55,56

Following stroke treatment to reopen an occluded cerebral artery, the inflammation and oxidative damage that results from the sudden return of blood can produce a process known as ischemia-reperfusion injury.57

Curcumin may help combat this type of injury, which means it could help minimize the damage caused by the stroke.

To test the effects of curcumin in rats, scientists gave the animals curcumin daily both before and after inducing a stroke. The treated animals showed significant increases in markers of cell restoration, an indication of improved healing after the acute stroke. They also had reduced oxidative damage during the reperfusion phase.58,59 Most remarkably, curcumin supplementation significantly reduced the behavioral effects of the stroke, while improving neurological scores.58
During stroke-induced brain cell injury, there is an increase in inflammation as the tissue heals.

Giving curcumin to the rats before they had a stroke was found to reduce the inflammation and mitochondrial dysfunction that typically occurs during the post-reperfusion phase of a stroke.60

Curcumin also shrank the size of the infarcted (cell death) zone in this study,60 and significantly reduces tissue swelling characteristic of the post-stroke state.61 Much of these effects, evident hours after the acute stroke, resulted from reductions in inflammatory signaling molecules.60

Overall, these studies show that taking curcumin as a protective measure could significantly reduce any damage caused by the stroke.

Brain Tumors

Despite their relatively low prevalence, brain tumors remain among the most-feared of clinical conditions.18 Curcumin is showing early signs of success in fighting brain tumors, especially the deadliest kind, glioblastomas.62 These tumors are highly aggressive and have an extremely poor prognosis. Average survival is just 15 months following diagnosis, and virtually no one survives past two years.63-65

Curcumin has several modes of action against cancer, including gliomas. Most promising is its ability to target cancer stem cells.6,62-64 These cells are resistant to radiation and chemotherapy.6,66,67

Curcumin has been shown to reduce cancer stem-cell survival and sensitize them to chemotherapy, making tumors more vulnerable to treatment.6,66,67

When applied directly to human brain-cancer cells in culture, curcumin induced cell death. It worked in two important ways: First, through inducing apoptosis (programmed cell death), and second, through destruction of the cells, within 72 hours of treatment.68

Curcumin also causes cell-cycle arrest, essentially “freezing” malignant cells into one phase of their replicative cycle. This makes it impossible for these aggressive cells to continue to multiply.69

A recent meta-analysis of 19 lab and five animal glioblastoma studies also demonstrated that cells and animals treated with curcumin lived longer than the control group.63 This is especially noteworthy considering the poor prognosis of this type of brain cancer.

Human studies are urgently needed as glioblastoma alone will be diagnosed in about 12,000 Americans this year.18

Curcumin improves critical brain connections

Cognition, memory, spatial orientation, facial recognition, learning—all depend on intact brain structure and function.

We’ve seen that curcumin’s ability to combat inflammation and oxidative stress makes it a powerful ally for our brain health. A 2017 study uncovered another mechanism behind curcumin’s neuroprotective and cognition-enhancing properties: It promotes brain-cell plasticity.12

Neuronal plasticity is the degree to which connections between individual brain cells (neurons) can be made, broken, and remade rapidly.70 This allows us to stay in touch with the constant changes in environment, knowledge, and emotions. The ability to make these connections quickly—thousands of times faster than the fastest computer—is what underlies learning, memory, and cognition.
A major factor in supporting neuronal plasticity is the ability to produce neurites, which are tiny projections emanating from brain cells. Neurites form branches called dendrites, which connect our neurons. It is via these synaptic connections where nerve signals are transmitted.

Preclinical experiments have demonstrated impaired neurite outgrowth in models of neurodegenerative disease, depression, and stroke. This lack of ability to form connections between brain cells contributes substantially to impaired plasticity—and ultimately to weakened cognition, memory, and learning skills.

This new knowledge about improving connectivity between brain cells is what makes curcumin so attractive to researchers. Curcumin promotes vigorous neurite outgrowth and enhances neuronal plasticity. Even more encouraging is the fact that in these studies, curcumin administration resulted in the formation of new brain cells. This effect improved memory and increased cognitive function.

These effects have been shown to counteract—and even reverse—the harmful effects of chronic stress and even brain injury on cognition, memory, learning, and plasticity.

### Statistics on the Leading Brain Disorders in America

The following conditions lead the pack in threatening cognitive function, memory, and performance among older American adults, listed in order of prevalence.

**Depression and Anxiety**
- Major depression is the leading cause of disability in the US for ages 15-44, with a median onset age of 33.
- Depression affects 6.7% of the US adult population (more than 15 million American adults) each year.
- Depression is more prevalent in women than in men.
- Anxiety disorders are the most common mental illness in America, afflicting 18% of the population, or about 40 million US adults.

**Alzheimer’s Disease**
- About 5.5 million Americans were living with Alzheimer’s dementia in 2017, 96% of whom are 65 or older.
- Ten percent of those over 65 have Alzheimer’s dementia.
- Alzheimer’s disease is the sixth leading cause of death among US adults.
- One in three seniors dies with Alzheimer’s or another form of dementia.

**Parkinson’s Disease**
- About a million Americans live with Parkinson’s disease.
- About 60,000 new cases of Parkinson’s are diagnosed each year in the US.
- The incidence of Parkinson’s rises with age, but about 4% of sufferers are diagnosed before age 50.
- Men develop Parkinson’s disease about 1.5 times as often as do women.

**Stroke**
- Approximately 795,000 Americans have a stroke each year.
- Three out of four of those strokes are first-time events.
- Strokes kill nearly 130,000 people every year, or one in 20 deaths, making it the number five cause of death in the US.
- Most strokes (87%) are classified as being ischemic, in which blood flow is cut off to part of the brain, leaving cells inflamed and dying in its wake. Most other strokes are hemorrhagic, meaning that bleeding occurs into brain tissue, with much the same effect.

**Brain Tumors**
- About 80,000 new cases of primary brain tumors are diagnosed annually, with about one-third of these being malignant cancers.
- Nearly 700,000 Americans are living with primary brain tumors (“primary” means originating in the brain, and excludes metastases from other cancers that end up in the brain).
- The median age at diagnosis for all brain tumors is 59.
- Glioblastomas are the most aggressive and malignant brain tumors, and are estimated to be diagnosed in more than 12,000 Americans annually.
How It Works

Curcumin’s remarkable ability to enhance neurite outgrowth (and therefore, neuronal plasticity), comes from its ability to regulate a unique biochemical signaling molecule called brain-derived neurotrophic factor (BDNF).12-16

BDNF promotes neurite outgrowth, promotes brain-cell survival, and boosts synaptic plasticity—all of which help to build and maintain the neuronal circuits that let us learn, think, and remember.88,89 In essence, it’s what allows us to exist as individual humans.

It was only in late 2016 and early 2017 that scientists began to appreciate how powerfully curcumin promotes production and activation of BDNF in brain tissue.12-16

Piecing these studies together gives us a nearly-complete picture of how curcumin produces dramatic neuroprotective effects that contribute to improvements in age-related brain disorders.

Curcumin’s unique ability to upregulate BDNF secretion results in greater neurite outgrowth and, subsequently, improved brain plasticity—the very connections that are necessary to preserve cognition and memory.

Summary

Healthy aging requires a healthy brain. The brain and its blood vessels are vulnerable to the same inflammation and oxidative stress that endanger blood vessels and other vital structures throughout the body.

Research is revealing that these same factors are involved in mental depression, neurodegeneration, stroke, and even brain cancer.

Curcumin is showing promise in battling all five of the leading age-related threats to brain health.

Curcumin’s multitargeted properties intervene in a host of critical factors involved in neurodegeneration, helping to preserve youthful cognition, memory, and learning.

An explosion of data reveals a unique property to curcumin’s brain health-promoting properties: It stimulates the production of BDNF, which promotes new connections (plasticity) between brain cells.

Lab studies demonstrate curcumin’s ability to promote neurite outgrowth and neuronal plasticity.

Curcumin already has a reputation as a broad-spectrum, health-promoting nutrient. It’s time to add it to responsible brain-health supplementation regimens.


Low-Cost Biologically Active B-COMPLEX

Enzymatically Active Vitamins

BioActive Complete B-Complex provides enzymatically active forms of meaningful potencies of each B vitamin.

This includes the pyridoxal 5'-phosphate form of vitamin B6 (the metabolically active form, shown to protect lipids and proteins against glycation reactions) and the most biologically active form of folate called 5-methyltetrahydrofolate (5-MTHF), which is up to 7 times more bioavailable than folic acid.*

For full product description and to order BioActive Complete B-Complex, call 1-800-544-4440 or visit www.LifeExtension.com

BioActive Complete B-Complex
Item #01945 • 60 vegetarian capsules

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Non-GMO

Reference
Super Bio-Curcumin® features a patented extract from turmeric root that absorbs up to 7 times better than standard curcumin. This product is ideal for those seeking to support normal cell-cycle growth and healthy inflammatory response.

Advanced Bio-Curcumin® contains the same optimal potency of curcumin with the added benefits of ginger and additional turmeric extracts.

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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.
Neuro-Mag® (Magnesium L-Threonate) was specifically formulated by MIT scientists to be uniquely absorbable by brain and nerve cells.

**Retail Super Sale**

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For full product description and to order Neuro-Mag® Magnesium L-Threonate or Neuro-Mag® Magnesium L-Threonate Powder, call 1-800-544-4440 or visit www.LifeExtension.com


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Few people consistently eat enough **plant** foods to protect against age-related decline.

Commercial multivitamins do not provide vital plant components needed for good health. Life Extension Mix™ is superior to other multi-vitamins—partly because it provides a broad array of **fruit** and **vegetable** extracts.

Rounding this out are high-potency **vitamins**, **minerals**, **botanical extracts**, and more.

When Life Extension Mix™ was launched in 1983, it provided an efficient way to obtain critical nutrients in one formula.

Life Extension Mix™ has been upgraded over the past 34 years to reflect new findings in the scientific literature. During **Super Sale**, the full dose can be obtained for as little as $1.20 a day!

Life Extension Mix™ now provides **ashwagandha** extract, that is demonstrating new health benefits you will soon learn about.

The new Life Extension Mix™ requires only 12 capsules/day (compared with 14 in its previous version) or just 8 tablets/day compared to previous 9 tablets!

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The Most Complete Multivitamin
BioActive Vitamins, Minerals, and Vegetable/Fruit Extracts

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

The retail price of a four-week supply of the new Life Extension Mix™ (240 tablets) is $74. The price for one bottle during Super Sale is $49.95. (Item #02255)

If a customer buys four bottles, the price is reduced to $43.20 per bottle.

When a customer buys 10 bottles during Super Sale, the price goes down to just $37.80 per bottle.

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<td>Green tea extract (decaffeinated)</td>
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PQQ Prevents Bone Loss in Male Mice
Many people think of osteoporosis as a disease that primarily affects elderly women. In reality, this condition is a substantial threat to some 2 million aging men as well.1,2

The decline in testosterone that occurs with age is believed to be an important cause of frail bones and increased fracture risk in men.2-5

A new study has emerged, indicating that testosterone deficiency may induce osteoporosis in men by causing oxidative stress.6

More importantly, this animal-model study revealed that supplementing with the nutrient pyrroloquinoline quinone (PQQ) protected bone strength by preventing the decline in bone-cell function.6

As a result, PQQ significantly slowed testosterone deficiency-related osteoporosis.

PQQ is best known for its ability to promote the generation of new mitochondria in the heart, brain, and other tissues.

This new study indicates that PQQ supplementation may soon emerge as a bone restoration strategy for men.
What the Study Showed

The researchers used male mice that had been castrated.\(^6\) Removing the testes results in low testosterone levels similar to those seen in *aging* men, creating a model of “male menopause.”\(^15,16\)

Next, the low-testosterone mice were divided into two groups: one that received supplemental PQQ and one that did not. A control group was not castrated and wasn’t given PQQ.

After 48 weeks, the researchers compared outcomes such as bone mineral density, bone volume, deposits of connective protein collagen, and numbers of bone-forming osteoblast cells.\(^6\)

As expected, the untreated low-testosterone mice had significant reductions in all measures of bone integrity (such as mineral density and bone volume), increased activity of bone-resorbing osteoclast cells (which break down bone), and higher markers of bone loss and DNA damage.

By contrast, the low-testosterone mice that received the PQQ had significantly less bone loss, higher numbers of osteoblasts (cells that form new bone), more bone-forming activity, and lower activity of bone-resorbing osteoclasts.\(^6\)

This demonstrates PQQ’s promise to not only protect against the bone loss associated with low testosterone but also to participate in creating healthy, youthful bones.

Improvements you can See

To evaluate the impact of PQQ on bone health, researchers utilized X-ray and CT scan imaging of the bones of all three groups of mice.

Images of control mice with normal, youthful testosterone levels revealed normal bone-mineral density and volume.

---

**Essential Nutrients for Bone Health**

The findings from this mouse study provide new insights on strategies to prevent and possibly even reverse an ailment that affects aging men and women. At Life Extension\(^*\), we look forward to human studies that investigate and confirm these exciting new findings. In the meantime, men and women should consider supplementing with PQQ daily in addition to well-studied bone-forming nutrients like calcium, vitamin D, boron, magnesium, zinc, vitamin K2, and silicon.

---

**Dangers of Male Bone Loss**

Osteoporosis is the gradual loss of bone mass and strength. Over time, it produces progressively fragile and weaker bones, raising the risk for fractures that can be disabling and costly—and can also lead to premature death.\(^6,8\)

Long thought of as a disease exclusive to post-menopausal women, osteoporosis is now recognized as a substantial threat to *millions* of aging men as well.\(^2,9\) Studies show that men lose up to 1% of bone *per year* beginning at age 50 as testosterone levels significantly drop.\(^6,10,11\)

This represents a major health concern because *men* are more likely than women to become disabled or to die after suffering an osteoporotic fracture.\(^2,6\)

Researchers aware of the role played by *oxidative stress* in the development of osteoporosis in men\(^12-14\) set out to determine if a natural compound called *PQQ* could slow or reverse the impact of oxidative stress on bone tissue in mice with low testosterone levels.\(^6\) The results were remarkable.
For the low-testosterone mice not treated with PQQ resembling the situation frequently seen in older men with declining testosterone, images show profound bone mineral and volume loss.6 But the images of the low-testosterone mice supplemented with PQQ reveal something remarkable: bone-mineral density and volume was significantly greater than the untreated low-testosterone mice—and their bone density was similar to those of the healthy mice with youthful testosterone levels.

These results were measured by computer imaging, and the graphs in Figure 1 demonstrate these differences vividly.

This study also revealed that PQQ has other bone-protecting benefits, including:

- Significant reductions in markers of DNA damage, showing that bone breakdown was being prevented,
- Significantly increased deposits of collagen, the essential connective tissue protein, which, along with bone minerals, creates the structure of bone, and
- Significantly increased levels of natural free-radical scavenging systems in bone tissue.6

How Bones Keep Integrity in Youth – And why They Lose it With Aging

- Our bones naturally maintain their integrity, shape, and strength over a lifetime by constantly remodeling themselves.26
- Bones accomplish this complex structural maintenance by two opposing but complementary mechanisms.26
- Bone builds up in areas where more strength is needed through the actions of cells called osteoblasts, which produce the proteins and deposit the minerals needed to form solid bone structures.
- Bone is removed from areas where it is less needed through the actions of cells called osteoclasts, which break down the bone matrix and resorb the minerals.
- But with aging, loss of sex hormones (estrogen and testosterone), and oxidative stress, the activity of bone-forming osteoblasts diminishes, while bone resorption by osteoclasts continues at the same rate, or even increases.27
- The net result of this imbalance is an overall loss of bone-mineral density, strength and integrity—which sets up older adults for potentially disabling fractures even after only relatively minor trauma.
- Most anti-osteoporosis drugs act mainly by stopping osteoclast activity, with little impact on bone-forming osteoblasts. As we see in this article, PQQ promotes osteoblast formation of new bone, while reducing osteoclast-induced bone loss.
It’s hard to overstate the implications of this study. Not only did the researchers discover the tight connections between declining testosterone levels, oxidative stress, and bone loss, they also identified an exciting bone-building effect of PQQ. By interfering with the oxidative stress induced by testosterone deficiency, PQQ promotes youthful regeneration of bone tissue and less aggressive bone breakdown—essentially reestablishing youthful bone integrity. Osteoporosis researchers should rush to try to reproduce these findings in human subjects.

PQQ has such a good safety record, and such a broad general spectrum of action, that it makes sense to include it in a bone-health regimen.

**Summary**

PQQ is a nutrient best known to promote the generation of new mitochondria to restore youthful cellular function. Robust data supports cell regeneration benefits in the brain and heart.\textsuperscript{20-25}

This new study reveals an important new mechanism by which PQQ can help protect against bone loss by slowing testosterone deficiency-induced osteoporosis.

This study also demonstrated that PQQ was able to quench oxidative stress that links osteoporosis to fading testosterone.
As a result, we now have evidence that PQQ may significantly slow testosterone-related osteoporosis. Osteoporosis affects a surprising number of older men. These new data uncover the bone-building potential of supplementing with PQQ, which should be combined with ample exercise and good nutrition, along with proper daily intake of calcium, magnesium, and vitamins D and K2.

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

Osteoporosis is often thought of as a “woman’s disease,” but it affects a surprising number of older men.
Bone-Building NUTRIENTS In a Tasty CHEWABLE TABLET

To obtain enough calcium and other bone-building nutrients requires swallowing four capsules a day.

You can now ingest these potencies with two Chewable Chocolate Tablets of the new Bone Restore.

You’ll be pleasantly surprised how good these Chocolate Chewables taste.

Just two of the new Bone Restore Chewable Tablets provide:
- Calcium: 700 mg
- Magnesium: 300 mg
- Silicon: 5 mg
- Boron: 3 mg
- Zinc: 2 mg
- Manganese: 1 mg
- Vitamin D3: 1000 IU

Note: Recent recommendations for supplemental calcium dosing are around 700 mg based on typical amounts of dietary calcium consumed.

ITEM # 02123 • 60 chewable tablets • Non-GMO • Retail price $22 • Super Sale price $14.85 • 4 bottles $12.83 each

For full product description and to order Bone Restore, call 1-800-544-4440 or visit www.LifeExtension.com

Chew tablets before swallowing. Keep out of reach of children. Do not exceed recommended dose.

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

This is the highest quality PQQ available on the market today.

For full product description and to order PQQ Caps or any other PQQ-containing formulas, call 1-800-544-4440 or visit www.LifeExtension.com

Also available are 10 mg PQQ caps (Item #01500) and 100 mg Super Ubiquinol CoQ10 with BioPQQ\textsuperscript{®} (Item #01733).

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• 1,500 mg of EPA and 1,000 mg of DHA daily dose
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Note: Super Omega-3 softgels are 25% larger by volume because they provide olive polyphenols, sesame lignans and 5-star rated fish oil. New Clearly EPA/DHA provides same omega-3 potency in easier-to-swallow smaller softgels.

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If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

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Highly Concentrated Omega-3
Item #02200 • 120 softgels

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$30 $20.25
$18 each

Four smaller softgels provide 1,500 mg of EPA and 1,000 mg of DHA.

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Glycemic Guard™ contains maqui-berry and clove extract.

These plant extracts help maintain healthy after-meal blood glucose levels and insulin response, and promote healthy HbA1c levels.

For full product description and to order Glycemic Guard™, call 1-800-544-4440 or visit www.LifeExtension.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
PRODUCTS

**Amino Acids**
- 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-Lysine
- 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-Sugar Free
- Bone Restore with Vitamin K2
- Bone Strength Formula with KoAct®
- Bone-Up™
- Calcium Citrate with Vitamin D

**Brain Health**
- Acetyl-L-Carnitine
- Acetyl-L-Carnitine Arginate
- Blast™
- Brain Shield® Gastrodin
- CacaoMind™
- 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
- Migma-Eeze™
- Neuro-Mag® Magnesium L-Threonate
- Optimized Ashwagandha Extract
- Strontium Caps

**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 RIC™
- Effervescent Vitamin C - Magnesium Crystals
- Enhanced Super Digestive Enzymes
- Enhanced Super Digestive Enzymes w/Probiotics
- Esophaguard™
- Extraordinary Enzymes

**Energy Management**
- Adrenal Energy Formula
- Asian Energy Boost
- D-Ribose Powder
- D-Ribose Tablets
- Forskolin
- Mitochondrial Basics with BioPQQ®
- Mitochondrial Energy Optimizer with PQQ®
- NAD+ Cell Regenerator™
- Optimized NAD+ Cell Regenerator™
- PQK Caps
- Rhodiola Extract
- Ribogen™ 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 MagO7®

**Fish Oil & Omegas**
- OMEGA FOUNDATIONS® Clearly EPA/DHA
- 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® Provalin™
- 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+ Glycemic Guard™
- Mega Benfotiamine
- Tm Sugar Shield™

**Heart Health**
- Aspirin (Enteric Coated)
- BioActive Folate & Vitamin B12 Caps
- Cardio Peak™ with Standardized Hawthorn and Arjuna
- Homocysteine Resist
- Optimized Carnitine with GlycoCarn®, Super Ubiquinol CoQ10, Super Ubiquinol CoQ10 with PQQ®, 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®
- Enhanced Zinc Lozenges
- Immune Modulator with Timofend®
- Immune Protect with PARACTIN®
- Immune Senescence Protection Formula™
- Kinoko® Gold AHCC
- Kinoko® Platinum AHCC
- Kyolic® Garlic Formula 102
- Kyolic® Reserve
- Lactoferrin (apolactoferrin) Caps
- NK Cell Activator™
- Optimized Garlic
- Optimized Quercetin
- Peony Immune
- ProtBio Thyme Protein A
- Reishi Extract Mushroom Complex
- Standardized Cistanche
- Ten Mushroom Formula®
- Zinc Lozenges

**Inflammation Management**
- 5-LOX Inhibitor with AprèsFlex®
- Advanced Bio-Curcumin® with Ginger & Turmeric
- Black Cumin Seed Oil
- Black Cumin Seed Oil with Bio-Curcumin®
- Boswellia
- Comfort Max™
- Cytokine Suppress™ with EGCG
- Serrafalxyme
- Specially-Coated Bromelain
- Super Bio-Curcumin®
- Zylflamm® 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
- Chlorophyllin
- European Milk Thistle
- Glutathione, Cysteine & C
- HepatoPro
- Liver Efficiency Formula
- N-Acetyl-L-Cysteine
- PectaSol®
- Silymarin
- SODzyme® with GliSODin® & Wolfberry

**Longevity & Wellness**
- Alpha-Lipoic Acid
- AppleWise Polyphenol Extract
- Berry Complete
- Blueberry Extract
- Blueberry Extract with Pomegranate
- DNA Protection Formula
- Enhanced Berry Complete with Acai
- Essential Daily Nutrients
PRODUCTS

GEROPROTECT™ Ageless Cell™
GEROPROTECT™ Longevity A.I.™

Grapseeed Extract with
Resveratrol & Pterostilbene
Mediterranean Whole Food Blend
Mega Green Tea Extract (decaffeinated)
Mega Green Tea Extract (lightly caffeinated)
Optimized Fucoidan with Maritech® 926
Optimized Resveratrol
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®
Prelax* Natural Sex for Men®
Super MiraForte with Standardized Lignans
Triple Strength ProstaPollen™
Ultra Natural Prostate

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

Miscellaneous
Potassium Iodide
Solarshield® Sunglasses

Mood & Stress Management
5 HTP
L-Theanine
Natural Cortisol Balance
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
Life Extension Mix™ Tablets 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
BioSil
Dr. Proctor’s Advanced Hair Formula
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 Suppression Formula
Life Extension Toothpaste
Sinus Cleanser
Venotone
Xylitol/White Mouthwash

Pet Care
Cat Mix
Dog Mix

Probiotics
Bifido GI Balance
FLORASSIST® Balance
FLORASSIST® GI with Phage Technology
FLORASSIST® Heart Health
FLORASSIST® Immune Health
FLORASSIST® Mood
FLORASSIST® Oral Hygiene
FLORASSIST® Prebiotic
FLORASSIST® Throat Health
Jarro-Dophilus® for Women
TheraFlora® Probiotics
TruFlora® Probiotics

Skin Care
Advanced Anti-Glycation Peptide Serum
Advanced Growth Factor Serum
Advanced Lightening Cream
Advanced Peptide Hand Therapy
Advanced Triple Peptide Serum
Advanced Under Eye Serum with Stem Cells
Amber Self MicroDermAbrasion
Anti-Aging Face Oil
Anti-Aging Mask
Anti-Aging Rejuvenating Face Cream
Anti-Glycation Serum with Blueberry & Pomegranate Extracts
Antioxidant Facial Mist
Anti-Redness & Adult Blemish Lotion
Collagen Boosting Peptide Serum
DNA Repair Cream
Environmental Support Serum
Essential Plant Lipids Reparative Serum
Eye Lift Cream
Face Rejuvenating Anti-Oxidant Cream
Healing Formula
Healing Vitamin K Cream
Hyaluronic Facial Moisturizer
Hyaluronic Oil-Free Facial Moisturizer
Hydrating Anti-Oxidant Facial Mist
Hycroderm
Lifting & Tightening Complex
Melatonin Cream
Mild Facial Cleanser
Multi Stem Cell Skin Tightening Complex
Neck Rejuvenating Anti-Oxidant Cream
Rejuvenex® Body Lotion
Rejuvenex® Factor Firming Serum
Resveratrol Anti-Oxidant Serum
Shade Factor™
Shade Factor™ Sunscreen Lotion
Shade Factor™ Sunscreen Spray
Skin Care Collection Anti-Aging Serum
Skin Care Collection Body Lotion
Skin Care Collection Day Cream
Skin Care Collection Night Cream
Skin Firming Complex
Skin Lightening Serum
Skin Restoring Phytoceamidases with Lipowheat®
Skin Stem Cell Serum
Skin Tone Equalizer
Stem Cell Cream with Alpine Rose
Tightening & Firming Neck Cream
Triple-Action Vitamin C Cream
Ultimate MicroDermabrasion
Ultra Eyelash Booster
Ultra Lip Plumper
Ultra Rejuvenex®
Ultra Rejuvenex® Night
Ultra Wrinkle Relaxer
Under Eye Refining Serum
Under Eye Rescue Cream
Vitamin C Serum
Vitamin D Lotion
Vitamin E-essential Cream
Youth Serum

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
(Natural Chocolate and Vanilla Flavor)
Tart Cherry with CherryPure®
Plant Protein Complete & Amino Acid Complex
Whey Protein Isolate
(Chocolate and Vanilla Flavor)

Vitamins
Ascorbyl Palmitate
Benfotiamine with Thiamine
Beta-Carotene
BioActive Complete B-Complex
Biotin
Buffered Vitamin C Powder
Fast-C® with Dihydroquercetin
Gamma E Mixed Tocopherol Enhanced
with Sesame Lignans
Gamma E Mixed Tocopherol/Tocotrienols
High Potency Optimized Folate
Inositol Caps
Liquid Emulsified Vitamin D
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 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 Suppress
AMPK Metabolic Activator
CalReduce Selective Fat Binder
DHEA Complete
Garcinia HCA
HCAActive™ Garcinia Cambogia Extract
Integra-Line® Mediterranean Trim with Sinetrol™ XPur
Optimized Irvingia with Phase 3rd Calorie Control Complex
Optimized Saffron with Satiereal®
Super Creatmax®
Super CLA Blend with Sesame Lignans
Waist-Line Control™

Women’s Health
Advanced Natural Sex for Women® 50+
Breast Health Formula
Femmenessence MacaPause®
Natural Estrogen
Progesta-Care®
Super-Absorbable Soy Isoflavones
Ultra Soy Extract
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<th>ITEM No.</th>
<th>PRODUCT</th>
<th>Retail Each</th>
<th>Unit Each</th>
<th>Unit Each</th>
<th>Unit Each</th>
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<td>01524</td>
<td>ACETYL-L-CARNITINE • 500 mg, 100 veg. caps</td>
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<td>01874</td>
<td>ACETYL-L-CARNITINE ARGINATE • 90 veg. caps</td>
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<td>01628</td>
<td>ADRENAL ENERGY FORMULA • 60 veg. caps</td>
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<td>ADRENAL ENERGY FORMULA • 120 veg. caps</td>
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<td>ADVANCED LIPID CONTROL • 60 veg. caps</td>
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<td>AHCC® • 500 mg, 30 caps</td>
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<td>AHCC® (KINOKO® PLATINUM) • 750 mg, 60 veg. caps</td>
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<td>29727</td>
<td>AHCC® (KINOKO® GOLD) • 500 mg, 60 veg. caps</td>
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<td>00457</td>
<td>ALPHA-LIPOIC ACID W/BIOTIN • 250 mg, 60 caps</td>
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<td>02207</td>
<td>AMPK METABOLIC ACTIVATOR • 500 mg, 30 veg. tabs</td>
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<td>01509</td>
<td>ANTI-ADIPOCYTE FORMULA W/MERATRIM® &amp; INTEGRA LEAN® (Advanced) • 60 veg. caps</td>
<td>39.00</td>
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<td>02140</td>
<td>ANTI-ALCOHOL w/HEPATOPRO COMPLEX • 60 caps</td>
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<td>01625</td>
<td>APPLEGUARD POLYPHENOL EXTRACT • 600 mg, 30 veg. caps</td>
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<td>01039</td>
<td>ARGININE/ORNITHINE • 500/250, 100 caps</td>
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<td>00038</td>
<td>ARGININE/ORNITHINE POWDER • 150 grams</td>
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<td>01624</td>
<td>(L)-ARGININE CAPS • 700 mg, 200 veg. caps</td>
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<td>ARTERIAL PROTECT • 30 veg. caps</td>
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<td>ARTHROMAX® W/TEAFLAVINS &amp; APRÉSFLEX® 120 veg. caps</td>
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<td>ARTHROMAX® ADVANCED W/IC-II® &amp; APRÉSFLEX® 60 caps</td>
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<td>ARTHRO-IMMUNE JOINT SUPPORT • 60 veg. caps</td>
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<td>ARTICHoke LEAF EXTRACT • 500 mg, 180 veg. caps</td>
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<td>ASCORBYL PALMITATE • 500 mg, 100 veg. caps</td>
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<td>00888</td>
<td>ASHWAGANDHA EXTRACT (Optimized) • 60 veg. caps</td>
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<td>01805</td>
<td>ASIAN ENERGY BOOST • 90 veg. caps</td>
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<td>01066</td>
<td>ASPRIN® • 81 mg, 300 enteric coated tablets</td>
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<td>01923</td>
<td>ASTAXANTHIN WITH PHOSPHOLIPIDS • 4 mg, 30 softgels</td>
<td>16.00</td>
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**SUBTOTAL OF COLUMN 1**

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<tr>
<th>ITEM No.</th>
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<th>Unit Each</th>
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<th>Unit Each</th>
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<td>00920</td>
<td>BENEFOTIAMINE W/ THIAMINE • 100 mg, 120 veg. caps</td>
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<td>BERRY COMPLETE • 30 veg. caps</td>
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<td>BERRY COMPLETE W/ACAI (Enhanced) • 60 veg. caps</td>
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<td>BETA-CAROTENE • 25,000 IU, 100 softgels</td>
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<td>BILBERRY EXTRACT • 100 mg, 90 veg. caps</td>
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<td>BIOACTIVE MILK PEPTIDES • 30 caps</td>
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<td>BIO-COLLAGEN W/PATENTED UC-II® • 40 mg, 60 small caps</td>
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<td>*01006</td>
<td>BIOSIL® • 5 mg, 30 veg. caps</td>
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<td>BIOSIL® • 1 fl oz</td>
<td>31.99</td>
<td>23.99</td>
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<tr>
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<td>BLACK CUMIN SEED OIL • 60 softgels</td>
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<td>BLACK CUMIN SEED OIL W/BIO-CURCUMIN® • 60 softgels</td>
<td>32.00</td>
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**SUBTOTAL OF COLUMN 2**

RECEIVE 25% OFF THE RETAIL PRICE OF ALL PRODUCTS DURING SUPER SALE

**SUPER SALE SAVINGS ON ALL PRODUCTS**
### SUPER SALE SAVINGS ON ALL PRODUCTS

**SUPERSALE 2017-2018**

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

**TO ORDER CALL: 1.954.766.8433 or 1.800.544.4440**

**TO ORDER ONLINE VISIT: www.LifeExtension.com**

---

**COSMESIS**

<table>
<thead>
<tr>
<th>ITEM No.</th>
<th>PRODUCT</th>
<th>YOUR PRICE</th>
<th>QTY</th>
<th>Unit Total</th>
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<tbody>
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<td>0189</td>
<td>COQ10 w/ 50 mg, 60 softgels</td>
<td>50.00</td>
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<tr>
<td>0190</td>
<td>CURCUMIN® W/GINGER &amp; TURMERIC</td>
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<td>0191</td>
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<td>0192</td>
<td>DIGESTIVE ENZYMES w/PROBIOTICS</td>
<td>65.00</td>
<td>60 veg. caps</td>
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<td>0193</td>
<td>DNA REPAIR CREAM</td>
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**SUBTOTAL OF COLUMN 4**

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### VITAMINS

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<td>COMFORTMAX™</td>
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<td>COMPLETE B-COMPLEX</td>
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<td>0196</td>
<td>COMPREHENSIVE NUTRIENT PACKS ADVANCED</td>
<td>40.00</td>
<td>30 packs</td>
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**SUBTOTAL OF COLUMN 3**

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

**YOUR PRICE**

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

---

**TO ORDER ONLINE VISIT: www.LifeExtension.com**
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<td>Hair, Skin &amp; Nail Rejuvenation Form W/Verisol® 90 tabs</td>
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<td>HCA (Garcinia) · 90 veg. caps</td>
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<td>Hepatoprod® · 900 mg, 60 softgels</td>
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<td>00661</td>
<td>Hydrodose™ · 1 oz</td>
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<td>01704</td>
<td>Immune Modulator w/Thiofend® · 60 caps</td>
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<td>02005</td>
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<td>01049</td>
<td>InnerPower™ · 530 grams powder</td>
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<td>Inositol Capsules · 1,000 mg, 360 caps</td>
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<td>Irvingia w/Phase 3rd Calorie Control Complex (Optimized African Mango) · 120 veg. caps</td>
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<td>00556</td>
<td>Jarrow-Dophilus® EPS® · 60 veg. caps</td>
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<td>K w/Advanced K2 Complex (Super) · 90 softgels</td>
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<td>01600</td>
<td>Krill Healthy Joint Formula · 30 softgels</td>
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<td>Krill Oil (Jarrow) · 60 softgels</td>
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<td>KYolic® Garlic Formula 102 · 200 veg. caps</td>
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<td>KYolic® Reserve · 600 mg, 120 caps</td>
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<td>Lecithin · 16 oz granules</td>
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</tbody>
</table>

**Subtotal of Column 5**

**Subtotal of Column 6**

**Super Sale Savings on All Products**

**Order Call** 1.954.766.8433 or 1.800.544.4440

**Order Online Visit** www.LifeExtension.com
<table>
<thead>
<tr>
<th>ITEM No.</th>
<th>PRODUCT</th>
<th>Retail Each</th>
<th>1 Unit Each</th>
<th>Unit Total</th>
<th>QTY Total</th>
<th>5% Off Total</th>
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<td>LIFE EXTENSION MIX™ - 240 tablets</td>
<td>74.00</td>
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<td>LIFE EXTENSION MIX™ W/EXTRA NIAcin - 240 tablets</td>
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<td>LIFE EXTENSION MIX™ - 360 caps</td>
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<td>LIFE EXTENSION MIX™ POWDER - 12.7 oz</td>
<td>72.00</td>
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<td>LIFE EXTENSION MIX™ - 240 tablets w/o copper</td>
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<td>MACUGUARD® OCULAR SUPPORT w/SAFFRON &amp; ASTAXANTHIN - 60 softgels</td>
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<td>MAGNESIUM CAPS - 500 mg, 100 veg. caps</td>
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<td>MAGNESIUM (CITRATE) - 160 mg, 100 veg. caps</td>
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<td>(EXTEND-RELEASE) MAGNESIUM - 60 veg. caps</td>
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<td>MELATONIN - 300 mcg, 100 veg. caps</td>
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<td>MELATONIN - 10 mg, 60 veg. caps</td>
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<td>MIGRA-EEZ™ (Butterbur) - 60 softgels</td>
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<td>MITOCONDRIAL ENERGY OPTIMIZER w/POPO™ - 120 caps</td>
<td>68.00</td>
<td>51.00</td>
<td>45.00</td>
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<td>00905</td>
<td>MK-7 - 90 mcg, 60 softgels</td>
<td>28.00</td>
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<td>00451</td>
<td>MSM (Methylsulfonylmethane) - 1,200 mg, 100 caps</td>
<td>14.00</td>
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<tr>
<td>01534</td>
<td>N-ACETYLY-L-CYSTEINE - 600 mg, 60 veg. caps</td>
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<td>01904</td>
<td>NAD+ CELL REGENERATOR™ - 100 mg, 30 veg. caps</td>
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<td>02144</td>
<td>NAD+ CELL REGENERATOR™ NICOTINAMIDE RIBOSIDE - 250 mg, 36 caps</td>
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**SUBTOTAL OF COLUMN 7**

**SUBTOTAL OF COLUMN 8**
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<td>QUERCETIN (Optimized)</td>
<td>250 mg, 60 veg. caps</td>
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<td>01202</td>
<td>RED YEAST RICE (Bluebonnet)</td>
<td>600 mg, 60 veg. caps</td>
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<tr>
<td>00605</td>
<td>REGIMINT</td>
<td>60 enteric-coated caps</td>
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<tr>
<td>01788</td>
<td>REISHI EXTRACT MUSHROOM COMPLEX</td>
<td>60 veg. caps</td>
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<tr>
<td>01418</td>
<td>REJUVENEX® FACTOR FIRMING SERUM</td>
<td>1.7 oz</td>
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<td>01220</td>
<td>REJUVENEX® (Ultra)</td>
<td>2 oz</td>
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<td>00676</td>
<td>REJUVENIGHT® (Ultra)</td>
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<td>RESVERATROL W/PERTOSITLIBENE</td>
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<td>RESVERATROL (Optimized)</td>
<td>60 veg. caps</td>
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<td>RHODIOLA EXTRACT</td>
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<td>RIBOGEN® FRENCH OAK WOOD EXTRACT</td>
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<td>00972</td>
<td>(D) ROBOSE POWDER</td>
<td>150 grams</td>
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<td>01473</td>
<td>(D) ROBOSE TABLETS</td>
<td>100 veg. tabs</td>
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<tr>
<td>01609</td>
<td>RICH REWARDS® BREAKFAST GROUND COFFEE</td>
<td>12 oz. bag</td>
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<tr>
<td>01730</td>
<td>RICH REWARDS® BREAKFAST BLEND GROUND COFFEE</td>
<td>Natural Mocha</td>
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<td>RICH REWARDS® BREAKFAST BLEND GROUND COFFEE</td>
<td>Natural Vanilla</td>
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<td>01612</td>
<td>RICH REWARDS® BREAKFAST BLEND WHOLE BEAN COFFEE</td>
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<td>01610</td>
<td>RICH REWARDS® DECAFENATED ROAST GROUND COFFEE</td>
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<td>01208</td>
<td>R-LIPIDIC ACID (Super)</td>
<td>240 mg, 60 veg. caps</td>
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<td>00070</td>
<td>RNA CAPSULES</td>
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**SUBTOTAL OF COLUMN 9**

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<td>SAFFRON W/SATIEREAL® (Optimized)</td>
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<td>01957</td>
<td>SAMe (S-ADENOSYL-METHIONINE)</td>
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<td>01933</td>
<td>SAMe (S-ADENOSYL-METHIONINE)</td>
<td>400 mg, 30 enteric coated tablets</td>
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<tr>
<td>01934</td>
<td>SAMe (S-ADENOSYL-METHIONINE)</td>
<td>600 mg, 60 enteric coated tablets</td>
<td>66.00</td>
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<td>01740</td>
<td>SEA-IONDINE™</td>
<td>1,000 mcg, 60 veg. caps</td>
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<td>SE-METHYL-L-SELENOCYSTINE</td>
<td>100 capsules, 1 gram each</td>
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<td>00318</td>
<td>SERRAFLAZYMÉ</td>
<td>100 tablets</td>
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<td>01938</td>
<td>SHADE FACTOR®</td>
<td>120 veg. caps</td>
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<td>02110</td>
<td>SHADE FACTOR® SUNSCREEN LOTION</td>
<td>4 fl. oz</td>
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<td>01939</td>
<td>SHADE FACTOR® SUNSCREEN SPRAY</td>
<td>6 fl. oz</td>
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<td>Silymarin</td>
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<td>SINUS CLEANSER</td>
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<td>SKIN CARE COLLECTION ANTI-AGING SERUM</td>
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<td>SKIN CARE COLLECTION BODY LOTION</td>
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<td>01230</td>
<td>SKIN CARE COLLECTION DAY CREAM</td>
<td>1.65 fl. oz</td>
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<td>01231</td>
<td>SKIN CARE COLLECTION NIGHT CREAM</td>
<td>1.65 fl. oz</td>
<td>39.00</td>
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<td>01596</td>
<td>SKIN RESTORING PHYTOCERAMIDES w/LIPOWHEAT®</td>
<td>30 liquid veg. caps</td>
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<td>00961</td>
<td>SODYME® w/GLISODIN® &amp; WOLFBERRY</td>
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<td>SOLARSHIELD® SUNGLASSES</td>
<td>Smoke color</td>
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<td>SOY EXTRACT (ULTRA)</td>
<td>150 veg. caps</td>
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<td>SOY ISOFlavones (SUPER ABSORBABLE)</td>
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<td>STEVIA® (Better)</td>
<td>100 packets, 1 gram each</td>
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<td>STEVIA® ORGANIC LIQUID SWEETENER</td>
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<td>STRONTIUM</td>
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<td>SUPER SELENIUM COMPLEX</td>
<td>200 mcg, 100 veg. caps</td>
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<td>00678</td>
<td>TMG POWDER</td>
<td>50 capsules, 1 gram each</td>
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<td>01324</td>
<td>THERALAC® PROBIOTICS</td>
<td>30 caps</td>
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<td>THYROID FORMULA (Metabolic Advantage®)</td>
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<td>00349</td>
<td>TMG POWDER</td>
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<td>01859</td>
<td>TMG</td>
<td>500 mg, 60 liquid veg. caps</td>
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<td>01400</td>
<td>TOOTHPASTE</td>
<td>(Super-absorbable)</td>
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<td>TOOTHPASTE</td>
<td>4 oz (Mini) tube</td>
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<td>01917</td>
<td>TRANQUIL TRACT™</td>
<td>60 veg. caps</td>
<td>52.00</td>
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**SUBTOTAL OF COLUMN 10**

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

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

**TO ORDER CALL: 1.954.766.8433 or 1.800.544.4440**  ■  **TO ORDER ONLINE VISIT: www.LifeExtension.com**

---

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

**SUPER SALE SAVINGS ON ALL PRODUCTS • OFFER ENDS JANUARY 31, 2018**  

---

**TO ORDER ONLINE VISIT: www.LifeExtension.com**

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<td>ZINC HIGH POTENCY • 50 mg, 90 veg. caps</td>
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<td>01561</td>
<td>ZINC LOZENGES • 60 veg. lozenges</td>
<td>9.00</td>
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<td>01961</td>
<td>ZINC LOZENGES (Enhanced) • 30 veg. lozenges</td>
<td>12.00</td>
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<td>00051</td>
<td>ZYFLAMEND® WHOLE BODY • 120 liquid veg. caps</td>
<td>72.95</td>
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**BOOKS**

- The Right to Try  
  by Darcy Olsen • 2016
- The Blue Zones Solution  
  by Dan Buettner • 2015
- The Truth About Men and Sex  
  by Abraham Morgentaler, MD, FACS • 2015
- Doctored: The Disillusionment of an American Physician  
  by Sandeep Jhaahr • 2015
- Missing Microbes  
  by Martin J. Blaser, MD • 2014
- Eating on the Wild Side  
  by Jo Robinson • 2014
- Disease Prevention and Treatment, Expanded Fifth Edition (Hardcover)  
  by Sergey A. Dzugan, MD, PhD • 2014
- The Restoration of the Human Body [in 7 Parts]  
  by Sergey A. Dzugan, MD, PhD • 2014
- I’m Too Young for This  
  by Suzanne Somers • 2013
- Pharmocracy  
  by William Faloon • 2011
- Your Guide to Healthy Skin the Natural Way  
  by Gary Goldfaden, MD • 2012
- Knockout  
  by Suzanne Somers • 2009

---

**SUBTOTAL OF COLUMN 12**

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* These products are not 25% off retail price. ** Due to license restrictions, this product is not for sale to customers outside of the USA. *** Due to license restrictions, this product is not for sale to Canada. † Due to license restrictions, this product is not for sale to customers outside of the USA. † † These products are not 25% off retail price. Due to license restrictions this product is not for sale to customers outside of the USA.

---

**Not sure exactly which supplements you need?**

**Talk to a Wellness Specialist**

**toll-free at 1-800-226-2370**

---

**SUBTOTAL OF COLUMN 11**

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**SUPER SALE 2017-2018**
**ORDER SUBTOTALS**

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**ORDER TOTALS**

| Subtotal of Columns 1 - 12 |  |

**SUPER SALE DEDUCT 10% (Subtotal x 10%)**

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**POSTAGE & HANDLING** (Any size order, in the U.S., includes Alaska & Hawaii)

- **$5.50**

**C.O.D.s** (ADD $7 FOR C.O.D. ORDERS)

- UPS OVERNIGHT add $16, UPS 2nd Day AIR add $7. For Puerto Rico, US Virgin Islands, add $7. CANADA UPS EXPRESS Flat rate $17.50, UK Flat rate $25 USD. All other International AIR will be added.

**SHIPPING**

- **FREE** Unlimited Shipping
- **4% Back On Purchases**

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

**FREE** Unlimited Shipping  | **4%** Back On Purchases
**ALL YEAR LONG**

- **$50 Bonus Credit**
  - Use now or save for later.
- **Worry Free**
  - No auto-enrollment.
  - Cancel anytime.

Join Premier Today! Only **$49.95 per year**

**Disease Prevention and Treatment** Updated 5th Ed.

A **$69.95** value! Your ultimate medical reference includes the latest evidence-based protocols, addressing 130 different health concerns.

FREE upon PREMIER enrollment*

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Call 1-866-542-9357 toll-free • Use code YRX708A
Expires January 31, 2018

*International customers can join Premier for $59.95. International customers are not eligible for the free Disease Prevention and Treatment medical reference offer.

**BILL TO ADDRESS**

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**SHIP TO ADDRESS**

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<td>Phone</td>
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Prices subject to change without notice.
Please notify Life Extension of any address change.
TURN BACK THE CLOCK

High-potency carnosine with R-lipoic acid, benfotiamine, taurine, luteolin, and PQQ

For full product description and to order Mitochondrial Energy Optimizer, call 1-800-544-4440 or visit www.LifeExtension.com

Item # 01868 • 120 capsules • Retail Price is $68 • Super Sale price is $45.90 • 4 bottles are only $40.50 each

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.
Annual Super Sale begins November 13, 2017

BREAK THE CYCLE OF CHRONIC PAIN
Scientists have identified two natural compounds that help reduce underlying causes of pain. PEA turns off pain signals while honokiol affects how our brains perceive pain. Together, these compounds can provide pain relief without medication.

BOOST AMPK TO REDUCE ABDOMINAL FAT
Found in every cell in the body, AMPK serves as a master regulator of youthful cellular function. Scientists have discovered that boosting AMPK results in an unexpected benefit: the reduction of abdominal fat.

CURCUMIN’S BRAIN HEALTH BENEFITS
Curcumin has broad-spectrum brain benefits such as promoting neurite growth while reducing anxiety and depression.

PQQ PREVENTS MALE BONE LOSS
The decline in testosterone increases fracture risk in men. A new laboratory study shows that supplementing with PQQ protects bone strength by preventing decline in bone-cell function.