Deliver More RESVERATROL into Your Body

ANNUAL Super Sale
SAVE ON ALL LIFE EXTENSION SUPPLEMENTS
See page 11.
The annual **SUPER SALE** enables premium-grade nutrient formulas to be obtained at the year’s lowest prices.

Long-term supporters know that the quality of the products is backed by **Life Extension’s** commitment to extended healthy lifespans.

Below are examples of the savings available during the **SUPER SALE**:

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Four-Unit Per-Bottle Price</th>
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<tr>
<td><strong>Two-Per-Day Multivitamin</strong></td>
<td>120 capsules • Item #02314 High-potency bioactive vitamins, minerals, and plant extracts. (2-month supply)</td>
<td>$15.30</td>
</tr>
<tr>
<td><strong>Bio-Quercetin</strong></td>
<td>30 vegetarian capsules • Item #02302 Ultra-absorbable quercetin for immune &amp; cardiovascular health.</td>
<td>$7.20</td>
</tr>
<tr>
<td><strong>Optimized Ashwagandha</strong></td>
<td>60 vegetarian capsules • Item #00888 Enhances mental energy and concentration.</td>
<td>$6.08</td>
</tr>
<tr>
<td><strong>Super K</strong></td>
<td>90 softgels • Item #02334 Vitamin K supplement with K1 and two forms of K2.</td>
<td>$18.23</td>
</tr>
<tr>
<td><strong>DHEA</strong></td>
<td>25 mg, 100 capsules • Item #00335 Promotes optimal hormone balance &amp; overall health.</td>
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<tr>
<td><strong>Extend-Release Magnesium</strong></td>
<td>60 vegetarian capsules • Item #02107 Immediate- and extend-release magnesium for sustained benefits.</td>
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<tr>
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<td>50 mg, 90 vegetarian capsules • Item #01813 Support for the body’s natural immune defenses.</td>
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</tr>
<tr>
<td><strong>Taurine</strong></td>
<td>1000 mg, 90 vegetarian capsules • Item #01827 Taurine capsules to support cardiovascular health.</td>
<td>$8.10</td>
</tr>
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**SUPER SALE ENDS JANUARY 31, 2023.**

Customers traditionally take advantage of the **SUPER SALE** to stock up on a year’s supply of their favorite supplements. To place your order, call 1-800-544-4440 or visit www.LifeExtension.com (**SUPER SALE** pricing available only to customers in the US, Canada, and England.)

*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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Deliver More RESVERATROL

Obtaining resveratrol's full benefits has been challenging.

Combining resveratrol with galactomannan *increases* bioavailability up to 10 times.

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Most people today consume excess calories. This results in mTOR constantly running at high gear, which is a factor in unwanted fat storage.

Studies show that increasing AMPK activity turns down excess mTOR.³

Reduce Cell Fat Storage
Scientific studies show that increasing AMPK activity can encourage cells to store less fat and burn it as energy.²,³

AMPK Metabolic Activator was formulated based on data showing reduced belly fat in response to just one of its ingredients (Gynostemma pentaphyllum).³

This Gynostemma pentaphyllum + hesperidin formula is designed to support healthy AMPK cellular activation.
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Aubrey de Grey, PhD, is a biomedical gerontologist and Editor-in-Chief of Rejuvenation Research, the world’s highest-impact, peer-reviewed journal focused on intervention in aging. He received his BA and PhD from the University of Cambridge in 1985 and 2000 respectively. Dr. de Grey is a Fellow of both the Gerontological Society of America and the American Aging Association and sits on the editorial and scientific advisory boards of numerous journals and organizations.

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Dipnarine Maharaj MD, MB, ChB, FRCP (Glasgow), FRCP (Edinburgh), FRCPath., FACP, is the Medical Director of the Maharaj Institute of Immune Regenerative Medicine, and is regarded as one of the world’s foremost experts on adult stem cells. He received his medical degree in 1978 from the University of Glasgow Medical School, Scotland. He completed his internship and residency in Internal Medicine and Hematology at the University’s Royal Infirmary.

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Ralph W. Moss, PhD, is the author of books such as Antioxidants Against Cancer, Cancer Therapy, Questioning Chemotherapy, and The Cancer Industry, as well as the award-winning PBS documentary The Cancer War. Dr. Moss has independently evaluated the claims of various cancer treatments and currently directs The Moss Reports, an updated library of detailed reports on more than 200 varieties of cancer diagnoses.

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In 2003, a plant compound called resveratrol emerged as the hottest topic in anti-aging medicine.

The sizzling enthusiasm came from a Harvard study showing an astounding 70% increase in the lifespans of yeast given resveratrol.\(^1\)

Several follow-up studies supported lifespan benefits in resveratrol-supplemented model organisms.\(^2\)

What got scientists fired up are mechanisms behind resveratrol’s age-delaying effects.

It turned out that resveratrol induced some of the favorable gene expression changes seen with calorie restriction.\(^1\)

This has led to resveratrol appearing in thousands of published papers about the multiple disorders that it might protect against.

For example, a PubMed® search for “resveratrol” yields 16,000 citations over the past four decades, including 260 clinical trials since year 2002.

A review article published in 2021 concluded:

"Resveratrol could be an effective and safe compound for the prevention and treatment of aging and age-related diseases." \(^3\)

We at Life Extension funded costly laboratory studies aimed at identifying what dose of resveratrol might enable humans to live longer and healthier lives.

The challenge, however, was finding a way to make resveratrol bioavailable to the human body.

Resveratrol is rapidly metabolized in the liver, kidneys, and other tissues despite relatively good intestinal absorption.\(^4,5\)

This helps explain the longevity-enhancing effects of resveratrol found in flies, fish, worms, and yeast, but inconsistent benefits when tested in mammals.\(^2\)

Intensive research has uncovered a way to protect resveratrol from rapid metabolic degradation.

It is now possible to better explore the potential of resveratrol to combat degenerative disorders and assist in the prevention and treatment of aging.
In 1997, a paper was published describing the biological effects of resveratrol as it relates to the prevention of cancer and other illnesses.\textsuperscript{6}

This led to intensive investigations, thousands of published papers, resveratrol-focused conferences, and patents on resveratrol analogs.

The public reacted to the media blitz by ingesting resveratrol supplements and increasing their consumption of red wine, despite there being little resveratrol in red wine (and other foods).

**Longevity Impact of Resveratrol**

Published studies document the ability of resveratrol to extend lifespans in laboratory models.

A meta-analysis of 19 published papers indicated that resveratrol acts as a life-extending agent.\textsuperscript{7} The species studied were yeast, roundworms, mice, fruit flies, and turquoise killifish.

Resveratrol has been shown to induce autophagy in human cells in test tubes (\textit{in vitro}) and in the bodies of roundworms (\textit{in vivo}).\textsuperscript{3}

Autophagy is a cleansing process that promotes the clearance of internal cellular debris.

The induction of autophagy by resveratrol is thought to be a longevity-enhancing mechanism.

Bees fed with resveratrol syrup live longer than controls.\textsuperscript{8} Depending on resveratrol concentration, mean and maximum lifespan of these bees increased by 33\% to 38\% respectively.

Short-lived flies fed with different resveratrol concentrations had mean lifespan extension of 10\% to 29\%, while other models found resveratrol also conveyed neuroprotective benefits.\textsuperscript{2,9,10}

Resveratrol-fed fish lived longer and demonstrated better cognitive ability and locomotor function than the control fish group.\textsuperscript{11} The fish fed resveratrol showed reduced markers of senescent cells and less buildup of a wear-and-tear residue called lipofuscin.

In a genetically altered strain of mice predisposed to neurodegenerative disease and accelerated aging, oral administration of resveratrol increased the median survival of these mice from 32 days to 42 days.\textsuperscript{12} Resveratrol additionally helped preserve motor function and protect against degenerative changes in the brain.

Not all studies demonstrate these kinds of elongated lifespans. One study found that resveratrol delayed vascular aging in rats but had no effect on overall survival.\textsuperscript{13}

Another study found that in mice fed a standard diet, resveratrol did not enhance lifespan.\textsuperscript{14} In mice eating a high-calorie diet, however, resveratrol reduced the risk of death by 31\% and improved insulin sensitivity, suggesting it helps protect against diet-related metabolic diseases.\textsuperscript{15}

**Effect on Neurodegenerative Disorders**

The aging brain is afflicted with neuroinflammation, autophagy defects, mitochondrial dysfunction, cell loss, and elevated oxidative status. This all contributes to memory loss and motor impairments.\textsuperscript{16,17}
A large body of data shows how resveratrol protects against neurodegenerative disorders in rodents. Resveratrol-supplemented animals demonstrate improved memory performance, enhanced secretion of neurotransmitters, and increased production of new brain cells with beneficial decreases in inflammation and oxidative stress. A human trial using 200 mg a day of resveratrol showed enhanced memory performance accompanied with improved glucose metabolism and hippocampal functional connectivity.

Effect on Cardiovascular Disorders

Aging is associated with endothelial dysfunction that leads to arterial blockages and increased risks of cardiovascular diseases. In animal models, resveratrol was shown to exert a cardioprotective effect mainly through enhancing the production of endothelial nitric oxide, improving blood vessel dilation, reducing blood pressure, and ameliorating oxidative stress.

Effect on other Disorders

Research findings show how resveratrol may help protect against cancer, osteoporosis, sarcopenia and possibly even infertility. What impresses scientists are the many pathological mechanisms of aging that resveratrol has been shown to thwart.

The challenge up to now has been how to deliver enough bioavailable resveratrol to the bloodstream to induce systemic (whole-body) effects.

Up to 10 Times Greater Bioavailability

Orally ingested resveratrol is rapidly metabolized and transformed primarily in the digestive tract and the liver. This leaves very little free resveratrol in circulation. Scientists found a solution to this by combining resveratrol with galactomannan fibers from fenu-greek seed. This creates a hydrogel coating that allows greater resveratrol bioavailability. Compared to unformulated resveratrol, this resveratrol-galactomannan hydrogel showed up to 10 times greater bioavailability. The graph on this page shows the magnitude of resveratrol increase and the longer period this proprietary hydrogel formulation of resveratrol remained in the blood compared to unformulated resveratrol.

It’s Time for More Clinical Research!

Resveratrol is a widely studied plant extract in the health and longevity fields. Physician-scientists have been frustrated with resveratrol research because most of what is orally ingested is quickly degraded in the human body.
With the advent of a new bioavailable resveratrol, far better dosing schedules can be tested, and consistently higher blood levels achieved.

The good news for consumers is lower cost, as fewer milligrams of resveratrol need to be ingested to achieve higher circulatory levels.

I look forward to this new bioavailable resveratrol being used in upcoming clinical trials that seek to extend healthy human longevity.

Your ongoing support enables us to fund many of these human studies.

For longer life,

William Faloon,
Co-Founder, Life Extension®

References

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We’re turning over a new leaf with ever more ways to save!

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Code **SUPER2022**
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A novel phytosome delivery technology markedly increases absorption to deliver more quercetin throughout one’s body.

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* Supplier Internal Study. Data on File. 2017
Hundreds of published studies describe resveratrol’s potential health and longevity effects.

The challenge has been achieving significant sustained blood levels of resveratrol.

A new resveratrol solves this with a special plant-based hydrogel coating.

In a recent human trial*, this technology increased bioavailability by up to 10 times.

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In the News

Grape Powder Could Extend Lifespan by 4-5 Years

In a study the authors called “remarkable,” researchers found that giving grape powder to mice reduced the risk of non-alcoholic fatty liver disease and extended lifespan.

To see if grape powder could modulate the harmful effects of a high-fat diet, researchers fed mice a typical Western (high-fat) diet. Half then received 5% standardized grape powder while the other half didn’t.

Compared to mice not fed the grape powder, the mice given grape powder saw beneficial increases in antioxidant genes, reductions in fatty liver, and extended lifespans.

The lead author estimated that when translated to humans, the extended lifespan would correspond to an additional 4-5 years in the life of a human.

The grape powder used in this study was composed of fresh red, green and black grapes that were freeze-dried to retain their bioactive compounds.

Editor’s Note: The researchers concluded: “These results suggest the potential of dietary grapes to modulate hepatic gene expression, prevent oxidative damage, induce fatty acid metabolism, ameliorate NAFLD (non-alcoholic fatty liver disease), and increase longevity when co-administered with a high-fat diet.”

Greater Potassium Intake May Lower Blood Pressure in Women with High-Sodium Diets

A study published in the European Heart Journal found a link between consuming a greater amount of potassium and lower blood pressure among women with a high intake of sodium.*

The participants were 11,267 men and 13,696 women enrolled in England’s EPIC-Norfolk study. Sodium and potassium intake were estimated from urinary levels of these minerals.

Increased potassium intake was associated with declining blood pressure among women with high sodium intake. Each 1 gram increase in potassium consumption was associated with a 2.4 mmHg decrease in systolic blood pressure.

Editor’s Note: “...in view of various studies showing that women are more sodium-sensitive—i.e., having a larger change in blood pressure in response to changes in sodium consumption—women with high sodium intake might specifically benefit more from an increase in potassium intake,” the authors stated.

Taurine Supplementation Benefits Diabetes Patients

People with diabetes who received taurine supplements experienced improvements in glucose and other factors, according to the results of a review and meta-analysis of clinical trials, published in *Food Chemistry: Molecular Sciences.*

Researchers analyzed five controlled trials including 209 participants, that evaluated the effects of taurine on individuals with type I or type II diabetes. Taurine doses ranged from 500 mg daily to 1,000 mg three times per day.

Participants who received taurine had lower fasting blood glucose, hemoglobin A1c (HbA1c, a marker of long-term glucose control), and insulin resistance, compared to those given a placebo.

*Editor’s Note:* “Taurine emerges as a new option for the management of patients with diabetes,” the scientists asserted.

*Food Chem (Oxf).* 2022 Jul 30;4:100106.
Most women with breast cancer were found to be deficient in vitamin D, according to the results of a study published in the journal *Progress in Nutrition.*

Researchers analyzed the vitamin D status of 561 women, average age 55, with non-metastatic breast cancer.

In this group, 81% of the women were deficient in vitamin D, and 11% had insufficient levels of the vitamin.

Median 25-hydroxyvitamin D blood levels were only 13.91 ng/mL in this group of Turkish women.

Optimal ranges by U.S. standards are 30-80 ng/mL. Life Extension’s minimal target for 25-hydroxyvitamin D is around 50 ng/mL.

A significant portion of the world’s population where supplementation is uncommon and sun exposure limited have very low blood levels of vitamin D.

Editor’s Note: The researchers concluded that vitamin D levels should be measured in breast cancer patients and low levels should be corrected whenever diagnosed.

* Available at: https://www.mattioli1885journals.com/index.php/progressinnutrition/article/view/10428.
Clinical Trial Will Evaluate Form of Vitamin B1 in Alzheimer’s Treatment

The Alzheimer’s Disease Cooperative Study at the University of California San Diego (ADCS), in collaboration with Burke Neurological Institute, and Columbia University Irving Medical Center, plans to evaluate the effect of a high-dose form of thiamin (vitamin B1) known as benfotiamine in individuals with Alzheimer’s disease, the ADCS announced.*

“The trial addresses tissue deficiency of thiamine-regulated metabolic pathways linked to Alzheimer’s,” the announcement stated.

Approximately 400 participants with mild Alzheimer’s disease or mild cognitive impairment due to the disease will be enrolled at up to 50 U.S. clinical trial sites and will be evaluated during an 18-month period.

Editor’s Note: A $45 million grant from the National Institutes of Health and National Institute on Aging is supporting this clinical trial, which is slated to begin in early 2023.

Fast-Acting Liquid Melatonin is a popular way to achieve more rapid sleep onset.

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Life Extension also offers a full range of melatonin in solid forms and a variety of dosages.

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For full product description and to order NAD+ Cell Regenerator™ or NAD+ Cell Regenerator™ and Resveratrol Elite™, call 1-800-544-4440 or visit www.LifeExtension.com

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FISH OIL AND HEART ATTACK RISK
Ingestion of omega-3s is associated with lower rates of heart attack and cardiac-related death.\textsuperscript{1}

An observational study found that those with the highest blood levels of omega-3s live almost five years longer than those with the lowest blood levels.\textsuperscript{2}

The average dietary intake of EPA and DHA for typical Americans is too low.\textsuperscript{3-5}

Eating cold-water fish and/or supplementing with fish oil is a smart, heart-healthy move.
How Fish Oil Prevents Heart Disease

**Omega-3** fatty acids are healthy fats that serve multiple roles.

They are particularly concentrated in **brain** and **heart muscle**. Omega-3 fatty acids are essential for balancing **inflammatory** responses.

Getting enough omega-3s helps counter several major contributors to heart and blood vessel disease, including:

1. **Elevated triglycerides**. High levels of these fats in the blood correlate with an increased risk of heart disease. Taking omega-3s reduces triglyceride levels. The **American Heart Association** has issued a science advisory that EPA and DHA doses of 2,000–4,000 mg per day are recommended for lowering triglycerides.

2. **High blood pressure**. Increasing intake of omega-3 fatty acids can modestly reduce blood pressure, a major risk factor for heart disease.

3. **Insulin resistance**. When cells do not respond to the hormone insulin appropriately, the body cannot optimally manage blood sugar. Fish oil intake is associated with improved insulin sensitivity in people with some existing degree of metabolic disease.

4. **Blood clotting**. Heart attacks and strokes are frequently caused by abnormal clotting (thrombosis) within blood vessels. Higher intake of omega-3s can reduce the formation of blood clots.

5. **Chronic inflammation**. Persistent inflammation is a major driver of **atherosclerosis**, the buildup of plaque in arteries. Omega-3s reduce the production of pro-inflammatory compounds and serve as precursors to anti-inflammatory compounds.

The above actions may help slow or halt the development and progression of cardiovascular disease.

---

Observational Studies

The **omega-3 index** is a blood test that measures the percentage of omega-3s in the blood. The higher the number, the more omega-3s in the body. An index of 8% or higher is considered ideal.

In an observational study that evaluated close to 30,000 individuals, having an omega-3 index of 8% or greater predicted about a 30% lower risk of death due to **coronary artery disease** than an omega-3 index below 4%. The **Framingham Heart Study** is one of the largest and longest-running observational studies in existence. It has consistently found that a higher omega-3 index is associated with significantly lower risk of total mortality and cardiovascular-related events such as **stroke** and **heart attack**.

The Framingham study even found that the omega-3 index is as good at predicting risk of death as factors like smoking, high blood pressure, diabetes, and age. Those with a higher index live almost five years longer on average than those with a low index.

In one of the papers from the Framingham study, people with the highest omega-3 index levels compared to those with the lowest, had a 34% lower risk of all cause mortality and their risk of developing cardiovascular diseases was 39% lower.
FISH OIL AND HEART ATTACK RISK

Results from Clinical Studies

Data from many clinical trials show that increased intake of fish oil correlates with reduced risk for heart disease and cardiac-related mortality.1

The Food and Drug Administration (FDA) published a Qualified Health Claim stating that increased consumption of EPA and DHA may reduce risk for high blood pressure and coronary heart disease.24

Oral intake of omega-3 has been linked with:25

- Prevention of the development of heart disease, and
- Improved outcomes for those who already suffer from heart disease.

One recent, large meta-analysis26 found that taking fish oil was associated with reduced development of coronary heart disease compared to those who did not receive fish oil.

Another meta-analysis found that fish oil is associated with a reduced risk of developing coronary heart disease and all cardiovascular disease, and cardiovascular mortality.1

These newer studies add to decades of evidence showing that fish oil helps protect the heart.

Omega-3s Promote Heart Health

- Low intake of omega-3 fatty acids is associated with increased risk for cardiovascular disease and death.
- Daily intake of fish oil is associated with reduced rates of heart disease, and cardiovascular disease outcomes like heart attack and stroke.
- Life Extension suggests daily supplementation with about 2,000 mg of EPA + DHA from highly purified fish oil.

Boosting the Benefits of Fish Oil

Olive extract and sesame lignans add to the health benefits of fish oil.

OLIVE EXTRACT

Research shows that people who consume the most olive oil have a lower risk of dying from cardiovascular events.27-29

Olive oil contains unique polyphenols including oleuropein, tyrosol, and hydroxytyrosol.30-32 High-phenolic extra virgin olive oil is the best food source of these compounds.

In a study in people over age 65, those who ingested the highest amount of hydroxytyrosol from virgin olive oil and wine lived 9.2 years longer on average.33

Extracts of the olive leaf, concentrated and standardized to provide maximum polyphenol content, have been shown to protect cultured heart-muscle cells from destruction caused by oxidative damage.34
SESAME SEEDS

Sesame seeds contain high concentrations of polyphenols called lignans. They have demonstrated activity related to lowering blood lipid levels, fighting inflammation and cancer, neutralizing free radicals, and enhancing vitamin E bioavailability.35,36

Metabolism of sesame lignans by intestinal microflora creates the compounds enterolactone and enterodiol, both of which may have protective effects against hormone-related diseases such as breast cancer.37,38

Sesame lignans may help enhance the effects of omega-3s in the body.

Summary

Modern Western diets are usually lacking in omega-3 fatty acids like DHA and EPA.

Lower blood levels of omega-3s have been correlated with increased risk for coronary artery occlusion and cardiovascular events like stroke and heart attacks.

Life Extension suggests most readers supplement with about 2,000 mg of EPA + DHA each day from highly purified fish oil. •

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


38. Liu Z, Saarinen NM, Thompson LU. Sesamin is one of the major precursors of mammalian lignans in sesame seed (Sesamum indicum) as observed in vitro and in rats. J Nutr. 2006 Apr;136(4):906-12.
Re-Energize Heart and Brain Cells

Three Choices of Superior Ubiquinol CoQ10 Mitochondrial Delivery System

SUPER SALE PRICE
100 mg CoQ10 Item #01426 • 100 mg, 60 softgels
1 bottle $42.53
4 bottles $36 each

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200 mg CoQ10 Item #01431 • 200 mg, 30 softgels
1 bottle $40.50
4 bottles $34.65 each

SUPER SALE PRICE
100 mg CoQ10 + 10 mg PQQ Item #01733 • 100 mg, 30 softgels
1 bottle $33.75
4 bottles $27 each

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My gift to my heart.
Donna
VERIFIED CUSTOMER REVIEW

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Keep Your **Heart Healthy** & Your **Brain Sharp**

*Taurine* is one of the most abundant amino acids in your body, but levels decline over time. Be proactive and give your heart and brain powerful support with high-quality Taurine from **Life Extension**!

For full product description and to order Taurine, call **1-800-544-4440** or visit [www.LifeExtension.com](http://www.LifeExtension.com)

*Also available in an unflavored powder that mixes easily into your favorite healthy beverage.*

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CAUTION: Individuals consuming more than 50 mcg (2000 IU) per day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.
Super Omega-3 provides components found in Mediterranean diets, including sesame lignans to extend the stability of DHA in the blood.
Around 65% of U.S. adults consume inadequate amounts of magnesium in their diet.¹,²

Magnesium is especially important in the brain. It plays key roles in cognitive function, including learning and memory.³

There are different forms of magnesium, but not all are effective at getting into the brain.

Scientists at the Massachusetts Institute of Technology (MIT) developed a form called magnesium L-threonate that boosts brain levels quickly and efficiently.³-⁵

In animal models, increasing brain magnesium helps ward off cognitive decline and dementia.³-⁶

In a human study of adults with cognitive impairment, magnesium L-threonate reversed measures of brain aging by an astonishing nine years.⁷
A Form for the Brain

Magnesium is essential for bone density, nerve function, and much more.1,8-10 Magnesium enables brain cell communication, particularly in areas critical for learning and formation of memories. Magnesium deficiency is associated with loss of cognitive function.1,10-13 MIT researchers developed magnesium L-threonate to more effectively elevate levels of magnesium in the brain.3

In a rodent study, magnesium L-threonate raised cerebral spinal fluid levels of magnesium by 54%.14

How It Helps the Brain

Once in the brain, magnesium contributes to its healthy function in numerous ways. For example, magnesium protects synapses, the structural communication connection points between brain cells.11

In animal studies, increasing brain levels of magnesium increased the total number of synapses, improved synaptic plasticity (the ability of synapses to adapt), and stimulated growth of new brain cells.3-6,14,15 This improved cognitive function, including learning and memory.

Animal models of brain aging, dementia, Parkinson’s disease, and brain injury all show that magnesium intake results in improvements in cognition.3,4,6,14-18

Magnesium L-threonate leads to greater improvements in memory, number of synapses, and other cognitive functions than other forms tested.5,14

Reversing Human Brain Aging

Scientists have long known that a magnesium deficiency can result in cognitive problems. Studies are now starting to demonstrate that replenishing magnesium can improve cognitive abilities.

In one clinical study, researchers gave older people with early cognitive impairment 1,500-2,000 mg (depending on body weight) of magnesium L-threonate or a placebo daily for 12 weeks.7 Subjects began with some impairment in executive functioning, the ability to plan, adapt, focus, and make decisions. At the beginning of the study, the participants averaged 57.8 years of age. However, their brain age based on cognitive functioning was 68.3 years old. By the end of the trial, those receiving magnesium L-threonate decreased their brain age a remarkable nine years.

Another human trial showed promising preliminary results in patients diagnosed with mild to moderate dementia. Even at this more advanced stage of cognitive decline, magnesium L-threonate led to improvements in cognition and executive function.19

Scientists have started to evaluate magnesium for neuropsychiatric conditions as well.
In a 2021 open-label, pilot study, 15 adults with moderate ADHD (attention deficit hyperactivity disorder) received magnesium L-threonate for up to 12 weeks. Nearly half of the participants displayed clinical improvements. The authors concluded that supplementation was effective and well-tolerated.20

**Summary**

Magnesium deficiency is tied to health conditions including cognitive decline. Yet most adults do not get enough magnesium from their diets.

In the brain, magnesium is needed for the proper functioning of synapses involved in complex tasks such as learning and memory.

**Magnesium L-threonate** is easily absorbed and taken up into the brain, providing cognitive benefits as shown by animal and human studies. ●

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


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PROSTATE HEALTH
The best way to keep YOU in the picture.

Ultra Prostate Formula was created to help maintain prostate health. It contains a dozen ingredients to:

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• Promote healthy prostate function
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Ultra Prostate Formula is the most comprehensive standardized-ingredient prostate-health supplement.

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With age, synapses that connect our brain cells wither.

Formulated by MIT scientists, Neuro-Mag® Magnesium L-Threonate has been shown to improve synaptic density and other structural components of the brain.


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Life Extension® supporters take extraordinary steps to stave off aging.

When customers buy from Life Extension®, they are assured of receiving the highest-quality products based on the latest scientific studies.

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<table>
<thead>
<tr>
<th>Product Name</th>
<th>One Unit</th>
<th>Four-Unit Per-Bottle Price</th>
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<tbody>
<tr>
<td><strong>BioActive Complete B-Complex</strong></td>
<td>$8.10</td>
<td>$7.20</td>
</tr>
<tr>
<td>Enzymatically active forms of B vitamins to help lower homocysteine, energize cells, and protect against glycation.</td>
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<tr>
<td><strong>AMPK Metabolic Activator</strong></td>
<td>$25.65</td>
<td>$21.60</td>
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<tr>
<td>Dual-ingredient plant compounds support youthful AMPK activity in one daily tablet.</td>
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<tr>
<td><strong>Vitamin D3</strong></td>
<td>$6.75</td>
<td>$5.85</td>
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<tr>
<td>High-potency vitamin D supports immune function.</td>
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<tr>
<td><strong>Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract</strong></td>
<td>$22.28</td>
<td>$19.80</td>
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<tr>
<td>Highly purified EPA and DHA, sesame lignans, plus olive extract.</td>
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<tr>
<td><strong>Curcumin Elite™ Turmeric Extract</strong></td>
<td>$21.60</td>
<td>$19.80</td>
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<tr>
<td>Patented turmeric extract provides 45-times greater free curcuminoid bioavailability.</td>
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<tr>
<td><strong>Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™</strong></td>
<td>$42.53</td>
<td>$36.00</td>
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<tr>
<td>Superior ubiquinol form of CoQ10 (100 mg) plus shilajit shown to enhance mitochondrial energy production.</td>
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<tr>
<td><strong>Lithium</strong></td>
<td>$10.80</td>
<td>$9.45</td>
</tr>
<tr>
<td>A low-cost mineral that functions in several ways to support cognition and overall brain health.</td>
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<tr>
<td><strong>Ultra Prostate Formula</strong></td>
<td>$26.33</td>
<td>$24.30</td>
</tr>
<tr>
<td>Comprehensive support for an aging prostate gland utilizing extracts from pygeum, nettle, flower pollen, and saw palmetto, plus boron, beta-sitosterol, and lycopene.</td>
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<th>Product Description</th>
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<th>Four-Unit Price</th>
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<tr>
<td>MacGuard® Ocular Support w/ Saffron &amp; Astaxanthin</td>
<td>$29.70</td>
<td>$27</td>
</tr>
<tr>
<td>Lutein, <em>trans</em>-zeaxanthin, meso-zeaxanthin, astaxanthin, and saffron help maintain structural integrity of the macula and retina. Just one softgel per day.</td>
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<tr>
<td>Bone Restore w/ Vitamin K2</td>
<td>$16.20</td>
<td>$14.85</td>
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<tr>
<td>Skeletal-strengthening nutrients in one highly absorbable formula.</td>
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<tr>
<td>NAC (N-Acetyl-L-Cysteine)</td>
<td>$10.13</td>
<td>$9.00</td>
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<tr>
<td>Supports glutathione levels for healthy immune function.</td>
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<tr>
<td>Bio-Fisetin</td>
<td>$10.13</td>
<td>$9.00</td>
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<tr>
<td>A highly absorbable form of the plant flavonoid fisetin supports cell health in multiple ways.</td>
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<tr>
<td>Mitochondrial Energy Optimizer with PQQ</td>
<td>$45.90</td>
<td>$40.50</td>
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<tr>
<td><em>Glycation-protection</em> and <em>mitochondrial</em> biogenesis formula. Provides 1,000 mg of carnosine along with R-lipoic acid, taurine, benfotiamine, and PQQ.</td>
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<tr>
<td>Vitamin C 24-Hour Liposomal Hydrogel™ Formula</td>
<td>$22.95</td>
<td>$20.70</td>
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<tr>
<td>60 vegetarian tablets</td>
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<tr>
<td>Two plant extracts increase blood exposure nearly seven times more compared to regular vitamin C.</td>
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<tr>
<td>Arterial Protect</td>
<td>$29.70</td>
<td>$26.10</td>
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<tr>
<td>Helps stabilize endothelial plaque and promote healthy blood flow.</td>
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<tr>
<td>Senolytic Activator</td>
<td>$17.55</td>
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<td>24 vegetarian capsules</td>
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<tr>
<td>Highly absorbable forms of fisetin, quercetin, black tea theaflavins, plus apigenin designed to help manage senescent cells.</td>
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<tr>
<td>Super R-Lipoic Acid</td>
<td>$33.08</td>
<td>$30.38</td>
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<td>240 mg, 60 vegetarian capsules</td>
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<tr>
<td>Superior efficacy compared to alpha-lipoic acid—supplies 240 mg of stabilized R-lipoic acid.</td>
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<tr>
<td>Super Selenium Complex</td>
<td>$9.45</td>
<td>$8.10</td>
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<td>100 vegetarian capsules</td>
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<tr>
<td>Three forms of selenium promote the body’s production of glutathione.</td>
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<tr>
<td>Neuro-Mag® Magnesium L-Threonate</td>
<td>$27.68</td>
<td>$24.75</td>
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<tr>
<td>90 vegetarian capsules</td>
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<tr>
<td>Helps maintain structural integrity of synaptic connections in the brain.</td>
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<tr>
<td>FLORASSIST® GI with Phage Technology</td>
<td>$22.28</td>
<td>$20.25</td>
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<tr>
<td>30 liquid vegetarian capsules</td>
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<tr>
<td>Dual-encapsulation probiotic for optimal delivery to help balance bacteria in the intestines.</td>
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<tr>
<td>NAD+ Cell Regenerator™ with Resveratrol Elite™</td>
<td>***</td>
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<tr>
<td>30 vegetarian capsules</td>
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<tr>
<td>NIAGEN® <em>nicotinamide riboside</em>, new <em>bioavailable resveratrol</em>, and more to support healthy cellular metabolism.</td>
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</table>

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Longevity Effects of CURCUMIN
The spice turmeric has been used in Indian cooking and traditional medicine for thousands of years.¹

There is some evidence from epidemiological studies that populations that regularly consume turmeric have lower rates of Alzheimer’s as well as better-preserved cognition.²

A large body of scientific evidence reveals that turmeric’s benefits are mainly attributable to the compound known as curcumin.

Research shows that curcumin helps prevent processes that drive aging and chronic disorders, including cell senescence and chronic inflammation.³⁻⁵

The overall effect may be to improve healthy longevity.
The Power of Curcumin

Curcumin is a yellowish pigment found in turmeric, a plant in the ginger family.

In studies, curcumin intake has been shown to extend lifespan of diverse species, from roundworms to mice.\textsuperscript{6-11} In a study of fruit flies, for example, it increased the average lifespan by 26%.\textsuperscript{9}

In addition, research suggests it can help in the management of many conditions including metabolic syndrome, elevated lipids, arthritis, and more.\textsuperscript{12}

A number of studies have found that curcumin supplementation led to improvements in cognition and memory.\textsuperscript{13}

How does curcumin deliver its benefits? Science has identified several drivers of aging and chronic disease. Curcumin affects many of them\textsuperscript{3-5} in ways that improve health.

Protecting Telomeres

Every strand of DNA in our body has protective end caps, called telomeres, that help maintain the stability and function of the genetic material.

As we age, these telomeres shorten. When they are too short, the cell becomes dysfunctional or die. Shortened telomeres limit regeneration and stem cell function.

Telomerase is an enzyme that builds up the length of existing telomeres.

Curcumin has been shown in preclinical studies to give a boost to this anti-aging enzyme. It can enhance the expression and activity of telomerase, increasing the health and life of cells.\textsuperscript{14,15}

Support Brain Function

Research has identified specific brain benefits for curcumin.

In animal studies, curcumin has been shown to:\textsuperscript{16-18}

• Form new neurons in the hippocampus,
• Improve performance on memory tests,
• Reduce neuroinflammation, and
• Protect against memory loss.

But the benefits of curcumin go beyond just neuro-protection.

Fighting Glycation

Glycation occurs when sugars attach to proteins, fats, or nucleic acids, causing deleterious structural and functional changes. It is a major contributor to accelerated aging and many diseases of older age.\textsuperscript{19,20}

This process even occurs in people with normal blood glucose. In diabetics and prediabetics, glycation is accelerated, leading to faster aging and higher risk for chronic disorders.

Preclinical studies have shown that curcumin protects cells and tissues from the damage caused by glycation.\textsuperscript{21-25}

One team of researchers has shown that, in cell culture models, curcumin can also block harmful effects when glycation has already occurred, preventing the inflammation and cellular dysfunction caused by advanced glycation end products.\textsuperscript{25}

Reducing Senescent Cells

As cells age, some become senescent. These cells are dysfunctional and emit protein degrading enzymes but refuse to die off to make room for healthy cells. Senescent cells also secrete inflammatory compounds that damage surrounding tissues.\textsuperscript{26}

Curcumin has demonstrated senolytic activity in preclinical studies,\textsuperscript{27,28} which means it has the potential to reduce the number of senescent cells in tissues. In other similar models, it has also been shown to help favorably modulate the secretion of inflammatory compounds from these cells.\textsuperscript{4}
Regulating Vital Proteins

Maladaptive activity of various essential structural and functional proteins in cells has been tied to accelerated aging, metabolic abnormalities, and chronic inflammation.3-5

Curcumin modulates their activity in ways that reverse age-related changes and protect cells against age-related damage. It can;3-5

- Inhibit nuclear factor-kappa B (NF-kB), a protein complex associated with chronic inflammation,
- Reduce activity of mTOR, a protein linked to rapid aging and metabolic abnormalities that contribute to chronic disease,
- Boost activity of AMPK, an enzyme that supports healthy metabolism,
- Enhance function of sirtuins, proteins critical for maintaining health and longevity, and
- Support activity of Nrf2, a protein that regulates the body’s defenses against oxidative stress.

Other Anti-Aging Mechanisms

There are many more anti-aging actions of curcumin. Among other benefits, curcumin:

- Acts as a potent free-radical scavenger, helping to prevent the oxidative stress that accompanies most age-related chronic disease,29
- Triggers production of the body’s own antioxidant enzymes,3-5
- Reduces chronic inflammation,3 another driver of aging and age-related disease,
- Supports healthy mitochondrial function,30 and
- Activates autophagy, cellular “housekeeping,” to rejuvenate cells and keep them functioning optimally.31

These and other actions can help reduce risk for disease and prevent accelerated aging.

An Anti-Aging Nutrient

- Scientists have identified processes that drive aging and risk for disease, including oxidative stress, chronic inflammation, glycation, cellular senescence, telomere loss, and more.

- Curcumin, a polyphenol in turmeric, has been found to influence every one of these processes in ways that improve health and may slow aging.

- In animal studies, curcumin intake is associated with longevity and reduced risk for chronic age-related disease.

- Human studies show that curcumin use improves cognition and memory.
Longevity Effects of Curcumin

Summary

Curcumin is a potent anti-inflammatory compound. Research over the last few decades reveals that curcumin favorably influences known contributors to aging and chronic disease.

In animal studies, curcumin extends lifespan while reducing risk for many age-related disorders.

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

1. Available at: https://www.ncbi.nlm.nih.gov/books/NBK92752/.

Boosting Bioavailability

On its own, curcumin has low bioavailability. Much of the curcumin you consume is not absorbed into the bloodstream.

Scientists discovered that combining curcumin with galactomannans, from the spice fenugreek, boosts bioavailability by more than 45 times compared to unformulated curcumin.

Combining curcumin with other nutrients, including turmerones from turmeric and gingersols from ginger root, may further increase its bioavailability and health benefits.

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FOR OPTIMAL BRAIN HEALTH

Cognitex® Elite contains clinically studied brain-boosting nutrients.

Sage Extract by itself demonstrated improvement in attention and memory performance in healthy, older volunteers.

Cognitex® Elite provides all of these ingredients:

- Sage extract (leaf) (SIBELIUS™) 333 mg
- Proprietary Wildcrafted Blueberry Blend 200 mg
- Sensoril® Ashwagandha extract 125 mg
- Phosphatidylserine 100 mg
- Uridine-5'-monophosphate 50 mg
- Vinpocetine 20 mg

Cognitex® Elite Pregnenolone contains these same powerful ingredients but with 50 mg of pregnenolone added.

For full product description and to order Cognitex® Elite or Cognitex® Elite Pregnenolone, call 1-800-544-4440 or visit www.LifeExtension.com

Do not use if you are of childbearing age, pregnant or planning to become pregnant.

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Testosterone builds muscle, maintains sexual health, supports cardiac function, strengthens bones, and nourishes brain cells.1,2

Testosterone Elite helps maintain healthy testosterone levels:†

• A clinical trial showed that pomegranate and cacao elevated free testosterone levels 48% in just eight weeks.3

• Luteolin increases a protein for testosterone synthesis and inhibits aromatase, an enzyme that breaks down testosterone.4,6

• Just one capsule a day.

“Interest in intimacy has been heightened since beginning this supplement.”

Larry
VERIFIED CUSTOMER REVIEW

PLANT-BASED NUTRIENTS

Super Sale Price

Item #02500 • 30 vegetarian capsules
1 bottle $37.80 • 4 bottles $33.75 each

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

† This product is intended to support testosterone levels but does not contain testosterone. Tesnor® is a trademark of Laila Nutra and Gencor.

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.
Patented turmeric and fenugreek blend (500 mg) results in **45 times** greater bioavailability of free curcuminoids.

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Same 500 mg potency of patented turmeric and fenugreek blend with added benefits of ginger and other turmeric actives.

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500 mg curcumin + gingerol, 30 softgels

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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.
Give the Old You a Helping Hand

“Helps your body do what it needs to do.”
Richard
VERIFIED CUSTOMER REVIEW

Experience should build us up, not tear us down.

Life is a journey with bumps in the road. We move on wiser, prouder—but the marks remain. Marine oil contains compounds called specialized pro-resolving mediators. These “SPMs” support tissue rejuvenation, clear debris so healthy cells can flourish, and help maintain the balance between cytokine compounds that keep your body in harmony. Pro-Resolving Mediators. Feel like you again.

SUPER SALE PRICE
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For full product description and to order Pro-Resolving Mediators, call 1-800-544-4440 or visit www.LifeExtension.com

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Fight Aging by Boosting Autophagy

BY LAURIE MATHENA

Autophagy is a process cells use to remove old, damaged parts.

One way to help fight aging is by activating autophagy.

This “housekeeping” process improves cellular functionality.1

With age, we experience lower rates of autophagy,2 which accelerates degenerative processes and increases the risk for chronic diseases.3

In several preclinical models, stimulating autophagy has been shown to improve healthy longevity.4-6

Scientists at Life Extension®, in collaboration with the Insilico Medicine® research group, identified two nutrients that promote autophagy: luteolin and piperlongumine.

Boost Lifespan and Healthspan

Several animal studies have demonstrated that stimulating autophagy leads to increased longevity.4-6

In one, activating autophagy in mice extended the average lifespan by 17.2%.6 This would be the equivalent of increasing the average human lifespan in the U.S. from 78.5 years to 92 years.

These animals didn’t just live longer. They were also healthier. They maintained lower body weight, increased insulin sensitivity, and had better musculoskeletal functioning.

When scientists inhibited autophagy, certain beneficial properties associated with autophagy enhancement disappeared.
How to Stimulate Autophagy

Two regulatory proteins play key roles in controlling autophagy: mTOR and AMPK.

• When mTOR is activated, it shuts off autophagy.7 Inhibiting excess mTOR activity, on the other hand, can increase autophagy.8
• AMPK activates autophagy. Boosting cellular AMPK has been shown to improve metabolic health and lifespan.9,10

The nutrients luteolin and piperlongumine have each been shown to induce autophagy by influencing these proteins.

Luteolin

Luteolin is a flavonoid found in several vegetables and herbs, including celery, broccoli, and parsley.11

It has been shown in pre-clinical models to both increase AMPK activity and inhibit mTOR signaling.12-15 These actions activate autophagy, improving cellular metabolism.16

In animals and cell culture, treatment with luteolin protects the brain, heart, and tested cells.17-20

For example, when animals with a brain injury were given luteolin,19 autophagy was activated, inflammation was reduced, and the outcome and recovery from the injury were improved.

Piperlongumine

Piperlongumine is a compound isolated from the long pepper plant. In pre-clinical studies, piperlongumine was shown to activate autophagy as indicated by increases in a cellular marker called LC3 on autophagosomes, structures involved in initiation of autophagy within a cell.21,22

Piperlongumine activates Beclin-1, a gene that triggers formation of these autophagosome structures.23

In an animal study, Beclin-1-dependent autophagy helped protect delicate mitochondria and helped inhibit inflammation to support cardiovascular health.23

Dietary Methods

Another way people today are inducing autophagy is intermittent fasting also known as time restricted eating.

This usually involves fasting around 16 hours most days and eating in a window of about 8 hours.

During the fasting period, cells sense food scarcity and turn down mTOR, which then activates autophagy.

Summary

Autophagy declines with age. This means cellular “housekeeping and cleanup” slows down, which leads to accelerated aging and increased risk for chronic disease.

The nutrients luteolin and piperlongumine activate autophagy, which can help cells function more efficiently for improved health and longevity.

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

References

Dryness and loss of firmness are outward signs of normal aging. One reason is loss of ceramides that are required for skin to retain its moisture and youthful suppleness.

Skin Restoring Ceramides contains wheat-derived ceramide lipids in an oral capsule that hydrate the skin and smooth the appearance of fine lines and wrinkles.

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Ceratiq® is a registered joint-trademark of PLT Health Solutions and Arcô, Rebertet Group, France.

Contains wheat. Gluten free.
Fisetin, a flavonoid found in strawberries and apples, is currently being studied for its effectiveness as a senolytic in humans.\(^1\)

In preclinical studies, fisetin:
- Mimics effects of calorie reduction\(^2\)
- Targets longevity pathways\(^2\)-\(^6\)
- Extends lifespan of mice by about 10%\(^7\)
- Removes senescent cells through senolytic action\(^7\)
- Suppresses excess mTOR activation\(^8\)

Fisetin is poorly absorbed due to its breakdown in the small intestines.

Bio-Fisetin solves this problem by enclosing fisetin with a compound from the fenugreek herb.

A human trial showed bioavailability of this fisetin compound increased up to 25 times compared to fisetin by itself.\(^9\)

Just one capsule daily of Bio-Fisetin helps manage senescent cells and may support overall longevity.

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GEROPROTECT® Autophagy Renew† stimulates the body’s natural “cellular cleanup” process essential to youthful cellular function and overall health.

Artificial Intelligence was one of the tools utilized by researchers to help identify the best nutrients in this advanced formulation.

This new longevity formula contains luteolin and piperlongumine to:

• Promote ongoing cellular housekeeping
• Encourage healthy cell debris removal
• Inhibit mTOR signaling

Activating autophagy supports healthy cellular function and longevity.

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Item #02415 • 30 vegetarian capsules
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For full product description and to order GEROPROTECT® Autophagy Renew, call 1-800-544-4440 or visit www.LifeExtension.com

†Developed in collaboration with Insilico Medicine, Inc.
With age, our body accumulates senescent cells that affect the day-to-day function of the healthy cells around them.

**Senolytics** are compounds that selectively remove senescent cells.

**Senolytic Activator®** contains nutrients designed to target senescent cells for normal elimination.

This formula contains a patented **fisetin** that is more bioavailable than regular fisetin.

The fisetin dose in **Senolytic Activator®** provides the potency of 7 capsules of **Bio-Fisetin**. (Some people take Bio-Fisetin daily for its other health benefits.)

**COMPREHENSIVE SENOLYTIC SUPPORT**

The **Senolytic Activator®** formula provides the following nutrients:

- **THEAFLAVINS** (polyphenols from black tea)
- **BIO-QUERCETIN** (ultra-absorbable form)
- **APIGENIN** (a natural flavonoid)
- **BIO-FISETIN** (up to 25 times greater bioavailability)

The suggested dose of the **Senolytic Activator®** is 3 capsules once a week. Each bottle lasts 3 months and costs very little.
Selenium

BY LAURIE MATHENA

When researchers studied a population of people 90 years old and above, they found that the OLDEST inhabitants—those over 100 years old—all had something in common: They had the highest levels of the trace mineral selenium.¹

There’s a reason selenium levels are connected to longevity. Selenium is required for the proper function of cellular enzymes.²

Past studies have shown that selenium-containing proteins provide defense against DNA damage,³,⁴ facilitate removal of toxins from the body,⁵ support thyroid function,⁶ and maintain immune system activity.⁷,⁸

The science about selenium continues to stack up. Here, we report on recent selenium studies.

Benefits of Boosting Selenium Intake

Selenium, in combination with other antioxidants, helps reduce risk of death.⁹

In a meta-analysis of 43 studies, researchers found a decreased risk of cardiovascular mortality and all-cause mortality when selenium was included in antioxidant supplement mixtures. No association was seen when selenium was absent from the mix.
Selenium deficiency is associated with dangerously low blood sugar.\textsuperscript{12} A study of healthy adults found that serum selenium concentrations were strongly associated with glucose levels in people who were deficient in selenium.

Hypoglycemia (serum glucose <50 mg/dL) was observed in 19.2\% of individuals deficient in selenium, but in just 1.4\% of those with sufficient levels. This suggests that adequate selenium is important for maintaining healthy glucose levels.

Selenium deficiency induces inflammation in the brain.\textsuperscript{13} In a study of healthy pigs, a selenium-deficient diet activated a pathway that induced inflammation, which led to pathologic lesions in the brain.

Guard Against Selenium Deficiency

Selenium levels are suboptimal in many people in the industrialized world.\textsuperscript{14} While the mineral is found in foods such as Brazil nuts and pinto beans, the amount of selenium that can be obtained from diet is highly uneven. That’s because the amount of natural selenium in the soil fluctuates from region to region. Many areas of the U.S. have selenium-deficient soil.\textsuperscript{15}

Consider using multiple forms of selenium—including Se-Methyl L-Selenocysteine, L-selenomethionine, and sodium selenite—to obtain comprehensive protection. •

If you have any questions on the scientific content of this article, please call a Life Extension Wellness Specialist at 1-866-864-3027.
**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 shown to protect lipids and proteins against glycation and the most biologically active form of folate called 5-methyltetrahydrofolate (5-MTHF), which is up to 7 times more bioavailable than folic acid.*


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Item #01945 • 60 vegetarian capsules

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Caution: Temporary flushing, itching, rash, or gastric disturbances may occur.

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Bodyguard for Your Brain

People tend to live longer in areas where lithium is abundant in the drinking water.*

Lithium is a low-cost mineral that functions in several ways to support cognition and overall brain health.

Protect healthy cognition with lithium—it’s like a bodyguard for your brain!

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

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(1,000 mcg of lithium per tiny cap)

Item #02403
100 vegetarian capsules

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4 bottles $9.45 each

Each bottle lasts 100 days.


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Selenium promotes the body's production of glutathione, a potent cellular antioxidant. It also encourages healthy cell division, thyroid health, and immune function.

**Super Selenium Complex** combines three complementary forms of selenium with vitamin E for additional antioxidant protection.
ACHIEVING SUSTAINED
VITAMIN C BLOOD LEVELS

BY MICHAEL DOWNEY

Vitamin C supports the immune system and other aspects of health.

The human body cannot produce vitamin C.¹

Daily intake is required to sustain vitamin C levels.

At doses above 200 mg, however, vitamin C is only partially absorbed and rapidly metabolized by the body.²

By combining it with plant-based compounds, more vitamin C can be absorbed and maintained.

Consumers can achieve nearly seven times greater vitamin C bioavailability compared to an equivalent dose of regular (unformulated) vitamin C.³
Absorbing More Vitamin C

Studies show that higher levels of vitamin C enhance immune function and may help reduce cardiovascular risks.4,5

At doses over 200 mg, unformulated vitamin C is only partially absorbed and rapidly used by the body.

A new delivery system circumvents this problem. It elevates blood levels of vitamin C nearly seven times more than unformulated vitamin C—and it delivers higher levels over an extended period.3

This improved delivery of vitamin C was achieved by combining two different plant-based formulation methods. Both have been used in the past to enhance bioavailability (absorbability) of other nutrients.

- The first method involves liposomes. These are small structures made of plant-derived phospholipids, the same types of compounds making up cell membranes of all living cells. Encapsulating vitamin C in liposomes improves its absorption into the bloodstream.

- But liposomes themselves can degrade. The second method uses a compound known as a hydrogel to protect the liposomes. A hydrogel is comprised of fiber called galactomannans, derived from fenugreek seeds. It surrounds and shields the liposomes, allowing for sustained absorption of the vitamin C released in the intestines.

Together, these techniques enable more vitamin C to be absorbed over a longer period of time.

Sustained Vitamin C Blood Levels

When regular, unformulated vitamin C is taken, blood levels peak about one hour after ingestion and then rapidly drop back to baseline.

When liposomal hydrogel vitamin C is taken, blood levels continue to rise up to four hours after ingestion and reach a much higher level. Taking this formulation just once a day leads to high around-the-clock vitamin C levels in the blood.

A recently published clinical study measured blood plasma levels of vitamin C and found: 3

Taking 400 mg of vitamin C in the liposomal hydrogel formula increased average overall body exposure to vitamin C over a 12-hour period by close to seven times compared to the same dose of unformulated vitamin C.

At 12 hours after ingestion, this liposomal hydrogel formula maintained higher blood levels than the same dose of regular, unformulated vitamin C.

Defense Against Infections

Maintaining high levels of vitamin C can help it achieve its benefits, which include helping to improve cardiovascular health, initiate tissue-healing processes,6,7 and reduce the risk, duration, and severity of the common cold.8,9
Vitamin C’s most important function may be helping the immune system to defend against viral and other infections.10

Vitamin C fights infection by:

- Helping neutrophils, a first line of immune defense, reach an infection. In a study of participants with inadequate vitamin C status, daily vitamin C intake led to a 20% increase in neutrophil migration.11 In another study, vitamin C intake (with vitamin E) enhanced neutrophils’ ability to kill infectious agents.12

- Promoting the growth, maturation, antibody production, and survival of lymphocytes,13-16 Lymphocytes include B cells, T cells, and natural killer (NK) cells, all vital parts of the immune system’s ability to recognize and attack foreign invaders.

- Providing infection barrier support. Vitamin C is required for the synthesis of collagen, a structural protein providing strength and durability to barrier tissues that prevent viruses, bacteria, and other infectious agents from entering the body in the first place.17

Liposomal hydrogel vitamin C makes it easier to achieve these and other health benefits.

Summary

Higher vitamin C levels can improve immune function and provide other benefits. However, at doses greater than 200 mg, unformulated vitamin C is partially absorbed and rapidly metabolized. A liposomal hydrogel delivery system yields approximately seven times higher vitamin C plasma levels and maintains higher levels all day long. 

If you have any questions on the scientific content of this article, please call a Life Extension® Wellness Specialist at 1-866-864-3027.
The Importance of High-Dose Vitamin C

- **Maintaining optimal levels of vitamin C** throughout the day delivers wide-ranging benefits, including:
  - **Immune support.** Immune cells need vitamin C for activation and proper function, including fighting infections, reducing risk, duration, and severity of colds, and reducing breathing difficulties associated with airway irritation and asthma.8,10-18
  - **Wound healing and tissue strengthening.** Vitamin C is required for the synthesis of collagen, which provides strength to connective tissues throughout the body (including skin, bones, and cartilage) and helps accelerate wound healing after injury.19-21
  - **Cardiovascular protection.** Compared to those with the lowest levels, people with the highest blood levels of vitamin C may be less likely to die from all causes, cardiovascular disease and ischemic heart disease and have a 42% lower risk of stroke.22,23
  - **Antioxidant activity.** Vitamin C can help prevent or reduce oxidative damage, a major contributor to aging and age-related disease.24

References

MacuGuard® Ocular Support provides:

- **Lutein, trans-zeaxanthin, and meso-zeaxanthin** help maintain structural integrity of the **macula** and **retina**.\(^1\)\(^5\)
- **Cyanidin-3-glucoside** assists with **night vision**.\(^6\)\(^8\)
- **Saffron** has been shown to help support **vision** as demonstrated by doctors’ eye exams.\(^1\)
- **Alpha-carotene** further helps support **macular density**.\(^1\)

For full product description and to order either of these MacuGuard® formulas, call 1-800-544-4440 or visit www.LifeExtension.com

MacuGuard® Ocular Support with Saffron + Astaxanthin

**SUPER SALE PRICE**

Item #01993 • 60 softgels

1 bottle $29.70 • 4 bottles $27 each

(Each bottle lasts for two months.)

MacuGuard® Ocular Support is available with or without astaxanthin.

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Buffered ascorbate encased in two plant extracts (liposomes plus hydrogel fenugreek) increases blood (plasma) exposure nearly seven times more compared to an equivalent dose of regular vitamin C.

It also maintains higher vitamin levels throughout the day.¹

Just one vegetarian tablet daily provides around-the-clock vitamin C support.

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For full product description and to order Vitamin C 24-Hour Liposomal Hydrogel™ Formula, call 1-800-544-4440 or visit www.LifeExtension.com
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ARTERIAL PROTECT can help stabilize endothelial plaque and promote healthy blood flow throughout the body.*

Just one capsule a day provides the patented French Maritime pine bark extract used in clinical studies along with Gotu Kola.

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4 bottles $26.10 each


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

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The Complete Salad Cookbook:  

The Complete Salad Cookbook, from America's Test Kitchen, showcases the beauty and versatility of salads. In addition to utilizing standard leafy greens and lettuce, the recipes in The Complete Salad Cookbook feature hearty ingredients such as farro and barley, beans and grilled vegetables, and salmon and scallops. Many of the recipes contain purely vegetarian combinations that are built around vegetables, beans, and grains. Others pair greens and vegetables with proteins like chicken, salmon, and scallops. In addition to its 200+ recipes, The Complete Salad Cookbook also provides techniques and tips for building your own salad combinations. For example, in the chapter called “The Architecture of a Green Salad” you’ll read tips on mixing and matching ingredients, flavors, and textures. And “The Salad Bar” chapter provides an assortment of dressings, toppings, and spice blends to liven up any salad.

The three recipes featured here show that salads can be just as satisfying as they are beautiful and deserve a spot as the centerpiece of your meal. Enjoy.

—LAURIE MATHENA
Salmon, Avocado, and Watercress Salad

SERVES 4

1 (2-pound) skin-on center-cut salmon filet, 1 inch thick
1 teaspoon plus 3 tablespoons extra-virgin olive oil, divided
1 teaspoon table salt, divided
¼ teaspoon pepper
2 red grapefruits
1 tablespoon minced shallot
1 teaspoon white wine vinegar
1 teaspoon Dijon mustard
4 ounces (4 cups) watercress, torn into bite-size pieces
1 ripe avocado, halved, pitted, and sliced ¼ inch thick
¼ cup fresh mint or cilantro leaves, torn
¼ cup blanched hazelnuts or almonds, toasted and chopped

1. Adjust oven rack to lowest position, place aluminum foil-lined rimmed baking sheet on rack, and heat oven to 500 degrees.

2. Cut salmon crosswise into 4 fillets. Pat salmon dry with paper towels, rub with 1 teaspoon oil, and sprinkle with ½ teaspoon salt and pepper. Reduce oven temperature to 275 degrees. Carefully place salmon skin side down on prepared sheet. Roast until center is still translucent when checked with tip of paring knife and registers 125 degrees (for medium-rare), 6 to 8 minutes.

3. Cut away peel and pith from grapefruits. Holding fruit over bowl, use paring knife to slice between membranes to release segments. Measure out 2 tablespoons grapefruit juice and transfer to medium bowl.

4. Whisk shallot, vinegar, mustard, and remaining ½ teaspoon salt into grapefruit juice bowl. Whisking constantly, slowly drizzle in remaining 3 tablespoons oil until emulsified. Arrange watercress in even layer on serving platter. Arrange salmon pieces, grapefruit segments, and avocado on top of watercress. Drizzle dressing over top, then sprinkle with mint and hazelnuts. Serve.
Quinoa Taco Salad

SERVES 4 TO 6

¾ cup prewashed white quinoa
3 tablespoons extra-virgin olive oil, divided
1 small onion, chopped fine
½ teaspoon table salt, divided
2 teaspoons minced canned chipotle chile in adobe sauce
2 teaspoons tomato paste
1 teaspoon anchovy paste (optional)
½ teaspoon ground cumin
1 cup chicken or vegetable broth
2 tablespoons lime juice
¼ teaspoon pepper
1 head escarole (1 pound) or frisee, trimmed and sliced thin
2 scallions, sliced thin
½ cup chopped fresh cilantro or parsley, divided
1 (15-ounce) can black beans, rinsed
8 ounces cherry or grape tomatoes, quartered
1 ripe avocado, halved, pitted, and chopped
2 ounces queso fresco or feta cheese, crumbled (1/2 cup)

1. Toast quinoa in large saucepan over medium-high heat, stirring often, until fragrant and quinoa makes a continuous popping sound, 5 to 7 minutes; transfer to bowl.

2. Heat 1 tablespoon oil in now-empty saucepan over medium heat until shimmering. Add onion and ¼ teaspoon salt and cook until onion is softened and lightly browned, 5 to 7 minutes.

3. Stir in chipotle, tomato paste, anchovy paste, if using, and cumin and cook until fragrant, about 30 seconds. Stir in broth and quinoa, increase heat to medium-high, and bring to simmer. Cover; reduce heat to low; and simmer until quinoa is tender and liquid has been absorbed, 18 to 22 minutes, stirring halfway through cooking.

4. Whisk lime juice, pepper, remaining 2 tablespoons oil, and remaining ½ teaspoon salt together in large bowl. Add escarole, scallions, and ¼ cup cilantro and toss to combine. Gently fold in beans, tomatoes, and avocado. Transfer to serving platter and top with quinoa, queso fresco, and remaining ¼ cup cilantro. Serve.
Arugula, Roasted Red Pepper, and White Bean Salad

SERVES 4 TO 6

1/3 cup red wine vinegar
1/4 cup extra-virgin olive oil
1/4 cup chopped fresh parsley or cilantro
2 tablespoons minced shallot
3/4 teaspoon table salt
1/2 teaspoon pepper

Recipe, roasted bell peppers, cut into 2 by 1/2 inch strips (recipe follows)
1 (15-oz) can small white or cannellini beans, rinsed
1/3 cup pitted olives, chopped coarse
5 ounces (5 cups) arugula or baby spinach

1. Whisk vinegar, oil, parsley, shallot, salt, and pepper together in large bowl. Add bell peppers, beans, and olives and stir gently until well coated. Let sit until flavors meld, about 15 minutes.

2. Set aside 1 1/2 cups bell pepper mixture. Add arugula to remaining bell pepper mixture and toss to combine. Transfer to serving platter and top with reserved bell pepper mixture. Serve.
Roasted Bell Peppers

MAKES 1½ CUPS

3 large bell peppers (about 1½ pounds)

1. Line rimmed baking sheet with aluminum foil and spray with vegetable oil spray. Slice ½ inch from tops and bottoms of bell peppers. Gently remove stems from tops. Twist and pull out each core, using knife to loosen at edges if necessary. Cut slit down 1 side of each bell pepper.

2. Turn each bell pepper skin side down and gently press so it opens to create long strip. Slide knife along insides of bell peppers to remove remaining ribs and seeds.

3. Arrange bell pepper strips, tops, and bottoms skin side up on prepared sheet and flatten all pieces with your hand. Adjust oven rack 3 to 4 inches form broiler element and heat broiler. Broil until skin is puffed and most of the surface is well charred, 10 to 13 minutes, rotating sheet halfway through broiling.

4. Using tongs, pile bell peppers in center of foil. Gather foil over bell peppers and crimp to form pouch. Let steam for 10 minutes. Open foil packet and spread out bell peppers. When cool enough to handle, peel bell peppers and discard skins. (Bell peppers can be refrigerated for up to 3 days.)

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

Photo credits: America’s Test Kitchen.

To order a copy of The Complete Salad Cookbook, call 1-800-544-4440 or visit www.LifeExtension.com

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01985 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans & Olive Extract • 60 enteric coated softgels
01984 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans & Olive Extract • 120 enteric coated softgels
01986 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans & Olive Extract • 240 softgels
01812 Provinal® Purified Omega-7
01640 Vegetarian DHA

FOOD
02008 California Estate Extra Virgin Olive Oil
02170 Rainforest Blend Decaf Ground Coffee
02169 Rainforest Blend Ground Coffee
02171 Rainforest Blend Whole Bean Coffee
00438 Stevia™ Organic Liquid Sweetener
00432 Stevia™ Sweetener

GLUCOSE MANAGEMENT
01503 CinSulin® with InSea 2® and Crominex® 3+
01620 CoffeeGenic® Green Coffee Extract
02122 Glycemic Guard™
00925 Mega Benfotiamine
01803 Tri Sugar Shield®

HEART HEALTH
01066 Aspirin (Enteric Coated)
01842 BioActive Folate & Vitamin B12 Caps
01700 Cardio Peak™
02018 Optimized Carnitine
01949 Super-Absorbable CoQ10 Ubiquinone with d-Limonene • 50 mg, 60 softgels
01951 Super-Absorbable CoQ10 Ubiquinone with d-Limonene • 100 mg, 60 softgels
01929 Super Ubiquinol CoQ10
01427 Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 50 mg, 30 softgels
01425 Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 100 mg, 100 softgels
01437 Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 100 mg, 30 softgels
01426 Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 100 mg, 60 softgels
01431 Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 200 mg, 30 softgels
01733 Super Ubiquinol CoQ10 with PQQ
01859 TMG Liquid Capsules
00349 TMG Powder

HORMONE BALANCE
00454 DHEA • 15 mg, 100 capsules
00335 DHEA • 25 mg, 100 capsules
00882 DHEA • 50 mg, 60 capsules
00607 DHEA • 25 mg, 100 vegetarian dissolve in mouth tablets
01689 DHEA • 100 mg, 60 veg capsules
02368 Optimized Broccoli and Cruciferous Blend
00302 Pregnenolone • 50 mg, 100 capsules
00700 Pregnenolone • 100 mg, 100 capsules
01468 Triple Action Cruciferous Vegetable Extract
01469 Triple Action Cruciferous Vegetable Extract and Resveratrol

IMMUNE SUPPORT
02411 5 Day Elderberry Immune
00681 AHCC®
02302 Bio-Quercetin
02410 Black Elderberry + Vitamin C
02433 Echinacea Elite
01961 Enhanced Zinc Lozenges
01704 Immune Modulator with Tinfoend®
02425 Immune Packs with Vitamin C & D, Zinc and Probiotic
02005 Immune Senescence Protection Formula™
00316 Kyolic® Garlic Formula 102
00789 Kyolic® Reserve
01681 Lactoferrin (Apolactoferrin) Caps
02426 Mushroom Immune with Beta Glucans
01903 NK Cell Activator™
01394 Optimized Garlic
01309 Optimized Quercetin
01811 Peony Immune
00525 ProBoost Thymic Protein A
01708 Reishi Extract Mushroom Complex
01906 Standardized Cistanche
13685 Ten Mushroom Formula*
01097 Ultra Soy Extract
01561 Zinc Lozenges

INFLAMMATION MANAGEMENT
01639 5-LOX Inhibitor with AprèsFlex®
02324 Advanced Curcumin Elite™ Turmeric Extract, Ginger & Turmerones
01709 Black Cumin Seed Oil
02310 Black Cumin Seed Oil and Curcumin Elite™
00202 Boswella
02467 Curcumin Elite™ Turmeric Extract • 30 veg capsules
02407 Curcumin Elite™ Turmeric Extract • 60 veg capsules
01804 Cytokine Suppres$ with EGCG
02223 Pro-Resolving Mediators
00318 Serrafflazyme
01203 Specially-Coated Bromelain
00407 Super Bio-Curcumin® Turmeric Extract
01254 Zyflamend™ Whole Body

JOINT SUPPORT
02404 Arthro-Immune Joint Support
02238 ArthroMax® Advanced NT2 Collagen™ & AprèsFlex®
01617 ArthroMax® with Theaflavins & AprèsFlex®
02138 ArthroMax® Elite
00965 Fast-Acting Joint Formula
02430 Fast Acting Relief
00522 Glucosamine/Chondroitin Capsules
02420 Glucosamine Sulfate
02424 Joint Mobility
01600 Krill Healthy Joint Formula
01050 Krill Oil
00451 MSM (Methylsulfonylmethane)
02231 NT2 Collagen™

KIDNEY & BLADDER SUPPORT
00862 Cran-Max® Cranberry Whole Fruit Concentrate
01424 Optimized Cran-Max® with Ellirose™
01921 Uric Acid Control
01209 Water-Soluble Pumpkin Seed Extract

LIVER HEALTH & DETOXIFICATION
01922 Advanced Milk Thistle • 60 softgels
01925 Advanced Milk Thistle • 120 softgels
02240 Anti-Alcohol Complex
01651 Calcium D-Glucarate
01571 Chlorophyllin
01522 Milk Thistle • 60 veg capsules
02402 FLORASSIST® Liver Restore™
01541 Glutathione, Cysteine & C
01393 HepatoPro
01608 Liver Efficiency Formula
01534 N-Acetyl-L-Cysteine
00342 PectaSol-C® Modified Citrus Pectin Powder
00820 PectaSol-C® Modified Citrus Pectin Capsules
01884 Silymarin
02361 SOD Booster
### LONGEVITY & WELLNESS

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<td>GEROPROTECT® Stem Cell</td>
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### MOOD & STRESS MANAGEMENT

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<td>One-Per-Day Tablets</td>
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### NERVE & COMFORT SUPPORT

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<td>Dr. Proctor's Shampoo</td>
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<td>Hair, Skin &amp; Nails Collagen Plus Formula</td>
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<td>Dog Mix</td>
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<td>FLORASSIST® Daily Bowel Regularity</td>
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<td>FLORASSIST® GI with Phage Technology</td>
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## VITAMINS

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<td>Fast-C® and Bio-Quercetin Phytosome</td>
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<td>Liquid Vitamin D3 • 50 mcg (2000 IU)</td>
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<td>Liquid Vitamin D3 (Mint) • 50 mcg (2000 IU)</td>
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<td>Low-Dose Vitamin K2</td>
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## WEIGHT MANAGEMENT & BODY COMPOSITION

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<td>Youthful Woman 40+ with B-Complex</td>
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## WOMEN’S HEALTH
RESTORE YOUTHFUL GUT BALANCE

With Strawberry Flavored FLORASSIST® Prebiotic Chewable

SUPER SALE PRICE
Item #02203  • 60 vegetarian chewable tablets
1 bottle $13.50  • 4 bottles $11.70 each

• With age, our bifidobacteria levels decline to as little as 5%, creating gut imbalance.¹
• Increasing bifidobacteria levels enhances digestion and carbohydrate metabolism.
• Strawberry flavored FLORASSIST® Prebiotic Chewable helps restore healthy bifidobacteria levels in as little as 14 days using XOS prebiotic.²
• 1,000 mg of XOS (xyooligosaccharides) per prebiotic chewable.

References

PreticX™ is a trademark of AIDP, Inc.

For full product description and to order FLORASSIST® Prebiotic Chewable, 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.
N-Acetyl-L-Cysteine (NAC) has been shown to support healthy immune response and respiratory function. NAC supports healthy levels of glutathione that helps promote a healthy inflammatory response and protect cells from oxidative damage.

For full product description and to order N-ACETYL-L-CYSTEINE, call 1-800-544-4440 or visit www.LifeExtension.com
WHAT’S NEW THIS MONTH...

7 DELIVER MORE RESVERATROL
Combining resveratrol with galactomannan increases bioavailability up to 10 times.

22 FISH OIL AND HEART ATTACK
Meta-analyses find that fish oil is associated with reduced risks of cardiac-related events.

32 REVERSE BRAIN AGING BY NINE YEARS
A form of magnesium developed at MIT reversed measures of brain aging in people by nine years.

42 LONGEVITY EFFECTS OF CURCUMIN
Research shows multiple longevity properties of curcumin.

51 ENHANCE CELLULAR HOUSEKEEPING
Augmenting autophagy through diet and certain nutrients can enable more youthful functionality.

62 BOOST VITAMIN C BLOOD LEVELS
A patented delivery system elevates and maintains vitamin C levels over an extended period.

Supersale IS ON!
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