Slash Inches Off Your Waistline

PLUS:
Annual LAB TEST Super Sale
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.

More Nutrients Higher Potencies

Compared to Centrum® Two-Per-Day Provides:

- 50 times the VITAMIN B1
- 25 times the VITAMIN B6
- 12 times the VITAMIN B12
- 10 times the BIOTIN
- 10 times the SELENIUM
- 8 times the VITAMIN C
- 3 times the VITAMIN E
- 2.5 times the VITAMIN B3
- 2 times the VITAMIN D
- 2 times the ZINC

LIFE EXTENSION®
TWO-PER-DAY MULTIVITAMIN

Each bottle provides a two-month supply.

For full product description and to order TWO-PER-DAY MULTIVITAMIN, call 1-800-544-4440 or visit www.LifeExtension.com

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ON THE COVER

TARGET BELLY FAT

Two plant extracts reduced waist circumference by an average of 4.7 inches and hip size by an average of 4.1 inches in clinical trials.

OVERLOOKED RISKS OF ELEVATED HOMOCYSTEINE

High homocysteine blood levels contribute to cerebrovascular disease, brain aging, and hearing loss. A simple blood test and specific B vitamins can safely lower homocysteine.

REVERSE NONALCOHOLIC FATTY LIVER DAMAGE

Nearly a quarter of U.S. adults have nonalcoholic fatty liver disease. A blend of probiotics and a prebiotic has been clinically shown to stop its progression and help reverse liver damage.

MOTIVATION MATTERS FOR LONGER LIFE

Staying motivated is essential for staying healthy well into older age. Some keys to achieve this are passionate attitude, community support, eating healthy foods, and adequate sleep.

RESEARCH UPDATE: VITAMIN K

Recent studies continue to show the benefits of vitamin K1 and K2. Vitamin K impedes arterial calcification, protects cognitive function, and reduces all-cause mortality.

WHEN A CURABLE VIRUS TURNS INTO CANCER

Hepatitis C is a major cause of liver cancer and liver failure. A simple blood test provides early warning against this silent disease. Newer hepatitis C drugs have cure rates over 95%.

IN THE NEWS

Magnesium can improve blood glucose metabolism; an anti-inflammatory diet may reduce dementia risk; modestly elevated A1c raises risk of cardiovascular disease and overall mortality; L-arginine helps improve erectile dysfunction.

WHAT ARE BRANCHED CHAIN AMINO ACIDS?

Supplementation with branched chain amino acids can help mitigate age-related muscle loss, a leading cause of injury and long-term disability among older adults.

SUPER FOODS

Studies show that dandelion extract may combat constipation, dramatically reduce cholesterol and triglyceride levels, and protect skin cells against aging and UV light.
Testosterone builds muscle, maintains sexual health, supports cardiac function, strengthens bones, and nourishes brain cells.\textsuperscript{1,2}

**Testosterone Elite** helps maintain healthy testosterone levels:\textsuperscript{†}

- A clinical trial showed that pomegranate and cacao elevated free testosterone levels 48\% in just eight weeks.\textsuperscript{3}
- Luteolin increases a protein for testosterone synthesis and inhibits aromatase, an enzyme that breaks down testosterone.\textsuperscript{4,6}
- Just one capsule a day.

"Interest in intimacy has been heightened since beginning this supplement."

**Larry**

**VERIFIED CUSTOMER REVIEW**

**PLANT-BASED NUTRIENTS**

**Item #02500** • 30 vegetarian capsules

1 bottle $42 • 4 bottles $37.50 each

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

\textsuperscript{†} This product is intended to support testosterone levels but does not contain testosterone.

Tesnor\textsuperscript{®} is a trademark of Laila Nutra and Gencor.

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Gustavo Tovar Baez, MD, operates the Life Extension Clinic in Caracas, Venezuela. He is the first physician in Caracas to specialize in anti-aging medicine.

Ricardo Bernales, MD, is a board-certified pediatrician and general practitioner in Chicago, IL, focusing on allergies, bronchial asthma, and immunodeficiency.

Mark S. Bezek, MD, FACP, FAARM, FAAEM, is board-certified in internal medicine, emergency medicine, and anti-aging/regenerative medicine. He is the director of Med-Link Consulting, which specializes in bioidentical hormone replacement therapy, natural alternatives, anti-aging, and degenerative diseases. He holds U.S. patents for a multivitamin/mineral supplement, an Alzheimer’s/dementia compilation, and a diabetic regimen.

Thomas F. Crais, MD, FACS, a board-certified plastic surgeon, was medical director of the microsurgical research and training lab at Southern Baptist Hospital in New Orleans, LA, and currently practices in Sun Valley, ID.

William Davis, MD, is a preventive cardiologist and author of Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path Back to Health. He is also medical director of the online heart disease prevention and reversal program, Track Your Plaque (www.trackyourplaque.com).

Martin Dayton, MD, DO, practices at the Sunny Isles Medical Center in North Miami Beach, FL. His focus is on nutrition, aging, chelation therapy, holistic medicine, and oxidative medicine.

John DeLuca, MD, DC, is a 2005 graduate of St. George’s University School of Medicine. He completed his internal medicine residency at Monmouth Medical Center in Long Branch, NJ, in 2008 and is board-certified by the American Board of Internal Medicine. Dr. DeLuca is a Diplomate of the American Academy of Anti-Aging Medicine and has obtained certifications in hyperbaric medicine, pain management, nutrition, strength and conditioning, and manipulation under anesthesia.

Sergey A. Dzugan, MD, PhD, was formerly chief of cardiovascular surgery at the Donetsk Regional Medical Center in Donetsk, Ukraine. Dr. Dzugan's current primary interests are anti-aging and biological therapy for cancer, cholesterol, and hormonal disorders.

Patrick M. Fratellone, MD, RH, is the founder and executive medical director of Fratellone Associates. He completed his internal medicine and cardiology fellowship at Lenox Hill Hospital in 1994, before becoming the medical director for the Atkins Center for Complementary Medicine.

Norman R. Gay, MD, is proprietor of the Bahamas Anti-Aging Medical Institute in Nassau, Bahamas. A former member of the Bahamian Parliament, he served as Minister of Health and Minister of Youth and Sports.

Mitchell J. Ghen, DO, PhD, holds a doctorate in holistic health and anti-aging and serves on the faculty of medicine at the Benemerrita Universidad Autonoma De Puebla, Mexico, as a professor of cellular hematopoietic studies.

Gary Goldfaden, MD, is a clinical dermatologist and a lifetime member of the American Academy of Dermatology. He is the founder of Academy Dermatology of Hollywood, FL, and COSMESIS Skin Care.

Miquelangelo Gonzalez, MD, is a certified plastic and reconstructive surgeon at the Miguelangelo Plastic Surgery Clinic, Cabo San Lucas.

Garry F. Gordon, MD, DO, is a Payson, Arizona-based researcher of alternative approaches to medical problems that are unresponsive to traditional therapies. He is president of the International College of Advanced Longevity Medicine.

Richard Heifetz, MD, is a board-certified anesthesiologist in Santa Rosa, CA, specializing in the delivery of anesthesia for office-based, plastic/cosmetic surgery, chelation therapy, and pain management.

Roberto Marasi, MD, is a psychiatrist in Brescia and in Piacenza, Italy. He is involved in anti-aging strategies and weight management.

Maurice D. Markolin, DC, DO, is a licensed chiropractic physician and board-certified osteopathic family physician. While training at the University of Alabama, he completed fellowships in Clinical Nutrition and Behavioral Medicine. He is currently in private practice in Clermont, FL.

Professor Francesca Marotta, MD, PhD, of Montepelone Medical Center, Milan, Italy, is a gastroenterologist and nutrigenomics expert with extensive international university experience. He is also a consulting professor at the WHO-affiliated Center for Biotech & Traditional Medicine, University of Milano, Italy and honorary resident professor, Nutrition, Texas Women’s University. He is the author of more than 130 papers and 400 lectures.

Philip Lee Miller, MD, is founder and medical director of the Los Gatos Longevity Institute in Los Gatos, CA.

Michele G. Morrow, DO, FAAFP, is a board-certified family physician who merges mainstream and alternative medicine using functional medicine concepts, nutrition, and natural approaches.

Filippo Ongaro, MD, is board-certified in anti-aging medicine and has worked for many years as flight surgeon at the European Space Agency. He is a pioneer in functional and anti-aging medicine in Italy where he also works as a journalist and a writer.

Lambert Titus K. Parker, MD, an internist and a board-certified anti-aging physician, practices integrative medicine from a human ecology perspective with emphasis on personalized brain health, biomarkers, genomics and total health optimization. He serves as the Medical Director of Integrative Longevity Institute of Virginia, a 501(c)3 Non-Profit Medical Research Institute. He also collaborates on education and research for Hampton Roads Hyperbaric Therapy.

Ross Pelton, RPh, PhD, CCN, is scientific director for Essential Formulas, Inc.

Patrick Quilllin, PhD, RD, CNS, is a clinical nutritionist in Carlisle, PA, and formerly served as vice president of nutrition for Cancer Treatment Centers of America, where he was a consultant to the National Institutes of Health.

Allan Rashford, MD, graduated from the University of Iowa Medical School. Upon completing medical training, he became chief of medicine at St. Francis Hospital in South Carolina, and he was later named president of the Charleston Medical Society.

Marc R. Rose, MD, practices ophthalmology in Los Angeles, CA, and is president of the Rose Eye Medical Group. He is on the staff of Pacific Alliance Medical Center, Los Angeles, and other area hospitals.

Michael R. Rose, MD, a board-certified ophthalmologist with the Rose Eye Medical Group in Los Angeles, CA, is on the staff of the University of Southern California and UCLA.

Ron Rothenberg, MD, is a full clinical professor at the University of California San Diego School of Medicine and founder of California HealthSpan Institute in San Diego.

Roman Rozencwaig, MD, is a pioneer in research on melanxoin and aging. He practices in Montreal, Canada, as research associate at Montreal General Hospital, Department of Medicine, McGill University.

Michael D. Seidman, MD, FACS, is the director of skull base surgery and wellness for the Adventist Health System in Celebration, FL.

Ronald L. Shuler, BS, DDS, CCN, RN, is involved in immunoncology for the prevention and treatment of cancer, human growth hormone secretagogues, and osteoporosis. He is board-certified in anti-aging medicine.
Sandra C. Kaufmann, MD, is a fellow—ship-trained and board-certified pediatric anesthesiologist as well as the Chief of Anesthesia at the Joe DiMaggio Children’s Hospital in Hollywood, Florida. She is the founder of The Kaufmann Anti-Aging Institute and the author of the book The Kaufmann Protocol: Why we Age and How to Stop it (2018). Her expertise is in the practical application of anti-aging research.

Richard Black, DO, is a dedicated nuclear medicine physician practicing as an independent contractor out of Cleveland, Ohio. Dr. Black is board certified in internal medicine and nuclear medicine, and is licensed to practice medicine in multiple states throughout the United States.

John Boik, PhD, is the author of two books on cancer therapy, Cancer and Natural Medicine (1996) and Natural Compounds in Cancer Therapy (2001). He earned his doctorate at the University of Texas Graduate School of Biomedical Sciences with research at the MD Anderson Cancer Center, focusing on screening models to identify promising new anti-cancer drugs. He conducted his postdoctoral training at Stanford University’s Department of Statistics.

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.

Deborah F. Harding, MD, is founder of the Harding Anti-Aging Center. She is double board-certified in internal medicine and sleep disorder medicine. She also earned the Cenegenics certification in age management medicine. She is a faculty member of the University of Central Florida Medical School.

Steven B. Harris, MD, has participated in groundbreaking hypothermia, cryotherapy, and ischemia research. His research interests include antioxidant and dietary-restriction effects in animals and humans.

Peter H. Langsjoen, MD, FACC, is a cardiologist specializing in congestive heart failure, primary and statin-induced diastolic dysfunction, and other heart diseases. A leading authority on coenzyme Q10, Dr. Langsjoen has been involved with its clinical application since 1983. He is a founding member of the executive committee of the International Coenzyme Q10 Association, a fellow of the American College of Cardiology, and a member of numerous other medical associations.

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.

L. Ray Matthews, MD, FACS, is a professor of surgery and director of Surgical Critical Care at Morehouse School of Medicine in Atlanta, GA, and a trauma and critical care surgeon at Grady Memorial Hospital. He has published widely and is known as one of the top vitamin D experts. Dr. Matthews has spoken before the U.S. Food and Drug Administration several times, presenting a recent update about clinical research on vitamin D.

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.

Michael D. Ozner, MD, FACC, FAHA, is a board-certified cardiologist who specializes in cardiovascular disease prevention. He serves as medical director for the Cardiovascular Prevention Institute of South Florida and is a noted national speaker on heart disease prevention. Dr. Ozner is also author of The Great American Heart Hoax, The Complete Mediterranean Diet and Heart Attack Proof. For more information visit www.drozner.com.

Jonathan V. Wright, MD, is medical director of the Tahoma Clinic in Tukwila, WA. He received his MD from the University of Michigan and has taught natural biochemical medical treatments since 1983. Dr. Wright pioneered the use of bioidentical estrogens and DHEA in daily medical practice. He has authored or co-authored 14 books, selling more than 1.5 million copies.

Xiaoxi Wei, PhD, is a chemist, expert in supramolecular assembly and development of synthetic transmembrane nanopores with distinguished selectivity via biomimetic nanoscience. She has expertise in ion channel function and characterization. She founded X-Therma Inc., a company developing a radical new highway towards non-toxic, hyper-effective antifreeze agents to fight unwanted ice formation in regenerative medicine and reduce mechanical icing.
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.

It’s like a bodyguard for your brain!


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LITHIUM

(1000 mcg of lithium per tiny cap)

Item #02403 | 100 vegetarian capsules

1 bottle $12 | 4 bottles $10.50 each
Each bottle lasts 100 days.

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

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When A Curable Virus Turns Into Cancer

People diagnosed with primary liver cancer have a median survival of 6 to 20 months. Only 20% are alive after five years.

A major cause of liver cancer is the hepatitis C virus.

Chronic hepatitis C also increases risk of non-Hodgkin's lymphoma, head and neck cancers, liver cirrhosis, and liver failure.

Yet this virus is now curable in 95% of cases.

This prompted the U.S. Preventive Services Task Force to urge at least one-time blood screening for all Americans aged 18-79 years.

This recommendation was made because only half of those infected with hepatitis C know it and virtually all can be cured.

Ribavirin was long ago shown to improve response rates of hepatitis C patients treated with alpha-interferon. Newer drugs like Harvoni, Epclusa, or Vosevi have dramatically improved the cure rate.

Few of you know about the FDA’s delay in approving ribavirin and the horrific death toll this inflicted.

This article describes the battle Life Extension waged to force the FDA to approve ribavirin.

I then relay a low-cost way to ensure you do not silently harbor a curable hepatitis C virus.
About 2.4 million people in the United States are estimated to have hepatitis C. There were an estimated 57,500 new infections as of 2019.

This virus causes chronic inflammatory damage that can result in cirrhosis and eventual liver failure. Without a transplant, liver failure is universally fatal.

While the name of the virus is hepatitis, it does not stay only in the liver. It manifests in other parts of the body and induces other cancers beyond primary liver cancer.

Primary liver cancer differs from cancer cells that metastasize to the liver from other organs.

The medical term for the most common type of primary liver cancer is hepatocellular carcinoma.

Who Is Contracting Hepatitis C?

About 75% of those infected with hepatitis C in the United States were born between 1945 and 1965.

People in this age group have around five times greater risk of harboring the hepatitis C virus.

While there are known risk factors, many have no identifiable reason that explains why they are infected. That’s why screening for the hepatitis C virus is so important.

Hepatitis C Drug Therapies

For decades, hepatitis C patients endured a six-month treatment using alpha-interferon, which caused brutal side effects with no guarantee the virus would be eliminated.

When the anti-viral drug ribavirin was added to alpha-interferon, cure rates markedly improved.

The good news today is that several hepatitis C drugs are available that are relatively non-toxic and have cure rates over 95%.

In certain types of cases, co-administration of ribavirin is still used.

Importance of Early Detection

The hepatitis C virus inflicts damage to liver cells that often leads to cirrhosis and liver cancer.

It’s a leading reason why more than 17,000 Americans are awaiting liver transplants today—and no one should think a liver transplant is easy.

It is crucial for those infected with hepatitis C to eliminate the virus before irreversible liver damage occurs.
The U.S. Food and Drug Administration (FDA) is a bottleneck in a drug approval process that must be changed if we are to save our bodies from the ravages of aging and degenerative illness. Ribavirin is one example of a lethal delay. It took us 12 years to get the FDA to approve this one drug. In patients who failed interferon therapy, studies show that using the combination ribavirin + interferon-alpha was far more effective compared to treating hepatitis C with interferon-alpha alone.24

Blood Tests Identify Reversible Cancer Risks

Most people have annual blood tests to check for cardiovascular risk factors like total cholesterol, LDL, and triglycerides. What few realize is that other blood tests such as fasting insulin, glucose, and C-reactive protein can indicate one's future cancer risk. Testing for hepatitis C is now highly recommended because it is over 95% curable, but liver cancer caused by this virus is not. Those who procrastinate having comprehensive blood tests miss out on opportunities to correct risk factors before symptomatic onset of irreversible degenerative illnesses.
Lab Test Super Sale

Since our founding over 40 years ago, Life Extension® has urged its readers to have annual lab tests.

The numbers of lives saved by our recommendations are huge. This includes men diagnosed with early-stage prostate cancer who are readily cured with today’s less side-effect-prone treatments.

The most popular blood test our supporters order each year is the comprehensive Male or Female Panel. We charge $299 for these tests that cost around $2,000 at commercial labs.

This represents an almost 90% savings.

Just once a year, we discount the prices of our lab tests, enabling readers to obtain the Male or Female Blood Test Panels for only $224.

This year we are advising most of our supporters to add a hepatitis C antibody test to ensure they are not infected with this virus that silently inflicts damage that can lead to cancer or liver failure.

The retail price of the hepatitis C test is $50, but we discount it down to $34 during the Lab Test Super Sale that lasts until July 11, 2022.

For most people, just one hepatitis C antibody test is what they need to ensure they are not silently infected.

To order a Male and/or Female Panel and other tests at the year’s lowest prices, call 1-800-208-3444 (24 hours) or log on to: www.LifeExtension.com/blood

You can view the tests included in the Male or Female Panels on the page to the right.

For longer life,

William Faloon, Co-Founder
Life Extension

References

To obtain these comprehensive Male or Female Panels at these low prices, call 1-800-208-3444 or visit www.LifeExtension.com/blood to order your requisition forms.

After you order and receive our form, you can visit a blood-draw facility we suggest at your convenience in your area or the Life Extension Nutrition Center in Ft. Lauderdale.

Lab tests are available in the continental United States and Anchorage, AK, only. Not available in Maryland.


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Commercial labs charge over $2,000 for blood tests needed to evaluate cardiac, inflammatory, immune, and other degenerative risk factors.

Life Extension offers these same tests for $224 when the Male or Female Panel is ordered during the annual Lab Test Sale. This represents a savings of up to 90% compared to commercial labs.

Regular Price: $299
Sale Price: $224

LAB TEST SALE
ENDS JULY 11, 2022

Add a Hepatitis C Antibody Test for only $34 during our annual Lab Test Sale.
**BROAD-SPECTRUM IMMUNE SUPPORT**

*Lactoferrin* is a component of *whey protein* best known for its *immune benefits*.

An array of published studies describes how *lactoferrin* up-regulates innate and adaptive *immune* responses to a variety of antigens.

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**Lactoferrin Caps** *(Apolactoferrin)*

300 mg, 60 vegetarian capsules

- 1 bottle $45
- 2 bottles $40 each
  (Two-Month Supply)

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

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TAP THE POWER OF N-ACETYL-L-CYSTEINE TO SUPPORT IMMUNE FUNCTION

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.

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Item #01534 • 60 capsules
1 bottle $11.25
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2 WAYS TO SAVE

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Earn LE Dollars you can use on any Life Extension® product & lab services!

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No matter how big or small the order, U.S. shipping is always free.

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Get sneak peeks into sales & special pricing.

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Save an average of 16% on your supplements!*

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Lowest Prices
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*Average savings based on the average AutoShip discount across all products.
In the News

Magnesium Supplementation Can Improve Blood Glucose Metabolism

Magnesium supplementation may help improve blood glucose metabolism among people with diabetes and those who are at high risk of developing the disease, according to findings from a meta-analysis of clinical trials reported in *Nutrients.*

Researchers analyzed 13 randomized trials that evaluated magnesium supplementation’s effects on glucose metabolism among diabetics. Twelve trials were additionally selected that evaluated magnesium among participants at high risk of developing the disease.

Compared to a placebo, supplementing with magnesium was associated with significantly lower fasting plasma glucose levels in trials that included diabetic participants.

In trials that included people at risk of diabetes, magnesium was significantly associated with lower fasting plasma glucose and improved insulin sensitivity.

Editor’s Note: Conditions that categorized participants as having a high risk of diabetes included being overweight or having prediabetes, metabolic syndrome or other disorders.

* *Nutrients.* 2021 Nov 15;13(11):4074.
Anti-Inflammatory Diet May Protect Against Dementia

The journal Neurology reported an association between greater adherence to an anti-inflammatory diet and a lower risk of dementia.*

The study included 1,059 participants with an average age of 73 years who were free of dementia on enrollment. Dietary questionnaire responses provided information concerning food groups consumed during the previous month. Higher diet scores indicated a greater intake of proinflammatory foods and fewer servings of fruit, vegetables, beans, tea and coffee.

During the three-year follow-up, 6% of the participants developed dementia. The researchers determined that each one-point increase in dietary inflammatory score was associated with a 21% increase in dementia, and that participants in the highest third of dietary scores had a three times greater risk of dementia compared to participants whose scores were among the lowest third.

Editor’s Note: Participants with the lowest third of dietary scores, indicative of the least inflammatory diet, consumed a weekly average of 20 servings of fruit, 19 servings of vegetables, four servings of legumes and 11 servings of coffee or tea per week.

A pro-inflammatory inducing diet includes foods cooked at high temperature and excess consumption of omega-6 fats in relation to omega-3s.

Safe (low temperature) ways to cook foods include poaching, boiling, stewing, and steaming.

Dangerous (high temperature) cooking methods include frying, grilling, barbecuing, and roasting.

* Neurology. Dec 2021, 97 (24) e2381-e2391.
Modestly Elevated A1c Raises Risk of Cardiovascular Disease

Elevated hemoglobin A1c levels, which are determined by a simple blood test, are associated with increased risk of cardiovascular disease and mortality, according to a study published in *Cardiovascular Diabetology.*

Researchers used data from six prospective population-based studies including 36,180 people with and without type II diabetes, with a median follow-up of 9.9 years.

The results found that individuals with A1c levels above 5.5% had a higher risk of cardiovascular disease incidence.

Those with an A1c above 5.7% had a higher risk of overall mortality.

Participants with an A1c above 5.8% had a higher risk of cardiovascular mortality.

Note that an A1c of 5.5% is the upper range of “normal” on blood test reports.

This study on modestly elevated A1c corroborates the benefits of optimizing one’s A1c. Health-conscious people should target their A1c below 5.0%-5.5%.

Editor’s Note: HbA1c levels are used to measure diabetes risk, but this study showed the correlation with cardiovascular risk as well.

L-Arginine Helps Improve Erectile Dysfunction

The *Journal of Endocrinological Investigation* published the findings of a recent trial confirming a benefit for supplementation with the amino acid **L-arginine** for men with mild to moderate erectile dysfunction (ED).*

Fifty-one men received **six grams** of L-arginine per day for three months, and 47 men received a placebo. Questionnaires administered at the beginning and end of the study evaluated erectile function. Ultrasonographic examinations of the penis conducted at these times obtained measurements of penile cavernous arterial peak systolic flow velocity (PSV).

Men who received L-arginine had significant improvement in their questionnaire scores, while scores among the placebo group were unchanged. ED category improved among **74%** of treated participants and **24%** achieved scores indicating an absence of the condition.

**Editor’s Note:** The trial included men with vasculogenic ED, which occurs when arteries and/or veins that deliver blood to and from the penis malfunction.

*J Endocrinol Invest. 2022 Jan 1.*
Support Healthy Immune Function with WHEY Protein

Whey protein, packed with vital amino acids, promotes glutathione synthesis.

Glutathione plays an important role in supporting immune balance in the body.1-3

Whey fractions help modulate a full range of healthy bodily functions.

References

For full product description and to order Wellness Code® Whey Protein Concentrate, Whey Protein Isolate, or Advanced Whey Protein Isolate with Glutamine and Creatine, call 1-800-544-4440 or visit www.LifeExtension.com

Contains milk. Use these products as a food supplement only. Do not use for weight reduction.

* Proven® is a registered trademark of Glanbia plc.

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**WHEY PROTEIN CONCENTRATE** (chocolate or vanilla flavor)
Pure whey with the water removed. Contains 80% easy-to-digest protein.
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Filtered to reduce carbohydrates, lactose and fat. Contains 98% protein with some lactose.
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A premium isolate for greater strength and exercise performance.
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Super R-Lipoic Acid is more bioavailable, stable, and potent, achieving 10-30 times higher peak blood levels. This unique sodium-R-lipoate can help you reach peak plasma concentrations within just 10-20 minutes of supplementation. Suggested dose is one to two capsules.

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Magnesium is essential for a healthy heart and sturdy bones; it’s even great for your mood. But, most of us don’t get enough from our diets.

Our innovative formula delivers both immediate and extended-release magnesium, so you get the maximum benefits—for the long haul.

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Patented Blend Targets

BODY WEIGHT

and WAISTLINE
Aging adults tend to gain about one or two pounds every year.¹

And losing weight is never easy.

Scientists have identified two plant extracts that target fat accumulation and fat metabolism.

Clinical studies have shown that a patented blend of these herbal extracts, when combined with a healthy diet and a 30-minute walk, five days per week, can:²³

- Reduce waist circumference by an average of 4.7 inches, and
- Decrease hip size by an average of 4.1 inches.

Doctors frequently recommend that overweight people reduce their weight by 5% a year to achieve wide-ranging health benefits.

In just 16 weeks, this patented plant extract blend reduced body weight by an average of 6.7% when combined with a healthy diet and a 30-minute walk, five days per week.³

For many people, a boost like this is needed to jump-start their resolve to lose weight and cut inches from their waist and hips.
Fat-Fighting Herbal Extracts

About three quarters of the American population are overweight or obese.4

The excess weight people carry around their waist is generally the most difficult to lose—and the most dangerous.5

Seeking a solution, scientists screened a variety of botanicals to assess their ability to promote fat loss and prevent fat accumulation.6

They identified two plants used in traditional Indian medicine:3,6

- Sphaeranthus indicus (S. indicus)
- Garcinia mangostana (mangosteen)

S. indicus is a flowering plant which has long been used in Ayurveda medicine as a nerve tonic and to treat disorders ranging from diabetes and indigestion to fever and cough.7

Mangosteen is a tropical fruit that has been used in traditional medicines to treat inflammation, wounds, abdominal pain, urinary tract problems, and chronic ulcers.8-10

In a series of clinical studies, researchers tested the impact of a patented blend of S. indicus flower extract plus mangosteen fruit rind extract on weight loss.

Help for Overweight People

Scientists conducted a placebo-controlled, randomized human trial in men and women who were overweight (with an average BMI of 28.3 kg/m²).3

Over the 16-week study, subjects consumed a balanced diet of approximately 2,000 calories a day. They were also instructed to walk for 30 minutes per day, five days a week.3

Half of the subjects received 400 mg of the S. indicus-mangosteen blend before breakfast and dinner. The others received placebos.

After 4, 12, and 16 weeks, the S. indicus-mangosteen supplemented group showed significantly greater weight loss compared to the placebo group.3

At 16 weeks, the average results for the group taking the herbal extracts were striking:3

- Weight was reduced by 11.2 pounds (6.7%), compared to 2.4 pounds (1.4%) for those taking placebos,
- BMI (Body Mass Index) was reduced by 1.9 kg/m² compared to 0.4 kg/m² in the placebo group,
- Waist circumference was reduced by 3.9 inches, compared to 1.5 inches in the placebo group, and
- Hip circumference was reduced by 4.1 inches, compared to 2 inches for those taking placebos.

Reduction in Obesity

Another team of scientists studied the effects of this same patented herbal blend on people who were obese, with a BMI of 30 or higher.2

Over eight weeks, participants consumed a prepared diet of roughly 2,000 calories a day and walked for 30 minutes per day, five days a week.

Half of the subjects received placebo capsules, while the others received 400 mg of the S. indicus-mangosteen blend twice daily, before breakfast and dinner.2
Improved diet and exercise helped both groups lose weight.

The *S. indicus*-mangosteen supplemented group had **significantly greater weight loss** and dropped approximately **twice** as many **inches** from their waistline and hips than the **placebo** group.

After just **8 weeks**, these **obese** individuals taking the two **herbal extracts** on average had their:

- **Weight** reduced by **11.5 pounds**, compared to **3.3 pounds** for the placebo group,
- **BMI** reduced by **2.2 kg/m²**, compared to just **0.6 kg/m²** for those taking placebos,
- **Waist** circumference reduced by **4.7 inches**, compared to **2.4 inches** in the placebo group, and
- **Hip** size reduced by **2.5 inches**, compared to **1.2 inches** for subjects receiving placebos.

There were no safety issues in either of the studies, and no adverse effects were reported.²,³

### Help Losing Weight and Fat

- Many people struggle to lose weight, and even those who do find it difficult to reduce the size of their **waistline**.

- A patented blend of *Sphaeranthus indicus* flower and *mangosteen* fruit rind extracts produces meaningful weight loss and significantly reduced the size of waist and hips, when combined with a balanced diet and exercise.

- In a controlled clinical trial of overweight individuals, this patented blend of *S. indicus*-mangosteen extracts decreased weight by an average of **11.2 pounds**, reduced waist size almost **four inches** on average and decreased hip size and body mass index in just **16 weeks**.

- The patented blend of *S. indicus*-mangosteen extracts also reduced **triglycerides**, **LDL** ("bad") **cholesterol**, and total **cholesterol** levels, which helps improve cardiovascular health.
How the Herbal Extracts Work

In vitro (laboratory) studies have been conducted showing the *S. indicus-mangosteen* extract blend inhibits creation of new fat cells while promoting the breakdown of existing fat cells.3,6 These cell-based studies showed that the patented blend of *S. indicus-mangosteen* extracts may:

- Reduce levels of **ADRP** (*adipocyte differentiation-related protein*), a factor that stimulates the accumulation of fat. Lowering ADRP levels inhibits fat storage.6
- Reduce levels of **fatty acid synthase**, an enzyme that catalyzes the synthesis of fatty acid. Lowering this enzyme inhibits the creation of new fat.3
- Inhibit expression of **perilipin**, a protein that coats fat droplets and keeps them from being broken down. Reducing perilipin allows fat to be broken down more easily.6
- Decrease expression of **PPAR-gamma**, a metabolic “sensor” that triggers fat storage and production of new adipose cells. Lowering PPAR-gamma expression helps prevent fat from accumulating.6

Together, these actions help reduce fat accumulation and spur fat breakdown, potentially explaining the **weight** and **waistline** reductions seen in human trials.

**Improved Cardiovascular Markers**

The benefits of this patented blend of *S. indicus-mangosteen* extracts go further.

In the study of **overweight** individuals, researchers noted an improvement in **lipid** measurements, critical markers of cardiovascular health.3 Levels of dangerous **triglycerides** and **VLDL** (very low-density lipoprotein cholesterol) that were elevated at the start of the study dropped almost to the normal range. Overall cholesterol and LDL were also reduced.3

In just **16 weeks**, and compared to placebo, subjects taking the dual-patented blend on average had their:

- **Triglycerides** decreased by 22%,
- **Cholesterol** decreased by 12%,
- **LDL** ("bad") cholesterol decreased by 16%,
- **VLDL** cholesterol decreased by 19%,
- **HDL** ("good") cholesterol increased by 6%, and
- **LDL/HDL** ratio decreased by 18%.
Together with the reduction in body weight, these changes in blood lipids can provide additional protection against an array of cardiovascular disorders and other vascular disorders.³

Summary

Being overweight or obese poses serious health risks. Excess weight around the waist is especially dangerous.

Scientists have identified two plant extracts that, when combined in a specific ratio, decrease weight by an average 6.7% within 16 weeks, when combined with a balanced diet and regular exercise.

In controlled clinical trials, this patented blend of *S. indicus* flower and *mangosteen* fruit rind not only produced meaningful weight loss, but also substantially decreased the size of waist and hips.

In an additional benefit, artery-clogging blood lipid levels improved significantly, providing extra benefits for heart health. •

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

Benefits of Reducing Weight by Just 5%

Setting unrealistically high goals can doom any weight-loss program.

Experts agree that losing just a few pounds can make a huge difference, and many point to the substantial benefits of a reasonable and achievable 5% reduction in weight.

Evidence shows that decreasing your weight by only 5% may:¹¹,¹²

- Protect knee joints and reduce the risk of osteoarthritis of the knee,
- Help prevent or delay type II diabetes,
- Help diabetics control blood sugar and inhibit diabetes-related conditions,
- Increase levels of protective HDL cholesterol, lowering the risk of heart disease,
- Decrease levels of triglycerides, reducing the risk of heart attack or stroke,
- Lower systolic blood pressure by about five points,
- Improve sleep and reduce sleep apnea, and
- Help reverse insulin resistance.

In controlled clinical studies, people who took a patented blend of *S. indicus* and *mangosteen* extracts lost an average of between 6.4% and 6.7% of their body weight, when combined with a balanced diet and exercise.²,³,⁶
References


Each capsule provides 3 mg of boron divided into three bioavailable different forms:

- Boron citrate
- Boron aspartate
- Boron glycinate

There are 3 mg of boron in the daily dose of each of the following Life Extension® formulas:

- Two-Per-Day
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- Ultra Prostate Formula
- Life Extension Mix™

The suggested daily dose for most adults is 6-9 mg of boron. If you are already obtaining this potency in your multi-nutrient formulas, you may not need additional boron.

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References
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Tina
VERIFIED CUSTOMER REVIEW

You know zinc is good for you—but are you getting enough?

Zinc promotes critical immune functions and healthy bones.

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Caution: Supplemental zinc can inhibit the absorption and availability of copper. If more than 50 mg of supplemental zinc is to be taken daily for more than four weeks, 2 mg of supplemental copper should also be taken to prevent copper deficiency.

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TARGETED SLIMMING FOR WAIST AND HIPS

In a clinical trial, a proprietary blend of *Sphaeranthus indicus* flower and *mangosteen* extracts combined with a standard diet and regular exercise for 8 weeks enabled average reductions in:*

- **Body weight** by 11.5 pounds
- **Waist** size by 4.7 inches
- **Hip** size by 2.5 inches

**Waistline Control™** contains this patented blend of extracts.†

The dose used in human studies is one capsule, twice daily before meals.†

† This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

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Overlooked Dangers of ELEVATED HOMOCYSTEINE
Doctors often overlook an amino acid in the blood called homocysteine that can increase risk of:

- Cerebral vascular disorders,
- Dementia,
- Arterial calcification, and
- Hearing loss.

There are many ways that elevated homocysteine can harm health.

Since 1981, Life Extension has advised annual monitoring of homocysteine status with a simple blood test.

A young, healthy body can reduce homocysteine by converting it to nontoxic compounds.

Older individuals often need B vitamins to reduce homocysteine to youthful ranges.
What is Homocysteine?

Homocysteine is an amino acid produced in the body during the metabolism of a common dietary amino acid called methionine. Vitamins B6, B12, riboflavin (vitamin B2), and folate help break down homocysteine into other, beneficial amino acids.

Deficiencies in these vitamins may lead to elevated homocysteine levels, a condition known as hyperhomocysteinemia.

Elevated homocysteine may also arise from genetic defects or mutations in enzymes involved in the metabolism of methionine.

The Risks of High Homocysteine Levels

Elevated homocysteine has been associated with the development of atherosclerosis, stroke, cognitive disorders, and hearing loss.

The normal homocysteine blood range for commercial laboratories is between 5 and 15 micromoles per liter (μmol/L).

Life Extension believes that homocysteine levels below 12 μmol/L are good and that the ideal blood levels should be below 8 μmol/L, much lower than the currently accepted <15 μmol/L.

Homocysteine Harms Arterial Health

The potential role of elevated homocysteine as a risk factor for vascular calcification progression was suggested in a study published in 2020 in the Journal of the American Heart Association.

Calcification of arteries and heart valves is considered irreversible, though Life Extension is researching methods to reverse calcified tissues.

Elevated homocysteine is an independent risk factor for atherosclerosis.

In a study in Africa, patients who had suffered a stroke were found to have, on average, significantly higher homocysteine levels than healthy subjects. They also had lower average vitamin B12 levels.

A 2020 review of human studies involving more than 11,000 participants determined that high homocysteine levels were associated with increased risk of stroke. For every 1 μmol/L increase in homocysteine, the relative risk for stroke increased by 6%.

Researchers believe homocysteine may cause arterial damage and reduce the flexibility of blood vessels. It may also contribute to oxidative stress and inflammation in blood vessels and reduced production of nitric oxide, a key compound for endothelial health.

Homocysteine may also increase dangerous clotting in the blood, reduce the synthesis of HDL (“good”) cholesterol, and promote the oxidation of LDL (“bad”) cholesterol, which contributes to atherosclerosis.

Brain Aging

Evidence shows that elevated homocysteine plays a role in brain aging.

MRI scans of 36 healthy volunteers between ages 59 and 85 revealed that those with higher homocysteine levels had greater loss of white matter. This brain tissue is composed of fibers that conduct nerve signals.

Some evidence suggests that elevated homocysteine may increase the risk of Alzheimer’s disease.

For example, individuals with elevated homocysteine levels are more likely to have markers of Alzheimer’s progression in brain tissue, including neurofibrillary tangles, dysfunctional protein accumulation, and brain shrinkage.

One meta-analysis found that every 5 μmol/L increase in homocysteine levels is associated with a 15% increase in Alzheimer’s disease risk.
In patients with Parkinson’s disease, elevated homocysteine has been associated with worse cognitive function.\textsuperscript{19}

Even modest elevation of homocysteine within the normal range (>11 μmol/L) has been associated with a substantial increase in risk of dementia in the elderly.\textsuperscript{17}

**Hearing Loss**

A range of studies over the past 20 years have shown that high homocysteine levels are associated with hearing loss.\textsuperscript{20}

One \textit{2019} study found that among 52 patients experiencing sudden hearing loss, 63\% had higher than normal homocysteine levels.\textsuperscript{20}

Another study the same year noted that participants with sudden deafness had higher homocysteine levels and lower folate levels than those with normal hearing.\textsuperscript{21}

Australian researchers reported that of 2,565 study participants, those with high homocysteine levels had a 64\% increased likelihood of hearing loss. Low folate levels also increased the odds of mild hearing loss.\textsuperscript{22}

**Keeping Homocysteine at Safe Levels**

- **Homocysteine** is a non-essential amino acid produced in the body.
- High homocysteine levels can be toxic, increasing risk for cerebrovascular disease, brain disorders, and hearing loss.
- A simple blood test can determine homocysteine status. Levels above 15 μmol/L are considered high, and \textit{Life Extension} recommends maintaining levels below 12 μmol/L, with levels less than 8 μmol/L being optimal.
- The body relies on B vitamins to lower homocysteine levels. Oral intake of vitamin B6, vitamin B12, folate, and riboflavin can safely reduce homocysteine concentrations in the body.
**Strategies to Lower Homocysteine**

Several B vitamins can help safely reduce homocysteine levels.23,24  

**Vitamin B6** aids the body in metabolizing homocysteine because a B6-dependent enzyme converts homocysteine into cysteine, a beneficial amino acid.25  

In vitamin B6-deficient patients with asthma, taking vitamin B6 daily for six weeks considerably reduced homocysteine levels.25  

**Vitamin B12** and folate are vital for the conversion of homocysteine into methionine, reducing homocysteine levels in the body.25  

In a study of post-menopausal women, those taking 5 mg per day of folic acid for six weeks had lower homocysteine levels than those taking a placebo.26  

According to a systematic review, folic acid intake in people with type II diabetes decreases homocysteine levels and may improve glucose levels, compared to placebo.27  

**Riboflavin** (or vitamin B2) is particularly useful for people who have a mutation in the MTHFR enzyme. Mutations in this enzyme lead to high homocysteine levels.  

In one study, taking riboflavin daily for 12 weeks decreased homocysteine levels in subjects with a mutation in MTHFR by 22%.28  

In another study of subjects over age 60 with low riboflavin levels, taking riboflavin daily for just four weeks lowered homocysteine concentration by 1.31 μmol/L.29  

One of the nutrients most associated with reducing high levels of homocysteine is folate, which works to methylate and thus detoxify homocysteine.30,31  

A separate but related role for methylation and folate is in DNA methylation, an epigenetic way that the body regulates gene expression.32  

Therefore, adequate folate is needed to prevent accumulation of excessive toxic homocysteine, but also to support healthy DNA methylation. The most efficient way to supplement folate is to take it in the form the body actually uses—the activated form, variously referred to as 5-methyltetrahydrofolate, 5-MTHF, or L-methylfolate.33  

The 5-MTHF form of folate is readily available to cells, to promote detoxification of homocysteine and support healthy DNA methylation.

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**Testing and Dosages**

A simple blood test can determine homocysteine status. We recommend it be repeated annually as part of your standard yearly testing. Though levels above 15 μmol/L are considered high, Life Extension recommends maintaining levels below 12 μmol/L and considers under 8 μmol/L to be optimal. Those trying to lower homocysteine should take B vitamins daily. Here are daily B vitamin suggestions:

- **Vitamin B6** as pyridoxal 5’phosphate, 100 mg to 200 mg
- **Vitamin B12** as methylcobalamin, 300 mcg to 1,000 mcg
- **Folate** as 5-methyltetrahydrofolate (5-MTHF), 1,000 mcg to 10,000 mcg
- **Vitamin B2** as riboflavin, 25 mg to 100 mg

Getting tested again three months after starting these nutrients can ensure they are working properly to achieve optimal homocysteine levels.
**Summary**

Elevated levels of the amino acid **homocysteine** (above 15 μmol/L) can contribute to increased risk for conditions that damage the blood vessels, brain, and hearing.

The body relies on adequate levels of B vitamins to break down homocysteine. Taking **vitamin B6, vitamin B12, folate, and riboflavin** is a safe and effective way to reduce high homocysteine concentrations.

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**

Ever heard of cell senescence?

It’s when some of your body’s cells no longer function optimally and emit undesirable compounds that affect healthy cells.

Senescent cells need to be cleaned out to promote a healthy inflammatory response and inhibit protein-degrading enzymes to support healthy aging processes.

Senolytic Activator® helps your body manage pesky senescent cells.

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Curcumin helps to promote a healthy inflammatory response.

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Maintain Youthful HOMOCYSTEINE LEVELS FOR BRAIN, HEART, AND HEARING HEALTH

Homocysteine Resist supports healthy levels of homocysteine, an unfavorable amino acid that can increase with normal aging.

Just one daily capsule of HOMOCYSTEINE RESIST provides:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tr>
<td>5-MTHF (activated folate)</td>
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<tr>
<td>Methylcobalamin (activated vitamin B12)</td>
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<td>Pyridoxal 5’-phosphate (activated vitamin B6)</td>
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<td>Riboflavin (vitamin B2)</td>
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*DEF (Dietary Folate Equivalents)

CAUTION: Do not use this product if treated with methotrexate, fluorouracil, phenytoin, phenobarbital, primidone, or levodopa prior to consultation with your healthcare provider.

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REVERSE Nonalcoholic FATTY LIVER DISEASE
Most people have never heard of NAFLD.

Yet nearly one in four adults in the U.S. has nonalcoholic fatty liver disease (NAFLD).1-4

In the long term, NAFLD can cause fibrosis (scarring) of the liver, significantly impairing normal liver function.5-7

Advanced scarring, known as cirrhosis, is irreversible and can lead to liver failure.

The only treatment at that point is a liver transplant.8

Normal ways to address NAFLD include diet and lifestyle changes, and weight loss.

Innovative approaches include the medication metformin and certain nutrients.

Specific probiotics can now be added to this list.

In two clinical trials of people with NAFLD, a carefully designed blend of probiotics and a prebiotic decreased a marker of liver damage and reduced levels of fibrosis (scarring) from moderate or almost severe to normal.9,10

These findings suggest that the probiotic-prebiotic blend not only stopped the progression of the liver disease, but even reversed existing liver damage.
What Is Nonalcoholic Fatty Liver Disease?

Fat accumulation and inflammation in the liver can lead to chronic liver damage, scarring, and eventual liver failure.

In the past, alcohol abuse and viral hepatitis were the leading causes of chronic liver disease and death from liver cirrhosis.

NAFLD is now the number one chronic liver disease, and cause of liver cirrhosis deaths, in the United States.11,12

Back in the 1980s, experts first started to report on a newly recognized phenomenon: fat accumulating in the liver with no connection to alcohol intake or viral infection.13

The earlier phases of this condition are now referred to as nonalcoholic fatty liver disease (NAFLD), which accounts for about 75% of all chronic liver disease in the U.S.14 It affects roughly 25% of adults, both in the U.S. and across the world.4,11

When the disease becomes more severe, it is called nonalcoholic steatohepatitis (NASH). At this point, it can lead to liver cirrhosis, which is severe scarring of and damage to the liver.2

This damage to the liver is irreversible and can lead to complete liver failure.8

NAFLD Smolders Before Symptom Onset

NAFLD is common in obese adults, with around 50%-90% showing signs of fatty liver as the disease advances.15

But fatty liver disease can affect anyone with a metabolic disease such as metabolic syndrome or type II diabetes.16

In its early phases, NAFLD rarely causes specific signs or symptoms.17

Symptoms of early-stage NAFLD may include:17

- Abdominal (belly) weight gain
- Increase in cholesterol
- Hypertension
- Pain in the upper right abdomen
- Persistent tiredness/fatigue
- Binge eating

STAGES OF LIVER DAMAGE

THE GUT-LIVER AXIS

GUT
LIVER

Healthy liver
Fatty
Cirrhosis
Fibrosis
Cancer
New Hope for Fatty Liver Disease

**Nonalcoholic fatty liver disease (NAFLD)** is the most common cause of liver disease in Western countries. In its severe form, it can lead to liver failure and increase the risk of liver cancer.

- There are generally no warning signs or symptoms of NAFLD until damage to the liver is already severe and irreversible. No drugs are currently approved to treat it.
- Scientists have found that the population of microorganisms in the gut (the microbiota) have a dramatic impact on liver health.
- In two clinical trials of patients with NAFLD, a mix of seven probiotic strains combined with a prebiotic reduced liver scarring and markers of ongoing liver damage. In other words, this blend stopped the progression of NAFLD and reversed existing liver damage.

**An Interesting Finding**

Researchers noted that fatty liver and liver damage are often seen in patients suffering from gastrointestinal conditions, including inflammatory bowel and celiac disease.19,20

One thread that ties together metabolic disorders and nonalcoholic fatty liver disease is an unhealthy gut microbiota or microbiome.

The gut microbiota or gut flora is the population of different types of microorganisms—primarily bacteria—that naturally inhabit our gut.

A healthy, diverse microbiota is thought to promote health, but an unhealthy one is associated with the opposite.21,22

**The Gut-Liver Connection**

Here’s why the connection between gut health and liver health is so strong:

Most of the blood draining from the gastrointestinal tract (or gut) travels directly to the liver before entering general circulation.

This means that potentially harmful microorganisms, toxins, and other substances travel first to the liver after leaving the intestines.

An unhealthy mix of microorganisms in the gut also leads to inflammation in the intestines and what’s known as “leaky gut.”23 That causes more and more microorganisms and toxic compounds to make their way directly to the liver.

By the time major NAFLD symptoms manifest, significant scarring and hardening of the liver have already been inflicted. Symptoms of a more advanced disease may include:18

- Abdominal swelling (ascites)
- Swollen lower legs (edema)
- Enlarged blood vessels beneath the skin’s surface
- Enlarged spleen
- Red palms
- Yellowing of the skin and eyes (jaundice)

At advanced stages, NAFLD causes damage to the brain, vasculature, and other essential tissues.
Most of the blood draining from the gastrointestinal tract (or gut) travels directly to the liver before entering general circulation.

The result of this toxic flow from the intestines causes oxidative stress and chronic inflammation, which contribute to nonalcoholic fatty liver disease and long-term liver damage.

Animal studies have shown that worsening of the gut microbiota can worsen fatty liver, while increasing beneficial bacteria can improve the health of the liver.24,25

As a result, improving the health of the microbiota and the gut with probiotics has become a major target of research into fighting fatty liver disease.

### A Probiotic-Prebiotic Combination

Despite over four decades of research, there are still no medications approved by the U.S. Food and Drug Administration (FDA) to treat fatty liver disease.

Treatment is usually weight loss, through a combination of a healthy diet and exercise.

While weight loss is often crucial, scientists designed a blend of microorganisms they believed would favorably impact the liver, reducing risk and severity of nonalcoholic fatty liver disease (NAFLD).

In two clinical trials, a specific probiotic formulation has shown promising results for improving liver health.9,10

This formula is a blend of seven different probiotic strains:

- Lactobacillus casei PXN® 37,
- Lactobacillus rhamnosus PXN® 54,
- Streptococcus thermophilus PXN® 66,
- Bifidobacterium breve PXN® 25,
- Lactobacillus acidophilus PXN® 35,
- Bifidobacterium longum PXN® 30, and
- Lactobacillus bulgaricus PXN® 39.

To provide maximum benefits, probiotics need to thrive and outcompete harmful bacteria.

For this reason, scientists combined these probiotics with fructooligosaccharide (FOS), a form of dietary fiber found in many plants. FOS serves as a prebiotic, a nutrient that “feeds” healthy bacteria.

With this extra energy source, the healthy bacteria are better equipped to survive and improve liver function and heal the liver.
Combating Fatty Liver: The First Study

Two human trials evaluated the use of this probiotic-prebiotic combination on subjects with a diagnosis of nonalcoholic fatty liver disease. In the first, overweight and obese adults with NAFLD were randomized to receive the probiotic-prebiotic blend or a placebo for 28 weeks.9

At the study’s start, every subject had elevated liver enzyme levels in the blood, evidence of ongoing liver damage. Over the course of the study, enzyme levels in the placebo group didn’t change. But those receiving the probiotic blend had multiple liver enzymes fall into the normal range.

In addition, all subjects at the start of the study had above normal levels of fibrosis in the liver, as identified by a specialized ultrasound technology specifically designed to assess liver fibrosis and fattiness. On average, this scarring was moderate to almost severe.

The group receiving the probiotic-prebiotic blend dropped their fibrosis scores all the way into the normal range. The placebo group had no significant change by the end of the study.

These findings suggest that the probiotic-prebiotic blend stopped the progression of liver disease and reversed liver damage that was already present.

Combating Fatty Liver: The Second Study

The second study had a similar design, but enrolled adults with NAFLD who were not overweight or obese.10 The findings echoed those from the first study. Evidence of ongoing liver damage was reduced significantly in those receiving the probiotic-prebiotic blend, and fibrosis scores dropped into the normal range.26

In a further benefit, in both studies the group taking the probiotic-prebiotic blend had a substantial decline in C-reactive protein blood levels. C-reactive protein is a marker of systemic inflammation, indicating that overall inflammation was reduced.

This probiotic-prebiotic blend offers a way to lessen or even reverse the damage done by nonalcoholic fatty liver disease.

Other Nutrients That Promote Liver Health

Some nutrients have also shown promise as a way to help control nonalcoholic fatty liver disease.

- In human trials, vitamin E tocotrienols improved markers of liver health seen on an ultrasound, while reducing liver enzymes, C-reactive protein, and signs of oxidative stress.27-29

- Phosphatidylcholine is an essential phospholipid which is a vital part of cellular membranes. Essential phospholipids have been used safely for years to protect liver function in patients with various liver diseases.30 In a number of human trials, phosphatidylcholine intake alone or with other nutrients improved NAFLD, reducing liver enzyme levels and improving ultrasound findings.30-32 A more bioavailable form of phosphatidylcholine known as polyenyl-phosphatidylcholine or PPC is the preferred choice for liver support as it specifically targets hepatocytes.

- Extracts of the herb milk thistle, containing the compound silymarin, have long been used to protect liver function in patients with liver disease. Several clinical trials found that milk thistle, alone or in combination with vitamin E, and phosphatidylcholine reduces liver fat, fibrosis, and enzyme levels in patients with NAFLD.33-36

- N-acetyl cysteine (NAC), a versatile sulfur-rich compound prevents liver damage following acetaminophen poisoning.37 NAC rapidly restores depleted glutathione levels, sparing liver cells from the effects of oxidative damage.38-40
Summary

Nonalcoholic fatty liver disease affects roughly a fourth of the adult population in the U.S. This progressive liver condition can lead to liver cirrhosis and liver failure, requiring a transplant. It is also a major contributor to the development of liver cancer.

Research has found a link between the microbiome and liver health.

Two clinical studies confirm that a specially formulated blend of seven probiotics and a prebiotic can help stop the progression of NAFLD and reverse the damage already done.

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

Only two bioactive coenzyme forms of vitamin B12 can be used directly by the body and brain.

This B12 Elite provides both:

**ADENOSYLCOBALAMIN**
- Active in brain cell mitochondria.
- Preclinical evidence suggests that it may support already healthy levels of dopamine.
- Supports cellular energy production.

**METHYLCOBALAMIN**
- Supports cognition within brain cells.
- Promotes red blood cell production.
- Helps maintain healthy homocysteine levels.

Dissolve in the mouth or chew one vegetarian lozenge daily.

**BIOACTIVE FORMS OF VITAMIN B12**

<table>
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<th>Item #02419</th>
<th>60 vegetarian lozenges</th>
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For full product description and to order B12 Elite, call 1-800-544-4440 or visit www.LifeExtension.com

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Multiple Benefits of NAD⁺

- Energy production
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For those already taking resveratrol, NAD⁺ Cell Regenerator™ provides 300 mg of nicotinamide riboside chloride.

Optimized NAD⁺ Cell Regenerator™ combines 300 mg of nicotinamide riboside chloride with resveratrol and other plant extracts.

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*I love this product. It’s helped clear my mind and given me tons of energy.*

Luis

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FLORASSIST® Liver Restore™ contains 7 strains of beneficial probiotic bacteria—plus a supporting prebiotic—to provide targeted liver support.

When clinically studied, the probiotic-prebiotic blend in FLORASSIST® Liver Restore™ was found to:

- Support healthy levels of liver enzymes
- Inhibit inflammatory factors to support liver health

Take 2 capsules daily as recommended by a healthcare practitioner.

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

Item #02402
60 vegetarian capsules
1 box $15
4 boxes $13.50 each

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Rest & Renew combines two compounds that have been shown to help support restful sleep.

Ashwagandha: In a human trial, Rest & Renew’s proprietary, standardized ashwagandha resulted in an average 72% increase in restorative sleep.¹

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Take one capsule 30-60 minutes before bedtime.

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CAUTION: Do not consume alcohol, drive or operate heavy machinery after taking this product.

Reference

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HIGHLY ABSORBABLE

ASTAXANTHIN

ASTAXANTHIN is a carotenoid that benefits the brain, heart, skin, and immune system. Research suggests that astaxanthin can play a role in promoting cardiovascular health.1

Found naturally in seafood and algae, as little as 50% of astaxanthin is normally absorbed in the bloodstream.2,3

Life Extension® combines 4 mg of astaxanthin with a blend of four different phospholipids, which has been shown to enhance carotenoid absorption by several-fold.4

References

For full product description and to order ASTAXANTHIN 4 mg with Phospholipids, call 1-800-544-4440 or visit www.LifeExtension.com
MOTIVATION MATTERS for Longer Life
Preventing age-related decline is challenging. Getting enough exercise and ensuring proper food and nutrient selection are vital.

But keeping this up consistently also requires a personal characteristic: motivation. If you aren’t motivated to slow the rate at which you age, you will fade away.

The brilliant brain researcher Ann M. Graybiel and her colleagues have shed some light recently on why motivation can wane as people age. They found that the brain circuit that governs motivation declines with age, at least in mice.

That seems to happen to some people too. They initially proclaim a strong commitment to slow their rate of aging yet lose their zeal as the years roll by.

But not everyone.

Some stand out and continue to maintain their motivation in their later decades.

What sets them apart?
Lifelong Motivation

To answer this question about motivation, my partner, Meredith Averill, and I looked for centenarian role models who were motivated to embrace the aging challenges they faced—and to overcome them.

One of them is Ralph Cornell.

Back in 2008, Meredith and I published The CR Way, our guide to how calorie restriction can improve health and extend lifespan.

We were lucky to have had Ralph as a mentor.

Ralph was a happy centenarian from the heartland town of Massillon, Ohio, who lived to 104.

Staying Positive

One of the keys to staying motivated is finding joy in life.

He was unfailingly optimistic. Even during his last months, he was motivated to plan diet and lifestyle changes with the hope of living to 112, the age of Ohio’s oldest person at the time. Ralph was still working too, having been honored on NBC’s Today as the oldest living realtor in the U.S.

Meredith and I had the privilege of celebrating several Thanksgivings with Ralph. Before we would start our Thanksgiving dinner, he would often say a few words that included how happy he was to continue experiencing life.

Ralph also had a deep passion for living. This is a characteristic we have observed in everyone who maintains their motivation to optimize health when they are advanced in age.

Although he did not have a scientific or medical background, he figured out a natural way to extend his life through what’s come to be known as intermittent fasting.

He also practiced hara hachi bu. A Japanese phrase meaning “eat until you’re 80% full,” this practice was developed by long-lived Okinawans who stopped eating when they began to feel full.

It was inspiring to spend time with Ralph and to adapt ideas from his natural approach to longer life to our own philosophy.

Community Support

It’s hard to stay motivated on your own. As the CR Way has progressed, we’ve developed a support group. Members can come together by telephone and share their aging successes and challenges.

The support group provides some of the same personal interaction and support that we got from being with Ralph.

Everyone benefits from hearing how others achieve their goals and what holds them back. And when someone encounters a challenge, the group is ready to pitch in and help them solve it.

Finding Fun in Food

Eating right doesn’t have to be a chore. We recently held a class on making healthy foods irresistible while motivating ourselves to look forward to the taste treats that meals provide.

It’s important to plan healthful meals with interesting tastes and textures that delight you. While varying dietary intake is fun, it is also important for a healthy gut microbiota, which has been associated with positive emotions.

Your gut microbiota changes rapidly to adapt to the foods you eat. Enjoying a variety of raw and cooked vegetables helps make your microbiota more diverse.

This morning I began my day with a Farmers’ Market Soup made from a variety of fresh vegetables from a local organic farmer. The vegetables combine to make a rich, savory taste and their contrasting textures add interest.
It’s delicious, and it is wonderful to know that the benefits of eating this way—better glucose control and a cardiovascular system that functions as if I were much younger—will help me feel good all day.

Here’s a recipe for the CR Way Farmers’ Market Soup. The idea is to make it easy to enjoy a healthy variety of vegetables and sprouts in your diet, to develop a more diverse gut microbiome, and to have fun doing it.

**Farmers’ Market Soup***

Use this recipe as a template for a delicious soup made from the vegetables you get from an organic farmer. Substitute or add veggies you prefer.

One 115-gram serving, 23 Cal. per serving. Prep time: 4 minutes

20 grams  One large leaf of kale, chopped to bite size
10 grams  Two green onions, chopped
15 grams  A few tablespoons mixed sprouts (Sprout Lady Rita)
50 grams  One stalk wild celery, chopped
20 grams  Fresh microgreen mix, your choice of amount

**Directions:**

Add ¾ pint to 1 pint water to a saucepan. Add all the ingredients. Bring to a boil and cook for two minutes. Serve in your favorite soup bowl with walnuts, as desired.


This recipe can be changed on a regular basis, throughout the year, to include other fresh, organic ingredients that are in season.

The Key to a Healthier Life

- To continue to live a healthy life well into older age, it’s vital to stay **motivated**.
- There are a few key ways to achieve this. Being positive and passionate about life, finding support in a community, making healthy foods as tasty and fresh as possible, and getting enough sleep are just a few.
- Many people who have lived to be 100 **years old** or more live by these tenets.
Contribution to the Greater Good

Another level of emotional satisfaction from eating this way is the joy of contributing to a better community.

By purchasing from a local organic farmer that we know and trust, we help a deserving person who works long, dedicated hours and does everything possible to preserve the land that their farm is on. We want to lend our support to people like that whose work makes a better community for everyone.

Unhealthful comfort foods may provide short-term pleasure, but they will increase your risk of age-related disease and shorten the time you have to spend enjoying this planet. Eating delicious, healthy meals will likely make it possible for you to enjoy the things you love far longer.

Long and Satisfying Sleep

Staying motivated takes energy. Every successful ager we have known sleeps as well as people in their 20s or 30s.

Sleep quality is often reported to decline with age. It doesn’t have to be that way. Strategies for better sleep are part of the CR Way to Great Glucose Control, the starter course for CR Way living.

Simply setting your circadian clock by walking outdoors in the early morning sunlight and at sunset is a good start toward getting better sleep. It can also increase mood-elevating neurotransmitters like serotonin and dopamine and help you manage glucose levels more effectively.

Emotional Empowerment

Satisfying sleep, delicious food, a healthy gut, and community support are all part of an approach to help people be happy naturally.

Happiness empowers you to make healthy lifestyle choices because you experience how good it feels to optimize your health. We encourage people to consult with doctors before embarking on major lifestyle or diet changes.

As I write this article, I’m looking out my window at the sun glistening off leaves of the trees in the woods. It’s a beautiful day, the kind of day I hope to enjoy again and again. I can hardly wait to walk outside and set my circadian clock.

No one can predict the future, but I know that I’m grateful for what I have and imagine that you are grateful for the things you enjoy, too. If you have read this article, it’s likely you are motivated to make the effort to enjoy your life for as long as possible. It’s worth it.

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

About The CR Way

Paul McGlothin and Meredith Averill wrote The CR Way (HarperCollins, 2008) based on decades of research showing that diet and lifestyle can produce favorable changes in genes and other aging biomarkers. They later created the online community Living the CR Way. They are currently collaborating with scientists at Harvard Medical School and The Forsyth Institute (supported by Zymo Research) to focus on the immune system, microbiome composition, and DNA methylation as gauges of aging interventions.

To learn more about the authors and the CR Way, call 877-481-4841 or visit www.livingthecrway.com.

References

Multi-Action Support for AGING JOINTS!

Clinically validated ingredients help maintain cartilage and inhibit inflammatory factors to support joint health.

**JUST TWO CAPSULES A DAY PROVIDE:**

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<td>(Boswellia serrata) extract (gum resin) (std. to 20% AKBA)</td>
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<tr>
<td>Boron (calcium fructoborate as patented FruiteX-B® OsteoBoron®)</td>
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3-O-acetyl-5-hydroxy-5-ketoB-boswellic acid.

Item #02238 • 60 capsules
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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:

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L-ergothioneine is an amino acid found in mushrooms. Cell-based studies suggest that L-ergothioneine may support healthy longevity by:

- Protecting against mitochondrial DNA damage¹
- Delaying telomere shortening²
- Supporting DNA function in cells subjected to UV exposure³

One daily capsule of Essential Youth provides 5 mg of L-ergothioneine.

This 5 mg potency exceeds the L-ergothioneine contained in 2 cups of white button mushrooms, depending on growing conditions.⁴,⁵

References
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VITAMIN K

BY LAURIE MATHENA

Vitamin K is best known for helping blood clot properly and for maintaining bone density.

Research continues to uncover its broad array of benefits.

Studies have been published showing that both forms of vitamin K—K1 and K2—can impact everything from heart disease risk to cognitive function to all-cause mortality.

Here are the highlights:

- **Low vitamin K status raises all-cause mortality risk.**
  
  A meta-analysis published in the *American Journal of Clinical Nutrition* that included 3,891 participants with an average age of 65, found that people with low levels of circulating vitamin K1 (0.5 nmol/L or lower) had a 19% higher risk of all-cause mortality compared to those with levels more than 1.0 nmol/L.¹

- **Higher intake of vitamin K2 lowers coronary heart disease risk.**
  
  In a study published in *BMJ Open*, researchers followed 2,987 people between 46-49 years old, for up to 11 years. After adjusting for factors like age, sex, and physical activity, they found that a higher dietary intake of vitamin K2 was associated with a lower risk of coronary heart disease.²
• Lower vitamin K levels linked to fracture risk.

Researchers evaluated the associations between circulating vitamin K1 levels, fracture risk, and bone mineral density in post-menopausal women with osteoporosis. They found that vitamin K1 levels were significantly lower in the women who had suffered a fracture, and that vitamin K levels were independently associated with fracture risk. They also determined vitamin K’s impact on fracture risk may be related to its effects on bone strength.³

In another study, researchers followed 12,794 people from 40 to 74 years old and found that lower intakes of vitamin K and calcium in women were associated with a higher risk of vertebral fractures.⁴

• Vitamin K status significant for better cognition in older adults.

In a study that included 500 older adults, researchers found that people with better cognition had significantly higher levels of dietary vitamin K1 than people with the poorest cognitive function. Both dietary and serum levels of vitamin K1 were independent predictors of good cognitive function.⁵

• Vitamin K helps reduce risk of type II diabetes.

There’s also growing evidence that higher intake and blood levels of vitamin K (in the form of both K1 and K2) are substantially associated with reduced risks of developing type II diabetes.⁶ •

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

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:

- Support healthy urination
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Ultra Prostate Formula is the most comprehensive standardized-ingredient prostate-health supplement.

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RESTORE
BALANCE
DURING
STRESS

Stress disrupts multiple biochemical pathways.

Adrenal Energy Formula contains four botanical adaptogens, shown to modulate different stress-related changes.

- **Ashwagandha** supports muscle strength\(^1\) and increases oxygen consumption.\(^2\)
- **Bacopa** enhances cognitive performance and mood.\(^3\)
- **Cordyceps** promotes endurance\(^4\) and enhanced immune function.\(^5\)
- **Holy basil** supports balanced levels of neurotransmitters\(^6\) and enhances mood.\(^7\)

References

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HEALTHY BONES = HEALTHY HEART

THREE WAYS TO GET VITAMIN K

MEGA VITAMIN K2

Japanese physicians use high-dose vitamin K2 for those with challenges in maintaining healthy bone density. Mega Vitamin K2 costs 86 cents a day, based on the 4-bottle price, and provides in one daily capsule:

- Vitamin K2 (MK-4) 45,000 mcg (for bone & vascular health)

"I have been using this for bone building, and my bone density tests have improved."

Dolores
VERIFIED CUSTOMER REVIEW

SUPER K ELITE

Super K Elite provides 2 additional forms of vitamin K and even higher potencies of K1, MK4, and MK7. Super K Elite costs 54 cents a day, based on the 4-bottle price, and provides in one softgel:

- Vitamin K1 2,000 mcg (converts to K2 in some people)
- Vitamin K2 (MK-4) 1,500 mcg (for bone & vascular health)
- Vitamin K2 (MK-7) 181 mcg (long-acting protection)
- Vitamin K2 (MK-9) 43 mcg (long-acting protection)
- Vitamin K2 (MK-6) 11 mcg (long-acting protection)

SUPER K

SUPER K is the best-selling vitamin K formula for bone and heart health. It costs only 23 cents a day, based on the 4-bottle price, and provides in one softgel:

- Vitamin K1 1,500 mcg (converts to K2 in some people)
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- Vitamin K2 (MK-7) 100 mcg (long-acting protection)

MEGA VITAMIN K2 Item #02417 • 30 capsules
1 bottle $28.50 • 4 bottles $26 each

SUPER K ELITE Item #02335 • 30 softgels
1 bottle $18 • 4 bottles $16 each

SUPER K Item #02334 • 90 softgels
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CAUTION: If you are taking a vitamin K antagonist (e.g. warfarin), consult your healthcare practitioner before taking this product.

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WHAT ARE BRANCHED CHAIN AMINO ACIDS?

What are Branched Chain Amino Acids?

BY LAURIE MATHENA

Branched chain amino acids (BCAAs) help with the maintenance of muscle tissue.

They are called “essential” because your body doesn’t make them, which means you need to obtain them through diet or supplementation.

Branched chain amino acids could play a role in preventing age-related muscle loss, which is a leading cause of injury and long-term disability among older adults.¹

The Dangers of Muscle Loss

Sarcopenia is the progressive loss of muscle mass and strength that occurs with age. It is estimated to occur in more than 15% of older adults in the U.S.² This increases the risk of falls, injuries, and loss of functional capacity.

Compared to those without the condition, individuals with sarcopenia are:

- At more than 70% higher risk of fracture³
- 1.5 to 4.6 times more likely be disabled⁴
- Twice as likely to be hospitalized⁵
- At a 37% higher mortality rate⁶
Other conditions associated with sarcopenia include insulin resistance and increased risk for cardiovascular disease, non-alcoholic fatty liver disease, arterial stiffness, and hypertension.\(^7\)

Supplementation with branched chain amino acids can help mitigate age-related muscle loss.

**Support Healthy Muscle Mass**

Amino acids are the building blocks of protein. Nine of the 20 amino acids required for protein synthesis in humans are considered “essential,” and three of those essential amino acids are called branched chain amino acids (BCAAs).

The three BCAAs account for 35% of the essential amino acids in muscle proteins.\(^8\)

BCAAs help with the maintenance and growth of skeletal muscle, and they serve as an energy source for muscle tissue during exercise.

In one randomized, double-blind, placebo-controlled study, BCAA supplementation was shown to reduce muscle-related soreness after exercise and accelerate muscle recovery, compared to placebo.\(^9\)

A meta-analysis of eight studies further supports this finding.\(^10\)

Research suggests that to maintain healthy muscle tissue, aging adults often require more protein than younger adults.\(^11\)

Supplementing with BCAAs offers a promising way to support healthy muscle maintenance and may reduce the risk of age-related muscle loss.

Since your body doesn’t produce these essential BCAAs, it’s necessary to obtain them through diet or supplementation. •

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**References**

THREE WAYS TO BUILD STRONGER BONES

CUSTOMIZE YOUR BONE-HEALTH PROGRAM

Bone Restore helps maintain healthy bone density with three different forms of calcium plus vitamin D3 and magnesium, boron, zinc, manganese, and silicon.

Bone Restore with Vitamin K2, same formula as Bone Restore plus 200 mcg of vitamin K2.

Bone Restore Elite, same formula as Bone Restore plus 45,000 mcg of vitamin K2.

Bone Restore
Item #01726 • 120 capsules
1 bottle $16.50 • 4 bottles $14.25 each

Bone Restore with Vitamin K2*
Item #01727 • 120 capsules
1 bottle $18 • 4 bottles $16.50 each

Bone Restore Elite with Super Potent K2*
Item #02416 • 120 capsules
1 bottle $34.50 • 4 bottles $31.50 each

* CAUTION: If you are taking a vitamin K antagonist (e.g. warfarin), consult your healthcare practitioner before taking this product.

For full product description and to order all BONE RESTORE products, call 1-800-544-4440 or visit www.LifeExtension.com

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
CoQ10 helps fuel energy production at the cellular level—and ubiquinol absorbs up to eight times better than standard CoQ10. This means you’ll have the body energy you need to power your brain, liver, kidneys, and heart.

For full product description and to order Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™, call 1-800-544-4440 or visit www.LifeExtension.com

PrimaVie® is a registered trademark of Natreon, Inc. Q+, Kaneka Ubiquinol™, and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Item #01426 • 100 mg, 60 softgels
1 bottle $46.50 • 4 bottles $39 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.
Branched chain amino acids or BCAAs support healthy muscle maintenance, endurance and strength, and promote muscle recovery.¹ ²

BCAAs are not produced by the body and are considered essential.

In one clinical study, BCAA supplementation was shown to reduce muscle-related soreness and accelerate muscle recovery, compared to placebo.³

For full product description and to order Branched Chain Amino Acids, 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.
A Therapeutic Foot Massage with every step

Wearing Kenkohs daily, even for short periods, can help improve blood circulation, keep your body aligned, relieve pain in the feet, ankles, knees, legs, hips and back, reduce swelling, relieve stress and enhance your overall mood. Kenkoh revitalizes and rejuvenates your whole body!

“Massage Improves Circulation...”
UNIVERSITY OF MIAMI SCHOOL OF MEDICINE

“Massage aids muscle recovery and speeds recovery times...”
McMASTER UNIVERSITY, ONTARIO

“A daily foot massage lowers blood pressure and lowers triglyceride levels...”
PUSAN NATIONAL UNIVERSITY, SOUTH KOREA

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Spirit Brown
Natural Massage Insole
Serenity Black
Grace Pewter

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866-442-1384
Kenkoh®
The Original Massage Sandal
Dandelion

Dandelions are notorious for invading our yards every summer. But these pesky weeds are as nutritious as any vegetable growing in your garden.

Traditional medicine practices have been using dandelions for thousands of years to treat ailments ranging from acne to liver disease to digestive disorders.

Every part of a dandelion—the root, stem, and flower—is packed with nutrients that provide myriad health benefits.

The **root** is a good source of soluble fiber that helps support healthy gut bacteria.

The **flowers** contain polyphenols, which are plant compounds that could potentially help prevent blood clots, reduce blood sugar levels, and lower heart disease risk.

Animal studies have shown that dandelions may help combat constipation by increasing stomach contractions and the rate of emptying the stomach contents into the small intestine.1

In another study, mice treated with dandelion extract experienced dramatically reduced **cholesterol** and **triglyceride** levels.2

Cell culture studies suggest dandelion extracts are also great for your skin.

Dandelion **leaf** and **flower extracts** have been shown to protect skin cells exposed to ultraviolet irradiation.3

And dandelion **root extract** can increase the generation of new skin cells, *which slows skin aging*.4

Dandelions are most often consumed as a supplement or tea. They are also safe to consume raw or cooked.●

References
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<tr>
<td>00987</td>
<td>Enhanced Stress Relief</td>
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<td>01074</td>
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<td>01683</td>
<td>L-Theanine</td>
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<tr>
<td>02175</td>
<td>SAMe (S-Adenosyl-Methionine)</td>
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<tr>
<td>200 mg</td>
<td>30 enteric coated vegetarian tablets</td>
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<td>02176</td>
<td>SAMe (S-Adenosyl-Methionine)</td>
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<tr>
<td>400 mg</td>
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## MULTIVITAMINS

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<tr>
<th>Code</th>
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<tr>
<td>02199</td>
<td>Children’s Formula Life Extension Mix™</td>
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<tr>
<td>02354</td>
<td>Life Extension Mix™ Capsules</td>
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<tr>
<td>02364</td>
<td>Life Extension Mix™ Capsules without Copper</td>
</tr>
<tr>
<td>02356</td>
<td>Life Extension Mix™ Powder</td>
</tr>
<tr>
<td>02355</td>
<td>Life Extension Mix™ Tablets</td>
</tr>
<tr>
<td>02357</td>
<td>Life Extension Mix™ Tablets with Extra Niacin</td>
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<td>02365</td>
<td>Life Extension Mix™ Tablets without Copper</td>
</tr>
<tr>
<td>02292</td>
<td>Once-Daily Health Booster • 30 softgels</td>
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<tr>
<td>02291</td>
<td>Once-Daily Health Booster • 60 softgels</td>
</tr>
<tr>
<td>02131</td>
<td>One-Per-Day Tablets</td>
</tr>
<tr>
<td>02428</td>
<td>Plant-Based Multivitamin</td>
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<tr>
<td>02317</td>
<td>Two-Per-Day Capsules - 60 capsules</td>
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<tr>
<td>02314</td>
<td>Two-Per-Day Capsules - 120 capsules</td>
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<tr>
<td>02316</td>
<td>Two-Per-Day Tablets - 60 tablets</td>
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<tr>
<td>02315</td>
<td>Two-Per-Day Tablets - 120 tablets</td>
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## NERVES & COMFORT SUPPORT

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<tr>
<td>02020</td>
<td>ComfortMAX™</td>
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<td>02303</td>
<td>Discomfort Relief</td>
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## PERSONAL CARE

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<tr>
<td>01006</td>
<td>Biosil™ - 5 mg, 30 veg capsules</td>
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<td>01007</td>
<td>Biosil™ - 1 fl oz</td>
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<tr>
<td>00321</td>
<td>Dr. Proctor’s Advanced Hair Formula</td>
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<tr>
<td>00320</td>
<td>Dr. Proctor’s Shampoo</td>
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<tr>
<td>02322</td>
<td>Hair, Skin &amp; Nails Collagen Plus Formula</td>
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<tr>
<td>01278</td>
<td>Life Extension Toothpaste</td>
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<td>00408</td>
<td>Venotone</td>
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<td>00409</td>
<td>Xyliwhite Mouthwash</td>
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<tr>
<td>02304</td>
<td>Youthful Collagen</td>
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<td>02252</td>
<td>Youthful Legs</td>
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## PET CARE

<table>
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<tr>
<td>01932</td>
<td>Cat Mix</td>
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<tr>
<td>01931</td>
<td>Dog Mix</td>
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## PROBIOTICS

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<td>01622</td>
<td>Bifido GI Balance</td>
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<td>01825</td>
<td>FLORASSIST® Balance</td>
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<td>02421</td>
<td>FLORASSIST® Daily Bowel Regularity</td>
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<tr>
<td>02125</td>
<td>FLORASSIST® GI with Phage Technology</td>
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<td>01821</td>
<td>FLORASSIST® Heart Health</td>
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<td>02250</td>
<td>FLORASSIST® Mood Improve</td>
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<td>02208</td>
<td>FLORASSIST® Immune &amp; Nasal Defense</td>
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<td>02120</td>
<td>FLORASSIST® Oral Hygiene</td>
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<td>02203</td>
<td>FLORASSIST® Prebiotic</td>
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<td>01920</td>
<td>FLORASSIST® Throat Health</td>
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<td>02400</td>
<td>FLORASSIST® Winter Immune Support</td>
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<tr>
<td>52142</td>
<td>Jarro-Dophilus® for Women</td>
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<td>00056</td>
<td>Jarro-Dophilus EPS® - 60 veg capsules</td>
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<tr>
<td>21201</td>
<td>Jarro-Dophilus EPS® - 120 veg capsules</td>
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<tr>
<td>01038</td>
<td>Theralac® Probiotics</td>
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<td>01389</td>
<td>TruFlora® Probiotics</td>
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## SKIN CARE

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<td>Advanced Growth Factor Serum</td>
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<td>Advanced Hyaluronic Acid Serum</td>
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<td>Advanced Lightening Cream</td>
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<td>Advanced Peptide Hand Therapy</td>
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<td>Advanced Probiotic-Fermented Eye Serum</td>
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<td>Advanced Retinol Serum</td>
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<td>80152</td>
<td>Advanced Triple Peptide Serum</td>
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<td>80140</td>
<td>Advanced Under Eye Serum with Stem Cells</td>
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<td>80137</td>
<td>All-Purpose Soothing Relief Cream</td>
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<td>80139</td>
<td>Amber Self MicroDermAbrasion</td>
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<td>Code</td>
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<tr>
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<td>Anti-Aging Mask</td>
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<td>Collagen Peptides for Skin &amp; Joints</td>
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<td>Cucumber Hydra Peptide Eye Cream</td>
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<td>DNA Support Cream</td>
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<td>Tightening &amp; Firming Neck Cream</td>
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<td>Ultra Wrinkle Relaxer</td>
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<td>02244</td>
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<td>Liquid Vitamin D3 (Mint) • 50 mcg (2000 IU)</td>
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<td>Vitamin B12 Methylcobalamin • 1 mg, 60 veg lozenges</td>
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<td>Vitamin C and Bio-Quercetin Phytosome • 250 veg tablets</td>
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<td>Vitamin D3 with Sea-Iodine™</td>
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<td>Vitamins D and K with Sea-Iodine™</td>
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<td><strong>WEIGHT MANAGEMENT &amp; BODY COMPOSITION</strong></td>
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<tr>
<td>02479</td>
<td>7-Keto® DHEA Metabolite • 100 mg, 60 veg capsules</td>
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<td>01807</td>
<td>Advanced Appetite Suppress</td>
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<tr>
<td>02207</td>
<td>AMPK Metabolic Activator</td>
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<td>02504</td>
<td>Body Trim and Appetite Control</td>
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<td>02509</td>
<td>Waistline Control™</td>
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<td><strong>WOMEN’S HEALTH</strong></td>
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<tr>
<td>01942</td>
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<td>01626</td>
<td>Enhanced Sex for Women 50+</td>
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<td>01894</td>
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<td>Menopause 731™</td>
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<td>02319</td>
<td>Prenatal Advantage</td>
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<td>01441</td>
<td>Progesta-Care®</td>
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<tr>
<td>01649</td>
<td>Super-Absorbable Soy Isoflavones</td>
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</table>
Neuro-Mag® Magnesium L-Threonate was specifically formulated by MIT scientists to be uniquely absorbable by brain and nerve cells.

The number of synapses that connect brain cells decline with aging.

Magnesium L-Threonate has been shown to improve synaptic density and other structural components of the brain.*
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.

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

* Highest Independent 5-star rating, International Fish Oil Society For Over Nine Years. IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc.

SUPER OMEGA-3 PLUS
EPA/DHA Fish Oil, Sesame Lignans, Olive Extract, Krill & Astaxanthin
(2,520 mg of EPA + DHA in four softgels)

Item #01988 • 120 softgels
1 bottle $34.50 • 4 bottles $32 each

SUPER OMEGA-3*
EPA/DHA Fish Oil, Sesame Lignans & Olive Extract
(2,400 mg of EPA + DHA in four softgels)

Item #01982 • 120 softgels
1 bottle $24.75 • 4 bottles $22 each

For full product description and to order Super Omega-3, or Super Omega-3 Plus, call 1-800-544-4440 or visit www.LifeExtension.com

“It has my joints feeling well.”
Anthony
VERIFIED CUSTOMER REVIEW
IN THIS EDITION OF \textit{LIFE EXTENSION MAGAZINE}\textsuperscript{®}

7 A CURABLE VIRUS THAT CAN CAUSE CANCER
Hepatitis C is a major cause of liver failure and liver cancer. A simple \textit{blood test} provides \textit{early} warning against this silent, but \textit{curable} disease.

22 TARGET BELLY FAT
Two \textit{plant extracts} reduced \textit{waist circumference} by an average of 4.7 \textit{inches} and \textit{hip size} by an average of 4.1 \textit{inches} in clinical trials.

32 OVERLOOKED RISKS OF ELEVATED HOMOCYSTEINE
Elevated \textit{homocysteine} blood levels contribute to brain aging, heart disease, and hearing loss.

42 REVERSE NONALCOHOLIC FATTY LIVER DAMAGE
A blend of \textit{probiotics} and a \textit{prebiotic} has been clinically shown to \textit{stop} progression of \textit{nonalcoholic fatty liver disease} and help \textit{reverse} liver damage.

63 VITAMIN K RESEARCH UPDATE
Recent studies show how \textit{vitamin K} impedes arterial calcification and reduces all-cause mortality.

69 WHAT ARE BRANCHED CHAIN AMINO ACIDS?
Age-related muscle loss causes frailty and injuries among older adults. \textit{Branched chain amino acids} help support muscle mass.