NEW WAY TO BURN MORE CALORIES

PLUS: Vitamin D Linked to Lower Mortality Risk
The annual **SUPER SALE** enables premium-grade nutrient formulas to be obtained at the year’s lowest prices.

Long-term supporters know that product **quality** is backed by **Life Extension’s** dedication to extended healthy lifespans.

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

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two-Per-Day Multivitamin • 120 capsules • Item #02314</td>
<td>$15.30</td>
<td>Comprehensive multivitamins, minerals, and plant extracts with bio-active ingredients. (Two-month supply)</td>
</tr>
<tr>
<td>Super K • 90 softgels • Item #02334</td>
<td>$18.23</td>
<td>Vitamin K1, Vitamin K2 (MK4) and Vitamin K2 (MK7) in one tiny softgel. (Three-month supply)</td>
</tr>
<tr>
<td>Bio-Fisetin • 30 vegetarian capsules • Item #02414</td>
<td>$9.00</td>
<td>Highly bioavailable form of the plant flavonoid fisetin supports cell health in multiple ways.</td>
</tr>
<tr>
<td>Advanced Curcumin Elite™ Turmeric, Ginger &amp; Turmerones</td>
<td>$16.20</td>
<td>30 softgels • Item #02324 45 times greater free curcuminoid bioavailability, plus ginger and turmerones.</td>
</tr>
<tr>
<td>FLORASSIST® GI with Phage Technology</td>
<td>$20.25</td>
<td>30 liquid vegetarian capsules • Item #02125 Dual-encapsulation probiotic for optimal delivery to help balance intestinal bacteria.</td>
</tr>
<tr>
<td>Super Omega-3 Fish Oil, Sesame Lignans &amp; Olive Extract</td>
<td>$22.50</td>
<td>120 softgels • Item #01982 Highly purified EPA and DHA from cold-water fish, sesame lignans, plus olive extract.</td>
</tr>
<tr>
<td>Extend-Release Magnesium • 60 vegetarian capsules • Item #02107</td>
<td>$7.88</td>
<td>Immediate- and extend-release magnesium for sustained benefits.</td>
</tr>
</tbody>
</table>

**SUPER SALE ENDS JANUARY 31, 2023.**

Customers traditionally take advantage of the **SUPER SALE** to stock up on a year’s supply of their favorite supplements.

To place your order, call 1-800-544-4440 or visit [www.LifeExtension.com](http://www.LifeExtension.com) (SUPER SALE pricing available only to customers in the US, Canada, and England.)

---

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**
22 POMEGRANATE PROMOTES HEART HEALTH
Nutrient-dense pomegranate protects the heart and endothelium. In a clinical study pomegranate substantially reduced arterial plaque.

34 UNLEASH FULL POTENTIAL OF RESVERATROL
Resveratrol, when combined with hydrogel fiber, becomes up to 10 times more bioavailable, delivering longevity effects throughout the body.

50 QUERCETIN IMPROVES METABOLIC HEALTH
Quercetin, found in certain plants, can improve metabolic age while reducing cardiovascular risk factors.

60 FEEL BETTER FASTER
Human studies show that elderberry, zinc, and vitamin C, taken in the early stages of a cold or flu, can activate the body’s immune functions and shorten the duration of the illness.

69 PROTECT AGAINST DOPAMINE DEFICIT
Inhibiting MAO-B impedes dopamine breakdown, protecting brain structures and improving mood.

Burn More Body Fat
A compound in red chili peppers called capsaicin increases calorie burning. A clinical trial showed reduced body mass after just 28 days.

ON THE COVER: PAGE 7
WORLDWIDE OBESITY CRISIS
Obesity prevalence has tripled across the globe since 1975. Capsaicin, found in red chili peppers, increases calorie burning. A new method protects against stomach irritation and improves capsaicin bioavailability to promote weight loss.

15 IN THE NEWS
Low testosterone associated with cardiovascular disease risk; deficient vitamin D doubles mortality risk in older adults; omega-3 fatty acids improve immunotherapy; higher intake of vitamins A, C, and E cut glaucoma risk.
Why settle for subpar supplements?

Two-Per-Day Multivitamin Capsules

Super Sale Price
Item #02314 • 120 capsules (two-month supply)
1 bottle $17.21 • 4 bottles $15.30 each

Two-Per-Day Multivitamin Tablets

Super Sale Price
Item #02315 • 120 tablets (two-month supply)
1 bottle $16.54 • 4 bottles $14.63 each

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

Crominex® 3+, Capros® and PrimaVie® are patent protected and registered trademarks of Natreon, Inc.
Lycored LycoBeads® is a registered trademark of Lycored; Orange, New Jersey. SelenoExcell® is a registered trademark of Cypress Systems Inc.
L-OptiZinc® is a Lonza trademark, registered in the USA.

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.
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, FACCP, 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 multitoxin/mineral supplement, an Alzheimer's/dementia compilation, and a diabetic regimen.

Thomas F. Crais, MD, FACPs, is 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, is an internist and a practicing physician and board-certified osteopathic family physician. He is also a professor of cellular hematopoietic studies. He holds a doctorate in plastic and reconstructive surgery 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. Marholin, 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 Francesco Marotta, MD, PhD, of Montenapoleone 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 a board-certified family physician who merges mainstream and alternative medicine using functional medicine concepts, nutrition, and natural approaches.

Filippo Onghar, MD, is board-certified in anti-aging medicine and has worked for many years as a 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, is 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 Quillin, PhD, RD, CNS, is a clinical nutritionist in Carlsbad, CA, 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 melatonin 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, LN, is involved in immunology 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 fellowship-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, cryothermia, 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.
Re-Energize Heart and Brain Cells

Three Choices of Superior Ubiquinol CoQ10 Mitochondrial Delivery System

"My gift to my heart."
Donna
VERIFIED CUSTOMER REVIEW

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

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

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

100 mg CoQ10 + 10 mg PQQ
SUPER SALE PRICE
Item #01733 • 100 mg, 30 softgels
1 bottle $34.43
4 bottles $27.90 each

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

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.
Obesity prevalence has tripled across the globe since 1975.¹

Nearly 60% of Europe’s adults are now overweight or obese.²

A record 73% of Americans are in this category—with nearly 10% defined as severely obese.³⁻⁵

The penalty for this glut of body fat is premature illness and death.⁶

Healthcare systems worldwide struggle to handle surging numbers of patients afflicted with obesity-related diseases.⁷⁻⁸

An impediment to shedding pounds with low calorie diets is that our body turns down energy expenditure to conserve calories as body fat.

This biological response is called adaptive thermogenesis⁹⁻¹⁰ and is explained in the next column.

> Thermogenesis converts calories into heat energy. Extra calories not burned get stored as body fat.¹¹⁻¹²

> Adaptive in this instance means turning down thermogenic rate in response to reduced food intake.

Adaptive thermogenesis is a factor that thwarts most reduced-calorie diets because decreased calorie burn results in less fat loss.⁹⁻¹⁰

Judicious use of agents to boost metabolic rates while reducing calorie intake is a promising strategy to help people lose weight.¹²

A low-cost method has been found to do just that, i.e., increase energy expenditure without creating stimulatory side effects.¹²

This month’s issue describes how one can safely augment a weight loss program.

Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2021

Content source: Centers for Disease Control and Prevention.²

This map shows Prevalence of self reported obesity among U.S. Adults by state and territory, BRFSS, 2021.

Reference to specific commercial products, manufacturers, companies, or trademarks does not constitute its endorsement or recommendation by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

This material is otherwise available on the agency website for no charge.

* Sample size <50, the relative standard error (dividing the standard error by the prevalence) >30%, or no data in a specific year.
The major challenge of benefiting from capsaicin is its low bioavailability. It has a short half-life because of rapid metabolism that occurs in the liver.

A novel formulation helps overcome some of these challenges by delivering a functional dose of capsaicin without the digestive irritations. This improved bioavailability, low cost, plus safe thermogenic mechanism make capsaicin a rational adjunct for those seeking meaningful weight loss results.

Clinical Trial Reveals Modest Effects in 28 days

The use of thermogenesis-enhancing agents, typically combined with calorie reduction, has a potential to induce modest weight loss. In order to test the efficacy of a new capsaicin formula, a 28-day placebo-controlled study was conducted.

Overweight volunteers took a 200 mg daily dose of standardized capsaicin that was enclosed in a plant fiber to provide greater systemic bioavailability of the capsaicin.

No changes in food intake or physical activity levels were advised over this brief study period.

The capsaicin group lost 2.1% of their body weight compared to 0.32% for the placebo arm of the study in four weeks.
This 2.1% of weight loss occurred over a brief (28-day) period without the volunteers engaging in the kinds of low-calorie diets that overweight/obese individuals need to shed meaningful body fat.

This study supports previous research showing that capsaicin boosts fat-burning energy expenditure without the stimulatory effects encountered with caffeine-ephedrine formulas.12

To achieve sustained reductions in body fat, however, decreased calorie consumption along with some increase in physical activity is highly recommended.

A More Comprehensive Approach

The primary benefit of a thermogenic agent is for people committed to achieving a long-term reduction in body weight.

This usually requires a multi-modal approach that requires a combination of reduced calorie intake and increased energy expenditure through physical activity.9,21

For Those Interested in Intermittent Fasting

A growing number of people engage in time-restricted eating where they fast for about 16-hours most days and only eat during an 8-hour window.

Others consume very low or no calories two days each week.

Time-restricted eating produces many health benefits, but after some time their bodies adapt to a low-calorie diet and no longer sustain much weight loss. One reason may be that the body senses food scarcity during the fasting period and conserves energy (body fat).9,10

Use of an effective capsaicin formula to increase energy expenditure combined with time-restricted eating or reduced calorie intake may be better for removing stubborn fat stores.14,18-23

Taking the recommended dose of a thermogenesis-enhancing compound is a rational and promising complement to this approach.

By safely increasing thermogenesis, one will likely lose more fat pounds especially when combined with a healthier lifestyle that includes reducing excess calories.

Boosting metabolic rate using a thermogenic compound enables a more comprehensive approach to losing excess body fat than dieting alone.

Based on the 28-day study described earlier, a 225-pound person using this new bioavailable capsaicin would lose about 5 pounds the first month.

A more comprehensive approach is to combine capsaicin with:

- Reduced calorie intake
- Increased physical activity
- Compounds that boost AMPK activity, like the drug metformin or the plant extract gynostemma pentaphyllum.

This multi-modal strategy will likely produce more sustained results over an extended time period.
**Tragedy of Delayed Weight Loss**

When obesity-induced illnesses like type II diabetes strike, a multitude of co-morbidities can follow that include painful neuropathies, kidney impairment, visual disturbances, coronary atherosclerosis, dementia, fatty liver, and/or ischemic stroke.\(^5\)\(^,\)\(^8\)\(^,\)\(^14\)\(^,\)\(^21\)\(^,\)\(^26\)\(^,\)\(^27\)

Those who have been overweight for decades often complain about the many degenerative conditions that relentlessly strike them.

I explain to these individuals that tissue damage has been smoldering in their overweight body for decades, and outward symptoms of these pathologies are only now emerging.

The optimal time to shed excess body fat is before serious illnesses develop that are often irreversible.

When combined with a healthier lifestyle, using a thermogenic compound to maintain metabolic rates represents a multi-pronged approach to cutting more body fat.

The article on page 42 describes the weight loss mechanisms that occur in response to boosting thermogenic energy expenditure.

I hope our readers who harbor excess fat pounds can lose at least 10% of their body weight in 2023.

Significant health and longevity benefits occur in those who achieve even modest body fat loss.\(^28\)

For longer life,

William Faloon, Co-Founder

Life Extension®

---

**References**

Low-Cost Biologically Active B Complex

Enzymatically Active Vitamins

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

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

SUPER SALE PRICE

Item #01945 • 60 vegetarian capsules

1 bottle $8.10 • 4 bottles $7.20 each

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

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


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.
Supersale
Ending Soon!
New year, new you. Stock up to make this your best year yet.

EVERY Life Extension® supplement is on sale—plus, check out these additional ways to save!

<table>
<thead>
<tr>
<th>Super Stars</th>
<th>Sitewide Discounts</th>
<th>Buy More, Save More</th>
<th>Premier Exclusives</th>
<th>Special Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special savings on customer favorites and staff picks— for a limited time!</td>
<td>Act fast to save big</td>
<td>When you purchase multiple bottles...so it really pays to stock up</td>
<td>Special events just for Premier Rewards members</td>
<td>Unique offerings all season long</td>
</tr>
</tbody>
</table>

Don’t miss a single Super Sale savings event. Check your text messages, emails, follow us on social media and be sure to visit our website. Super Sale ends January 31, 2023.

LifeExtension.com/BigSavings or call 1-888-672-4220
Code SAVEBIG

Essential Kits excluded from Super Sale.
Thermo Weight Control contains a patented red-chili extract that *increases* burning of calories.†

Clinical results demonstrate *reduced* body mass including a *decreased* waist-to-hip ratio of 4%™ after only 28 days.

Thermo Weight Control targets calories with capsaicin embedded in a plant fiber for optimal systemic benefits.

Specially formulated to be gentle on the stomach, these low-cost red-chili extract capsules can help maximize your weight management program.

**SUPER SALE PRICE**

Item #02511 • 60 vegetarian capsules

1 bottle $13.50 • 4 bottles $12.15 each

* This supplement should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

† 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.

Capsifen® is a registered trademark of Akay USA LLC.

For full product description and to order Thermo Weight Control, call 1-800-544-4440 or visit www.LifeExtension.com
Studies show that increasing AMPK activity encourages cells to stop storing fat.

AMPK Metabolic Activator helps trigger cellular AMPK, enabling your body to burn unwanted fat—particularly around your abdomen.

SUPER SALE PRICE
Item #02207 • 30 vegetarian tablets
1 bottle $25.65 • 4 bottles $21.60 each

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

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

Actiponin® is a trademark of TG Biotech Co., Ltd.
Reduced Testosterone Levels Associated with Greater Risk of Cardiovascular Disease

A retrospective cohort study suggests that decreased testosterone levels in young males is associated with increased risk of developing cardiovascular disease.*

The investigators used two risk assessment tools to predict the 10-year cardiovascular risk of 1,253 men between the ages of 30 and 79.

In men aged 30-49, cardiovascular incidence was more pronounced, with a 16% and 20% increased risk of disease with low testosterone levels estimated by two risk assessment tools.

Editor’s Note: The association between increased cardiovascular risk and low testosterone was consistent in all participants.

Improving Vitamin D Levels in Older Age is Linked to Lower Risk of All-Cause Mortality

The benefits of correcting and maintaining vitamin D deficiency accrue even in older age, according to the results of a study published in *BMC Geriatrics.*

The participants included 1,362 individuals in the Chinese Longitudinal and Health Longevity Survey, aged 60 to 113 whose serum vitamin D levels were measured in 2012 and 2014. Mortality data were collected in 2018. Deficient vitamin D levels were detected among 67.5% of the participants in 2012 and 68.4% in 2014.

During follow-up, 420 deaths occurred. Individuals who were deficient in vitamin D in 2012 and 2014 had more than twice the mortality risk than those who maintained higher levels.

Among participants who maintained sufficient vitamin D or were deficient in 2012 and not deficient in 2014, the risk of dying was 30% and 53% lower, respectively, compared to participants who were deficient at both points in time.

This highlights the need to address vitamin D deficiency in older individuals to support longevity and healthy aging.

*Editor’s Note:* The greatest benefit associated with improved vitamin D status was found among women and those people who were 80 years of age or older, the “oldest old.”

* *BMC Geriatr* 22, 245 (2022).*
Omega-3 Fatty Acids Could Improve Immunotherapy

Findings from a study done on mice, reported at the American Society for Investigative Pathology's annual meeting, revealed a benefit for adding omega-3 fatty acids to cancer-fighting immunotherapy.*

The mice were fed either a standard diet, a diet enhanced with omega-3, or a diet high in omega-6, beginning 10 days before injecting them with tumor cells. One week after the injections, the animals were given either immunotherapy, an anti-inflammatory therapy, both therapies, or no therapy.

Compared to a standard diet, the addition of omega-3 fatty acids resulted in more robust response to the treatment compared to the animals that received immunotherapy or immunotherapy plus anti-inflammatory therapy alone.

Mice that received both cancer therapies and the high omega-3 diet had up to 67% less tumor growth than animals that received no cancer therapies and a standard diet.

An omega-6-enhanced diet was associated with significant acceleration of the growth of one tumor type. The typical American diet is loaded with omega-6 fats and deficient in omega-3s.

Editor's Note: Immunotherapy involves harnessing the body’s immune system to combat cancer or other diseases. Supplementation with Omega-3 PUFA may enhance its effect. This combination is predicted to revolutionize cancer therapy.

Greater Intake of Vitamins A, C, and E Associated with Lower Glaucoma Risk

A study presented at the American Academy of Ophthalmology Annual Meeting found an association between higher intake of vitamins A, C, and E, and a lower risk of glaucoma.*

A total of 18,669 participants completed questionnaires every other year, providing information about food and supplement intake, and other factors. During a 12-year average follow-up, 266 new cases of glaucoma occurred.

Those who consumed high amounts of vitamins A, C, and E during follow-up had an adjusted 47% lower risk of developing glaucoma in comparison with those who consumed low amounts.

Editor’s Note: The protective effect was observed only when higher amounts of all three vitamins were consumed in combination.

45 Times Greater Bioavailability
CURCUMIN

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

SUPER SALE PRICE
Item #02407
500 mg, 60 vegetarian capsules
1 bottle $21.60 • 4 bottles $19.80 each

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

SUPER SALE PRICE
Item #02324
500 mg curcumin + gingerol, 30 softgels
1 bottle $18 • 4 bottles $16.20 each

For full product description and to order Curcumin Elite™ or Advanced Curcumin Elite™, 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.
THREE WAYS TO BUILD STRONGER BONES

CUSTOMIZE YOUR BONE-HEALTH PROGRAM

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

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

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

"I feel I am being proactive in keeping my bones strong.”

Sonia
VERIFIED CUSTOMER REVIEW

---

**SUPER SALE PRICE**

**Bone Restore**
Item #01726 • 120 capsules
1 bottle $14.85 • 4 bottles $12.83 each

**Bone Restore with Vitamin K2**
Item #01727 • 120 capsules
1 bottle $16.20 • 4 bottles $14.85 each

**Bone Restore Elite with Super Potent K2**
Item #02416 • 120 capsules
1 bottle $31.05 • 4 bottles $28.35 each

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

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

Fruitex B® and OsteoBoron® are registered trademarks of VDF Futureceuticals, Inc. U.S. Patent No. 5,962,049.

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

Testosterone Elite helps maintain healthy testosterone levels:

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

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

• Just one capsule a day.

References

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

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

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Pomegranate is a nutrient-dense food with compounds that promote heart health.1-4

Preclinical and clinical studies show that pomegranate can improve blood flow,6,7 reduce arterial blood clots,5 and modestly lower cholesterol, triglycerides, and blood pressure.8

Most notably, pomegranate has been shown to help prevent and even reverse some of the blood vessel damage that can lead to heart attack and stroke.1,2,9,10

A clinical study in patients with atherosclerosis found that pomegranate consumption substantially decreased thickness of carotid artery plaques.9

Fresh pomegranate fruit or juice can be high in fructose.11 For those who want to avoid the sugar, pomegranate extracts provide an alternative.
A Nutritional Powerhouse

All parts of the pomegranate plant, including the fruit, leaves, peel, seeds, and flowers, are packed with beneficial compounds.

These include anthocyanins, flavonoids, and unique tannins (such as punicalagin).2

One of pomegranate’s most impressive effects is its ability to protect aging arteries in multiple ways, including preventing and even reversing endothelial dysfunction.1,2

Endothelial dysfunction refers to damage to the delicate inner lining of blood vessels. This dysfunction is an important contributor to atherosclerosis, the buildup of plaque in the arteries.10,12

Atherosclerosis is responsible for a major share of deaths worldwide.13,14

Improving Lipid Levels

Animal models have shown that pomegranate can reduce blood levels of total cholesterol, LDL cholesterol, and triglycerides.15-18

Oxidation of LDL cholesterol makes it more dangerous than normal LDL. Oxidized LDL accumulates in blood vessel walls more easily and accelerates the progression of atherosclerosis. Pomegranate decreases the oxidation of lipids.19,20

In human studies, pomegranate use significantly reduces blood levels of oxidized LDL and reduces LDL aggregation.19,21

Restoring Blood Vessel Function

An important indicator of endothelial dysfunction is an impaired ability of blood vessels to dilate (widen) when necessary.10,22

Pomegranate and its extracts improve the ability of the endothelium to promote arterial relaxation and dilation.6,7

Nitric oxide is one of the body’s main vasodilators, which means it induces the dilation of arteries. In endothelial dysfunction, production of nitric oxide declines. Preclinical evidence shows that pomegranate can boost nitric oxide production and improve arterial dilation.23-26

Preventing Blood Clots

Endothelial dysfunction and atherosclerosis increase the risk of abnormal blood clots.

Most heart attacks and strokes are caused by clots forming inside diseased arteries, which reduces blood flow to the heart or brain.27,28

Some of the same compounds contained in pomegranate that benefit arterial health also influence the function of platelets, the tiny cells in our blood that form clots.

Thromboxane A2, which is reduced by pomegranate, activates platelets and causes their aggregation.29,30

In animal studies, pomegranate reduced clotting associated with platelets and other factors, even when exposed to stimuli that would normally cause their aggregation.5,29
Improving Blood Pressure

High blood pressure is a major risk factor for atherosclerosis and is closely linked with endothelial dysfunction.31-33

A class of drug used to lower blood pressure are the ACE inhibitors. Preclinical and clinical research has demonstrated that, like these medications, pomegranate extracts can inhibit ACE activity.34,35 In fact, multiple clinical studies show that pomegranate is able to help reduce elevated blood pressure.8

In people with high blood pressure, two weeks of pomegranate intake decreased blood ACE activity by 36%. In this study, pomegranate lowered systolic blood pressure by 5%.35

In other human studies, pomegranate consumption led to reductions in systolic and diastolic blood pressure.8,36,37

In a study of subjects with atherosclerosis in the carotid artery, one year of pomegranate intake reduced systolic blood pressure by an average of 12%.9

Those with systolic blood pressure levels chronically above 115-120 mmHg should seek professional guidance on the appropriate medication and/or lifestyle intervention (such as weight loss) to safely achieve optimal blood pressure control.

Blood Glucose

Poor control of blood glucose levels is a powerful contributor to both endothelial dysfunction and to atherosclerosis.1

In animal studies, pomegranate extract improved insulin sensitivity and reduced fasting blood glucose levels.38,39

In studies of patients with type II diabetes or impaired glucose control, a single dose of pomegranate improved insulin sensitivity and blood glucose control.40,41

Pomegranate may also protect against the damage that glucose causes to tissues, including arteries. A large part of this damage is due to glycation, when sugars bind to proteins and alter their function.42

Punicalagin from pomegranate has been shown preclinically to suppress the glycation of proteins and prevent their accumulation, even in mice fed a high-sugar diet.43
Those with less-than-optimal glycemic markers (glucose + A1C + fasting insulin) despite healthy diet and lifestyle should seek professional guidance on a range of medications that can lower excess blood sugar.

Reducing Atherosclerotic Plaques

Pomegranate has a profound impact on blood vessel health.

In preclinical investigations, punicalagin and pomegranate extract have both been shown to help reverse endothelial dysfunction.44,45

Animal models of accelerated atherosclerosis also show that pomegranate can prevent and reverse the progression of atherosclerotic plaque.

For example, rodent studies show that pomegranate helped maintain arterial health and significantly slowed progression of atherosclerosis.46,47 In a mouse study, pomegranate reduced the size of plaques by 44%.21

Human trials have found striking effects on improving cardiovascular disease parameters.

One clinical study evaluated patients with atherosclerosis in the carotid arteries.9 Pomegranate consumption decreased the extent of atherosclerotic plaque by up to 35% after a year. Those who did not receive pomegranate had a 9% worsening of atherosclerosis.

In adults with ischemic heart disease (insufficient oxygen delivery and blood flow to the heart muscle), pomegranate significantly reduced the intensity, occurrence, and duration of angina (chest pain) episodes.48 It also lowered the level of troponin in the blood, an acute marker of damage to the heart muscle.

Another study in patients with heart disease found that while exercise-induced ischemia (reduced blood flow) of the heart increased in a control group over three months, patients receiving pomegranate juice had a significant ischemia decrease.49

These studies and others make it clear that pomegranate can help reduce risks for atherosclerosis and symptoms of heart damage in those with existing cardiac issues.

Summary

Pomegranate and its extracts have demonstrated abilities to prevent and reverse endothelial dysfunction, a blood vessel malfunction that contributes to atherosclerosis.

Pomegranate also improves blood pressure, glucose, lipid status, and abnormal clotting.

Through all these actions, pomegranate may reduce the risk of developing cardiovascular disorders and relieve symptoms in people with preexisting heart disease.

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

References


COVER YOUR BASES WITH ONCE-DAILY HEALTH BOOSTER

- **Mixed tocotrienols** to support arterial health, cellular apoptosis, and normal lipid profiles.
- **Macuguard** including zeaxanthin, lutein, and meso-zeaxanthin to support macular density.
- **Broad-spectrum Vitamin K** with three vitamin K2 subtypes (MK-4, MK-7) plus vitamin K1 to keep calcium in bones and out of arteries.
- **Lycopene** to maintain healthy cell division.
- **Chlorophyllin** to protect against environmental DNA damage.
- **Saffron** to support visual health.

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

For full product description and to order **Once-Daily Health Booster**, call 1-800-544-4440 or visit www.LifeExtension.com

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

LifeExtension® and Mz® are registered trademarks of NutriProducts LTD., UK, licensed under U.S. patent 8,623,428.

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

It also maintains higher vitamin levels throughout the day.¹

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

SUPER SALE PRICE
Item #02501 • 60 vegetarian tablets
1 bottle $22.95 • 4 bottles $20.70 each

This complementary combo promotes a healthy inflammatory response.

**Curcumin Elite™**
- SUPER SALE PRICE
- Item #02407 • 60 500 mg vegetarian capsules
- 1 bottle $21.60 | 4 bottles $19.80 each

**Pro-Resolving Mediators**
- SUPER SALE PRICE
- Item #02223 • 30 softgels
- 1 bottle $18.90 | 4 bottles $17.10 each

For full product description and to order Curcumin Elite™ and Pro-Resolving Mediators, 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.
Pomegranate Complete combines extracts from the whole fruit, flower, and seed oil. Pomegranate plant compounds support heart health.

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

POMELLA® extract is covered under U.S. Patent 7,638,640 and POMELLA® is a registered trademark of Verdure Science, Inc.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Life Extension® supporters take extraordinary steps to stave off aging.

When customers buy from Life Extension®, they are assured of receiving the highest-quality products based on the latest scientific studies. Each purchase at these discount prices qualifies for valuable Rewards Dollars that further reduce the cost of future orders.

**Neuro-Mag® Magnesium L-Threonate** • 90 vegetarian capsules • Item #01603
Helps maintain structural integrity of synaptic connections in the brain. $27.68 $24.75

**BioActive Complete B-Complex** • 60 vegetarian capsules • Item #01945
Enzymatically active forms of B vitamins to help lower homocysteine, energize cells, and protect against glycation. $8.10 $7.20

**Vitamin D3** • 125 mcg (5,000 IU), 60 softgels • Item #01713
High-potency vitamin D supports immune function. $6.75 $5.85

**AMPK Metabolic Activator** • 30 vegetarian tablets • Item #02207
Dual-ingredient plant compounds support youthful AMPK activity in one daily tablet. $25.65 $21.60

**Curcumin Elite™ Turmeric Extract** • 60 vegetarian capsules • Item #02407
Patented turmeric extract provides 45-times greater free curcuminoid bioavailability. $21.60 $19.80

**Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™**
100 mg, 60 softgels • Item #01426
Superior ubiquinol form of CoQ10 (100 mg) plus shilajit shown to enhance mitochondrial energy production. $42.53 $36.00

**Lithium** • 1,000 mcg 100 vegetarian capsules • Item #02403
A low-cost mineral that functions in several ways to support cognition and overall brain health. (100-day supply) $10.80 $9.45

**Ultra Prostate Formula** • 60 softgels • Item #02029
Comprehensive support for an aging prostate gland utilizing extracts from pygeum, nettle, flower pollen, and saw palmetto, plus boron, beta-sitosterol, and lycopene. $26.33 $24.30

---

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
<table>
<thead>
<tr>
<th>Product Description</th>
<th>Item #</th>
<th>One Unit Price</th>
<th>Four-Unit Per-Bottle Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAC (N-Acetyl-L-Cysteine) 600 mg, 60 capsules</td>
<td>#01534</td>
<td>$10.80</td>
<td>$9.68</td>
</tr>
<tr>
<td>Supports glutathione levels for healthy immune function.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Super K 90 softgels</td>
<td>#02334</td>
<td>$20.25</td>
<td>$18.23</td>
</tr>
<tr>
<td>Vitamin K1, Vitamin K2 (MK4) and Vitamin K2 (MK7) in one tiny softgel.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Three-month supply)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zinc Caps 50 mg, 90 vegetarian capsules</td>
<td>#01813</td>
<td>$6.08</td>
<td>$5.40</td>
</tr>
<tr>
<td>Support for the body’s natural immune defenses.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bio-Fisetin 30 vegetarian capsules</td>
<td>#02414</td>
<td>$10.13</td>
<td>$9.00</td>
</tr>
<tr>
<td>A highly absorbable form of the plant flavonoid fisetin supports cell health in multiple ways.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FLORASSIST® GI with Phage Technology 30 liquid vegetarian capsules</td>
<td>#02125</td>
<td>$22.28</td>
<td>$20.25</td>
</tr>
<tr>
<td>Dual-encapsulation probiotic for optimal delivery to help balance bacteria in the intestines.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bone Restore w/ Vitamin K2 120 capsules</td>
<td>#01727</td>
<td>$16.20</td>
<td>$14.85</td>
</tr>
<tr>
<td>Skeletal-strengthening nutrients in one highly absorbable formula.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mitochondrial Energy Optimizer with PQQ 120 vegetarian capsules</td>
<td>#01868</td>
<td>$45.90</td>
<td>$40.50</td>
</tr>
<tr>
<td>Glycation-protection and mitochondrial biogenesis formula. Provides 1,000 mg of carnosine along with R-lipoic acid, taurine, benfotiamine, and PQQ.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract 120 softgels</td>
<td>#01982</td>
<td>$24.30</td>
<td>$22.50</td>
</tr>
<tr>
<td>Highly purified EPA and DHA, sesame lignans, plus olive extract.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arterial Protect 30 vegetarian capsules</td>
<td>#02004</td>
<td>$29.70</td>
<td>$26.10</td>
</tr>
<tr>
<td>Helps stabilize endothelial plaque and promote healthy blood flow.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senolytic Activator 36 vegetarian capsules</td>
<td>#02301</td>
<td>$17.55</td>
<td>$16.20</td>
</tr>
<tr>
<td>Highly absorbable forms of fisetin, quercetin, plus apigenin and theaflavins designed to help manage senescent cells. (Take 3 capsules just once each week)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Super R-Lipoic Acid 240 mg, 60 vegetarian capsules</td>
<td>#01208</td>
<td>$33.08</td>
<td>$30.38</td>
</tr>
<tr>
<td>Superior efficacy compared to alpha-lipoic acid—supplies 240 mg of stabilized R-lipoic acid.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NAD+ Cell Regenerator™ and Resveratrol Elite™ 30 vegetarian capsules</td>
<td>#02348</td>
<td>***</td>
<td>***</td>
</tr>
<tr>
<td>NIAGEN® nicotinamide riboside + bioavailable resveratrol.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NIAGEN® is a registered trademark of ChromaDex, Inc., Patents see: www.ChromaDexPatents.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.**
Unleash the Full Potential of RESVERATROL
Resveratrol is one of those nutrients that is a multi-tasker.\textsuperscript{1-3} It has potential to increase longevity and promote better cardiovascular, brain, and metabolic health.\textsuperscript{1-3}

One challenge with resveratrol has been finding ways to make it more bioavailable. Despite having good initial absorption, resveratrol is rapidly metabolized, leaving little of the original compound circulating in blood.

Scientists have made an advance in improving resveratrol delivery. Formulating it into a hydrogel fiber blend enables up to 10 times greater bioavailability compared to unformulated resveratrol.\textsuperscript{4}

This enhances the amount and time that resveratrol can deliver its multiple benefits throughout the body.
Resveratrol Bioavailability

Resveratrol is a polyphenol compound found in several plants, most notably red grapes, some berries, and Japanese knotweed.

In its free form, resveratrol has poor bioavailability. Most of the free resveratrol does not end up in the bloodstream and cannot get to the tissues where it can exert beneficial effects.

The main reason is that active resveratrol is rapidly metabolized.

Protecting Against Rapid Degradation

Researchers discovered that a plant fiber formulation can protect resveratrol from rapid metabolism, greatly enhancing its bioavailability and delivery to tissues.

Galactomannans are a plant-derived, indigestible fiber. Human enzymes cannot break this fiber down.

Embedding resveratrol in a matrix of these fibers creates a hydrogel that protects the resveratrol from rapid degradation in the liver and digestive tract.

In a recent trial, human subjects were randomized to receive either this new hydrogel form of resveratrol or the same dose of regular unformulated resveratrol. The new formulation increased bioavailability of resveratrol by more than 10 times.

In addition, the hydrogel resveratrol resulted in almost four-fold greater peak blood levels of resveratrol and nearly a four-fold greater half-life. That means the new resveratrol reached higher levels in the body and stayed in the bloodstream longer.

Why Resveratrol Is Biologically Important

Resveratrol is a phytonutrient that impacts several cellular processes.

For example, it activates:

- Sirtuins, proteins that regulate cellular health and longevity,
- Nrf2, a master regulator of the body’s defense against oxidative damage, and
- FOXO, a regulator of autophagy, the process of “cellular housekeeping” that keeps tissues healthy.

Through its impact on these and other systems, resveratrol helps prevent or mitigate several different forms of chronic disorders.

Resveratrol’s actions also mimic some beneficial actions found with calorie-restricted diets and exercise, which both improve metabolic health.

Through its various actions, resveratrol provides a broad array of benefits that can help improve insulin sensitivity, activate longevity genes, and reduce chronic inflammation.
Multifaceted Effects

The effects of resveratrol extend to practically every organ system.

Among the potential benefits observed in a wide range of studies, resveratrol has been shown to:

- **Promote longevity.** Resveratrol intake is associated with longer lifespan in a range of model organisms. For example, short-lived flies fed different resveratrol concentrations had mean lifespan extension of 10% to 29%.\(^7\)\(^-\)\(^9\) In bees, it increases the maximum lifespan by 38%.\(^10\)

- **Improve metabolic health.** Metabolic health underpins the health of *all systems* in the body, and resveratrol supports optimal metabolism. Preclinical and clinical research shows it can help improve insulin sensitivity and lipid levels, aid in control of diabetes, decrease body weight, and improve the mix of healthy intestinal flora.\(^3\)\(^,\)\(^11\)\(^-\)\(^19\)

- **Protect heart parameters.** In clinical and preclinical studies, resveratrol has been shown to improve blood vessel function and blood pressure. By these and other means, resveratrol can help fight underlying causes of cardiovascular disorders.\(^2\)\(^,\)\(^15\)\(^-\)\(^17\)\(^,\)\(^20\)\(^-\)\(^21\)

- **Improve brain indicators.** Data from preclinical studies have shown that resveratrol can reduce neuroinflammation and the accumulation of abnormal proteins associated with neurodegenerative diseases like Alzheimer’s and Parkinson’s disease.\(^1\)\(^,\)\(^3\)\(^,\)\(^22\)\(^-\)\(^24\) In a fruit fly model, a special form of resveratrol also conferred neuroprotective benefits.\(^8\)

- **Encourage immune and anti-inflammatory effects.** Resveratrol has shown immunomodulatory effects in preclinical trials, which could bolster healthy immune function to defend against various pathogens and toxins. It also possesses anti-inflammatory properties.\(^1\)\(^,\)\(^3\)\(^,\)\(^20\)

- **Promote anti-cancer activity.** Preclinical studies show resveratrol has anti-cancer activity, blocking abnormal cell growth, killing aberrant cells, and preventing the spread of these cells in the body.\(^3\)

With greater bioavailability, hydrogel resveratrol can maximize the potential to achieve these types of benefits.

---

**A Better Resveratrol at Last**

- **Resveratrol** is a polyphenol compound found in various plants, particularly red grapes, some berries, and Japanese knotweed.

- It has been shown in a number of different models to promote longevity, and has been studied for improving metabolic, cardiovascular, brain, and immune health.

- Until recently, resveratrol suffered from poor bioavailability.

- A new hydrogel formula uses plant-derived fiber to protect resveratrol from being metabolically broken down, improving the bioavailability of resveratrol by up to 10 times, allowing it to reach greater concentrations in the bloodstream, for a longer time.
Summary

Resveratrol has shown an ability in preclinical models and in different types of organisms to prolong life as well as to dampen an array of pathologic mechanisms. In humans, resveratrol has been studied to target a number of disease mechanisms.

Poor bioavailability of resveratrol has long been an issue, but a new hydrogel formulation protects it, allowing greater bioavailability.

A clinical study has shown that this hydrogel resveratrol offers up to 10 times greater bioavailability than unformulated resveratrol.

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
• Promote healthy prostate function
• Support healthy prostate cell division

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

“Mainstay in my prostate health regimen.”
Rick
VERIFIED CUSTOMER REVIEW

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

AprèsFlex® is a registered trademark of PLT Health Solutions–Laila Nutraceuticals LLC. HMRlignan™ is a trademark used under sublicense from Linnea S.A. Lyc-O-Mato® is a registered trademark of Lycored Corp. Graminex® is a registered trademark of Graminex LLC.

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.
When sugar binds to proteins in your body, glycation reactions may affect healthy cell structures.

Carnosine, benfotiamine, and pyridoxal-5-phosphate are powerful nutrients that help inhibit cellular glycation.

PQQ and R-lipoic acid promote healthy cell energizing mitochondria function.

Mitochondrial Energy Optimizer provides a spectrum of nutrients at a fraction of the cost of buying them individually.

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

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Hundreds of published studies describe resveratrol’s potential health and longevity effects.

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

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

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

This patented process maximizes resveratrol availability to your cells.

MORE Bioavailability at LOWER Cost!

Resveratrol Elite™

Highly bioavailable fenugreek hydrogel resveratrol formula in one daily capsule.

Item # 02210
30 vegetarian capsules

SUPER SALE PRICE
1 bottle $12.15
4 bottles $10.80 each

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


These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
How CAPSAICIN Burns Body Fat
Sometimes, no matter how much we diet, we don’t lose significant weight.

Many people ask, “Why am I not losing more fat pounds when I am eating less and watching my calories?”

One reason is that the body adapts to lower calorie intake by burning less energy when we’re at rest.\textsuperscript{1,2}

Scientists have long searched for a solution to increase resting energy expenditure.

A compound derived from red chili peppers, called capsaicin, does exactly that.\textsuperscript{2,3}

The challenge was finding a way for people to take capsaicin at a dose that will yield the desired effect without experiencing stomach irritation.\textsuperscript{4}

The solution is an encapsulation process that protects the stomach while delivering capsaicin’s thermogenic properties to the body.

In a clinical trial, encapsulated capsaicin was shown to promote weight loss in just four weeks.\textsuperscript{4}

Compared to the placebo group, people taking capsaicin had greater reductions in body weight.\textsuperscript{4}
Why Diets Stop Working

One principle of weight gain is simple—energy intake exceeds energy expenditure.\(^1\)
Reducing calorie intake and increasing exercise is usually viewed as the best way to overcome this imbalance.\(^1,3\)
However, a phenomenon known as adaptive thermogenesis can limit the success of a calorie-lowering, weight loss program.\(^2\)

**Thermogenesis** is a body process that converts calories into heat energy. This allows the body to maintain a stable temperature, support healthy metabolism—and control body weight.\(^5\)

**Adaptive thermogenesis** occurs when the body reacts to reduced calorie intake by lowering the amount of energy (fat) it burns, particularly when the body is at rest.\(^1,2\)
This makes it harder to lose weight and creates a vicious cycle in which the more calories are reduced, the less effect it has on weight loss. It’s one reason that dedicated dieters often regain weight.\(^1,2\)

This is where thermogenesis comes in.

Augment A Weight Loss Plan

Nutrients that support thermogenesis can help augment an existing weight management program by increasing the resting energy expenditure, burning more fat and calories.\(^6\)
One of the most potent, plant-based thermogenic compounds is capsaicin. It is the major “thermogenic” compound in red chili peppers.\(^3,4\)
Capsaicin increases resting energy expenditure, so that more calories are burned even when the body is at rest.
It has long been of interest as a means to boost the effects of a weight loss program.

Activating Beneficial Brown Fat

Scientists believe capsaicin’s thermogenic properties relate to its ability to activate brown fat.\(^3,6-9\)

Normal fat is white fat, which can be pro-inflammatory when accumulated in excess, particularly when it collects in the abdomen.
Brown fat, on the other hand, burns energy, often when triggered by cold temperatures. While white fat cells store excess energy, brown fat cells dissipate energy as heat.\(^8,10\)

Brown fat tissue is associated with greater calorie burning and protection against obesity and metabolic diseases.\(^10\)

Preclinical studies also show that the presence of brown fat is associated with thermogenesis, lower body mass index (BMI), and improved fasting glucose levels.\(^3,6-8\)
By activating brown fat, capsaicin supports weight loss.

Capsaicin's Fat-Reducing Mechanism

Research published in 2021 by Harvard Medical School suggests that capsaicin can mimic the effect of cold temperatures in order to activate energy-burning brown fat cells.\(^10\)

It appears to do so by activating a protein known as TRPV1 (transient receptor potential vanilloid type-1), which regulates body metabolism and temperature.\(^3,6,7\)
By activating TRPV1, capsaicin triggers the body to activate brown fat cells, which in turn burn calories through thermogenesis.\(^3,6,7\)
Protection Against Stomach Irritation

There has long been a problem with taking capsaicin. It is the compound responsible for red chili peppers’ heat. Capsaicin can irritate the lining of the digestive tract, causing nausea, diarrhea, and acid reflux.4,11 Scientists have devised a solution. Encapsulating the capsaicin in a patented fiber hydrogel inhibits the compound’s irritating effects and gastrointestinal discomforts.11 This allows capsaicin to be safely ingested and better absorbed.

Clinical Validation

To test this capsaicin formula, researchers enlisted 21 overweight volunteers aged 38 years, on average, for a placebo-controlled clinical trial.4 Subjects were already moderately active, getting one to five hours of moderate exercise weekly. During the study, they maintained their regular food intake and activities. They also completed two questionnaires about appetite and eating behavior.

One group took 200 mg of encapsulated capsaicin every morning, half an hour after breakfast, while the other received a placebo.

Boost Your Weight Loss Plan

- **Capsaicin**, a compound derived from red chili pepper, has been shown to increase the body’s energy expenditure by promoting the burning of calories, even at rest.
- The stomach discomfort associated with oral ingestion of unformulated capsaicin has long discouraged its use.5 Scientists have developed a formula that provides a safe and tolerable way to obtain its weight loss benefits.
- A human study shows that this new form of capsaicin reduced body weight, waist-to-hip ratio, body mass index, and appetite.
- This patented capsaicin formulation can help boost any existing weight loss program.

After only 28 days, the capsaicin group had:4

- An average **2.1% reduction** in body weight (compared to 0.32% for the placebo group),
- A mean **4% decrease** in waist-to-hip ratio (vs. 1% for the placebo group), and
- A **reduction** of **2.2%** in body mass index (vs. 0.3% for the placebo group).

This 2.1% body weight reduction represents a loss of about **one pound** of weight **per week**.

The questionnaires revealed that treated subjects reported a significant **reduction** in uncontrolled eating and appetite.

The encapsulated capsaicin was found to be safe, with high tolerability, and was determined to be **well-absorbed** into the blood.
HOW CAPSAICIN BURNS BODY FAT

Other Benefits

Capsaicin is associated with effects beyond thermogenesis. Increasing evidence suggests that it may play a role in:

- Regulation of metabolic health,
- Glucose metabolism,
- Cardiovascular health,
- Anti-obesity effects, and
- Reduced mortality risk.

Summary

Studies show that capsaicin, derived from red chili peppers, increases resting energy expenditure and boosts the burning of calories.

Researchers have created a unique form of capsaicin by encapsulating it in a plant fiber hydrogel. The result is more thermogenic benefits without the stomach distress of regular capsaicin.

Clinical data show that it can safely promote weight loss, lower waist-to-hip ratio and body mass index, and reduce appetite.

This capsaicin formulation offers a new way for people to augment a weight loss program.

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


Not All Capsaicin Is the Same

Capsaicin is derived from red chili pepper. Studies have shown that it is an effective compound to help reduce body weight by promoting energy expenditure.

Regular capsaicin can cause stomach distress. This has discouraged people from taking advantage of capsaicin’s weight loss benefits.

In a recent development, a patented process surrounds the capsaicin, using a fenugreek galactomannan fiber, which allows for sustained, targeted, and minimally irritating intestinal delivery.

This enhances absorption and bioavailability.
**Super Omega-3** provides components found in Mediterranean diets, including sesame lignans to extend the stability of DHA in the blood.

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

**SUPER SALE PRICE**
Item #01988 • 120 softgels
1 bottle $33.08
4 bottles $30.60 each

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

**SUPER SALE PRICE**
Item #01982 • 120 softgels
1 bottle $24.30
4 bottles $22.50 each

IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc. These products have been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasource Diagnostics, Inc.

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

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

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Cognitex® Elite Pregnenolone

SUPER SALE PRICE
Item #02397 • 60 vegetarian tablets (with pregnenolone)
1 bottle $39.15
4 bottles $36.00 each

Cognitex® Elite

SUPER SALE PRICE
Item #02398 • 60 vegetarian tablets (without pregnenolone)
1 bottle $37.80
4 bottles $34.20 each

Feed Your Brain

Cognitex® Elite contains clinically studied brain-boosting nutrients.

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

Cognitex® Elite combines sage with other studied ingredients for brain health:

- Sage extract SIBELIUS™: SAGE 333 mg
- Proprietary Wildcrafted 200 mg
- Blueberry Blend
- Sensori® ashwagandha extract 125 mg
- Phosphatidylserine 100 mg
- Uridine-5’-monophosphate, disodium 50 mg
- Virpocetine 20 mg

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

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

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

SIBELIUS is a trademark of Sibelius Limited. CHRONOSCREEN is a trademark of Chronos Therapeutics Limited. Sensori® is protected under US Patent Nos. 6,153,198 and 6,173,092 and is a registered trademark of Nateon, Inc.

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.
Thermo Weight Control contains a patented *red-chili extract* that increases burning of calories.*†* Clinical results demonstrate reduced body mass including a decreased waist-to-hip ratio of 4%** after only 28 days.

Thermo Weight Control targets calories with *capsaicin* embedded in a plant fiber for optimal systemic benefits.

Specially formulated to be gentle on the stomach, these low-cost *red-chili extract* capsules can help maximize your weight management program.

REDUCE STUBBORN FAT POUNDS

BURN MORE CALORIES

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

*† This supplement should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.


Capsifen® is a registered trademark of Akay USA LLC.

SUPER SALE PRICE

Item #02511 • 60 vegetarian capsules
1 bottle $13.50 • 4 bottles $12.15 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.
Improve Metabolic Health with QUERCETIN
Metabolic disorders can result in rapid onset of chronic illnesses.

Dietary factors, sedentary lifestyle, and poor gut health are contributors to poor metabolic health.\textsuperscript{1-3}

Scientists have learned that quercetin, found in plant foods, can counter metabolic dysfunction.\textsuperscript{4}

A clinical study in older adults with metabolic syndrome found that quercetin reduced cardiovascular risk factors.\textsuperscript{5}
Many of its effects in the body apply directly to metabolic health, reversing many of the changes present when metabolic health is not ideal.\(^4\)

In a controlled clinical trial in older adults with metabolic syndrome, quercetin was shown to improve metabolic health, reduce cardiovascular risk factors, and decrease participants’ metabolic age.\(^5\)

**Better Blood Glucose Control**

Metabolic disease is usually thought to be caused by insulin resistance and insufficient blood glucose control.

The hormone insulin helps cells to take up and process nutrients from the diet, including sugars. In most metabolic diseases, cells fail to respond to insulin appropriately; this is called insulin resistance.\(^8,9\)

The result of insulin resistance is high blood levels of glucose that contribute to chronic degenerative diseases that accompany aging. That is why individuals with diabetes or the metabolic syndrome have higher rates of most chronic diseases.\(^2\)

After-meal glucose spikes are damaging for all individuals, and likely more so for diabetics. These blood sugar surges are contributors to cellular and vascular damage and raise the risk of cardiovascular disease and premature death.

**Quercetin to the Rescue**

Scientists have long been intrigued about why unprocessed, plant-based diets are protective against metabolic disease.

One nutrient, the flavonoid quercetin, is particularly prevalent in a wide range of fruits, vegetables, and medicinal plants. Hundreds of studies—in cell culture, animals, and humans—have documented the multiple properties of this nutrient.

Individuals with metabolic syndrome are at increased risk of diabetes and its complications, cardio-vascular disease, age-related disorders, and death.\(^6,7\)

**What is Metabolic Syndrome?**

Metabolic syndrome is a cluster of conditions that includes any three of the following: \(^6\)

- Elevated blood pressure
- High blood sugar
- Large waist circumference
- Low HDL cholesterol
- High triglycerides

Individuals with metabolic syndrome are at increased risk of diabetes and its complications, cardio-vascular disease, age-related disorders, and death.\(^6,7\)
• Preclinical studies show quercetin helps activate cellular pathways—such as AMPK—that improve metabolism and reverse insulin resistance.4,10,11

• A meta-analysis of randomized controlled trials revealed that quercetin supplementation for eight weeks or more, at a dosage of 500 mg or higher, reduced fasting blood glucose. That same dose also reduced excess insulin concentrations.12

• Remarkably, even one single dose of quercetin has been demonstrated to exert a beneficial clinical effect in a study in type II diabetics. In a randomized, placebo-controlled trial, 24 diabetics already being treated with medication were given 400 mg of quercetin before receiving a simple sugar. After the sugar dose, blood glucose was suppressed in those who received quercetin, compared to the placebo arm.13

• Another clinical trial found that long-term quercetin supplementation resulted in a significantly improved response (lower blood sugar spike) to an oral glucose tolerance test.5

Quercetin supplementation clearly resulted in improved glucose control and a healthier carbohydrate metabolism.

**Improved Lipid Levels**

Another prominent feature of metabolic disease is elevated levels of LDL cholesterol and triglycerides and reduced HDL cholesterol (the “good cholesterol”).2 Like elevated blood glucose, these changes are contributors to cardiovascular disease.1,2

Multiple human studies have shown the benefits of quercetin for lipid abnormalities.

In overweight and obese adults with early metabolic syndrome, 150 mg of quercetin daily reduced blood pressure and oxidized LDL cholesterol.14

In healthy men, 150 mg of quercetin daily for eight weeks decreased waist circumference, after-meal systolic blood pressure (top number), and after-meal triglyceride levels.15

---

**Improve Metabolism with Quercetin**

- Metabolic disorders are increasingly common, and scientists warn of a growing epidemic.
- Metabolic abnormalities include obesity, diabetes, the metabolic syndrome, abnormal blood lipid levels, and non-alcoholic fatty liver disease.
- All these related disorders dramatically increase the risk for age-related chronic diseases, from cancer to dementia.
- Scientists have found that quercetin—a flavonoid found in many plants—is protective of metabolic health.
- Clinical and preclinical studies show that supplementation with quercetin can benefit many aspects of metabolic disease, improving blood glucose control and lipid levels while protecting the liver and reducing inflammation and oxidative stress.
In a placebo-controlled trial in 110 patients with metabolic syndrome, aged 60-74, 240 mg of quercetin daily for three months lowered total and LDL cholesterol.5

A randomized controlled trial found that daily supplementation with quercetin lowered total cholesterol, LDL cholesterol, and triglycerides, and raised HDL cholesterol. 16

**Protection of the Gut and Liver**

Animal research has shown that quercetin can protect the liver from abnormal accumulations of fats and can improve lipid metabolism.17-21

Even in patients being treated for non-alcoholic fatty liver disease, quercetin supplementation has been found to improve liver health, reducing signs of liver damage and inflammation while improving lipid levels.22

It may also improve the gut microbiome, the mix of bacteria that reside in the intestines. Quercetin may help shift the mix of these microorganisms into a healthier form. Such changes would be expected to reduce inflammation and “leaky gut” and to have the potential of improving the health of other organs as well, body wide.23

**Obesity and Metabolic Syndrome**

Obesity adds to risks of metabolic disturbances. A prospective study assessing the mortality status of 6,678 healthy middle-aged men concluded that metabolic syndrome increased the risk of sudden death from heart attack by 68%.7

A trial of overweight and obese adults with early metabolic syndrome tendencies tested 150 mg of quercetin daily. This modest dose reduced blood pressure and lowered levels of oxidized LDL cholesterol.24

**Not All Quercetin is the Same**

Despite its wide-ranging benefits, quercetin is generally difficult for the body to fully absorb.

Looking to solve this problem, researchers discovered that when quercetin was surrounded by a plant-based phytosome, it became much more absorbable. In a clinical study, a phytosome quercetin provided 50 times more bioavailability than regular quercetin for enhanced therapeutic benefits. So, for example, a 10 mg dose of phytosome quercetin is the equivalent of a 500 mg dose of regular quercetin.30
Another clinical study found that the same dose of quercetin (150 mg/day) for eight weeks decreased waist circumference and after-meal systolic blood pressure, while also lowering after-meal triglyceride levels in a group of otherwise healthy men.15

Chronic inflammation and oxidative stress due to free radicals are major contributors to all chronic diseases, especially metabolic disease.

Quercetin provides potent activity against both issues. It reduces oxidative stress and promotes the expression of antioxidant enzymes so that the body can better protect itself.

At the same time, quercetin powerfully controls inflammation by modulating cell signaling pathways. Clinical and non-clinical studies have demonstrated that it decreases production of pro-inflammatory compounds and helps prevent chronic inflammation.25-28

Increased dietary intake of flavonoids such as quercetin may reduce the risk of chronic illnesses.29

**Summary**

Metabolic disease is increasingly common. Abnormalities of metabolism manifest in several different conditions including diabetes, obesity, lipid abnormalities, and non-alcoholic fatty liver disease.

The epidemic of these disorders is expected to increase and will contribute to rapid aging and most chronic diseases.

Quercetin, a flavonoid found in several different fruits and vegetables, has a profound effect on metabolic health.

Studies show that supplementation with quercetin has positive effects on many aspects of metabolism, including improved blood glucose control, trimmer physique, improved blood lipid levels and gut health, and protection of the liver. •

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


Triple Protection for Your Ticker

Endothelial Defense™ helps protect the inner linings of your arteries with:

- **Pomegranate** polyphenols extracted from the fruit, flower, and seed
- **SOD** (superoxide dismutase promoter) from melon (Extramel®)
- **Cardiose®** hesperetin extracted from sweet orange peels.

SUPER SALE PRICE

Item #02497 • 60 softgels

1 bottle $39.15 • 2 bottles $36 each

For full product description and to order Endothelial Defense™ Pomegranate Plus, 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.
Arterial Protect can help stabilize endothelial plaque and promote healthy blood flow throughout the body.*

Just one capsule a day provides the patented French Maritime pine bark extract along with standardized Centella asiatica extract.

**SUPER SALE PRICE**
Item #02004 • 30 vegetarian capsules
1 bottle $29.70 • 4 bottles $26.10 each


Pycnogenol® and Centellicum® are registered trademarks of Horphag Research and the use of this product is protected by international patents.

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.
Quercetin: The immune support nutrient

Quercetin is a little bioflavonoid that's making big waves: Quercetin encourages your body's healthy immune response.

And even in the wonderful world of bioflavonoids, our Bio-Quercetin stands out: its phytosome casing makes it 50 times more absorbable than standard quercetin supplements.

Ultra-absorbable, once-daily Bio-Quercetin®. Because being different is a good thing.

For full product description and to order Bio-Quercetin®, 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.
Colds and flu can make anyone miserable. They pose a particular risk to older adults, who have reduced immune responses.¹,²

Human studies show that three nutrients, taken in the early stages of a cold or flu, can activate immune functions to change the course of the illness.³-⁶

These nutrients can reduce the duration and severity of the cold or flu, making people feel better faster and decreasing the danger to older adults.
Protection Against Colds and Flu

Over one billion colds occur in the U.S. each year, typically lasting about seven days. Up to 20% of Americans contract the flu each year, which can lead to sometimes-fatal complications including pneumonia—particularly in older adults.

Flu vaccines don’t protect against colds and don’t even protect against all the strains of flu virus.

In human studies, scientists have demonstrated that elderberry, zinc, and vitamin C can help target respiratory infections:

- Elderberry extract was shown to resolve upper respiratory symptoms up to four days earlier than a placebo.
- Zinc lozenges were found to reduce duration of colds by up to 44% and severity of symptoms by as much as 50% when initiated soon after symptoms appear, and
- Vitamin C reduced duration of colds by 9.4% overall and by 18% in children.

Supplementation should be started as soon as possible after symptoms begin. This strategy applies to all approaches including anti-viral flu drugs such as Xofluza to get people back on their feet quickly.

Elderberry

Elderberries contain anthocyanins, which are plant pigments that have demonstrated immunomodulating, antioxidant, antiviral, and anti-inflammatory effects.

Elderberries’ antiviral effects have been shown in two major reports:

- A systematic review of previous studies published in 2021 found that elderberry extract may safely reduce the duration of flu and cold infections and reduce the severity of colds.
- An earlier meta-analysis of clinical trials showed that elderberry extract can significantly reduce the duration of illness in people with flu or cold infections.

Cell culture studies found that elderberry and its extract had direct antiviral effects against viral respiratory tract infections such as colds and flu. In high (in vitro) doses, nearly 100% of cells were protected against infection. The positive outcomes were observed even in the virulent form of flu virus that caused the 1918 Spanish flu pandemic (H1N1).

Later studies demonstrated similar effects in humans. In one, people suffering from upper respiratory symptoms who used elderberry extract had their symptoms resolve four days earlier than those taking a placebo.

Zinc

Zinc is critical to maintaining immune system strength. It helps with normal development and function of key immune components, including:

- Natural killer cells, which kill virally infected cells and tumor cells,
- Lymphocytes, which produce antibodies and help control immune responses,
- Neutrophils, which travel to infection sites and ingest bacteria or viruses, and
- Macrophages, which surround and kill harmful microorganisms.

Zinc deficiency is common among the elderly. Data show that oral intake of zinc by the elderly boosts the stress response of white blood cells, enhancing immune response.
Zinc also seems to coat the receptors that viruses use to bind to cells. This means that viruses may be kept out of body cells, effectively blocking them from replicating out of control.20

A meta-analysis of clinical trials evaluated the effects of taking more than 75 mg of zinc per day, in the form of zinc acetate lozenges every few hours throughout the day, starting after the first sign of symptoms. Results of this analysis showed:

- Reduced duration of various cold symptoms by between 18% to 54%, and
- Colds themselves were reduced in duration by 42%.

**Vitamin C**

Vitamin C enhances growth and survival of infection-fighting immune cells by:21-23

- Helping to increase levels of antibody-producing lymphocytes,
- Boosting function of infection-engulfing neutrophils, and
- Supporting natural killer cell activity.

Scientists have also demonstrated broader immune benefits of vitamin C, including:23,24

- Neutralization of excess free radicals caused by the immune system’s fight against infectious organisms,23
- Preclinically, increased interferons have been demonstrated; these are chemical signaling molecules the body produces to trigger immune mechanisms,23
- Support for production of collagen, the protein that helps respiratory and digestive tract linings maintain an anti-infection barrier,24 and
- Reduction of histamine, a pro-inflammatory compound that plays a role in infections and allergy symptoms.24

A large review paper on vitamin C and infections found that vitamin C reduced duration of colds by 9.4% on average (8% in adults, 18% in children).6

---

**Strengthen Your Immune System—Fast**

- Respiratory infections, such as colds and flu, have the potential to be life-threatening for aging people.
- Research has found that zinc, elderberry, and vitamin C help support the immune system and can reduce the severity and duration of colds and flu when taken at the first sign of symptoms.
- Zinc lozenges have been shown to reduce duration of colds by an average of 42%.
- Elderberry extract helps resolve upper respiratory symptoms up to four days earlier than a placebo.
- Vitamin C has been shown to reduce duration of colds by an average of 9.4% overall and by 18% in children.
Other studies have found that vitamin C reduces duration and incidence of colds. Some evidence has suggested greater benefit with higher doses and if intake begins right after symptom onset.

The human body cannot produce or effectively store vitamin C. So, levels should be replenished daily. In an analysis of two clinical trials scientists found that a combination of 1,000 mg vitamin C plus 10 mg zinc over five days of treatment, was more efficient in reducing symptoms of cold than a placebo. This may indicate the importance of a multi-nutrient strategy.

Along with elderberry and zinc, vitamin C can provide important immune support.

**Summary**

Colds and flu can pose a substantial risk to older adults due to age-related immune decline. Clinical studies demonstrate that, when taken for a short course at the first sign of symptoms, elderberry, zinc, and vitamin C can support the immune functions and reduce the severity and duration of certain viral infections.

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**

23. Available at: https://ipi.oregonstate.edu/mic/vitamins/vitamin-C. Accessed October 17, 2022.
Mega Vitamin K2
Japanese physicians use high-dose vitamin K2 for maintaining healthy bone density.

Super K
The best-selling vitamin K formula for bone and heart health.

Two Ways to Get Vitamin K

For Healthy Bones + Healthy Hearts

Vitamin K1 1,500 mcg (converts to K2 in some people)
Vitamin K2 (MK-4) 1,000 mcg (for bone & vascular health)
Vitamin K2 (MK-7) 100 mcg (long-acting protection)

Super Sale Price
Super K • Item #02334 • 90 softgels
1 bottle $20.25 • 4 bottles $18.23 each (3-month supply)

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

Super Sale Price
Mega Vitamin K2 • Item #02417
30 capsules
1 bottle $25.65 • 4 bottles $23.40 each

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

I have been using this for bone building, and my bone density tests have improved.”
Dolores
VERIFIED CUSTOMER REVIEW

For full product description and to order these Vitamin K formulas, 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.
EASY WAY TO GET YOUR D AND K (plus Iodine)

Vitamins D and K as well as Iodine perform multiple functions for heart, bone and thyroid health.

Life Extension® brings these three nutrients together in one convenient capsule.

Just one capsule daily provides:
- Vitamin D3 125 mcg (5,000 IU)
- Vitamin K1 1,000 mcg
- Vitamin K2 (MK4) 1,000 mcg
- Vitamin K2 (MK7) 100 mcg
- Iodine 1,000 mcg

SUPER SALE PRICE
Item #02040 • 60 capsules
1 bottle $16.20
4 bottles $14.85 each

CAUTION: Individuals consuming more than 50 mcg 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 250 mcg per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. If you have a thyroid condition or are taking antithyroid medications, do not use without consulting your healthcare practitioner. 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 Vitamins D and K with Sea-Iodine™, 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.
Immune Support

Standardized **elderberry** extract helps support immune function.

**Vitamin C** promotes signaling proteins called **interferons** that further support immunity.

One daily serving (2 capsules) of **Black Elderberry + Vitamin C** provides a potent **600 mg** of **black elderberry** extract together with **200 mg** of **vitamin C**.

**SUPER SALE PRICE**

- Item #02410 • 60 vegetarian capsules
- 1 bottle $24.30 • 4 bottles $22.50 each

For full product description and to order **Black Elderberry + Vitamin C**, call 1-800-544-4440 or visit www.LifeExtension.com

"Love this product, especially being a combo!"

Rhonda
VERIFIED CUSTOMER REVIEW

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.
Healthy skin. Comfortable joints. Both rely on collagen. Our Collagen Peptides for Skin & Joints formula:

- Stimulates increased production of collagen in the body
- Improves skin elasticity, hydration, smoothness and suppleness
- Supports joint structure, comfort and flexibility
- Protects joint cartilage

For full product description or to order Collagen Peptides for Skin & Joints, call 1-800-544-4440 or visit www.LifeExtension.com

SUPER SALE PRICE
Item #02408
343 grams of powder (0.75 lb or 12 oz)
1 jar $24.30
4 jars $21.60 each

MIX ONE SCOOP WITH WATER OR BEVERAGE OF CHOICE

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.
Increase the “Feel-Good” Neurotransmitter

BY LAURIE MATHENA

Many people accept brain fog, slower brain speed, and lack of motivation as a normal part of aging.

*It doesn’t have to be.*

Cognitive changes can occur due to an increase in an enzyme called **MAO-B** (monoamine oxidase B) in the brain.

MAO-B breaks down **dopamine**, a neurotransmitter that is central to many aspects of **cognitive functioning**.¹

Overactivity of MAO-B also produces **toxic compounds** that damage brain cells and contribute to **neurodegenerative** risks.¹,²

Research has shown that inhibiting MAO-B reduces **cognitive decline**.¹,²

In animal studies, lowered MAO-B activity is associated with **increased longevity**.³-⁶

Preclinical evidence has revealed that **phellodendron tree bark** is an inhibitor of **MAO-B**.⁷

By preserving healthy **dopamine** levels, **phellodendron bark** may help maintain clear thinking, cognitive function, and motivation—while reducing potential risk for neurodegeneration.
How MAO-B Overactivity Damages the Brain

One potential underlying cause of low brain dopamine levels is an increase in the enzyme MAO-B, which breaks down dopamine.\(^1\)

**MAO-B activity increases in the brain as we age.**\(^{13}\)

As MAO-B increases, highly toxic byproducts are formed that can damage brain cells.\(^2\) This damage has been linked to brain deterioration and development of age-related neurodegenerative diseases, including Parkinson’s and Alzheimer’s.\(^2\)

Researchers have hypothesized that when MAO-B activity is normal, these toxic byproducts are largely neutralized by antioxidant defenses.\(^2,13,14\)

Inhibiting MAO-B overactivity prevents some of the breakdown of dopamine that occurs with aging.

What is Dopamine?

Dopamine is a neurotransmitter that carries signals—chemical “messages”—between brain cells.\(^1\)

It is sometimes called the “feel-good” neurotransmitter. It also plays a role in various aspects of cognitive functioning, including attention, motivation, and movement.\(^8,9\)

The levels of dopamine decline by about 13% each decade after age 45.\(^10\) A meta-analysis of 95 studies including 2,611 healthy adults concluded that activity in the brain’s dopamine system decreases by an average of 3.7%–14.0% per decade age.\(^{11}\)

Low dopamine levels are associated with depression, lack of motivation and pleasure, and symptoms of drug withdrawal.\(^2,8\)

Loss of dopamine function has also been shown to play a major role in the development of some neurodegenerative diseases.\(^12\)

Phellodendron Inhibits MAO-B

Scientists have identified, in preclinical models, phellodendron tree bark as one of the strongest and most selective plant-derived MAO-B inhibitors.\(^7,15\)

One study found that phellodendron inhibited activity up to 5.6-fold. This is comparable to deprenyl, an MAO-B-inhibiting drug used to treat Parkinson’s and depression.\(^7\)

The ability of phellodendron to inhibit MAO-B means it has the potential to maintain dopamine levels and block the neurotoxic effects of the enzyme’s overactivity.

Phellodendron Protects Cognitive Function

Phellodendron has neuroprotective properties that go beyond MAO-B inhibition.\(^{16-18}\)

In one cell model of Alzheimer’s disease, phellodendron extract protected against beta-amyloid toxicity,\(^{17}\) which is commonly seen in the brains of people with Alzheimer’s.

In a rodent model, phellodendron protected against neuroinflammation, amyloid production, and other changes associated with Alzheimer’s.\(^{18,19}\)
In humans, these mechanisms could help maintain cognitive function into older age.

**Summary**

With age, overactivity of the enzyme MAO-B occurs in the brain. This may result in reduced levels of the critical neurotransmitter dopamine.

MAO-B also produces toxic compounds that damage brain cells and contribute to the risk for neurodegenerative diseases.

**Phellodendron bark extract** can inhibit MAO-B activity. This may help maintain dopamine levels and prevent the neurotoxicity associated with MAO-B overactivity. Studies also show that phellodendron has other neuroprotective properties.

Those who take MAO-B-inhibiting drugs like deprenyl do not need to take phellodendron. Phellodendron is not a substitute for physician-prescribed medications.

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**

Powerful energizing support to help reduce oxidative stress and body fat.

R-Lipoic Acid achieves 10-30 times higher peak blood levels.

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

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

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Carnosine, a unique dipeptide that can inhibit glycation throughout the body, helping to slow normal aging processes.

SUPER SALE PRICE
Item #01829 • 60 vegetarian capsules
1 bottle $24.30 • 4 bottles $21.60 each

Life Extension® was the first to introduce high-dose (500 mg) carnosine back in 1999.

Super Carnosine provides the same strong potency of carnosine plus luteolin to inhibit inflammatory factors and fat-soluble vitamin B1 (benfotiamine) to further impede glycation reactions.

SUPER SALE PRICE
Item #02020 • 60 vegetarian capsules
1 bottle $27 • 4 bottles $24.30 each

Carnosine has been shown to help protect against several normal aging processes.

Mitochondrial Energy Optimizer with PQQ contains same optimal dose of carnosine plus, R-lipoic acid, taurine, benfotiamine, and PQQ to provide broad-spectrum support.

SUPER SALE PRICE
Item #01868 • 120 vegetarian capsules
1 bottle $45.90 • 4 bottles $40.50 each

Each formula provides high doses of carnosine to ensure sustained benefits.

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

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

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

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

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

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

SUPER SALE PRICE
(1,000 mcg of lithium per tiny cap)

Item #02403
100 vegetarian capsules

1 bottle $10.80
4 bottles $9.45 each

Each bottle lasts 100 days.


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.
Dopamine, the “feel good” neurotransmitter, regulates motivation, mood, movement, and cognitive function.

With age, dopamine levels decline due to the increase of the MAO-B enzyme.

Amur Cork Tree (Phellodendron bark) can help preserve dopamine by inhibiting MAO-B activity.

Dopamine Advantage provides 500 mg of Amur Cork Tree and 500 mcg of Vitamin B12 in each capsule.

Feel Better, THINK More Clearly

For full product description and to order DOPAMINE ADVANTAGE, 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.
<table>
<thead>
<tr>
<th>ACTIVE LIFESTYLE &amp; FITNESS</th>
<th>ENERGY MANAGEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>01529 Creatine Capsules</td>
<td>01603 Neuro-Mag® Magnesium L-Threonate Caps</td>
</tr>
<tr>
<td>02020 Super Carnosine</td>
<td>02032 Neuro-Mag® Magnesium L-Threonate Powder</td>
</tr>
<tr>
<td>02023 Tart Cherry with CherryPURE®</td>
<td>00888 Optimized Ashwagandha</td>
</tr>
<tr>
<td>02246 Wellness Code® Advanced Whey Protein Isolate Vanilla</td>
<td>01676 PS (Phosphatidylserine) Caps</td>
</tr>
<tr>
<td>02221 Wellness Code® Muscle Strength &amp; Restore Formula</td>
<td>02406 Quick Brain Nootropic</td>
</tr>
<tr>
<td>02127 Wellness Code® Plant Protein Complete &amp; Amino Acid Complex</td>
<td>01327 Vinpocetine</td>
</tr>
<tr>
<td>02261 Wellness Code® Whey Protein Concentrate Chocolate</td>
<td>01828 Advanced Lipid Control</td>
</tr>
<tr>
<td>02260 Wellness Code® Whey Protein Concentrate Vanilla</td>
<td>01359 Cho-Less™</td>
</tr>
<tr>
<td>02243 Wellness Code® Whey Protein Isolate Chocolate</td>
<td>01910 CHOL-Support™</td>
</tr>
<tr>
<td>02242 Wellness Code® Whey Protein Isolate Vanilla</td>
<td>01030 Red Yeast Rice</td>
</tr>
<tr>
<td>00038 Arginine Ornithine Powder</td>
<td>01304 Theaflavins Standardized Extract</td>
</tr>
<tr>
<td>01253 Branched Chain Amino Acids</td>
<td>00372 Vitamin B3 Niacin Capsules</td>
</tr>
<tr>
<td>01671 D,L-Phenylalanine Capsules</td>
<td>02004 Arterial Protect</td>
</tr>
<tr>
<td>01624 L-Arginine Caps</td>
<td>00984 Optimal BP Management</td>
</tr>
<tr>
<td>01532 L-Carnitine</td>
<td>01923 Astaxanthin with Phospholipids</td>
</tr>
<tr>
<td>00345 L-Glutamine</td>
<td>00893 Brite Eyes III</td>
</tr>
<tr>
<td>00141 L-Glutamine Powder</td>
<td>02323 Digital Eye Support</td>
</tr>
<tr>
<td>01678 L-Lysine</td>
<td>01514 Eye Pressure Support with Mirtogenol®</td>
</tr>
<tr>
<td>01827 Taurine</td>
<td>01992 MacuGuard® Ocular Support with Saffron</td>
</tr>
<tr>
<td>00133 Taurine Powder</td>
<td>01993 MacuGuard® Ocular Support with Saffron &amp; Astaxanthin</td>
</tr>
<tr>
<td>00326 Tyrosine Tablets</td>
<td>01873 Standardized European Bilberry Extract</td>
</tr>
<tr>
<td>01824 Advanced Olive Leaf Vascular Support</td>
<td>01918 Tear Support with MaquiBright®</td>
</tr>
<tr>
<td>02004 Arterial Protect</td>
<td>01937 Fish Oil &amp; Omegas</td>
</tr>
<tr>
<td>02497 Endothelial Defense™ Pomegranate Plus</td>
<td>02218 Mega GLA Sesame Lignans</td>
</tr>
<tr>
<td>56885 Natto Activ Cardiovascular &amp; Respiratory Support</td>
<td>01983 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 60 softgels</td>
</tr>
<tr>
<td>02320 NitroVasc™ Boost</td>
<td>01988 Super Omega-3 Plus EPA/DHA Fish Oil, Sesame Lignans, Olive Extract, Krill &amp; Astaxanthin</td>
</tr>
<tr>
<td>00984 Optimal BP Management</td>
<td>01982 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 120 softgels</td>
</tr>
<tr>
<td>01953 Pomegranate Complete</td>
<td>01985 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 60 enteric coated softgels</td>
</tr>
<tr>
<td>00956 Pomegranate Fruit Extract</td>
<td>02046 Quick Brain Nootropic</td>
</tr>
<tr>
<td>02024 Triple Action Blood Pressure AM/PM</td>
<td>01327 Vinpocetine</td>
</tr>
<tr>
<td>02102 VenoFlow™</td>
<td>01828 Advanced Lipid Control</td>
</tr>
<tr>
<td>01726 Bone Restore</td>
<td>01359 Cho-Less™</td>
</tr>
<tr>
<td>02123 Bone Restore Chewable Tablet</td>
<td>01910 CHOL-Support™</td>
</tr>
<tr>
<td>02416 Bone Restore Elite with Super Potent K2</td>
<td>01030 Red Yeast Rice</td>
</tr>
<tr>
<td>01727 Bone Restore with Vitamin K2</td>
<td>01304 Theaflavins Standardized Extract</td>
</tr>
<tr>
<td>01725 Bone Strength Collagen Formula</td>
<td>00372 Vitamin B3 Niacin Capsules</td>
</tr>
<tr>
<td>00313 Bone-Up™</td>
<td>02004 Arterial Protect</td>
</tr>
<tr>
<td>01963 Calcium Citrate with Vitamin D</td>
<td>00984 Optimal BP Management</td>
</tr>
<tr>
<td>01506 Dr. Strum's Intensive Bone Formula</td>
<td>01923 Astaxanthin with Phospholipids</td>
</tr>
<tr>
<td>02417 Mega Vitamin K2</td>
<td>00893 Brite Eyes III</td>
</tr>
<tr>
<td>01476 Strontium Caps</td>
<td>02323 Digital Eye Support</td>
</tr>
<tr>
<td>01524 Acetyl-L-Carnitine</td>
<td>01514 Eye Pressure Support with Mirtogenol®</td>
</tr>
<tr>
<td>01974 Acetyl-L-Carnitine Arginate</td>
<td>01992 MacuGuard® Ocular Support with Saffron</td>
</tr>
<tr>
<td>02419 B12 Elite</td>
<td>01993 MacuGuard® Ocular Support with Saffron &amp; Astaxanthin</td>
</tr>
<tr>
<td>02510 Brain Fog Relief</td>
<td>01873 Standardized European Bilberry Extract</td>
</tr>
<tr>
<td>01659 CDP Choline</td>
<td>01918 Tear Support with MaquiBright®</td>
</tr>
<tr>
<td>02321 Cognitex® Basics</td>
<td>01937 Fish Oil &amp; Omegas</td>
</tr>
<tr>
<td>02396 Cognitex® Elite</td>
<td>02218 Mega GLA Sesame Lignans</td>
</tr>
<tr>
<td>02397 Cognitex® Elite Pregnenolone</td>
<td>01983 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 60 softgels</td>
</tr>
<tr>
<td>01540 DMAE Bitartrate</td>
<td>01988 Super Omega-3 Plus EPA/DHA Fish Oil, Sesame Lignans, Olive Extract, Krill &amp; Astaxanthin</td>
</tr>
<tr>
<td>02006 Dopa-Mind™</td>
<td>01982 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 120 softgels</td>
</tr>
<tr>
<td>02413 Dopamine Advantage</td>
<td>01985 Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 60 enteric coated softgels</td>
</tr>
<tr>
<td>02212 Focus Tea™</td>
<td>01676 PS (Phosphatidylserine) Caps</td>
</tr>
<tr>
<td>01658 Ginkgo Biloba Certified Extract™</td>
<td>02406 Quick Brain Nootropic</td>
</tr>
<tr>
<td>01527 Huperzine A</td>
<td>01327 Vinpocetine</td>
</tr>
<tr>
<td>00020 Lecithin</td>
<td>01828 Advanced Lipid Control</td>
</tr>
<tr>
<td>02101 Memory Protect</td>
<td>01359 Cho-Less™</td>
</tr>
<tr>
<td>00709 Migra-Eeze™</td>
<td>01910 CHOL-Support™</td>
</tr>
<tr>
<td>01603 Neuro-Mag® Magnesium L-Threonate Caps</td>
<td>01030 Red Yeast Rice</td>
</tr>
<tr>
<td>02032 Neuro-Mag® Magnesium L-Threonate Powder</td>
<td>01304 Theaflavins Standardized Extract</td>
</tr>
<tr>
<td>00888 Optimized Ashwagandha</td>
<td>00372 Vitamin B3 Niacin Capsules</td>
</tr>
<tr>
<td>01676 PS (Phosphatidylserine) Caps</td>
<td>02004 Arterial Protect</td>
</tr>
<tr>
<td>02406 Quick Brain Nootropic</td>
<td>01327 Vinpocetine</td>
</tr>
<tr>
<td>01327 Vinpocetine</td>
<td>01828 Advanced Lipid Control</td>
</tr>
<tr>
<td>Code</td>
<td>Product Description</td>
</tr>
<tr>
<td>------</td>
<td>---------------------</td>
</tr>
<tr>
<td>01984</td>
<td>Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 120 enteric coated softgels</td>
</tr>
<tr>
<td>01986</td>
<td>Super Omega-3 EPA/DHA Fish Oil, Sesame Lignans &amp; Olive Extract - 240 softgels</td>
</tr>
<tr>
<td>01812</td>
<td>Provinal® Purified Omega-7</td>
</tr>
<tr>
<td>01640</td>
<td>Vegetarian DHA</td>
</tr>
<tr>
<td>02008</td>
<td>California Estate Extra Virgin Olive Oil</td>
</tr>
<tr>
<td>02170</td>
<td>Rainforest Blend Decaf Ground Coffee</td>
</tr>
<tr>
<td>02169</td>
<td>Rainforest Blend Ground Coffee</td>
</tr>
<tr>
<td>02171</td>
<td>Rainforest Blend Whole Bean Coffee</td>
</tr>
<tr>
<td>00438</td>
<td>Stevia™ Organic Liquid Sweetner</td>
</tr>
<tr>
<td>00432</td>
<td>Stevia™ Sweetener</td>
</tr>
<tr>
<td>01503</td>
<td>CinSulin® with InSea 2® and Crominex® 3+</td>
</tr>
<tr>
<td>01620</td>
<td>CoffeeGenic® Green Coffee Extract</td>
</tr>
<tr>
<td>02122</td>
<td>Glycemic Guard™</td>
</tr>
<tr>
<td>00925</td>
<td>Mega Benfotiamine</td>
</tr>
<tr>
<td>01803</td>
<td>Tri Sugar Shield®</td>
</tr>
<tr>
<td>01066</td>
<td>Aspirin (Enteric Coated)</td>
</tr>
<tr>
<td>01842</td>
<td>BioActive Folate &amp; Vitamin B12 Caps</td>
</tr>
<tr>
<td>01700</td>
<td>Cardio Peak™</td>
</tr>
<tr>
<td>02121</td>
<td>Homocysteine Resist</td>
</tr>
<tr>
<td>01949</td>
<td>Super-Absorbable CoQ10 Ubiquinone with d-Limonene • 50 mg, 60 softgels</td>
</tr>
<tr>
<td>01951</td>
<td>Super-Absorbable CoQ10 Ubiquinone with d-Limonene • 100 mg, 60 softgels</td>
</tr>
<tr>
<td>01929</td>
<td>Super Ubiquinol CoQ10</td>
</tr>
<tr>
<td>01427</td>
<td>Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 50 mg, 30 softgels</td>
</tr>
<tr>
<td>01425</td>
<td>Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 50 mg, 100 softgels</td>
</tr>
<tr>
<td>01437</td>
<td>Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 100 mg, 30 softgels</td>
</tr>
<tr>
<td>01426</td>
<td>Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 100 mg, 60 softgels</td>
</tr>
<tr>
<td>01431</td>
<td>Super Ubiquinol CoQ10 with Enh Mitochondrial Support™ • 200 mg, 30 softgels</td>
</tr>
<tr>
<td>01733</td>
<td>Super Ubiquinol CoQ10 with PQQ</td>
</tr>
<tr>
<td>01859</td>
<td>TMG Liquid Capsules</td>
</tr>
<tr>
<td>00349</td>
<td>TMG Powder</td>
</tr>
<tr>
<td>00454</td>
<td>DHEA • 15 mg, 100 capsules</td>
</tr>
<tr>
<td>00335</td>
<td>DHEA • 25 mg, 100 capsules</td>
</tr>
<tr>
<td>00882</td>
<td>DHEA • 50 mg, 60 capsules</td>
</tr>
<tr>
<td>00607</td>
<td>DHEA • 25 mg, 100 vegetarian dissolve in mouth tablets</td>
</tr>
<tr>
<td>01689</td>
<td>DHEA • 100 mg, 60 veg capsules</td>
</tr>
<tr>
<td>02368</td>
<td>Optimized Broccoli and Cruciferous Blend</td>
</tr>
<tr>
<td>00302</td>
<td>Pregnenolone • 50 mg, 100 capsules</td>
</tr>
<tr>
<td>00700</td>
<td>Pregnenolone • 100 mg, 100 capsules</td>
</tr>
<tr>
<td>01468</td>
<td>Triple Action Cruciferous Vegetable Extract</td>
</tr>
<tr>
<td>01469</td>
<td>Triple Action Cruciferous Vegetable Extract and Resveratrol</td>
</tr>
<tr>
<td>02411</td>
<td>5 Day Elderberry Immune</td>
</tr>
<tr>
<td>00681</td>
<td>AHCC®</td>
</tr>
<tr>
<td>02302</td>
<td>Bio-Quercetin</td>
</tr>
<tr>
<td>02410</td>
<td>Black Elderberry + Vitamin C</td>
</tr>
<tr>
<td>02433</td>
<td>Echinacea Elite</td>
</tr>
<tr>
<td>01961</td>
<td>Enhanced Zinc Lozenges</td>
</tr>
<tr>
<td>01704</td>
<td>Immune Modulator with Tinoend®</td>
</tr>
<tr>
<td>02425</td>
<td>Immune Packs with Vitamin C &amp; D, Zinc and Probiotic</td>
</tr>
<tr>
<td>02005</td>
<td>Immune Senescence Protection Formula™</td>
</tr>
<tr>
<td>00316</td>
<td>Kyolic® Garlic Formula 102</td>
</tr>
<tr>
<td>00789</td>
<td>Kyolic® Reserve</td>
</tr>
<tr>
<td>01681</td>
<td>Lactoferrin (Apolactoferrin) Caps</td>
</tr>
<tr>
<td>02426</td>
<td>Mushroom Immune with Beta Glucans</td>
</tr>
<tr>
<td>01903</td>
<td>NK Cell Activator™</td>
</tr>
<tr>
<td>01394</td>
<td>Optimized Garlic</td>
</tr>
<tr>
<td>01309</td>
<td>Optimized Quercetin</td>
</tr>
<tr>
<td>01811</td>
<td>Peony Immune</td>
</tr>
<tr>
<td>00525</td>
<td>ProBoost Thymic Protein A</td>
</tr>
<tr>
<td>01708</td>
<td>Reishi Extract Mushroom Complex</td>
</tr>
<tr>
<td>01906</td>
<td>Standardized Cistanche</td>
</tr>
<tr>
<td>13685</td>
<td>Ten Mushroom Formula*</td>
</tr>
<tr>
<td>01097</td>
<td>Ultra Soy Extract</td>
</tr>
<tr>
<td>01561</td>
<td>Zinc Lozenges</td>
</tr>
<tr>
<td>01639</td>
<td>5-LOX Inhibitor with AprèsFlex®</td>
</tr>
<tr>
<td>02324</td>
<td>Advanced Curcumin Elite™</td>
</tr>
<tr>
<td>01709</td>
<td>Black Cumin Seed Oil</td>
</tr>
<tr>
<td>02310</td>
<td>Black Cumin Seed Oil and Curcumin Elite™</td>
</tr>
<tr>
<td>00202</td>
<td>Boswella</td>
</tr>
<tr>
<td>02467</td>
<td>Curcumin Elite™ Turmeric Extract - 30 veg capsules</td>
</tr>
<tr>
<td>02407</td>
<td>Curcumin Elite™ Turmeric Extract - 60 veg capsules</td>
</tr>
<tr>
<td>01804</td>
<td>Cytokine Suppressors® with EGCG</td>
</tr>
<tr>
<td>02223</td>
<td>Pro-Resolving Mediators</td>
</tr>
<tr>
<td>56886</td>
<td>Restore Active Joint Muscle &amp; Tissue</td>
</tr>
<tr>
<td>00318</td>
<td>Serraflazyme</td>
</tr>
<tr>
<td>01203</td>
<td>Specially-Coated Bromelain</td>
</tr>
<tr>
<td>00407</td>
<td>Super Bio-Curcumin® Turmeric Extract</td>
</tr>
<tr>
<td>01254</td>
<td>Zyflamend™ Whole Body</td>
</tr>
<tr>
<td>00862</td>
<td>Cran-Max® Cranberry Whole Fruit Concentrate</td>
</tr>
<tr>
<td>01921</td>
<td>Uric Acid Control</td>
</tr>
<tr>
<td>01209</td>
<td>Water-Soluble Pumpkin Seed Extract</td>
</tr>
<tr>
<td>01922</td>
<td>Advanced Milk Thistle - 60 softgels</td>
</tr>
<tr>
<td>01925</td>
<td>Advanced Milk Thistle - 120 softgels</td>
</tr>
<tr>
<td>02240</td>
<td>Anti-Alcohol Complex</td>
</tr>
<tr>
<td>01651</td>
<td>Calcium D-Glucarate</td>
</tr>
<tr>
<td>01571</td>
<td>Chlorophyllin</td>
</tr>
<tr>
<td>01522</td>
<td>MilkThistle - 60 veg capsules</td>
</tr>
<tr>
<td>02402</td>
<td>FLORASSIST® Liver Restore™</td>
</tr>
<tr>
<td>01541</td>
<td>Glutathione, Cysteine &amp; C</td>
</tr>
<tr>
<td>01393</td>
<td>HepatoPro</td>
</tr>
<tr>
<td>01608</td>
<td>Liver Efficiency Formula</td>
</tr>
<tr>
<td>01534</td>
<td>N-Acetyl-L-Cysteine</td>
</tr>
<tr>
<td>00342</td>
<td>PectaSol-C® Modified Citrus Pectin Powder</td>
</tr>
<tr>
<td>01080</td>
<td>PectaSol-C® Modified Citrus Pectin Capsules</td>
</tr>
<tr>
<td>01884</td>
<td>Silymarin</td>
</tr>
<tr>
<td>02361</td>
<td>SOD Booster</td>
</tr>
</tbody>
</table>
LONGEVITY & WELLNESS
00457  Alpha-Lipoic Acid
01625  AppleWise
02414  Bio-Fisetin
01214  Blueberry Extract
01438  Blueberry Extract and Pomegranate
02270  DNA Protection Formula
02431  Essential Youth - L-Ergothioneine
02119  GEROPROTECT® Ageless Cell™
02415  GEROPROTECT® Autophagy Renew
02401  GEROPROTECT® Stem Cell
02211  Grapeseed Extract
00954  Mega Green Tea Extract (decaffeinated)
00953  Mega Green Tea Extract (lightly caffeinated)
01513  Optimized Fucoidan with Maritech® 926
02230  Optimized Reservatrol Elite™
01637  Pycnogenol® French Maritime Pine Bark Extract
02210  Resveratrol Elite™
00070  RNA (Ribonucleic Acid)
02301  Senolytic Activator®
01208  Super R-Lipoic Acid
01919  X-R Shield

MEN’S HEALTH
02209  Male Vascular Sexual Support
00455  Mega Lycopene Extract
02306  Men's bladder Control
01789  PalmettoGuard® Saw Palmetto and Beta-Sitosterol
01790  PalmettoGuard® Saw Palmetto/Nettle Root Formula and Beta-Sitosterol
01837  Pomi-T®
01373  Prelox® Enhanced Sex for Men
01940  Super MiraForte with Standardized Lignans
02500  Testosterone Elite
01909  Triple Strength ProstaPollen™
02029  Ultra Prostate Formula

MINERALS
01661  Boron
02107  Extend-Release Magnesium
01677  Iron Protein Plus
02403  Lithium
01459  Magnesium Caps
01682  Magnesium (Citrate)
01328  Only Trace Minerals
01504  Optimized Chromium with Crominex® 3+
02309  Potassium with Extend-Release Magnesium
01740  Sea-Iodine™
01879  Se-Methyl L-Selenocysteine
01778  Super Selenium Complex
00213  Vanadyl Sulfate
01813  Zinc Caps

MISCELLANEOUS
00577  Potassium Iodide
00657  Solarshield® Sunglasses

MOOD & STRESS MANAGEMENT
02434  Calm-Mag
02312  Cortisol-Stress Balance
00987  Enhanced Stress Relief
01074  5 HTP
01683  L-Theanine
02175  SAMe (S-Adenosyl-Methionine) 200 mg, 30 enteric coated vegetarian tablets
02176  SAMe (S-Adenosyl-Methionine) 400 mg, 30 enteric coated vegetarian tablets
02174  SAMe (S-Adenosyl-Methionine) 400 mg, 60 enteric coated vegetarian tablets
02429  Theanine XR™ Stress Relief

MULTIVITAMINS
02199  Children's Formula Life Extension Mix™
02354  Life Extension Mix™ Capsules
02364  Life Extension Mix™ Capsules without Copper
02356  Life Extension Mix™ Powder
02355  Life Extension Mix™ Tablets
02357  Life Extension Mix™ Tablets with Extra Niacin
02292  Once-Daily Health Booster - 30 softgels
02291  Once-Daily Health Booster - 60 softgels
02313  One-Per-Day Tablets
02428  Plant-Based Multivitamin
02317  Two-Per-Day Capsules - 60 capsules
02314  Two-Per-Day Capsules - 120 capsules
02316  Two-Per-Day Tablets - 60 tablets
02315  Two-Per-Day Tablets - 120 tablets

NERVE & COMFORT SUPPORT
02202  ComfortMAX™
02303  Discomfort Relief

PERSONAL CARE
01006  Biosil™ - 30 veg capsules
01007  Biosil™ - 1 fl oz
00321  Dr. Proctor’s Advanced Hair Formula
00320  Dr. Proctor’s Shampoo
02322  Hair, Skin & Nails Collagen Plus Formula
01278  Life Extension Toothpaste
00408  Venoton
00409  Xyliwhite Mouthwash
02304C  Youthful Collagen
02252  Youthful Legs

PET CARE
01932  Cat Mix
01931  Dog Mix

PROBIOTICS
01622  Bifido GI Balance
01825  FLORASSIST® Balance
02421  FLORASSIST® Daily Bowel Regularity
02125  FLORASSIST® GI with Phage Technology
01821  FLORASSIST® Heart Health
02250  FLORASSIST® Mood Improve
02208  FLORASSIST® Immune & Nasal Defense
02120  FLORASSIST® Oral Hygiene
02203  FLORASSIST® Prebiotic
02505  FLORASSIST® Probiotic Women’s Health
01920  FLORASSIST® Throat Health
52142  Jarro-Dophilus® for Women
00056  Jarro-Dophilus EPS® - 60 veg capsules
21201  Jarro-Dophilus EPS® - 120 veg capsules
01038  Therlac® Probiotics
01389  TruFlora® Probiotics

SKIN CARE
80157  Advanced Anti-Glycation Peptide Serum
80165  Advanced Growth Factor Serum
80170  Advanced Hyaluronic Acid Serum
80154  Advanced Lightening Cream
80155  Advanced Peptide Hand Therapy
80175  Advanced Probiotic-Fermented Eye Serum
80177  Advanced Retinol Serum
80152  Advanced Triple Peptide Serum
80140  Advanced Under Eye Serum with Stem Cells
80137  All-Purpose Soothing Relief Cream
80139  Amber Self MicroDermAbrasion
80118  Anti-Aging Mask
80151  Anti-Aging Rejuvenating Face Cream
PRODUCTS

80153  Anti-Aging Rejuvenating Scalp Serum
80179  Brightening Peptide Serum
80176  Collagen Boosting Peptide Cream
80156  Collagen Boosting Peptide Serum
02408  Collagen Peptides for Skin & Joints
80180  CoQ10 and Stem Cell Rejuvenation Cream
80169  Cucumber Hydra Peptide Eye Cream
02423  Daily Skin Defense
80141  DNA Support Cream
80163  Eye Lift Cream
80123  Face Rejuvenating Anti-Oxidant Cream
80109  Hyaluronic Facial Moisturizer
80110  Hyaluronic Oil-Free Facial Moisturizer
80138  Hydrating Anti-Oxidant Facial Mist
00661  Hydroderm
55495  Intensive Moisturizing Cream
80168  Melatonin Advanced Peptide Cream
80114  Mild Facial Cleanser
80172  Multi Stem Cell Hydration Cream
80159  Multi Stem Cell Skin Tightening Complex
80122  Neck Rejuvenating Anti-Oxidant Cream
80174  Purifying Facial Mask
80150  Renewing Eye Cream
80142  Resveratrol Anti-Oxidant Serum
02503  Rest & Renew

VITAMINS

01533  Ascorbyl Palmitate
00920  Benfotiamine with Thiamine
00664  Beta-Carotene
01945  BioActive Complete B-Complex
00102  Biotin
00084  Buffered Vitamin C Powder
02229  Fast-C® and Bio-Quercetin Phytosome
02075  Gamma E Mixed Tocopherol Enhanced with Sesame Lignans
02070  Gamma E Mixed Tocopherol & Tocotrienols
01913  High Potency Optimized Folate
01674  Inositol Caps
02244  Liquid Vitamin D3 • 50 mcg (2000 IU)
02232  Liquid Vitamin D3 (Mint) • 50 mcg (2000 IU)
01936  Low-Dose Vitamin K2
00065  MK-7
00373  No Flush Niacin
01939  Optimized Folate (L-Methylfolate)
01217  Pyridoxal 5'-Phosphate Caps
01400  Super Absorbable Tocotrienols
02334  Super K
01863  Super Vitamin E
02422  Vegan Vitamin D3
02028  Vitamin B5 (Pantothenic Acid)
01535  Vitamin B6
00361  Vitamin B12 Methylcobalamin
01536  Vitamin B12 Methylcobalamin • 1 mg, 60 veg lozenges
01537  Vitamin B12 Methylcobalamin • 5 mg, 60 veg lozenges
02228  Vitamin C and Bio-Quercetin Phytosome • 60 veg tablets
02227  Vitamin C and Bio-Quercetin Phytosome • 250 veg tablets
01751  Vitamin D3 • 25 mcg (1000 IU), 90 softgels
01753  Vitamin D3 • 25 mcg (1000 IU), 250 softgels
01713  Vitamin D3 • 125 mcg (5000 IU), 60 softgels
01718  Vitamin D3 • 175 mcg (7000 IU), 60 softgels
01758  Vitamin D3 with Sea-Iodine™
02040  Vitamins D and K with Sea-Iodine™

WEIGHT MANAGEMENT & BODY COMPOSITION

02479  7-Keto® DHEA Metabolite • 100 mg, 60 veg capsules
02207  AMPK Metabolic Activator
02504  Body Trim and Appetite Control
02478  DHEA Complete
01738  Garcinia HCA
02506  Mediterranean Weight Management
01432  Optimized Saffron
00818  Super CLA Blend with Sesame Lignans
02511  Thermo Weight Control
02509  Waistline Control™

WOMEN’S HEALTH

01942  Breast Health Formula
01626  Enhanced Sex for Women 50+
01894  Estrogen for Women
01064  Femmenessence MacaPause®
02204  Menopause 731™
02319  Prenatal Advantage
01649  Super-Absorbable Soy Isoflavones
02507  Youthful Woman 40+ with B-Complex
Top Off Your TESTOSTERONE

Low Testosterone Levels May Lead to:
- Reduced Sex Drive
- Less Energy
- Cloudy Thinking
- Weight Gain
- Cardiovascular Factors

* J Clin Endocrinol Metab. 2002 Feb;87(2):589-98.

Caution: Do not take more than 15 mg per day of Bioperine®. If you are taking any medication, use only under physician supervision. Men with existing prostate cancer may not be able to use this product. Elevations in free testosterone can unmask an occult (hidden) prostate cancer. Anyone with this concern should have a baseline PSA prior to using this product and a follow-up PSA test 60 days later. If a significant elevation of PSA is found, discontinue this product and advise physician.

Bioperine® is a registered trademark of Sabinsa Corp. HMRlignan™ is a trademark used under sublicense from Linnea S.A.


Maintaining healthy testosterone levels helps men regain health and improve performance.

By the time a man is 70 years old, he may produce 60% less testosterone than he did at age 40.*

The time is now to add Super Miraforte with Standardized Lignans to your supplement regimen.

SUPER SALE PRICE
Item #01940 • 120 vegetarian capsules
1 bottle $41.85
4 bottles $37.80 each

For full product description and to order Super Miraforte with Standardized Lignans, 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.
With age, synapses that connect our brain cells wither.

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


Magtein® is a registered trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc. Magtein® is protected under U.S. patents 8,178,118; 8,142,803; 8,163,301 and other patents pending.
7 WORLDWIDE OBESITY CRISIS
Obesity prevalence has tripled since 1975. A compound found in red chili peppers increases calorie burning. A new method improves bioavailability to promote weight loss.

22 POMEGRANATE AND HEART HEALTH
Pomegranate protects the heart and endothelium. In a clinical study pomegranate reduced arterial plaque.

34 UNLEASH RESVERATROL’S POTENTIAL
Encasing resveratrol in a hydrogel fiber enables it to become up to 10 times more bioavailable, delivering longevity effects throughout the body.

50 QUERCETIN IMPROVES METABOLIC HEALTH
Quercetin, found in certain plants, can improve metabolic syndrome while reducing cardiovascular risk factors.

60 FEEL BETTER FASTER
Studies show that elderberry, zinc, and vitamin C, taken in the early stages of a cold or flu, can shorten their duration.

69 SOLUTIONS: PROTECT AGAINST DOPAMINE DEFICIT
Inhibiting an enzyme called MAO-B boosts brain dopamine levels, protecting neuronal structures, and improving mood.

Supersale IS ON!
VISIT US ONLINE AT LIFEEXTENSION.COM