



The Science of a Healthier Life®

LifeExtension.com

February 2026

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Alzheimer's Risk



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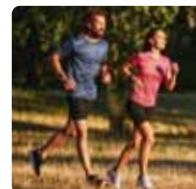
A Bee Product That Reduces Sick Days

An anti-microbial substance made by bees can enhance **immune** defense against the common cold.

In **human** trials, **propolis** capsules *reduced* **sick days** by **34%**, while a **propolis** throat spray *resolved* **upper respiratory symptoms** two days *earlier* than placebo.

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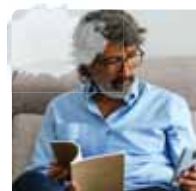
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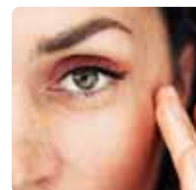
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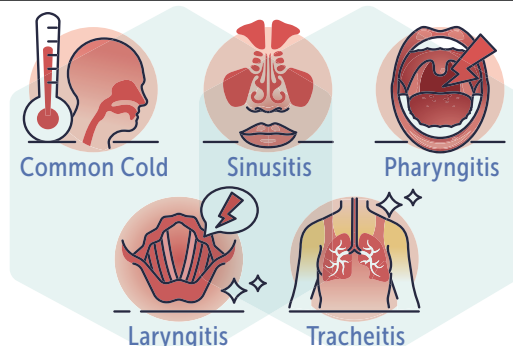
A Bee Product That Reduces Sick Days



WILLIAM FALOON

Each year millions of Americans suffer through **upper respiratory tract infections**.¹

Many experience multiple episodes.²



The resulting impact on productivity and healthcare costs is substantial.

The most prevalent **upper respiratory tract infection** is the **common cold**.

While **over-the-counter (OTC)** medications offer some temporary symptom relief, they may do little to reduce the **duration** of illness or address the cause.^{3,4}

We've long questioned the prevailing medical model that prioritizes symptom suppression in lieu of active **intervention** and **prevention**. We have reported on research supporting immune modulating nutrients like zinc, lactoferrin, garlic, and vitamin D.

New clinical research helps validate an option that has a history of beneficial purposes.

Propolis is a **bee-derived** substance that has been shown to enhance protection and recovery from **upper respiratory tract infections**.

In double-blind randomized placebo-controlled **clinical trials** of adults:

- Those with an **upper respiratory tract infection** who took an oral throat spray of **propolis** daily had their symptoms resolved **two days faster** than those receiving a **placebo**.⁵
- Those without an **upper respiratory tract infection** during the colder months who took oral capsules containing **propolis** daily reported **34% fewer sick days** than those receiving **placebo**.⁶

When combined with other immune-supporting supplements it may be possible for even **faster** resolution of symptoms and enhanced defense against future infection.



Propolis

Gaining Scientific Validation

Bees are responsible for the pollination of over 100 commercial crops in the United States.⁷ They also produce a substance that boosts **immune** functions.

Propolis is created primarily by **honeybees** when they mix their saliva and beeswax with pollen or resins gathered from buds or cracks in bark.⁸

Bees utilize propolis for a variety of purposes, such as to fill in cavities in the beehive and mummify intruders to prevent their decay.⁹

Ancient Greek, Roman, and Egyptian civilizations were documented as users of **propolis** for a variety of purposes.¹⁰

While propolis has been widely accessible in complementary medicine since the 1980s, only in the last **20 years** has science been paying closer attention.¹¹

Researchers have discovered that propolis contains a variety of **polyphenols** that have **anti-microbial** and **anti-inflammatory** benefits.^{11,12}

The effects of propolis on the **immune system** may be two-fold:¹³

1. Modulating **innate** (first line of defense) immune function, and
2. Enabling better **adaptive** (acquired) immunity.

Propolis has demonstrated in preclinical models that it may increase **natural killer** (NK) cell activity¹⁴ and modulates the function of monocytes that adversely

down-regulate certain immune activity.^{13,15} NK cells and monocytes are types of white blood cells that are part of the **innate** immune system.¹⁶

For a robust immune response, you want to temporarily up-regulate **NK cell** activity and turn down excess **monocyte** function.

Propolis may also increase **antibody** production from **B-cells** which are part of the **adaptive** immune response.¹⁷

One dilemma for **propolis supplements** is that the content of **polyphenols** can vary depending on what plant species the bees use, which changes based on the time of year and location.¹⁸

To overcome this obstacle, scientists developed methods to **standardize** propolis to a specific concentration of **polyphenols**.¹⁸

A standardized propolis formula has been **clinically validated** in two delivery systems (capsules and spray) to provide immune support.

Clinical Trials Demonstrate Protection

Upper respiratory tract infections refer to acute infections of the mucosa lining in the upper respiratory tract caused by bacteria or viruses.

Infections classified in this way include the **common cold**, **pharyngitis** (sore throat), **sinusitis**, **laryngitis**, and **tracheitis**.

During the colder months, the risk of respiratory illnesses increases.¹⁹





In a randomized controlled trial, **295** healthy men and women between the ages of 25-69 were enrolled to study the effect **propolis** has on **upper respiratory tract infection** risk between the autumn and spring months.

One group took a capsule containing **200 mg** of **standardized propolis** at breakfast and another at dinner for a total of **400 mg** daily. The other group did the same with a **placebo**.

After **12 weeks** those who took **propolis** compared to **placebo** had:

- **29%** fewer sick events,
- **31%** reduced risk of experiencing respiratory discomfort, and
- **34%** fewer sick days.⁶

Speeding the Pace of Recovery

Propolis may not only modulate the immune system to provide greater protection from new infections, but when taken as an **oral spray** (targeting the back of the throat), it may provide **faster relief** from an existing upper respiratory tract infection.

In a randomized-controlled trial, **122 people** aged 18-77 years old with a mild **upper respiratory tract** infection (viral or bacterial origin) were split into groups to receive an **oral propolis spray** or a **placebo**.

Dosing was 2-4 sprays three times a day for five days.

The participants' symptoms included sore throat, hoarseness, swelling, and/or redness. Infection was confirmed from a clinical evaluation and a microbial throat swab administered by a physician.

After three days, **83%** of subjects taking the **propolis** oral spray experienced remission in upper respiratory tract discomfort. Only **28%** of the **placebo** group experienced remission.

Mild respiratory tract discomfort cleared up **two days earlier** in the **propolis-supplemented** group.⁵

Summary

Upper respiratory tract infections are a huge burden on society.

When symptoms manifest, it is frustrating not to have immediate access to an intervention that may reduce symptoms and shorten duration.

Over-the-counter medications can help relieve some symptoms but do little to address the underlying causes.

Propolis is a bee-derived substance that has long been utilized in traditional medicine. It has been available as a dietary supplement for decades. In recent years scientists have been paying closer attention.

Taking **propolis** capsules during the colder months resulted in **34%** fewer sick days than for those receiving a placebo.

In the form of an **oral spray**, propolis resolved symptoms **two days faster** than **placebo**.

Combining **propolis** with other immune-supporting nutrients may offer even greater protection and recovery against common upper **respiratory tract** infections.

When symptoms develop, it's nice to have something on hand that may **shorten duration** and boost **immune functions**.

For longer life,



William Faloon, Co-Founder
Life Extension

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healthy processing speed, and
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References: 1. *Nutrients*;14:5235.10.3390/nu14245235. 2. *J Alzheimers Dis.* 2016;49(4):971-90.

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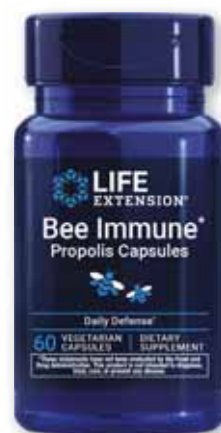
- Support a healthy **immune** response to assist your body in shoring up its defenses.^{1,2}
- Can head off seasonal challenges that might be lingering in the air, **especially in the colder months**.

Bee Immune Propolis is available in two forms—a quick-acting **spray** for immediate support,¹ and daily **capsules** for long-term immune strength.²

Formulated BEE IMMUNE PROPOLIS can help support defenses year-round.



NEW



SUPER SALE PRICE

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4 bottles \$13.05 each

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Spraying five times into the mouth provides **4 mg** of polyphenols from 690 mg of standardized **bee propolis** extract.

SUPER SALE PRICE

Item #02546

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4 bottles \$14.40 each

.....
Two vegetarian capsules provide **400 mg** of standardized **bee propolis** extract.



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For full product description and to order **Bee Immune Propolis Capsules** and/or **Bee Immune Propolis Spray**, call **1-800-544-4440** or visit **www.LifeExtension.com**

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1. Esposito C et al. *Phytomedicine*. 2021 Jan;80:153368.
2. Poplar-type propolis dry extract ESIT12: immunomodulation efficacy study. Data on file. 2025.

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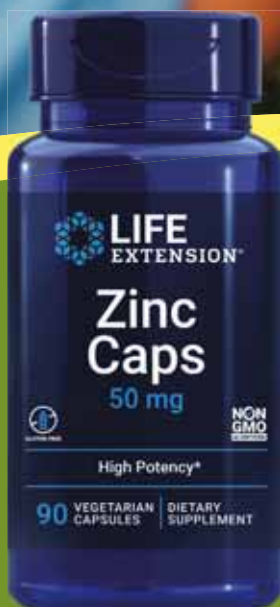
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Albert

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REVIEW



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Item #01813

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4 bottles \$5.40 each

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



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In the News



CoQ10 Supplementation Benefits Male Infertility

A benefit was found for **coenzyme Q10** (CoQ10) in the treatment of infertility in men, according to a systematic review and meta-analysis of randomized studies.*

Researchers reviewed eight studies that included a total of 781 men with infertility of unidentified cause.

Four hundred thirty men received CoQ10, and 351 men received a placebo or other control comparison.

CoQ10 doses ranged from **100 mg** to **200 mg** per day in the five studies that evaluated the effects of CoQ10 as a single nutrient.

The meta-analysis revealed a significantly *higher* sperm concentration among men who received CoQ10 when compared with a placebo control. Participants who received CoQ10 had significantly greater seminal volume and improved quality in studies that evaluated this parameter.

Sperm motility was also higher in CoQ10-treated men compared with the control participants.

Editor's Note: Two other studies, which documented pregnancy-rate outcomes, found a significantly higher rate in women whose partners received CoQ10.

* *World J Mens Health*. 2025 Aug 27.

Greater Choline Intake Linked to Lower Alzheimer's Risk

A study reported in *The Journal of Nutrition* revealed a link between dietary intake of **choline** and a lower risk of developing Alzheimer's in older adults.*

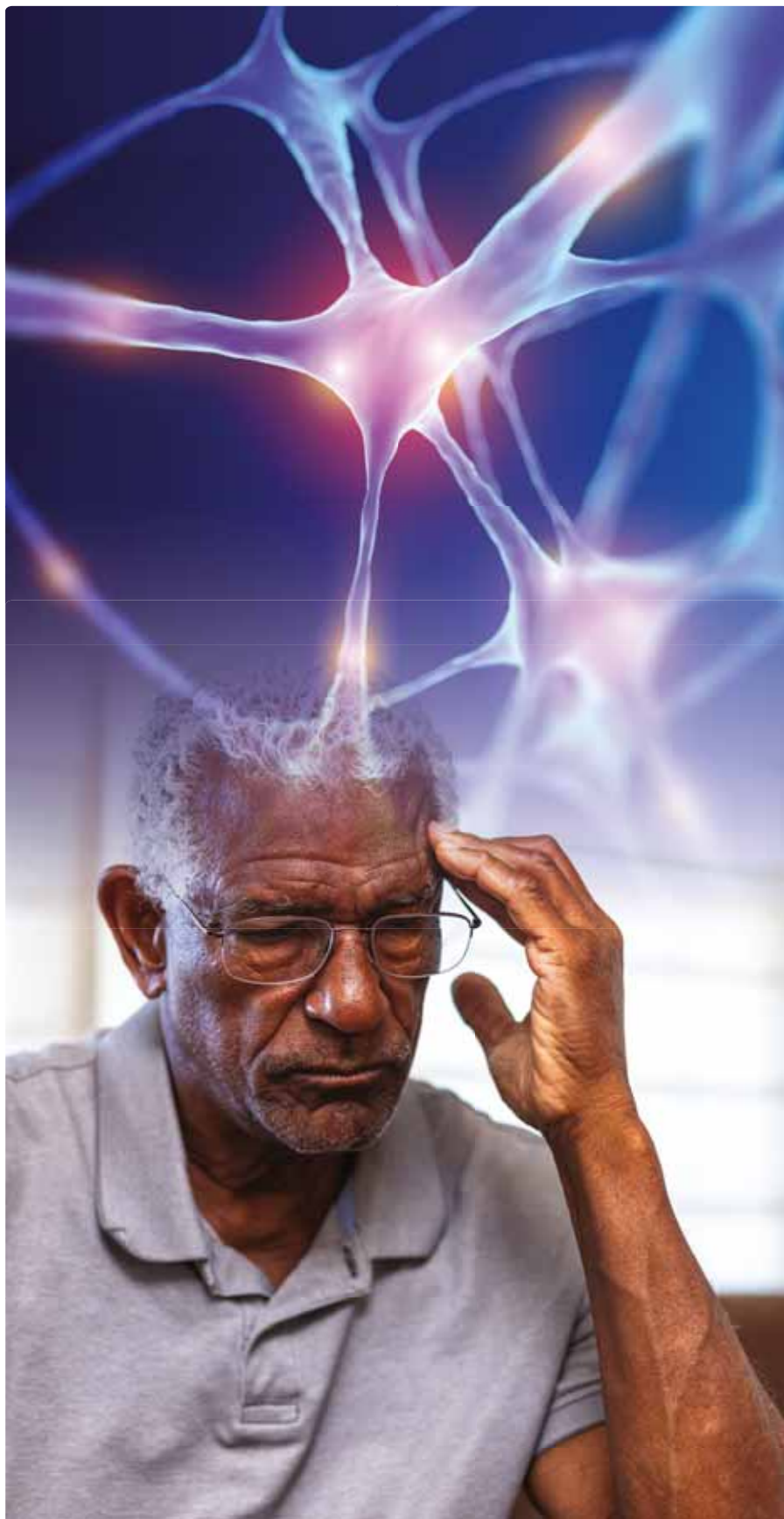
The study examined the daily choline intake of 991 men and women enrolled in the Rush Memory and Aging Project prospective cohort.

The participants, whose age averaged 81 years at the beginning of the study, were followed for an average of about eight years, during which 266 participants were diagnosed with Alzheimer's dementia.

Compared with those whose intake of choline was lowest, at less than **200 mg** per day, participants whose intake was highest, at over **350 mg** per day, had a **51% lower** risk of developing Alzheimer's dementia. An intake of **251 mg–300 mg** was associated with a **40% lower** risk and **301 mg–350 mg** was associated with a **38% risk reduction**.

Editor's Note: Choline is an essential nutrient that is used by the body to form the neurotransmitter acetylcholine, which facilitates the transmission of impulses between nervous system cells known as neurons and is needed for memory and learning.

* *J Nutr.* 2025 May 28:S0022-3166(25)00297-4.





Antioxidant-Rich Diets Linked with Lower Glaucoma Risk

An observational study uncovered an association between improved antioxidant status and a lower risk of **glaucoma**, an eye disease marked by increased eye pressure in which oxidative stress plays a role.*

The investigation included 4,909 men and women aged 20 years and older who participated in the 2005-2008 National Health and Nutrition Examination Survey (NHANES). Glaucoma had been diagnosed among 325 participants.

Responses to dietary interviews were analyzed to obtain Dietary Oxidative Balance Scores; components included carotenoids, riboflavin, niacin, total folate, vitamins B6, B12, C and E, fiber, calcium, magnesium, selenium, zinc, copper, total fat and iron.

Each unit increase in Dietary Oxidative Balance Scores was associated with a **4%** reduction in glaucoma risk. Men and women whose Dietary Oxidative Balance Scores were among the top **25%** of participants had a **61% lower** risk of glaucoma than those among the lowest **25%**.

Editor's Note: The association between dietary oxidative balance and glaucoma was greater among men, smokers and former smokers, and other subgroups.

Everyone starting at around age 40 should have a **comprehensive eye exam** that includes a test for **intraocular pressure** to detect and prevent optic nerve damage at its earliest stages.

* *Eye (Lond)*. 2025 Sep;39(13):2527-2533

Olive Oil Compound Supports Healthy Inflammatory Response in Prediabetics

A randomized-controlled trial found improvements in antioxidant status and inflammatory response in overweight men and women with prediabetes who were given **hydroxytyrosol**, a compound that occurs in olive oil.*

The trial evaluated 49 overweight prediabetic people who received **15 mg** of hydroxytyrosol or a placebo for 16 weeks.

At the beginning and end of the trial, the researchers measured:

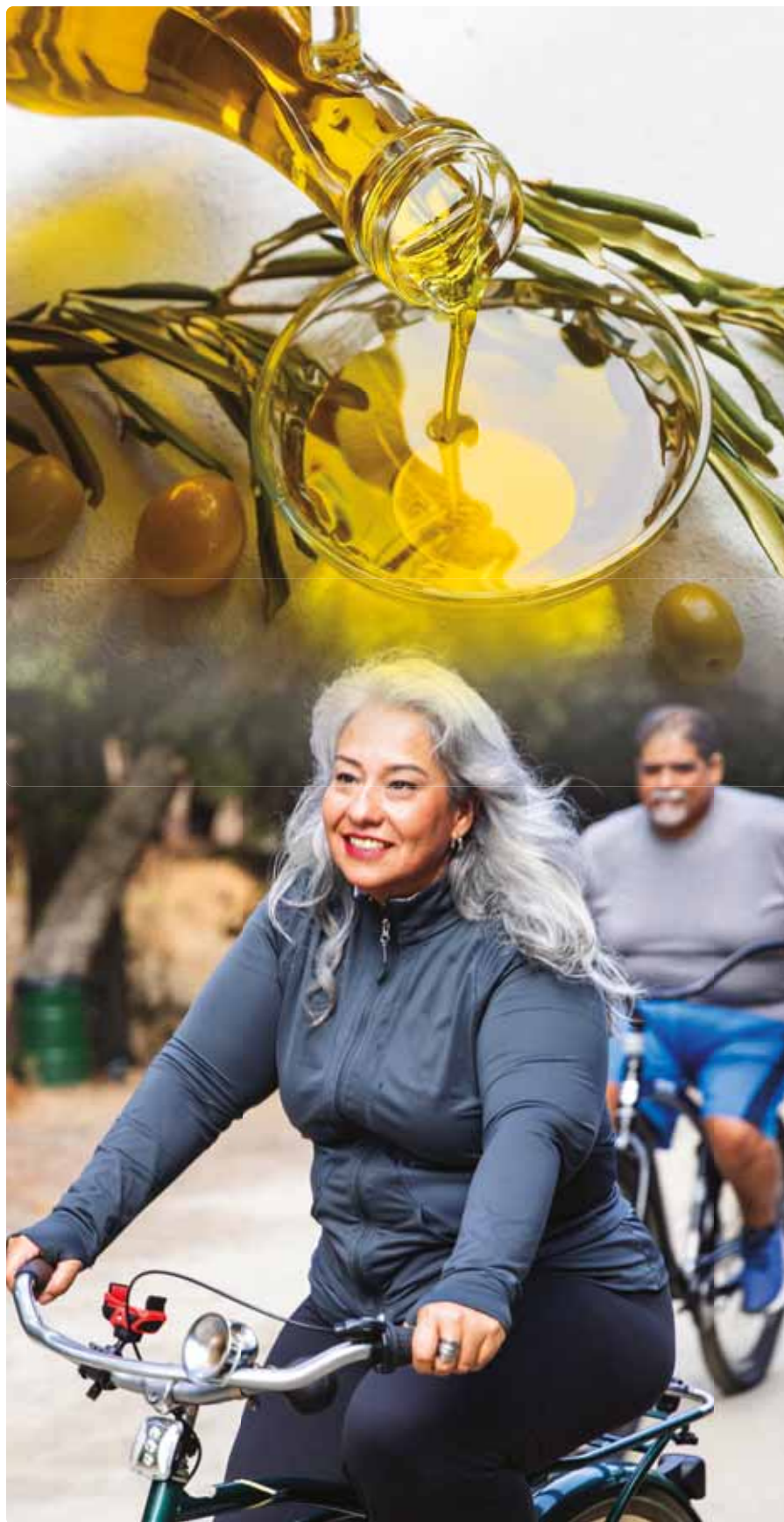
- Oxidized LDL,
- Total antioxidant status,
- Glutathione peroxidase (antioxidant enzyme),
- Interleukin-6 (inflammatory marker), and
- Protein carbonyls and 8-OHdG (markers of oxidative stress).

Compared to the placebo group, people who received **hydroxytyrosol** had significant reductions in oxidized LDL, protein carbonyls, and 8-OHdG. They maintained their total antioxidant status and glutathione peroxidase activity, but had lower interleukin-6 levels, which indicated reduced inflammation.

Editor's Note: The Mediterranean diet's health benefits have been attributed in part to a high intake of olive oil. "Olive oil polyphenols have attracted significant scientific interest, particularly after the European Food Safety Authority approved the claim that 'olive oil polyphenols contribute to the protection of low-density lipoproteins (LDL) from oxidative damage,' an effect linked to their antioxidant capacity," the authors wrote.

Hydroxytyrosol is included in certain supplements designed to mimic some of the beneficial effects of **olive oil** and the Mediterranean diet.

* *Clin Nutr.* 2025 Sep;52:17-26.



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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)*.*

* Br J Pharmacol. 2004 Mar;141(5):825-30.

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Healthy Lungs contains plant-derived compounds to support **optimal lung** function:¹

- ***Boswellia serrata***^{1,2}
- **Bael fruit**^{1,2}
- **Saffron**^{3,4}

Studies have shown these nutrients can:

- Encourage easy, open airways.^{1,2,4}
- Assist healthy adults sensitive to environmental exposure.¹
- Promote lung function.²⁻⁴

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

References: 1. PLT Study. 2022. Unpublished. Data on file.
2. *Phytother Res.* 2018 Jan;32(1):140-50. 3. *Respir Res.* 2019 Feb 22;20(1):39.
4. *Respir Med.* 2018 Dec;145:28-34.

AlvioLife® is a registered trademark of PLT Health Solutions-Laila Nutraceuticals LLC.

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4 bottles \$19.80 each

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- Citicoline (CDP-Choline) is a precursor needed to make acetylcholine, a neurotransmitter that supports attention, learning, and memory.^{1,2}
- Citicoline (CDP-Choline) also helps increase levels of other important brain chemicals and supports cellular membrane synthesis in the brain.¹
- In human studies, Citicoline (CDP-Choline) helped maintain various types of memory capacity,³ and helped reduce recall mistakes, while supporting attention.⁴

References:

1. *Aging Dis.* 2023 Aug 1;14(4):1184–1195.
2. *Nutrients.* 2020 Oct 12;12(10):3113.
3. *J Nutr.* 2021 Aug 7;151(8):2153–60.
4. *Food and Nutrition Sciences.* 2012, 3, 769–773.

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60 vegetarian capsules
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Fenugreek seeds
contain flavonoids



How QUERCETIN Boosts Heart Health

BY RYAN MCCORMICK

Cardiovascular disease is the *leading cause of death* worldwide.¹

Scientists have long known that a diet rich in **plant-derived** compounds called **flavonoids** correlates with a reduced risk of **cardiovascular diseases**.²

Quercetin is one of the most common flavonoids.³

Research shows that it supports **heart health** in multiple ways, reducing mechanistic factors for cardiovascular disorders and displaying cardio-protective properties.^{3,4}

In **human** studies, quercetin:

- Lowered **blood pressure**,⁵⁻⁷
- Reduced **total cholesterol**⁸ and oxidized **LDL cholesterol**,⁹
- Lowered markers of **chronic inflammation** tied to cardiovascular disease,^{8,10,11}
- And more.

These actions can help improve **heart health** and reduce risk for heart disease.





Cardiovascular Risk Factors

Risk factors for **cardiovascular disease** include obesity, poor diet, smoking, high blood pressure, high blood glucose, elevated triglycerides, high apolipoprotein B that indicates greater numbers of circulating atherogenic particles such as small dense LDL, and *low* **HDL** (“good”) cholesterol.¹²

Any one of the above factors can cause occlusion of arteries feeding the heart, brain and other tissues.

Identifying and managing these risk factors can significantly lower the chance of developing cardiovascular disease *and* reduce the risk of complications such as fatal **heart attacks** and **strokes** in those who already have it.¹²

Quercetin Protects the Heart

Flavonoids are compounds found in plant foods like fruits, vegetables, and whole grains. They have properties that are known to help protect the heart.²

Quercetin is one of the most potent flavonoids. It is found in onions, apples, tea, citrus fruits, and red wine.¹³

It has a long list of benefits, including anti-cancer activity, blood glucose control, and many different actions that support **heart** health.^{3,14}

Chronic inflammation and **oxidative stress** are drivers of most chronic illnesses, including **cardiovascular disease**. They contribute to the development and progression of **atherosclerosis** (the buildup of plaque in blood vessels) and to degenerative changes in the heart.¹⁵

As an **antioxidant/anti-inflammatory**, quercetin protects against this damage.^{3,4}

Quercetin has been shown to improve other cardiovascular risk factors in preclinical and clinical studies:

- Reducing blood pressure,^{5,6}
- Activating key metabolic pathways, such as **AMPK**, which enhance metabolism and help reverse insulin resistance,¹⁶⁻¹⁸
- Supporting endothelial function,¹⁹
- Improving blood glucose control,²⁰
- Reducing plaque-promoting adhesion molecules, protecting blood vessel function, and helping to prevent clot formation,^{21,22}
- Blocking the formation of **oxidized LDL**, a major driver of vascular damage in blood vessels and plaque formation and growth,²⁰
- Reducing **inflammation and oxidative stress**,²³ and
- Decreasing **liver fat accumulation**.²⁴

What Human Studies Show

A meta-analysis of 39 population studies found that higher **flavonoid** intake is associated with lower **cardiovascular** risk.²

When researchers looked at specific flavonoids, they found that **quercetin** intake was associated with reduced risk of **coronary heart disease**,² which occurs when the arteries do not deliver enough oxygen-rich blood to the heart. This is the most common type of heart disease.²⁵

Clinical studies have shown the benefits of quercetin. For example, quercetin intake (ranging from **150 mg** to **1,000 mg** daily) has been shown to lower **blood pressure**.^{5-7,26}

Human studies have also shown that quercetin intake improves **abnormal lipid** levels.^{8,9,27}

In a randomized, placebo-controlled crossover trial of overweight adults with metabolic risk factors, **150 mg** of quercetin daily raised blood levels of the compound and led to small but significant reductions in systolic blood pressure and oxidized LDL, an atherogenic marker. These benefits occurred without adverse effects.⁹

One meta-analysis of human trials found that quercetin supplementation reduced both systolic and diastolic blood pressure. In individuals who took quercetin for more than eight weeks, it also lowered triglycerides and raised HDL (“good”) cholesterol.⁵

Other trials have shown that quercetin intake can lower markers of systemic **chronic inflammation** tied to cardiovascular disease.^{8,10,11} Some of this effect is a result of quercetin’s ability to *inhibit* activity of **NF-kB (nuclear factor-kappa B)**, a protein complex that produces pro-inflammatory compounds.¹⁰

A systematic review and meta-analysis of **human** studies found that quercetin reduced total cholesterol, LDL (“bad”) cholesterol, and C-reactive protein (a marker of systemic inflammation) among patients with metabolic disease.⁸

Quercetin doesn’t just reduce risk factors for cardiovascular disease. It also **improves heart function** itself.

Quercetin’s Cardiovascular Benefits

- **Cardiovascular disease** is the leading cause of death worldwide.
- **Risk factors** for heart disease include high blood pressure, abnormal cholesterol levels, elevated blood glucose, obesity, poor diet, and smoking.
- **Quercetin** is a flavonoid found in fruits, vegetables, and herbs. It supports heart health by multiple mechanisms.
- In human studies, quercetin reduced high blood pressure, lowered LDL cholesterol, raised HDL cholesterol, and reduced markers of chronic inflammation, all of which help lower the risk of developing cardiovascular disease, and of cardiovascular incidents.
- **Quercetin** also improved heart function in people with a history of heart disease or metabolic risk factors.

In a 12-month controlled trial in patients being treated for **gout** and **high blood pressure** (which are both associated with increased risk of heart disease), the addition of **quercetin** to standard therapy improved heart function and normalized blood pressure.²⁸

In another study, quercetin intake improved the heart function of patients with a history of **coronary artery disease**.²⁹ Electrocardiogram monitoring in these individuals found fewer episodes of **cardiac ischemia** (reduction of blood flow to the heart) and of **abnormal heartbeats**.

These and other studies show that **quercetin** can reduce risk factors for heart disease and improve heart function.

Summary

Increased intake of **flavonoids**, compounds found in many plant foods, is associated with lower risk of **cardiovascular disease**.

Quercetin, one of the most potent flavonoids, supports heart health by multiple mechanisms, including lowering blood pressure, improving lipid levels (reducing LDL, increasing HDL), reducing markers of chronic inflammation, protecting blood vessels, and improving heart function.

Human studies show that quercetin intake can reduce cardiovascular risk factors and improve heart function in people with or at risk for heart disease. ■

What You Need To Know

Flavonoids



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

References

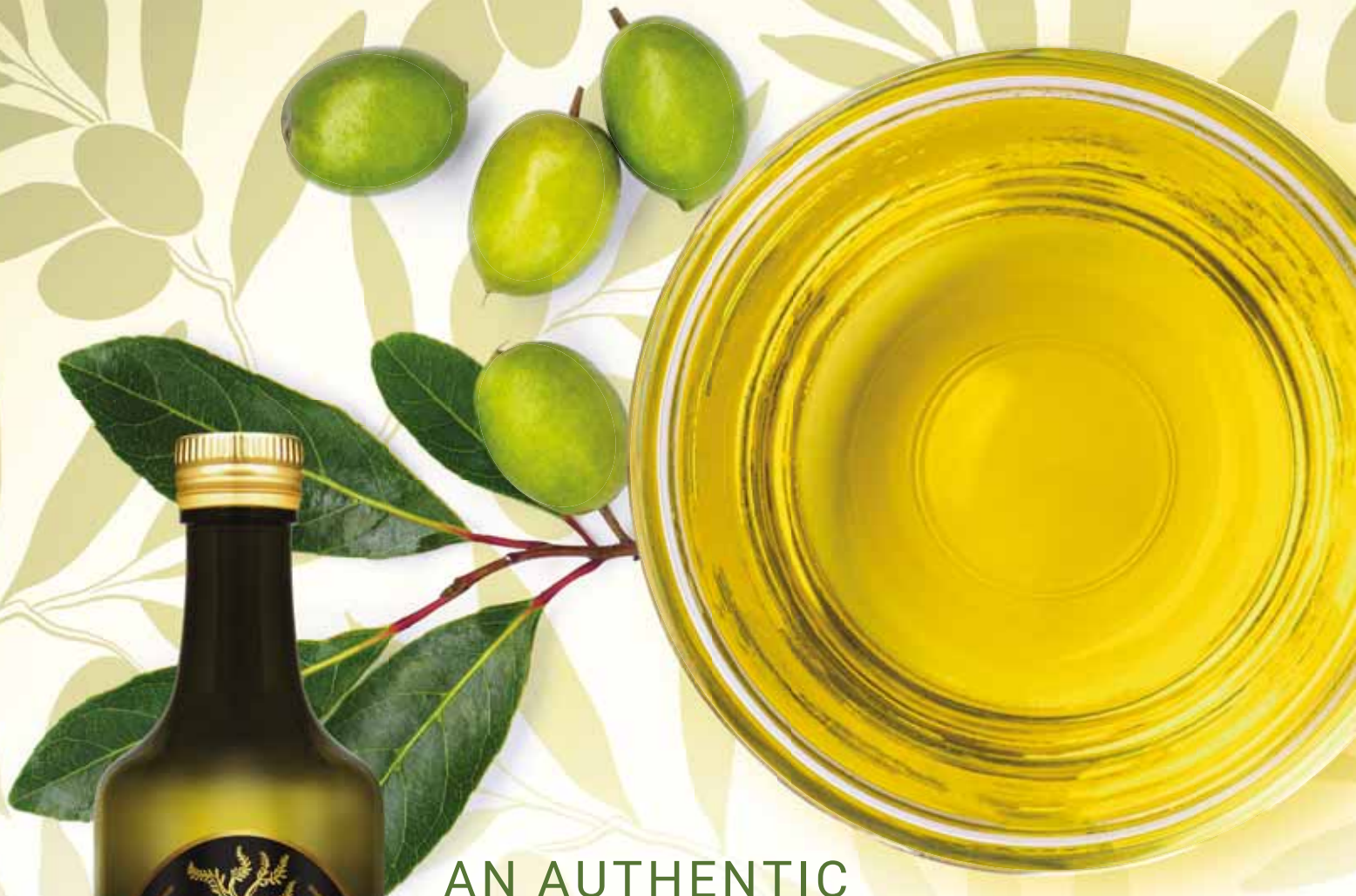
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REVIEW

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		4+ units	—	\$17.10 ea.	19%

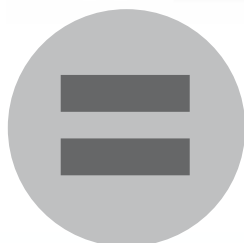
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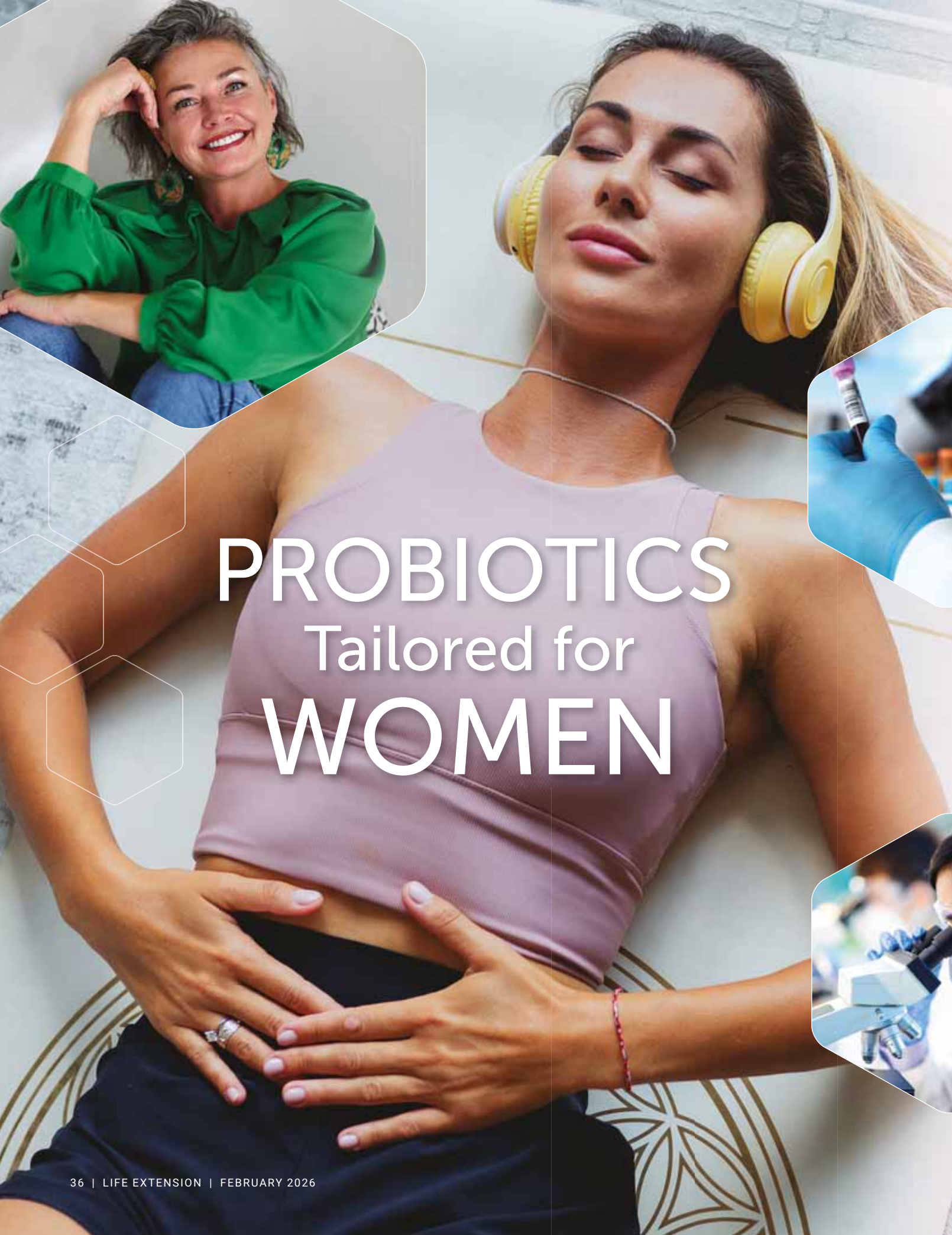
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PROBIOTICS

Tailored for

WOMEN



BY MARSHA MCCULLOCH, MS, RD





A common misconception is that all **probiotics** are essentially the same.¹

In reality, their effects vary dramatically from strain to strain.

For the greatest benefits, it is *essential* to use probiotic strains that have been clinically tested for **specific** health issues.^{2,3}

Two oral probiotics have been shown to address common health concerns of **women**. In clinical trials:

- 
- ***Lactobacillus plantarum* P17630** helped restore **healthy balance to the vaginal flora** (the vaginal microbiome) and reduced symptoms of **vaginal yeast infections** in women with a history of recurrent vulvo-vaginal yeast infection.⁴
 - ***Lactobacillus helveticus* L10** supported women's **immune defenses** against infections.^{5,6}



A combination of these probiotics provides tailored support for female health concerns.

Women's Intimate Health

Just like the gut microbiome, the **vaginal flora** can be healthy or unhealthy.

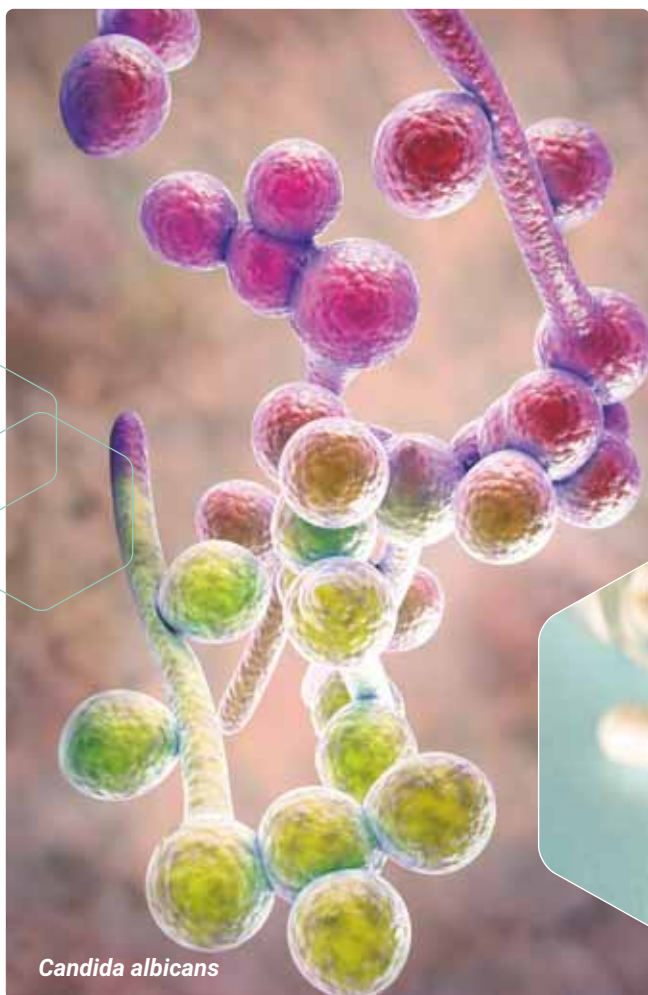
A healthy vaginal flora is typically high in ***Lactobacillus*** bacteria.⁷

Lactobacillus produces **lactic acid** to help maintain a slightly **acidic** (lower pH) environment that deters the growth of harmful bacteria.^{8,9}

When the vaginal floral balance is upset (known as dysbiosis), ***Candida yeast*** can overgrow and cause a **yeast infection**. ***Candida albicans*** is the most common yeast species involved.⁸

Yeast infections are extremely common. Symptoms include vaginal **itching**, **burning**, and **discharge**.^{8,10}

Standard antifungal treatments often fail in recurrent yeast infections because the *Candida* forms protective biofilms that make it harder for the drugs to work. Harmful microbes like this can become resistant to medications when they're used repeatedly.¹¹



Proven Vaginal Health Support

Probiotics are not only beneficial for gut health, they can also help support a balanced vaginal flora and improved gynecological wellness.

Scientists identified a bacterial strain, ***Lactobacillus plantarum* P17630**, that was present in women with healthy vaginal flora, supporting a more balanced vaginal environment.¹²

In a laboratory culture of human vaginal epithelial cells, ***Lactobacillus plantarum* P17630** was demonstrated to adhere to the cells and to competitively inhibit *Candida* adhesion.¹³

To explore its effectiveness as an **oral probiotic**, a pilot study was conducted with six healthy women (ages 18 to 45) with normal vaginal flora.¹⁴

For 60 days, the women took ***L. plantarum* P17630**. After 30 days, results showed colonization of *L. plantarum* P17630 in the vagina of **80%** of the women, leading to an improvement in the vaginal flora.¹⁴

These impressive results were maintained even after the women stopped taking the probiotic for 15 days.

In a larger **clinical trial**, scientists enrolled 93 women (ages 18 to 58) with a history of recurrent vaginal **yeast infections**.⁴

The women took **5 billion CFU of *L. plantarum* P17630** or a **placebo** daily. They completed three cycles of 15 days taking the probiotic, followed by a 15-day break in between.

Significant **improvement** was seen after about six weeks, by which time the participants had taken the probiotic for a total of **30 days**.

The percentage of women with **healthy vaginal microbiome** scores (high in lactobacillus) nearly doubled, while the percentage with less healthy or frankly unhealthy scores decreased markedly, as compared to the start of the study.

In the placebo group, women with the least healthy scores had far worse scores after 45 and 90 days.⁴

The **probiotic** group also had a significant decrease in **yeast infection** symptoms at the 45 and 90-day follow ups, including vaginal redness, swelling, and discharge, compared to the placebo group.⁴



Bolstering Immune Defenses for Vaginal Health

Lactobacillus helveticus is recognized as a probiotic strain that helps support gut and immune health by promoting a balanced intestinal microbiome and limiting the growth of harmful microbes.¹⁵ Constituents of *L. helveticus* strains have demonstrated beneficial immune effects in a preclinical setting.¹⁶

Preclinical research shows that ***L. helveticus*** can inhibit **pathogens** such as *Listeria*,¹⁷ *Candida*,¹⁸ and *E. coli*¹⁹ in both the gastrointestinal and vaginal environments.²⁰ Uncontrolled proliferation of these pathogens may lead to gastrointestinal problems and flu-like symptoms.

Clinical studies also show ***L. helveticus*** may help prevent gastrointestinal infections and influence immune activity.¹⁵

Ongoing **stress** can weaken a woman's **immune system**.²¹ Immune-supportive probiotics can boost defenses against infections throughout the body.²²

Researchers have also examined the ***Lactobacillus helveticus*** L10 strain specifically, finding that it can help support healthy immune function. In studies in elite athletes, **L10** improved immune markers, an important benefit for athletes, whose intense training can temporarily weaken immune defenses and increase susceptibility to respiratory infections.

In a clinical trial, elite athletes took **20 billion CFU** of ***Lactobacillus helveticus*** **L10** or a placebo daily for 14 weeks during winter.⁵

The probiotic group reported **29% fewer** upper respiratory infection **symptoms**, and infections lasted about **3.5 fewer** days compared to the placebo group, a sign of improved immunity.⁵

Further analysis showed that total salivary **IgA (immunoglobulin A)** levels were maintained in the probiotic group.⁶

IgA is an **antibody** that provides the first line of mucosal immune defense against respiratory tract infections. IgA also supports immune defense in the **vaginal tract**.²³

The **placebo** group had up to **35% reduction** in salivary IgA, suggesting weakened immunity.⁶

Together, oral intake of ***L. plantarum*** **P17630** and ***L. helveticus*** **L10** may help address top health concerns of women and promote better vaginal, immune, and gut health.



What You
Need
To Know

Probiotics Just for Her

- Scientists have identified **probiotic** strains and dosages for women that help reduce vaginal yeast infections, and support gut and immune health.
- In a clinical trial, women who took ***Lactobacillus plantarum*** **P17630** every day experienced a marked improvement in their vaginal flora and significantly reduced symptoms of vaginal **yeast infections**.
- In a clinical trial in elite athletes, daily oral intake of ***Lactobacillus helveticus*** **L10** supported the maintenance of **IgA**, an antibody that provides immune defense in the gastrointestinal, vaginal, and respiratory tract.
- A combination of ***L. plantarum*** **P17630** and ***L. helveticus*** **L10** delivers targeted support for a woman's vaginal health as well as her overall immunity.

Summary

Probiotics for women's health should be chosen based on clinically proven benefits, using specific strains and dosages.

Two clinical trials have demonstrated that daily oral intake of **5 billion CFU of *L. plantarum* P17630** can restore normal vaginal flora and reduce symptoms of **yeast infections**.

Additional **clinical research** suggests that taking **20 billion CFU of *L. helveticus* L10** daily can help bolster immune defenses.

Combining these two probiotics provides well-rounded support for common health concerns of women. ■

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

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Another study showed a **hair shedding reduction** of up to **20%**.² Some users noticed results in as little as two months.

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1. *Int J Cosmet Sci.* 2024;46(2):284-296.
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4 bottles \$18.45 each



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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.

Get Boosted at a GREAT PRICE

Health Booster provides **plant extracts** that complement multivitamin formulas.

Just one daily softgel provides **standardized nutrients** at a lower cost than if taken separately.

VITAMINS K1, MK4 AND MK7

Provides K1 and two forms of K2 for bone and heart health.

LUTEIN-ZEAXANTHIN

Same eye-protecting nutrients as contained in the popular MacuGuard® formula.

MIXED TOCOTRIENOLS

Provides a broad array of antioxidant vitamin E compounds.

CHLOROPHYLLIN

Functions as a detoxifier to help maintain cellular health.

LYCOPENE

Provides antioxidant support to help neutralize free radicals.

SAFFRON

Helps maintain visual acuity.



SUPER SALE PRICE

Item #02291 | 60 softgels
1 bottle \$39.15 | 4 bottles \$34.20 each
(Two-month supply)

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.



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.



Liposomal-Hydrogel™

VITAMIN

Buffered **ascorbate** encased in two **plant extracts** (liposomes plus hydrogel fenu-greek) increases blood (plasma) exposure nearly **seven times** more compared to an equivalent dose of vitamin C as calcium ascorbate.¹

It also maintains vitamin C levels throughout the day.²

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



"I feel better about my immune system with it."

Mary
VERIFIED
CUSTOMER
REVIEW

SUPER SALE PRICE

Item #02501 | 60 vegetarian tablets
1 bottle **\$22.95** | 4 bottles \$20.70 each



References

1. Akay Internal Study. Liposomal vitamin C (calcium ascorbate) pharmacokinetics. Data on file. 2021.
2. Akay Internal Study. Liposomal hydrogel vitamin C pharmacokinetics. Data on file. 2021.

For full product description and to order **Vitamin C 24-Hour Liposomal Hydrogel™ Formula**, 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.

Women's Bladder & Urinary Support

Many women need a little help when it comes to bladder and urinary health.¹

Women's Bladder Support contains three herbal extracts shown to support women's bladder and urinary functions:

- Horsetail
- Lindera
- Three-leaf caper

This three-herb blend can help maintain bladder comfort and normal urinary frequency—with women reporting positive results in a recent clinical study.²

SUPER SALE PRICE

Item #02513

60 vegetarian capsules

1 bottle **\$27**

4 bottles \$24.75 each



For full product description and to order **Women's Bladder Support**, call 1-800-544-4440 or visit www.LifeExtension.com

Urox® and Cratevox™ are trademarks of Seipel Group Pty Ltd. US Patent No's 9,452,191; 11,110,141.

References

1. *BJU Int.* 2009 Aug;104(3):352-60.
2. *BMC Complement Altern Med.* 2018 Jan 31;18(1):42.



Female-Support PROBIOTIC

FLORASSIST® PROBIOTIC Women's Health contains two probiotic strains.

One promotes microbial flora for **vaginal** health.

The other supports **digestive** and **immune** functions.

Several clinical trials have shown that:

- ***L. plantarum ROSELL® A*** oral intake helps restore and maintain a microbiome to support proper **vaginal** health.^{1,2}
- ***L. helveticus LAFTI® L10*** promotes **digestive** health³ and encourages a healthy **immune** response.⁴

Just one capsule daily provides the broad **probiotic** support a woman needs.

SUPER SALE PRICE

Item #02505

30 vegetarian capsules

1 bottle **\$21.60**

4 bottles \$19.80 each



Contains soybeans.

L. plantarum ROSELLA is
L. plantarum P17630
(Proge P17630®), licensed
from PROGE FARM®, Italy.

References

1. *Nutrafoods*. 2013;12:35-42.
2. *Eur Rev Med Pharmacol Sci*. 2018 Jan;22(1):262-7.
3. *Nutrafoods*. 2005;4:2-3.
4. *J Strength & Conditioning Res*. 2017;31(1):62-70.



**Vaginal,
Digestive,
and Immune
Support**

Healthy
Vaginal
Flora

"I've noticed a big
difference since
taking these."

Christy

VERIFIED CUSTOMER
REVIEW

For full product description and to order **FLORASSIST® PROBIOTIC Women's Health**,
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.



Say Goodbye to BRAIN FOG



BY MARSHA MCCULLOCH, MS, RD

Cloudy thinking, poor concentration, and mental fatigue are common signs of **brain fog**.¹

Certain biological factors may contribute to it, including inflammation, excess levels of the chemical histamine, and imbalances of nerve messengers.^{2,3}

By seeking compounds that address these underlying mechanisms, scientists identified a **fast-acting** duo to help *clear away brain fog*.

Clinical trials showed that **mango leaf extract** rapidly reduced fatigue and improved **focus, performance accuracy, and reaction time**.^{4,5}

In a separate clinical trial, **peppermint oil** counteracted **mental fatigue** while boosting **attention** and **working memory** soon after taking it.⁶

Together, these ingredients may help quickly increase mental sharpness.

Understanding Brain Fog

Brain fog refers to feelings of “fuzzy” thinking, difficulty concentrating, and mental fatigue. It tends to come and go and is *not* the same as progressive cognitive decline or dementia.⁷

Anyone can have brain fog. But it tends to be more common in people with allergies, food or chemical sensitivities, immune and inflammatory disorders, and some conditions like fibromyalgia and chronic fatigue syndrome.⁸⁻¹⁵

Scientists analyzed the biological changes associated with these conditions and identified several possible causes of brain fog, including:

- **Neuroinflammation.** Inflamed nerves make it harder for brain cells to communicate.^{16,17}
- **Excess histamine release.** Too much **histamine** (the chemical that causes allergy symptoms) can disrupt neuronal activity.^{2,18}
- **Neurotransmitter imbalances.** When nerve messengers, such as dopamine and norepinephrine, are out of balance, it can derail brain signaling and information processing.⁴

Scientists searched the plant kingdom to find **caffeine-free** options that could prevent or *reverse* these changes and potentially combat brain fog.

This led them to **mango tree leaves** and **peppermint**.

Mango Leaf's Benefits

Mango tree leaves have traditionally been used in Asia and Africa to support respiratory health, blood sugar control, and energy levels.^{4,19-21}

The leaves are especially rich in health-promoting polyphenols with **antioxidant** and **anti-inflammatory** properties.¹⁹

A top **polyphenol** in mango leaves is **mangiferin**.²⁰ The leaves contain far more of this beneficial compound than *any* other part of the plant, including the fruit.⁴

Preclinical research has shown that mangiferin can cross the **blood-brain barrier** in sufficient amounts to support cognitive activity.^{4,22}

Mangiferin can inhibit **COMT**, an enzyme that degrades the neurotransmitters **dopamine** and **norepinephrine**. This action could support optimal brain signaling and function.

Preclinical research suggests mango leaf extract supports healthy histamine levels.^{4,23,24}

Clinical Trial Results

In two small placebo-controlled trials with healthy adult participants, scientists tested a **mango leaf extract** standardized to contain **60% mangiferin**.

In the first trial, the mango extract reduced self-reported **fatigue** by **47%** within 90 minutes of taking it.⁴

In the second trial, mango leaf improved **reaction time** by about **5%** in just 60 minutes.⁴

Brain activity recordings showed that taking mango leaf extract increased **brain activity** in regions associated with **attention, complex cognitive processing, and memory**.⁴

In another study, 70 healthy adults took **300 mg** of mango leaf extract or a placebo, then completed cognitive tests over five hours.

Taking the mango leaf resulted in significantly better **attention, working memory, and performance accuracy** on cognitively demanding tasks.⁵

The extract group also reported improved feelings of **calm** and **relaxation** throughout the testing day.

By contrast, **caffeine**, the go-to brain aid of many people, can sometimes cause jitters and **anxiety** in susceptible individuals.²⁵





Peppermint's Bio-Active Compounds

Peppermint contains compounds called **monoterpenes**, which have anti-inflammatory, antioxidant, and neuroprotective properties. These include **menthol** and **menthone**.²⁶

Preclinical research suggests that peppermint monoterpenes can help regulate **GABA** and **acetylcholine** in the brain.⁶ These neurotransmitters are important for cognition, mental alertness, and mood.^{27,28}

In a small study, university students who drank peppermint tea daily for a month had significant reductions in **anxiety** and **perceived stress** compared to those who didn't drink the tea.²⁹

The peppermint group also had significant improvements in **memory**, including the ability to recall **past events** and things they needed to do in the **future**.²⁹

Peppermint Oil and Cognition

Standardized **peppermint oil** may promote cognitive improvements.

In a clinical study, scientists gave 24 healthy young adults oral **peppermint oil** standardized to provide **60% monoterpenes** or a placebo.

Outsmart Brain Fog

- **Brain fog**, a feeling of “fuzzy” thinking, can make it hard to focus and stay mentally alert.
- Effective solutions address possible **underlying causes** of brain fog, including neuroinflammation, excess histamine release, and neurotransmitter imbalance.
- In clinical trials, **mango leaf extract** reduced fatigue by **47%** and improved reaction time, attention, working memory, and performance accuracy.
- **Peppermint oil** improved mental fatigue, attention, and working memory in a separate clinical trial.
- **Combining** mango leaf extract and peppermint oil may optimize their support for mental sharpness and overcoming brain fog.

Participants then took mentally demanding cognitive tests to assess brain function.

One to three hours after taking **peppermint oil**, the participants had significantly:⁶

- Less development of **mental fatigue**,
- Improved **accuracy** in a test of **attention**, and
- Better **working memory**.

After taking the **placebo**, participants had *more* fatigue, inattention, and forgetfulness as cognitive testing went on.

Combining **peppermint oil** with **mango leaf** extract may help improve alertness, focus, and attention while decreasing feelings of brain fog.

Summary

Brain fog symptoms like difficulty thinking, focusing, and staying alert are very common.

Soon after taking standardized **mango leaf extract** or **peppermint oil**, clinical trial participants saw a boost in brain function, including reduced fatigue and improved attention and memory.

Combining these two plant-derived compounds could maximize their benefits against **brain fog**. ■

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

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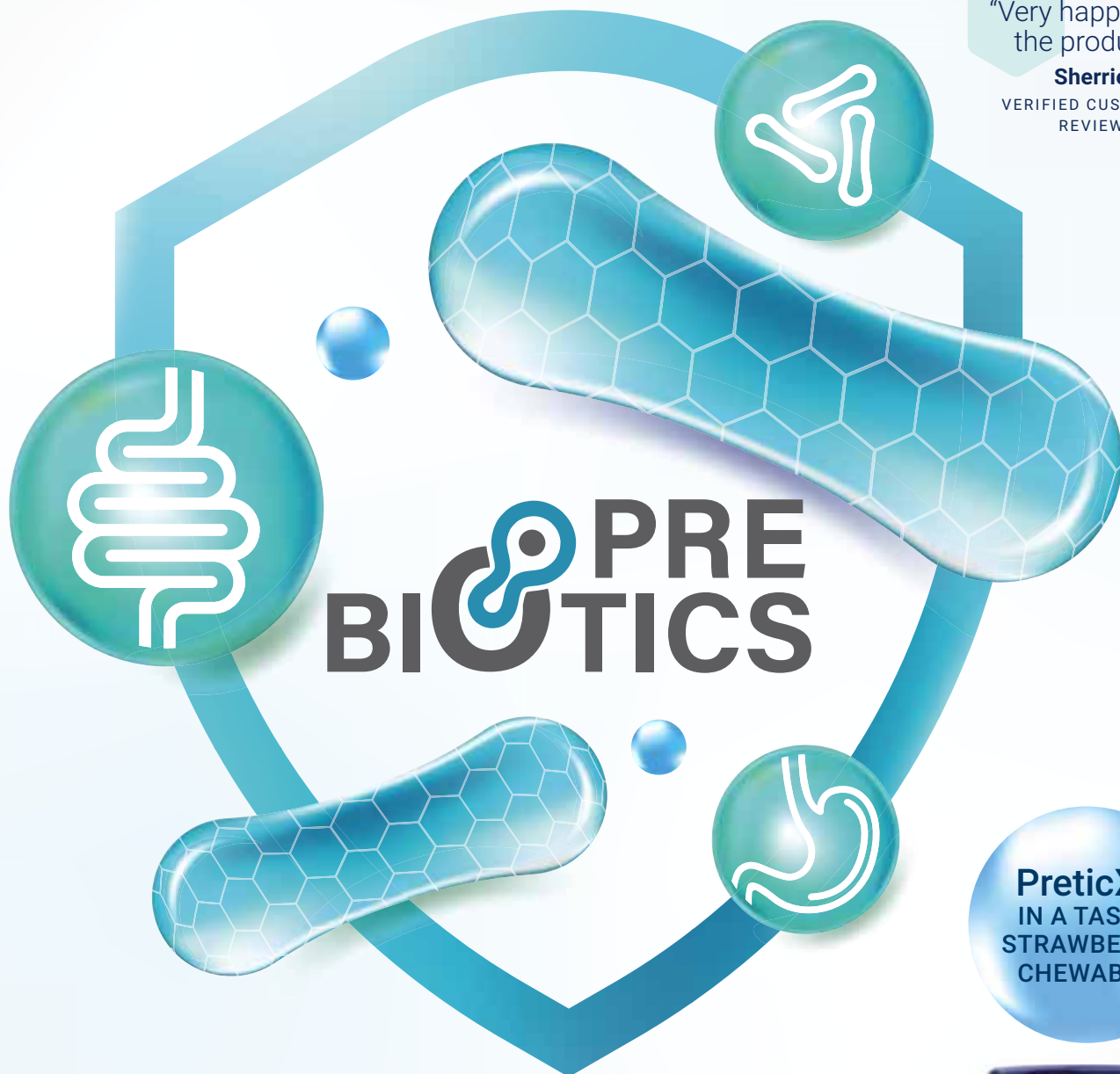
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"Very happy with the product."

Sherrie

VERIFIED CUSTOMER
REVIEW



PreticX®
IN A TASTY
STRAWBERRY
CHEWABLE

SUPPORT HEALTHY Gut BALANCE

With Strawberry Flavored
FLORASSIST® Prebiotic Chewable

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

- With age, our **bifidobacteria** levels decline to as little as **5%**, creating gut imbalance.¹
- *Increasing **bifidobacteria** levels enhances digestion and carbohydrate metabolism.*
- *Strawberry flavored **FLORASSIST® Prebiotic Chewable** helps support **bifidobacteria** levels using **XOS** prebiotic.²*
- **1,000 mg** of **XOS** (xylooligosaccharides) per prebiotic chewable.

SUPER SALE PRICE

Item #02203 | 60 vegetarian chewable tablets
1 bottle **\$14.18** | 4 bottles \$12.60 each

References

1. *Front Microbiol.* 2016;7:1204.
2. *Food Func.* 2014;Jan(5):436-445.



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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.

GO WITH THE FLOW



Ultra Prostate Formula is designed to address essential factors involved in prostate health: function, hormone metabolism, and nighttime flow.

It is our most advanced prostate-health supplement.

SUPER SALE PRICE

Item #02029

60 softgels

1 bottle **\$26.33**

4 bottles \$24.30 each



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

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Bioavailability-Enhanced **Bio-Luteolin™**

In a clinical study, **Bio-Luteolin™** supplements achieved **blood levels nearly 14 times higher** compared to regular luteolin*¹

For the first time, the plant flavonoid **luteolin** has been scientifically optimized and shown to have increased bioavailability.

Bioavailability refers to the proportion of an orally administered compound that reaches the bloodstream intact and becomes available to produce effects in the body.²

Luteolin occurs naturally in foods such as celery, broccoli, peppers, and artichokes, but because it's metabolized in the intestines, it's not easily absorbed by the body.

The **Bio-Luteolin** formula is combined with fenugreek-derived galactomannans that has been shown to greatly boost **bioavailability**.

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



SUPER SALE PRICE

Item #02547

30 vegetarian capsules

1 bottle \$14.85

4 bottles \$12.60 each

* Regular luteolin defined as 98% pure powder luteolin

1. Akay. Data on file. Bio-Luteolin pharmacokinetics study. 2025. 2. Molecules. 2023;28(24):8038.

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Highly Bioavailable Magnesium Glycinate

For WHOLE-BODY HEALTH

"Magnesium
Glycinate is a
great product."

Milt

VERIFIED CUSTOMER
REVIEW



SUPER SALE PRICE

Item #02535

90 vegetarian capsules

1 bottle \$16.20

4 bottles \$14.40 each

MAGNESIUM is involved in
over **600** biochemical reactions
in the human body.

Each **Magnesium Glycinate** capsule
contains **105 mg** of elemental magnesium.
This can enable you to achieve healthy
magnesium levels *throughout* your body.

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

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CLEAR YOUR MIND



Brain Fog Relief restores **mental clarity** and **focus** with **mango leaf extract** and **peppermint oil**.

In clinical trials...

MANGO LEAF EXTRACT:^{1,2}

- Sharpened thinking
- Reduced mental fatigue
- Promoted focus and attention, and
- Promoted working memory

PEPPERMINT OIL:³

- Reduced mental fatigue
- Promoted attention and memory

One softgel provides **fast-acting** benefits within three hours.

References

1. *J Ethnopharmacol.* 2020 Oct 5;260:112996.
2. *Nutrients.* 2020 Jul 23;12(8).
3. *Nutrients.* 2018 Aug 7;10(8).

Zynamite® is a registered trademark of Nektium Pharma SL. Patents and patents pending.

SUPER SALE PRICE

Item #02510

30 softgels

1 bottle **\$18.90**

4 bottles \$17.10 each



For full product description and to order **BRAIN FOG RELIEF** call 1-800-544-4440 or visit www.LifeExtension.com



Radiant SKIN from the INSIDE Out

Ancient Greek physicians believed that beauty *came from within*, prescribing special diets and herbal tonics for **radiant skin**.¹

Modern skincare has largely abandoned this philosophy, focusing instead on **topical treatments** that have only minor, temporary effects.

We've since learned that our dermal structures start to weaken much earlier than most people think.²

To counteract these degenerative changes, placebo-controlled clinical studies have been showing that **plant-based** oral extracts can help:

- Restore natural barrier function,
- Reduce wrinkle depth,
- Retain moisture,
- Improve texture, and
- Defend against environmental damage.

Most of you take steps now, such as ensuring enough **vitamin C** intake to maintain healthy **collagen**.

Ceramides and other plant extracts provide further support for more *youthful* skin structure and function.

Skin's Natural Defense System

Skin contains natural moisturizing compounds called **ceramides** that play a major role in skin barrier function.³

Like **cellular mortar**, ceramides hold skin cells together while creating a water-impermeable **barrier** that locks in moisture and keeps irritants out.^{3,4}

Loss of our moisturizing lipid compounds leads to:⁴

- A weakened moisture barrier, allowing increased **water loss**,⁴
- Persistent dryness leading to itching and discomfort,^{4,5}
- **Thinner** skin that's more vulnerable to damage, wrinkles, and delayed wound healing,^{5,6}
- More penetration of irritants, leading to inflammation, **skin diseases**,⁶ and
- Visible skin aging, including **wrinkles**.⁷

Environmental factors, particularly ultraviolet (UV) radiation from sunlight, further accelerate skin aging by degrading structural proteins and promoting inflammation,⁸ also contributing to wrinkles and uneven pigmentation.⁹

Ceramide loss weakens the skin barrier and reduces moisture. Topical ceramides have become common skincare ingredients to help restore this loss. They don't dissolve and penetrate deeply into the skin and thus limit their effectiveness to temporary hydration.¹⁰

Daily **oral rice-derived ceramides** have been shown in **clinical trials** to strengthen the skin barrier and improve hydration, lowering water loss through the skin after about 8–12 weeks of use.^{11–13}

Oral Ceramides Transform Skin

Human and animal studies have shown that **plant-derived ceramides**—or phytoceramides—can be taken orally and absorbed through the digestive system.^{14,15} The most promising results have come from gluten-free, allergen-free ceramides extracted from non-genetically modified rice.¹⁶

Unlike topical applications, **oral ceramides** have been shown to boost the body's natural ceramide production in skin cells.

This approach restores the skin's moisture-retaining capabilities from within.





What You
Need
To Know

The Secret to Smooth, Youthful Skin

In a clinical study, 123 volunteers with **dry skin** consumed an oral rice extract rich in **ceramides** or a **placebo** daily for 12 weeks. Researchers measured how much water escaped through the skin barrier at multiple body sites, since less water loss indicates a stronger, healthier barrier.¹⁶

Compared to the **placebo**, those taking rice bran **ceramides** showed significant reductions in **water loss** in several areas of the body, including the face, arms, legs, and torso.

Improvements began in as little as **four weeks** and continued throughout the 12-week study period.¹⁶

Another clinical study examined patients with **mild atopic dermatitis**, or **eczema**. In this skin disease, the skin barrier is severely compromised and **ceramide-deficient**, resulting in patches of itchy, dry skin.¹⁷

After four weeks of taking a daily rice extract containing ceramides:

- Water loss decreased more than **30%**,
- Skin **redness** and **flaking** were reduced,
- Skin texture became **smoother**, and
- **Itching** and **discomfort** declined.

At the same time, the eczema symptoms of those in the **placebo** group worsened.

- **Ceramides** are essential lipids that maintain the skin's moisture barrier. Age-related decline leads to dryness, wrinkles, and accelerated skin aging.
- Rice-derived **oral ceramides** restore skin hydration from within by boosting natural ceramide production, which topical applications cannot do.
- Environmental pollution and UV radiation further accelerate skin aging and break down **collagen** and **elastin**.
- A **blend** of rosemary, olive leaf, lemon verbena, and Japanese pagoda tree extracts helps block pollution-induced damage, reduces wrinkles, and improves the skin's moisture and smoothness.
- **Vitamin C** facilitates collagen synthesis, neutralizes harmful free radicals, and helps decrease dark spots.
- Together, these oral ingredients help hydrate, protect, and restore **youthful-looking skin** from the inside out.

Four Protective Herbs

Environmental pollutants and UV radiation damage our skin, degrading **collagen** and **elastin** (the skin's main structural proteins) while generating harmful free radicals.^{8,18}

These environmental factors trigger a protein called the **aryl hydrocarbon receptor (Ahr)**, which sets off genes involved in immunosuppression, inflammation, oxidative stress, and more, all of which **accelerate skin aging**.¹⁸

Researchers identified **four herbal extracts** that, taken orally, protect against environmental skin damage.¹⁹

- **Rosemary** contains rosmarinic acid and other polyphenols that neutralize free radicals.
- **Olive leaf** provides oleuropein, a powerful antioxidant with anti-inflammatory properties.
- **Lemon verbena** leaf offers antioxidant protection and supports natural defense systems.
- **Japanese pagoda tree** (*Sophora japonica*) leaf contains compounds that preserve collagen and elastin.

A preclinical study showed that a **combination** of these extracts inhibits pollution-induced AhR activation, interrupting the process that initiates **skin-damaging** inflammation.²⁰

Herbal Extracts Reduce Wrinkles

In a clinical study, 100 women aged 35 to 65 took either **250 mg** of this **four-extract blend** or a placebo daily for 12 weeks.¹⁹

In **just 15 days**, the herbal blend smoothed and softened skin, reduced wrinkle depth, and improved skin elasticity and firmness.

After 12 weeks, compared to a placebo, those taking the plant extract blend had a:

- **10-fold** greater reduction in **wrinkle depth**,
- **3-fold** increase in skin **moisture**,
- **5-fold** improvement in **radiance** (skin brightness), and
- **18-fold** improvement in **smoothness**.

By the end of the study, **over 90%** of women showed significant improvement in all measures.



Vitamin C Supports Skin Health

Oral **vitamin C** provides additional support for skin structure and repair.²¹

Vitamin C supports **enzymes** that aid in **collagen** synthesis, helping maintain skin **firmness**.

Experimental and preclinical data have demonstrated that vitamin C:²²

- boosts type I collagen, and
- lowers oxidative stress.

Vitamin C also inhibits **tyrosinase**, the enzyme responsible for melanin production. This helps fade existing **dark spots** and prevent new ones.^{23,24}

Vitamin C is an antioxidant naturally present in the skin. In a study of 33 volunteers, taking oral vitamin C for four weeks significantly increased the skin's ability to neutralize free radicals. A daily dose of **100 mg** raised antioxidant activity by **22%**, while **180 mg** increased it by **37%**, with no changes observed in the **placebo** group. Some participants achieved maximum improvement in just two weeks.

These results show that oral vitamin C quickly enhances the skin's antioxidant defense, with greater effects at higher doses.

A combination of oral ceramides, herbal extracts, and vitamin C may help maintain the skin's **strength** and **radiance** far better than topical treatments.

Summary

Skin aging results from declining ceramide and collagen production, pollution, and UV radiation. This combination weakens the moisture barrier and accelerates structural breakdown.

Rice-derived oral ceramides improve the skin's barrier function and boost hydration.

A blend of **four herbal extracts** protects against environmental damage while reducing wrinkles and improving skin quality.

Vitamin C provides support for collagen production and protective antioxidant activity.

These oral compounds can help hydrate, protect, and rejuvenate skin. ■

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

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- ✓ Mood ✓ Sleep disturbances
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- ✓ Leg joint and muscle discomfort

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This product does NOT contain estrogen.

CAUTION: Consult with your healthcare practitioner if you have, or have a history of, estrogen-dependent tumors.

* PharmaNutrition 2020;14:100209.



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

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* Curr Drug Metab. 2016;17(2):187-93.

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Vitamin K2 Reduces Nocturnal Leg Cramps

BY LAURIE MATHENA



Fast, Impressive Improvements

Most adults experience leg cramps at some point in life, and the risk increases with age.

Though a definitive cure remains elusive, it can be managed better by stretching, massage, adequate hydration, and specific supplements.

Researchers have reported that vitamin K2 may safely reduce the frequency, duration, and severity of muscle cramps in patients undergoing hemodialysis.⁷

To test its effects on *nocturnal* leg cramps, researchers conducted a multicenter clinical trial in 199 people, averaging 72 years old, who experienced roughly 2.6 weekly episodes.⁵

The participants were split up about evenly into groups that received **180 mcg** of vitamin K2 (in the form of **menaquinone-7 (MK-7)**) or a placebo daily.

Vitamin K2 has been studied for its potential to slow the progression of arterial plaque buildup.¹⁻³

A population study showed that over 7-10 years, high **vitamin K2** intake was linked to a **57%** lower risk of coronary heart disease death and moderate intake to a **27%** lower risk, compared with low intake.⁴

New research shows that vitamin K2 benefits may extend to individuals suffering from **nocturnal leg cramps**,⁵ a painful condition that affects **one in three** adults over 50.⁶

These sudden muscle spasms often occur during sleep, causing intense pain ranging from seconds to minutes.⁶

There are no safe and effective prescription medications for this condition. A study published in 2024 found that **vitamin K2** can reduce the **frequency**, **duration**, and **severity** of these cramps, with significant improvements starting after just one week.⁵



Eight weeks later, those taking vitamin K2 had a marked reduction in the frequency of leg cramps, dropping down to less than one cramping episode per week. This represents an impressive **64% reduction** in leg cramp frequency. Meanwhile, the **placebo** group had an *increase* in the frequency of cramping episodes.

And it wasn't just how often the cramps occurred that responded to vitamin K2 supplementation. Both the severity of the cramps and the duration of the episodes improved dramatically in the vitamin K2 group.

In fact, compared to the placebo group, participants taking vitamin K2 experienced **more than double** the *reduction* in **cramp severity** and **nearly three-fold greater reduction** in **cramp duration**.

The drop in cramping severity was 2.5 points on a 1-10 scale.

In just one week into the study, the difference between the groups became significant, meaning vitamin K2 worked rapidly.

Summary

Nocturnal leg cramps cause discomfort, distress, and sleep disruptions.

There are no safe and effective prescription medications for this condition; however, **vitamin K2** (in the form of **MK-7**) has been shown to safely reduce the frequency, severity, and duration of nocturnal leg cramps in older adults.

Note: Anyone taking **warfarin** should talk to their doctor before taking vitamin K2. •

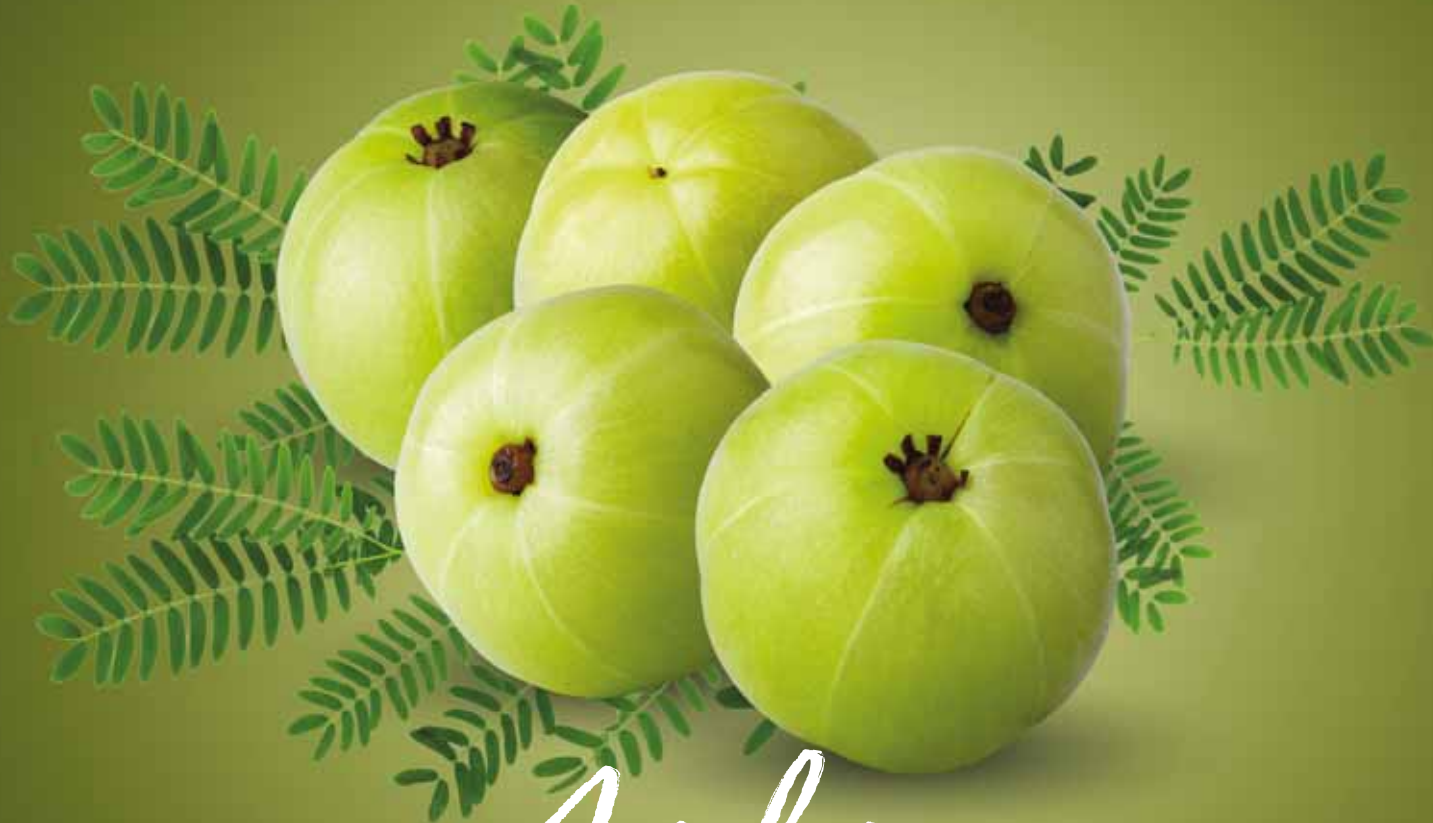
If you have any questions on the scientific content of this article, please call a **Life Extension** Wellness Specialist at 1-866-864-3027.

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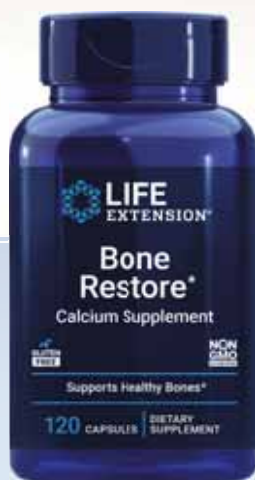
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Ginger

BY LAURIE MATHENA

Long before ginger earned a place on spice racks around the world, it was prized in Ayurvedic and Chinese medicine for easing everything from nausea and the common cold to digestive issues and arthritis.¹

More recently, modern research has proven what the ancient healers knew all along: Ginger has potent active compounds that truly make it deserving of “superfood” status.

Compounds such as gingerols (found mainly in fresh ginger) and zingerone (formed when ginger is dried) are responsible for ginger’s anti-inflammatory, antioxidant, and digestive properties.²

Among its many uses, ginger is best studied as a remedy for nausea, vomiting, and motion sickness. Systematic reviews and meta-analyses support ginger’s ability to safely reduce nausea^{5,6} and vomiting severity in various settings.⁶

For example, ginger has been found to reduce chemotherapy-induced nausea and vomiting in cancer patients and to alleviate pregnancy-related nausea and vomiting.²

It is also effective for post-operative nausea, with one review showing that taking **1 gram** of ginger per day was more effective at preventing post-operative nausea and vomiting than a placebo.³

In fact, in a clinical trial that compared ginger root to metoclopramide, a commonly prescribed anti-nausea medication, ginger’s effects were comparable to metoclopramide for treating post-operative nausea.⁷ In other words, ginger performed similarly to the standard anti-nausea drug.

It is also beneficial for chronic indigestion. In a 12-week study, **480 mg/day** of steamed ginger extract significantly improved symptoms of functional dyspepsia—including pain, indigestion, reflux, constipation—and enhanced overall quality of life compared to placebo.⁹

One way ginger helps support digestive health is by increasing gastric motility.⁸ This means it speeds up how quickly food moves through the stomach into the intestines so that it doesn’t linger and cause bloating or discomfort. It also modulates serotonin signaling in the gut, which helps calm the nerve signals that trigger nausea and the vomiting reflex.⁴

You can easily incorporate ginger into your diet by adding it to stir-fries, soups, or smoothies. For a soothing ginger tea, slice about a **one-inch piece** of ginger root, simmer it in water (the longer it simmers, the stronger the tea), and then strain through a fine mesh sieve. Add lemon slices and honey to taste.

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

"NAC is a powerful tool."

Maury

VERIFIED CUSTOMER
REVIEW

Tap the Power of N-Acetyl-L-Cysteine

TO SUPPORT IMMUNE FUNCTION

N-Acetyl-L-Cysteine (NAC) has been shown to support healthy immune response and respiratory function.

NAC supports healthy levels of *glutathione* that helps promote a healthy **inflammatory response** and protect cells from **oxidative damage**.

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



SUPER SALE PRICE

Item #01534

600 mg • 60 capsules

1 bottle **\$10.13**

4 bottles \$9 each

GLUTEN
FREE

NON
GMO
LE CERTIFIED

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COMBAT BELLY FAT WITH AMPK

Studies show that *increasing AMPK* activity encourages cells to stop storing fat and start *burning* it for energy. So we've created AMPK Metabolic Activator to help trigger AMPK, causing your body to burn unwanted fat—particularly around your abdomen.



"It's my favorite supplement."

Ayesha

VERIFIED CUSTOMER
REVIEW

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.



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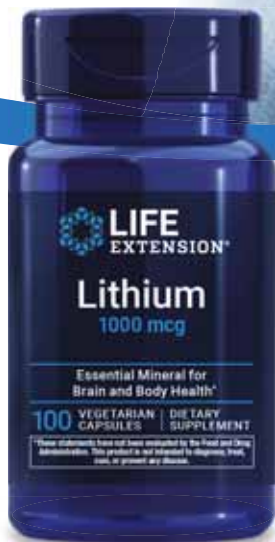
"Good stuff!"

Steven

VERIFIED CUSTOMER
REVIEW



A Bodyguard for Your BRAIN



SUPER SALE PRICE

(1000 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.



* *European Journal of Nutrition*. 2011;50(5):387-389.

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.

Maintain 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**

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.

"Been using this
for years. Love it."

Gail
VERIFIED CUSTOMER
REVIEW



Olive Polyphenols + Fish Oil + Sesame



**2,400 mg
EPA/DHA
in four softgels**
Plus Standardized
Olive Extract and
Sesame Lignans

SUPER SALE PRICE

Item #01982*

120 softgels

1 bottle **\$26.33**

4 bottles \$24.75 each



**2,520 mg
EPA/DHA
in four softgels**
with Standardized
Olive Extract,
Sesame Lignans, Krill
and Astaxanthin

SUPER SALE PRICE

Item #01988

120 softgels

1 bottle **\$35.78**

4 bottles \$32.40 each



= SUPER OMEGA-3

Fish oil is a popular supplement people use to boost **omega-3** levels in the **heart, brain, eyes**, and other tissues.

Super Omega-3 provides healthy components of the **Mediterranean diet** including highly purified **fish oil**, **sesame lignans**, and standardized **olive extract**.

For full product description and to order **Super Omega-3**, 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 these products.

* The IFOS™ product certification is a registered trademark of SGS Nutrasource. This product has been tested to verify quality and purity per the IFOS™ standard.

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The Science of a Healthier Life®

PO BOX 407198
FORT LAUDERDALE, FLORIDA 33340-7198



IN THIS EDITION OF *LIFE EXTENSION* MAGAZINE®



7 REDUCE SICK DAYS

In **human** trials, an anti-microbial made by bees (propolis), *reduced sick days* by **34%**. A **propolis** throat **spray** *resolved upper respiratory symptoms* two days *earlier* than placebo.

26 QUERCETIN AND YOUR HEART

Research shows that **quercetin** supports **heart health** in multiple ways, including *improving inflammatory* markers.



36 PROBIOTICS TAILORED FOR WOMEN

In clinical trials, one probiotic *reduced vaginal yeast infections*, while another *promoted gut* and **immune health**.

46 SAY GOODBYE TO BRAIN FOG

In separate clinical trials, two plant nutrients *improved brain fog* symptoms by *reducing mental fatigue*, *boosting attention* levels, and *improving working memory*.



56 RADIANT SKIN FROM THE INSIDE OUT

Orally ingested **ceramides** *enhance skin barrier* function and **hydration** while specific **herbal extracts** *reduce wrinkling*.

69 VITAMIN K2 REDUCES NOCTURNAL LEG CRAMPS

A clinical study found that **vitamin K2** *reduced* the frequency, duration, and severity of **nocturnal leg cramps**, starting after *one week*.

VISIT US ONLINE AT LIFEEXTENSION.COM