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May 2026

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ON THE
COVER



Boost Male Sexual Health and Function

In a recent **human** study, a blend of **cacao seed** and **pomegranate** *increased sexual function* scores by **80%**, boosting arousal, behavior, and satisfaction.

In another trial, a *bioavailable* form of **luteolin** reduced compounds linked to male sexual health problems.

24 A FRUIT THAT PROTECTS THE HEART

A **fruit extract** clinically *reduced LDL* cholesterol by **22%**, *lowered CRP* by **54%**, and *boosted* the antioxidant **glutathione** by **53%**.



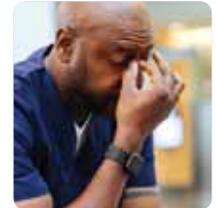
34 IMPROVE YOUR ESTIMATED BRAIN AGE

A highly bioavailable form of **magnesium** was shown in a recent clinical trial to *improve* function-based estimates of **cognitive age** by more than **7 years** within six weeks.



56 LOWER EXCESS CORTISOL

Chronic stress can raise **cortisol levels** and is associated with **accelerated aging**. In clinical trials, specific botanicals helped maintain healthy cortisol levels and reduce levels of psychological stress.



68 DANGER OF OMITTING BLOOD TESTS

The ApoB blood test is an often-overlooked indicator of cardiovascular risk. A new study found testing **ApoB** and **CRP** together can better *predict* **atherosclerotic disease**.



DEPARTMENTS



7 AS WE SEE IT: PLUMMETING INTEREST IN SEX

Sexual desire and frequency is **declining** in developed countries and may be inflicting disastrous effects on our **mental health**.



15 IN THE NEWS

Cardiovascular disease remains America's top killer; selenium improved ICU survival rates; vitamin D and fatty acids improved rheumatoid arthritis scores; they improved kidney function and uric acid blood levels.

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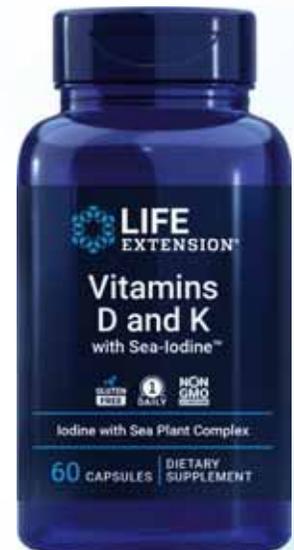
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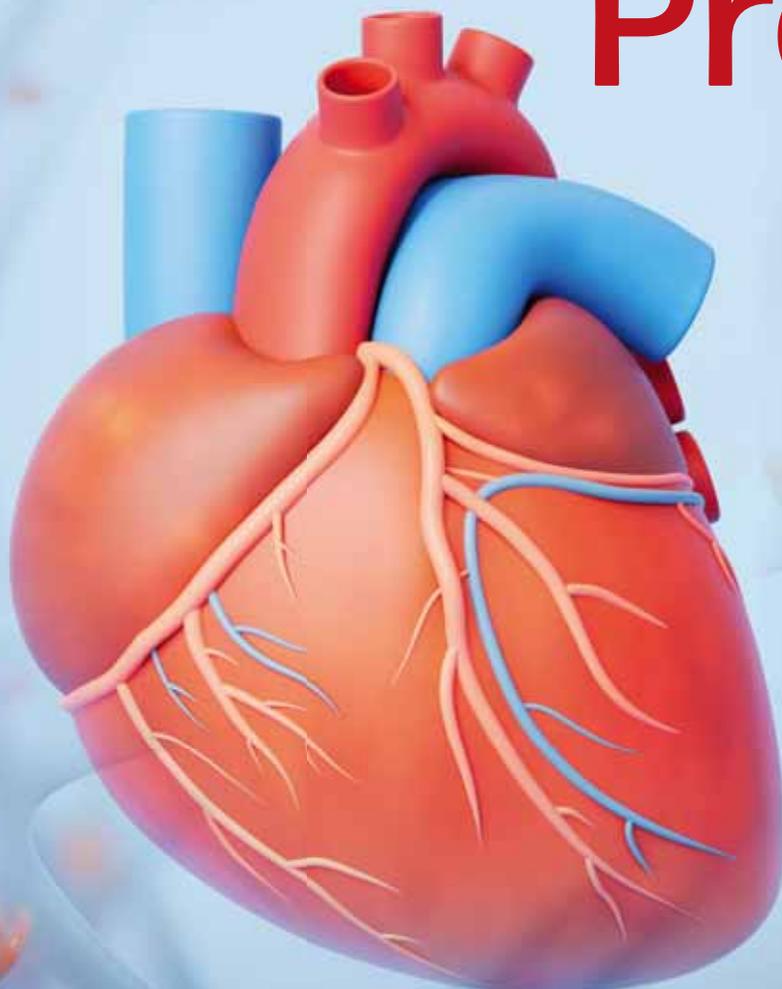
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Plummeting Interest in Sex

WILLIAM FALOON



Men and women are having less sex than they used to.¹

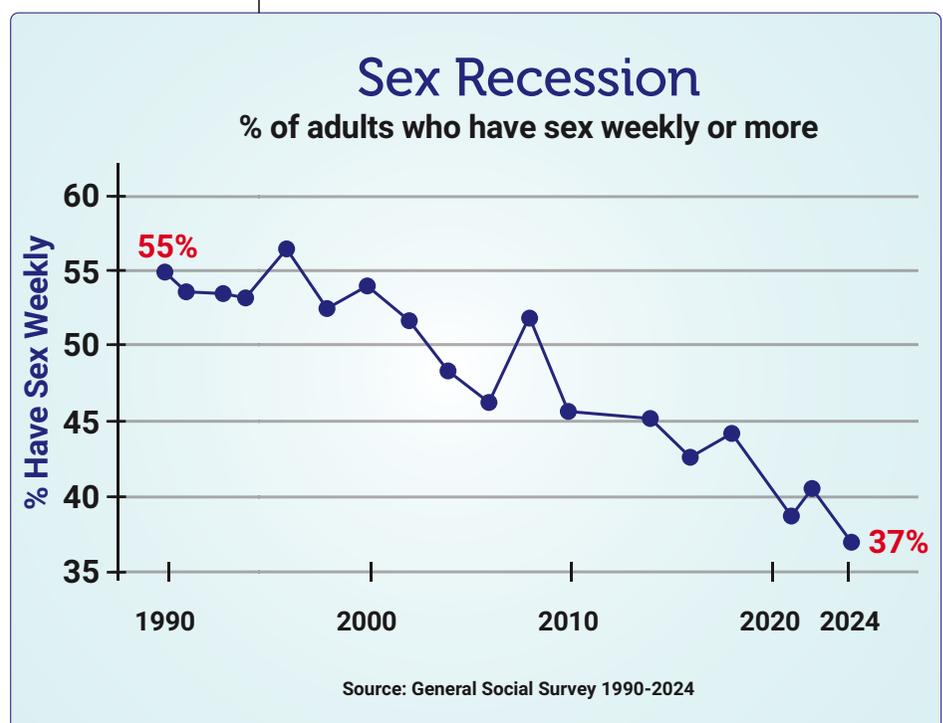
Survey data of people aged 18-64 found **37%** reported having sex at least once a week in **2024**, which is down from **55%** in **1990**.²

This survey showed the trend persisted across all sexual orientations with both married and single people up to age 64.^{2,3} This confirms a trend that has been observed previously by academic and institutional researchers.^{4,5}



America and many other developed countries such as the U.K., Australia, Germany, and Japan are in the middle of what is being called a “**sex recession**.”¹⁻³ This has been accompanied by sharply lower fertility rates in many countries, such as these.⁶

This article describes some of the possible reasons for **plummeting interest in sex**, its consequences, and possible solutions for the men with low sexual function.



Why People Are Having Less Sex

Multiple possible reasons have been proposed for why people are having less sex, including economic stressors,^{7,8} stunted social skills,^{4,9} the ready supply of online entertainment,⁴ and prescription drug side effects.⁸

In men, the loss of sexual desire can also be blamed on declining testosterone which plays a pivotal role in sexual function and desire.¹⁰

New reports show that men today have less testosterone than their fathers did at the same age.^{11,12}

Consequences of Less Sex

Younger adults, such as millennials and Gen Z, are reporting the least sexual activity, which is interesting because many people mistakenly believe that these generations are having the most sex.¹³ The decline is also evident across most generations, all sexual orientations, singles, and married couples.^{3,4}

This may be an important finding, in terms of overall health. A cross-sectional study on 1,326 men over age 50 found that men with a self-reported decline in sexuality (sexual desire/behaviors/activities) had significantly worse **psychological** life satisfaction scores including a greater prevalence of **depression** compared to men who did not have a decline in sexuality.



Among those without declining sexuality and no erectile dysfunction, the prevalence of depression was **47%**. Those with declining sexuality had a prevalence of depression of **68.5%**, which rose to **75%** when those without erectile dysfunction were excluded.¹⁴

A study published in **2025** included about 16,000 adults aged 20-59 and found that compared to those who reported having sex less than **once a month**, those who had sex **at least once a week** had *lower* odds of **depression** in both men and women. The authors suggest that this may be the optimal sexual frequency to provide protective effects on psychological wellbeing.¹⁵

Restoring *youthful* testosterone may help men with low testosterone who struggle with poor sexual function and desire.¹⁶

Plant-Based Support for Sexual Vitality

Sexual frequency is declining in America as well as in other developed countries around the world, and that may be affecting our health.

A potential solution exists for men.

A combination of **pomegranate** and **cacao extracts** was shown to significantly increase testosterone levels and sexual function.

In a placebo-controlled study, men receiving a **pomegranate-cacao** combination increased their sexual frequency from **1-2 times a month** to **4-6 times a week**.¹⁷

Another controlled trial found that a bioavailable **luteolin** boosted testosterone compared to controls.¹⁸

Together, these plant compounds may help restore men's **sexual function** and help lift people out of the **sex recession**.

The article on page 44 discusses sexual health, the role of testosterone, and plant-based approaches to support sexual drive.

For women seeking to increase their sexual function, visit our website or call a wellness specialist for potential solutions.

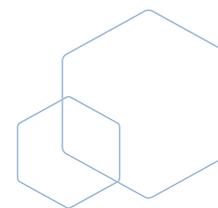
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- **MALE PANEL (QD322582)** NEW *Now includes SHBG* ~~\$325~~ **\$243**
CBC/Chemistry/Lipids Panel • DHEA-S • PSA (prostate-specific antigen)
 • Homocysteine • C-Reactive Protein (high sensitivity) • ApoB • Cortisol • SHBG
 • Free Testosterone • Total Testosterone • Estradiol • TSH for thyroid function
 • Vitamin D (25-hydroxyvitamin D) • Hemoglobin A1c • Insulin • Magnesium
- **FEMALE PANEL (QD322535)** NEW *Now includes SHBG* ~~\$325~~ **\$243**
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 Essential cardiovascular risk factors provide a low-cost analysis of your heart and vascular function. CBC • Chem/Metabolic Panel
 • Lipid/Cholesterol Profile • ApoB • C-Reactive Protein (high sensitivity)
- **NMR LIPID PANEL (QD123810)** ~~\$95~~ **\$71.25**
 The NMR Lipid Panel directly measures LDL and HDL particle size and number as well as VLDL particle size. Also includes a standard lipid panel.
- **NMR PLUS LIPID PANEL (QD100049)** ~~\$269~~ **\$201.75**
 In-depth analysis of cardiovascular risk markers including:
 NMR Lipid Panel, C-Reactive Protein, Myeloperoxidase, Oxidized LDL, and standard lipid panel markers.
- **OXIDIZED LDL (QD092769)** ~~\$75~~ **\$56.25**
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- **MYELOPEROXIDASE (MPO) (QD092814)** ~~\$129~~ **\$96.75**
 The myeloperoxidase (MPO) test measures levels of an enzyme that oxidizes low-density lipoprotein (LDL) cholesterol, which could lead to increased arterial plaque formation.
- **OMEGA-3 INDEX COMPLETE* (LC100066)** ~~\$99~~ **\$74.25**
 Beneficial for everyone! People not taking omega-3/fish oil should check their baseline Omega-3 Index to see if it is in the desirable or concerning range. Those taking Omega-3/fish oil supplements should take the test to see if they need to adjust their dosage. You want to target a range of **8%-12%** for your Omega-3 Index score.

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Know YOUR NUMBERS



NEW Now Includes *H. Pylori* Stool Antigen

- | | REGULAR PRICE | SALE PRICE |
|--|------------------|-----------------|
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Best and most advanced assessment of microbiome dysbiosis, diversity and digestive health, the GI360™ provides the most information about gut and microbiome health. Contains all the tests included in the CPP and CSAP along with cutting-edge markers of microbiome diversity and dysbiosis. | \$599 | \$449.25 |
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| PERSONALIZED HAIR GROWTH GENETICS PROFILE* (LC900014)
Determine an optimal and genetically personalized hair regrowth treatment protocol with this innovative test. | \$239 | \$201.75 |
| ENVIRONMENTAL TOXINS PROFILE*† (LC900018)
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|---|------------------|-----------------|
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CBC/Chemistry/Lipids Panel • Free and Total Testosterone • Estradiol • Total Estrogens • DHEA-S • Progesterone • Pregnenolone • TSH • DHT • FSH • LH • Free T3 • Free T4 • Reverse T3 • IGF-1 • SHBG • Free and Total PSA • Vitamin D 25-OH • hs-CRP • Ferritin • TIBC • Homocysteine • Insulin • Hemoglobin A1c • Cortisol • ApoB • Magnesium | \$599 | \$449.25 |
| MALE BASIC HORMONE PANEL (QD100012)
DHEA-S • Estradiol • Total and Free Testosterone • PSA • SHBG | \$95 | \$71.25 |
| FEMALE ELITE PANEL (QD100017)
CBC/Chemistry/Lipids Panel • Free and total Testosterone • Estradiol • Total Lipids • Estrone • DHEA-S • Progesterone • Pregnenolone • DHT • FSH • LH • TSH • Free T3 • Free T4 • Reverse T3 • IGF-1 • SHBG • Vitamin D 25-OH • hs-CRP • Ferritin • TIBC • Homocysteine • Insulin • Hemoglobin A1c • Cortisol • ApoB • Magnesium | \$599 | \$449.25 |
| FEMALE BASIC HORMONE PANEL (QD100013)
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CBC/Chemistry/Lipids Panel • DHEA-S • Free and Total Testosterone • SHBG • Estradiol • Progesterone • Cortisol • TSH • Free T3 • Free T4 • Reverse T3 • Insulin • Hemoglobin A1c • Vitamin D 25-hydroxy • Ferritin • C-reactive protein (high sensitivity) | \$300 | \$225 |
| HEALTHY AGING PANEL-COMPREHENSIVE (QD100026)
CBC/Chemistry/Lipids Panel • C-reactive protein (high sensitivity) • Vitamin B12 • Folate • Homocysteine • Vitamin D 25-hydroxy • Hemoglobin A1c • TSH • Free T3 • Free T4 • Ferritin • Urinalysis • ApoB • Insulin | \$249 | \$186.75 |
| COMPLETE HORMONE & METABOLITES PROFILE (HUMAP)** (LC900001)
Comprehensive assessment of hormones and their metabolites. This urine test helps assess how your body metabolizes hormones, providing insight into endogenous hormone secretion, supplemental hormone utilization, enzyme activity, oxidative stress. | \$299 | \$224.25 |

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These **CBC/Chemistry/Lipids Panel** tests are included in the popular **Male** and **Female Panels**, and other panels on this page so you don't have to order them separately.

CARDIOVASCULAR RISK

Total Cholesterol • HDL Cholesterol • LDL Cholesterol • Triglycerides
Cholesterol/HDL Ratio • Non-HDL Cholesterol • Glucose

LIVER FUNCTION

AST (SGOT) • ALT (SGPT) • LDH • Total Bilirubin • Alkaline phosphatase

KIDNEY FUNCTION

BUN • Creatinine • BUN/Creatinine Ratio • Uric Acid

BLOOD PROTEINS

Total Protein • Albumin • Globulin • Albumin/Globulin Ratio

BLOOD COUNTS

Red Blood Cell Count • White Blood Cell Count • Eosinophils
Neutrophils (Absolute) • Lymphs (Absolute) • Eos (Absolute)
Baso (Absolute) • RDW • Monocytes (Absolute) • Monocytes
Lymphocytes • Platelet Count • Hemoglobin • Hematocrit
MCV • MCH • MCHC • Neutrophils

BLOOD MINERALS

Calcium • Potassium • Sodium • Chloride • Iron • CO2

The sale price for the **CBC/CHEMISTRY/LIPIDS PANEL** alone is ~~\$60~~ **\$45**. (QD381822)

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* This test is packaged as a kit.

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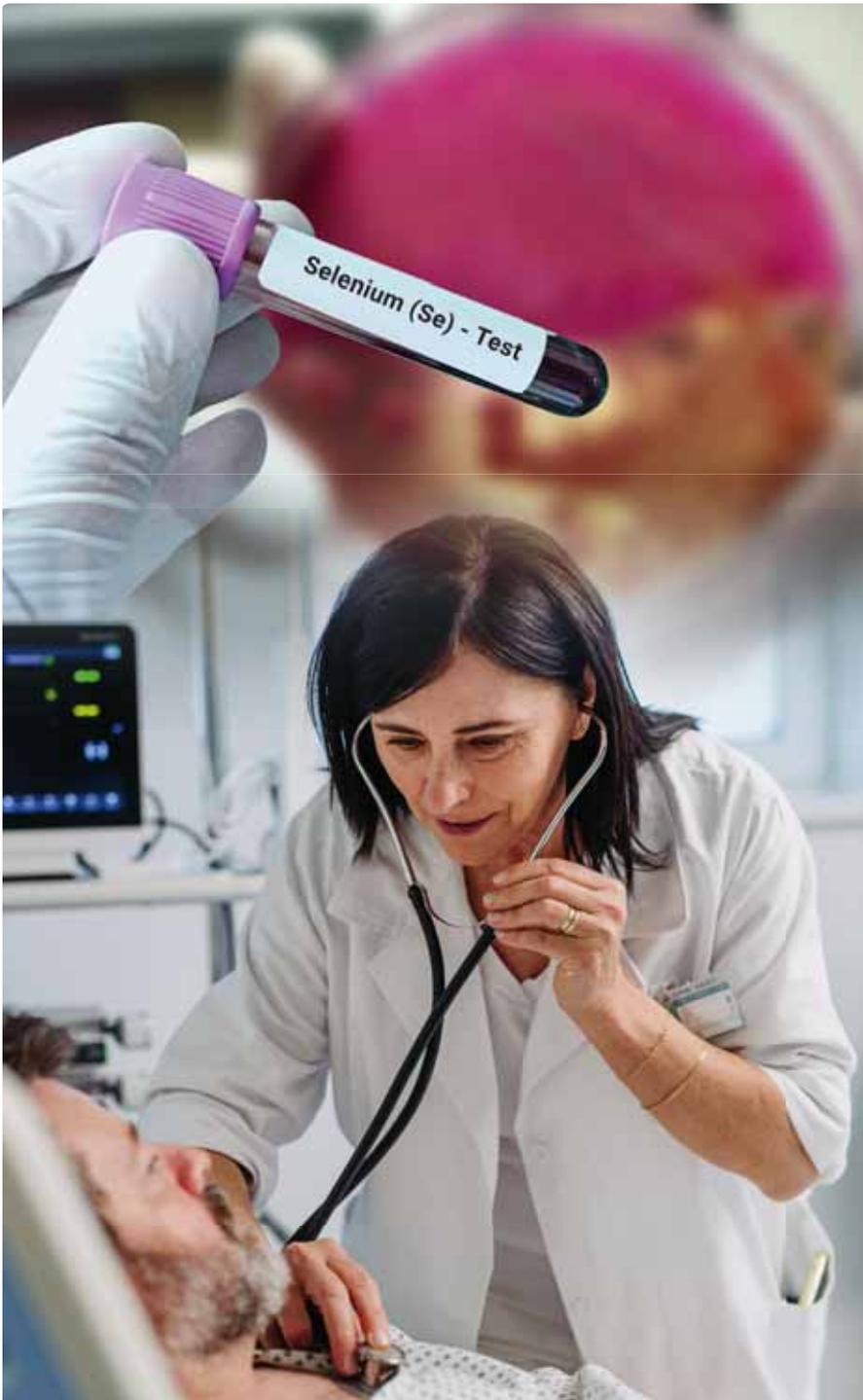
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In the News



Selenium May Help Improve Intensive Care Unit Survival

Low selenium levels were associated with worse clinical outcomes among intensive care unit (ICU) patients compared to those with higher levels. After being given this essential mineral, patients experienced significantly improved ICU mortality.*

Serum selenium levels were measured in **144** men and women admitted to the ICU from March 2022 through October 2023. Deficient selenium levels of less than **70 mcg/L** were revealed in 40 participants who exhibited significantly *higher* illness severity scores and C-reactive protein (a blood marker of systemic inflammation). Those with lower selenium levels also suffered *longer* hospital stays than those with higher levels.

Sixty-seven participants, including 23 of the 40 with deficient levels, were subsequently given **1,000 mcg** intravenous selenium for five days, after which selenium levels were measured again. The survival rate was **91%** for those who received selenium and **65%** among those who did not receive it.

* *Sci Rep.* 2025 Oct 10;15(1):35478.

Cardiovascular Disease Remains a Leading Cause of Death in U.S.

The American College of Cardiology released the 2026 Cardiovascular Statistics in the United States.

No surprises as their report shows that cardiovascular disease remains one of the leading causes of death in the U.S.*

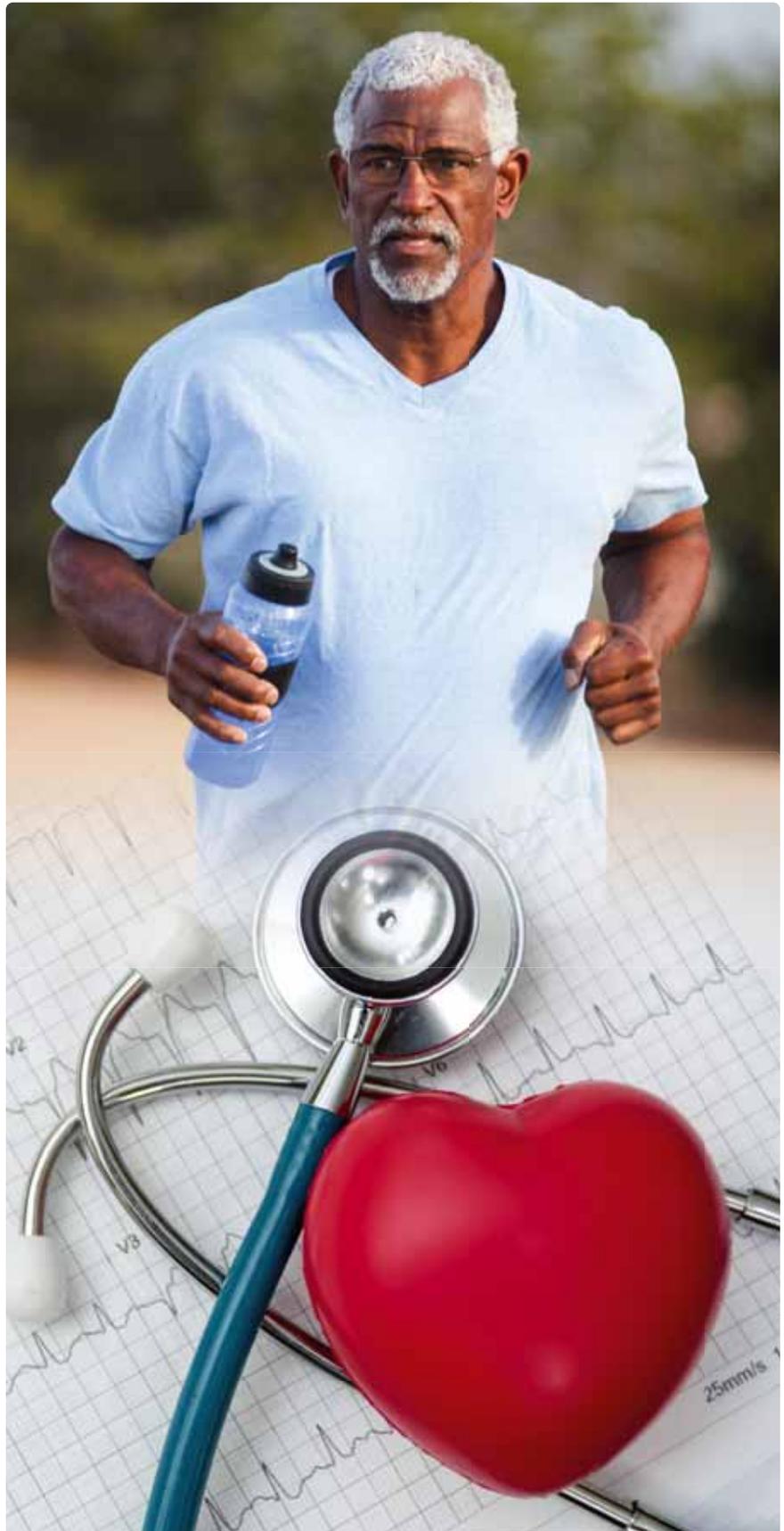
Data was analyzed from the National Health and Nutrition Examination Survey (NHANES), the National Health Interview Survey, the Centers for Disease Control and Prevention, and U.S. Vital Statistics databases. Collectively, these sources represent data on tens of thousands of participants and millions of mortality records, with analysis spanning several decades.

While deaths from heart disease and stroke declined from the 1990s through the early 2010s, the report revealed that progress has stalled over the past decade, and the overall cardiovascular risk is showing upward trends.

The rise in cardiovascular burden is especially pronounced among younger adults, in lower income populations, and in certain racial groups.

Editor's Note: Several major contributors to cardiovascular risk, according to the report, include widespread hypertension, rising rates of obesity and type 2 diabetes, and inadequate control of LDL cholesterol among high-risk individuals.

* Wadhera, R, Dhruva, S, Bikdeli, B. et al. Cardiovascular Statistics in the United States, 2026: JACC Stats. JACC.





Whey Improves Kidney Function, Reduces BMI, and Uric Acid

Supplementation with whey protein hydrolysate improved markers of kidney function, and reduced body mass index (BMI) and uric acid in a randomized, parallel group, placebo-controlled study.*

The study recruited men with fasting serum uric acid levels of **6.0-7.9 mg/dL**. (Under **6 mg/dL** is considered ideal.) They consumed just **5 grams** of **whey** protein hydrolysate or a placebo daily for 12 weeks.

Compared with **placebo**, the whey protein hydrolysate group showed significant improvements in blood measures of kidney function such as uric acid, creatinine, and eGFR (glomerular filtration rate).

The **whey** supplemented group also experienced a significant reduction in **body mass index** (BMI) compared to the placebo arm.

Editor's Note: Whey protein hydrolysate is a form of protein that's made from enzymatic hydrolysis of whey protein isolate or concentrate into smaller peptides.

* *Food Sci Nutr.* 2025 Nov 2;13(11):e71150.

Vitamin D and Fatty Acids May Reduce Rheumatoid Arthritis Symptoms

A systematic review and meta-analysis of 24 randomized controlled trials totaling 1,713 participants found that vitamin D and polyunsaturated fatty acids had benefits for people with rheumatoid arthritis.*

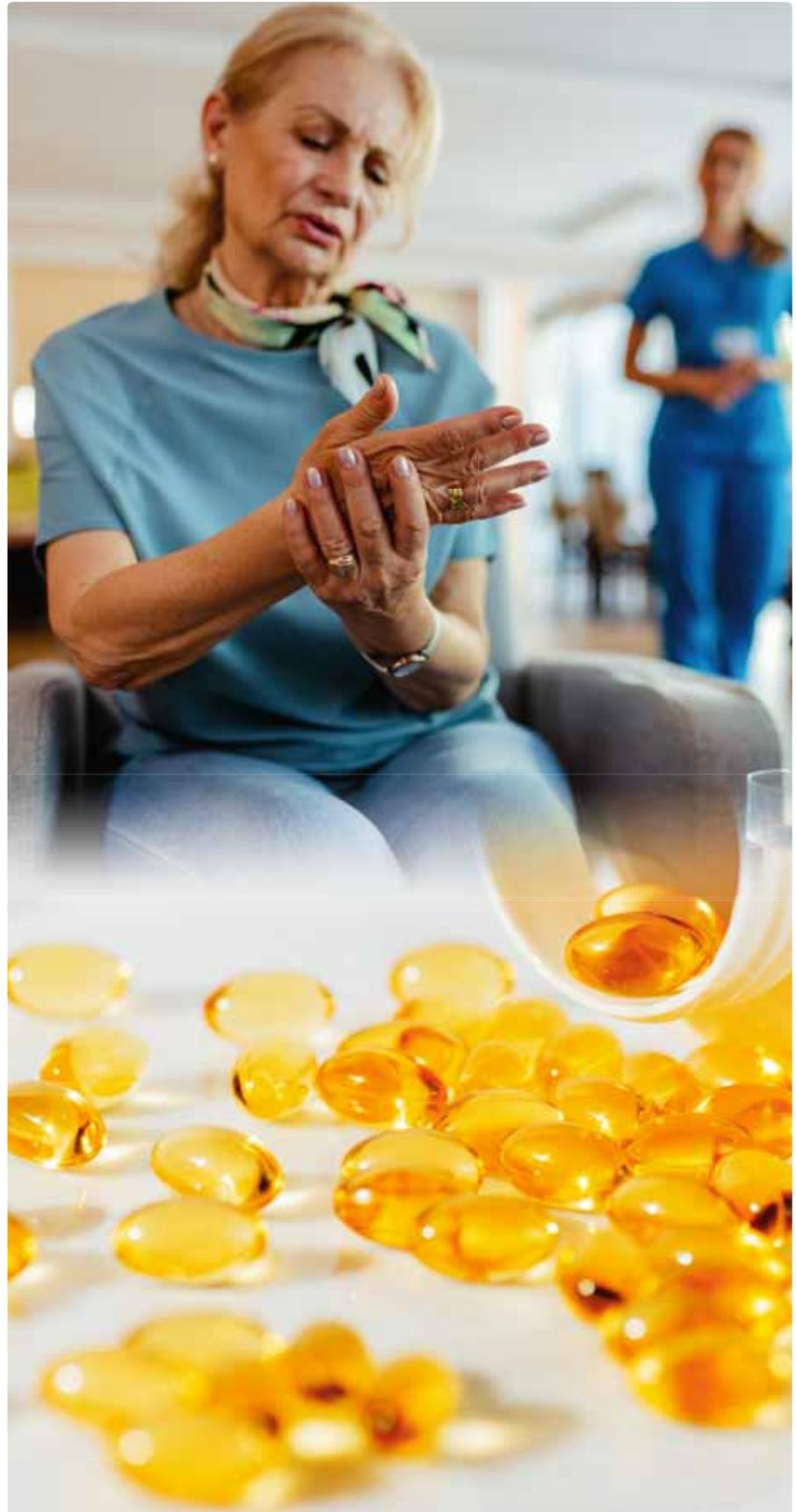
Polyunsaturated fatty acids were evaluated in 14 trials and vitamin D in the remaining 10. Those who received polyunsaturated fatty acids showed significant improvements in Disease Activity Scores in 28 joints, as well as significant improvements in tender joint count and health assessment questionnaire scores compared with controls.

Those who received vitamin D showed significant improvements in health assessment questionnaire scores compared to controls.

The included studies were highly heterogeneous, with wide variations in dosage, fatty acid type (EPA, DHA, GLA and CLA), and combinations with other anti-inflammatory and disease-modifying antirheumatic drugs.

Editor's Note: The association between vitamin D and fatty acids with reduced rheumatoid arthritis symptoms needs to be evaluated in larger trials with homogeneous patient groups, interventions, and longer follow-up durations.

* *Food Sci Nutr.* 2025 Jul 21;13(7):e70473.



Fisetin

The Healthy-Aging Flavonoid



"Good stuff."
Scott
VERIFIED BUYER



Fisetin, a flavonoid found in strawberries and apples, is currently being studied for its effectiveness as a **senolytic** in humans.¹

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30 vegetarian capsules
1 bottle \$11.25
4 bottles \$10 each



For full product description and to order **Bio-Fisetin**[®], call 1-800-544-4440 or visit www.LifeExtension.com

* Studied against powder fisetin (98% purity)

References 1. *EBioMedicine*. 2018 Oct;36:18-28. 2. *J Nutr Sci*. 2022 Sep 9;11:e74.

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Add **AMPK** METABOLIC ACTIVATOR

To Your Health Routine



AMPK is an enzyme in the body that signals cells to burn fat for energy.

Over time, AMPK levels decline and can cause accumulation of abdominal fat.

AMPK Metabolic Activator provides gynostemma and hesperidin extracts to:

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- **Encourage use of abdominal fat for energy**
- **Promote healthy cellular metabolism**



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Actiponin® is a trademark of TG Biotech Co., Ltd.

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

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1 bottle **\$28.50**
4 bottles \$24 each

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"I like the fact that it's high potency and so small and easy to swallow."

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1
DAILY

FOR LASTING HEALTH

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Vitamin K2 (as MenaQ7® trans menaquinone-7) 180 mcg

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4 bottles \$22 each

Low Dose Vitamin K*

45 mcg

Item #01936 • 90 softgels
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4 bottles \$12 each

Mega Vitamin K2*

45,000 mcg

Item #02417 • 30 capsules
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4 bottles \$26 each

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

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“Excellent product.”

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"Great addition to my supplements."

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"Works well for me."

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But standard CoQ10 (called ubiquinone) isn't as well absorbed.

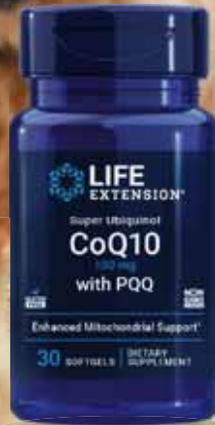
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Our customer favorite
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100 mg • 60 softgels • 2-month supply
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100 mg ubiquinol + 10 mg PQQ
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Amla
Indian gooseberry





A Fruit that Protects the HEART

BY MARSHA MCCULLOCH, MS, RD

Cardiovascular disease is the leading global cause of death, claiming over **19 million** deaths worldwide in 2023.¹

Reducing risk of heart disease involves targeting key risk factors, including unhealthy **lipid levels**, **inflammation**, and **oxidative stress**.²

To further support cardiovascular health, scientists developed a standardized extract from the fruit called **amla**.

In a clinical study, people with metabolic syndrome took **500 mg** of amla extract twice daily, which resulted in:³

- Decrease in **LDL** cholesterol by **22%**,
- Lowering of **CRP**, a marker of **inflammation** by **54%**, and
- Increased levels of the antioxidant **glutathione** by **53%**.

Together, these effects may help promote better **heart health**.



Understanding Cardiovascular Risk

Atherosclerosis is the underlying cause of most **cardiovascular disease** cases.⁴

Atherosclerosis is characterized by the gradual buildup of **lipoproteins**, **inflammatory** cells, and **fibrous** tissue within arterial walls, leading to **plaque** formation. These plaques can then become inflamed, and rupture, causing a coronary thrombosis (coronary artery clot, a common cause of heart attacks).⁴

Though atherosclerosis commonly starts in childhood, it generally doesn't result in obvious problems until middle or late adulthood.⁴

Effective screening is needed to detect this **silent killer** sooner.

Screening for cardiovascular risk may include the following blood tests:

- **Lipid-carrying proteins:** Elevated lipids like **low density lipoprotein (LDL)** and **apolipoprotein B (ApoB)** are associated with increased cardiovascular disease risk⁵ and mortality.⁶
- **Triglycerides:** High levels of triglycerides, a type of fat that circulates in the blood, contribute to **atherosclerosis**.^{7,8}
- **C-reactive protein (CRP):** This test helps gauge **vascular inflammation**.⁹

It is *not* sufficient to focus on a single measure of cardiovascular health. For example, someone with low LDL but high triglyceride levels can have a significant risk of cardiovascular disease.^{10,11}

A Superfruit

Amla, also known as **Indian gooseberry**, has long been used in traditional Indian medicine, including Ayurveda, to support overall health.¹²

Preclinical research shows that it has potent **antioxidant** and **anti-inflammatory** activity.^{12,13}

A significant portion of amla's benefits come from its **polyphenol** content, particularly **tannins**.^{12,14,15}

Scientists have developed and clinically tested an **amla extract** standardized to contain **60%** bioactive **tannins**.

Amla Supports Artery Health

Dysfunction of the **endothelium**, the inner lining of arteries, contributes to **arterial stiffness** and **atherosclerosis**.^{14,16}

The risk of **endothelial dysfunction** is increased by high cholesterol, smoking, obesity, hypertension, diabetes, inflammation, oxidative stress, and aging.¹⁷

Many of these risk factors reduce the production of **nitric oxide**, a compound made by endothelial cells¹⁷ that signals arteries to expand so blood can flow through more easily.^{14,18}

In a 12-week clinical trial, adults with **type 2 diabetes** (treated with the drug metformin) were randomized to receive **250 mg** or **500 mg** of standardized **amla extract** or a placebo twice daily.¹⁴

Both amla doses improved **endothelial function** and **nitric oxide** levels (measured by a test called the reflection index) compared with baseline and the placebo.





What You
Need
To Know

The *higher* dose was more effective for improving biomarkers of **oxidative stress** (glutathione) and **inflammation** (CRP) than the lower dose.¹⁴

Combating Metabolic Syndrome

Metabolic syndrome affects about **40%** of American adults. It consists of a cluster of conditions that are associated with increased risk of heart disease and type 2 diabetes.¹⁹

First-line treatment of metabolic syndrome involves diet and lifestyle changes. Individual components of metabolic syndrome, such as elevated blood sugar, high blood pressure, and high triglycerides, can be treated with medication.²⁰ **Amla extract** can complement these efforts.

A 12-week clinical trial was conducted of 80 people with **type 2 diabetes** who had been treated with the drug **metformin**. The addition of standardized **amla extract** (twice daily at doses of **250** or **500 mg**) improved blood vessel function and reduced oxidative stress as well as improved inflammation, cholesterol, and HbA1c compared to placebo.¹⁴

In another 12-week clinical trial, 59 people with metabolic syndrome were randomized to take **250 mg** or **500 mg** of the same standardized **amla extract** or a **placebo** twice daily.³

Amla, particularly at the *higher* dose, significantly improved **endothelial function** compared with both baseline and placebo.

The *higher* amla dose also improved lipid levels and markers of oxidative stress and inflammation. Compared to baseline, taking **500 mg** of amla **twice** daily led to:³

- **11%** decrease in total cholesterol,
- **22%** decrease in LDL (“bad”) cholesterol,
- **22%** increase in HDL (“good”) cholesterol,
- **19%** decrease in triglycerides,
- **51%** increase in artery-protective nitric oxide,
- **53%** increase in antioxidant glutathione levels, and
- **54%** decrease in inflammation marker CRP.

The **placebo** group had no significant improvement in any of these measures.

Amla Supports the Heart

- **Cardiovascular disease** is the leading cause of death worldwide.
- Scientists have developed an extract from the **superfruit amla (Indian gooseberry)** that supports heart health.
- In two clinical trials, amla extract significantly improved **blood lipid levels**, lowered **inflammation**, and increased the antioxidant **glutathione**, helping reduce risk factors for atherosclerosis and cardiovascular disease.
- Clinical studies show amla extract can also improve **endothelial function** and promote **arterial flexibility**, supporting healthy blood flow.
- Oral intake of **500 mg** of amla extract **twice** daily is more cardioprotective than lower doses.

Stress-Reducing Benefits

Stress is an underappreciated risk factor for cardiovascular disease.²¹

Researchers can simulate the body’s stress response by using a **cold pressor test (CPT)**, which involves briefly immersing the hand in ice water. This stress activates the sympathetic nervous system, causing temporary blood vessel constriction, increased arterial stiffness, and a short-term rise in blood pressure.²²

In a preliminary trial, healthy men took either **250 mg** of standardized **amla extract** or a placebo twice daily.²³

When challenged with the cold pressor test after two weeks of treatment, the amla group had a **7%** decrease in **arterial stiffness** compared to baseline and placebo.²³

In another 14-day trial, healthy men took **500 mg** of **amla** extract or a placebo twice daily. They were then subjected to a mentally stressful computerized test given amidst loud, distracting noises.²⁴

Compared to pretreatment stress testing, **amla** intake resulted in significantly **less arterial stiffness** with stress, suggesting it helped protect **arterial flexibility**. This measure was unchanged in the placebo group.²⁴

By supporting arterial health, improving lipid levels, and reducing inflammation and oxidative stress markers, **amla** extract can help ward off risk factors for heart disease.

Summary

An extract of the **amla** fruit may help fortify **heart health** in multiple ways.

In clinical studies, taking **500 mg** of standardized amla extract **twice** daily significantly improved lipid levels, including **cholesterol** and **triglycerides**.

Amla has also been clinically shown to reduce **inflammation**, increase the antioxidant **glutathione**, and support arterial flexibility, helping protect against key drivers of **cardiovascular disease**.

Those concerned with cardiovascular health should consider trying **500 mg** of **standardized amla extract** twice daily. ■

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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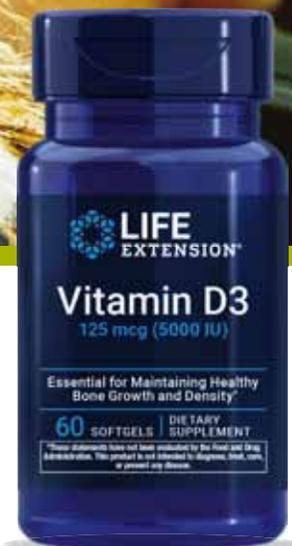
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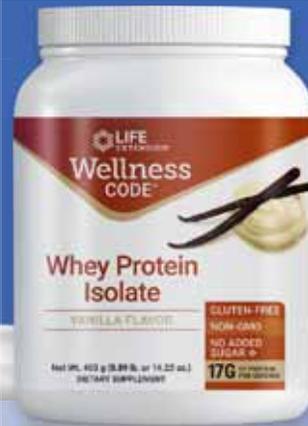
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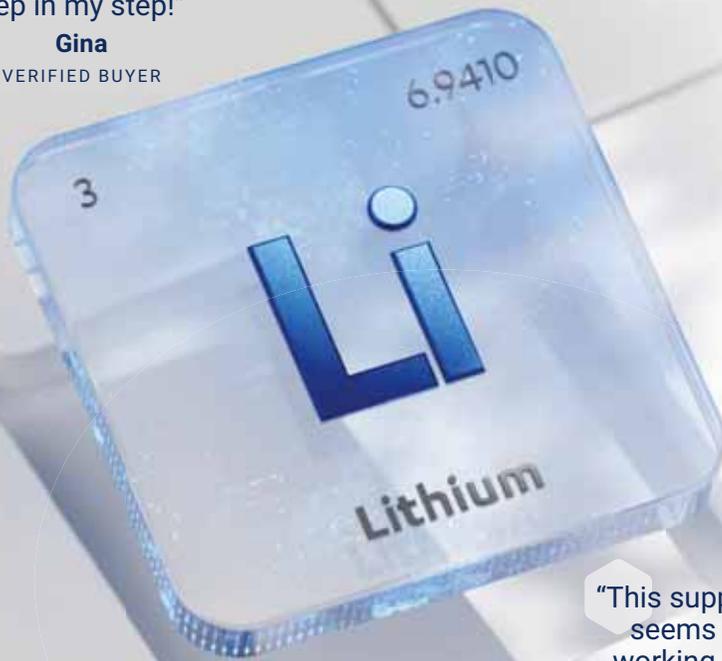
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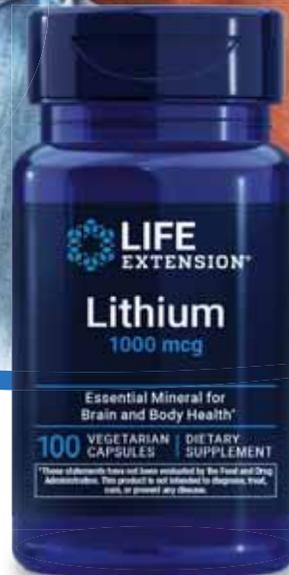


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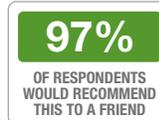


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* *European Journal of Nutrition*. 2011;50(5):387-389.

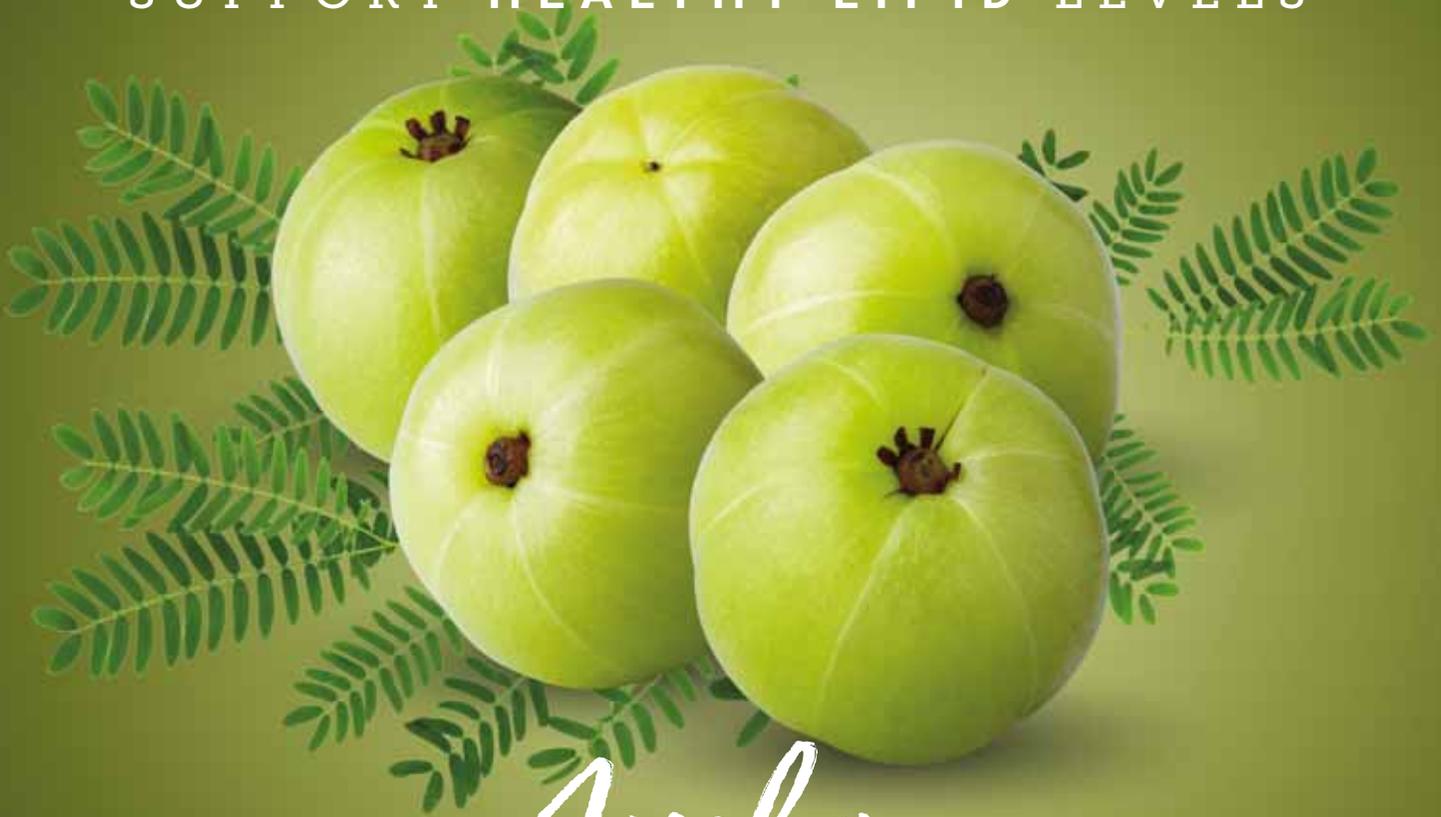


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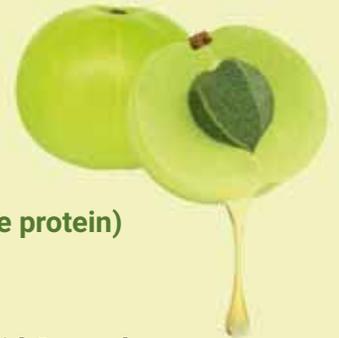
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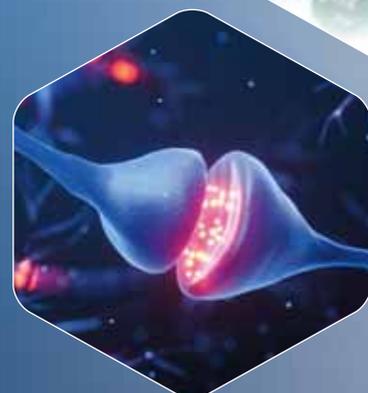
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* *BMC Complement Altern Med.* 2019;19:97.

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Mg



BY CHARLES LUDLOW

MAGNESIUM L-THREONATE

Reduces Estimated Brain Age

Roughly **65%** of adults consume *insufficient* **magnesium** in their diets.

That number rises to more than **80%** in adults over 70 years of age.¹

Low status of this mineral has been tied to *impaired cognitive function* and *increased* risk for **dementia**.²⁻⁴

A form of magnesium called **magnesium L-threonate** has been shown in animal studies to increase magnesium concentrations in the brain.⁵⁻⁸

A **2026** clinical trial found that adults who took **2,000 mg** of **magnesium L-threonate** daily for six weeks, compared to placebo, experienced a **7.5 year** improvement in function-based estimates of cognitive age.⁹ This included improvements in:

- Overall cognition,
- Memory, and
- Reaction time.

Based on favorable data emanating from a major university, **magnesium L-threonate** has become enormously popular. Many readers of this magazine have been supplementing with it daily.



Magnesium's Effects in the Brain

Hundreds of enzymes in every cell rely on **magnesium** to function.²

Observational studies have linked inadequate magnesium intake or low body levels with *accelerated* biological aging,¹⁰ This includes accelerated development of age-associated conditions, including **neurodegenerative disorders**.^{2,11,12}

Brain cells require magnesium to reason, process complex information, plan and make decisions, and learn and form memories.¹³

Preclinical studies have shown that magnesium plays an especially critical role in **synaptic transmission**, the communication between brain cells that is central to complex cognitive functions such as learning and memory formation.¹³⁻¹⁵

Magnesium has also been shown to influence **synaptic plasticity**, the ability of synapses to adapt in response to experience.

In animal studies, magnesium intake:

- Improves synaptic **plasticity**,^{5,7,16}
- Increases the formation of **new synapses**,^{5,17}
- Stimulates new cell growth in areas of the brain important for learning and memory,¹⁷ and
- Protects **cognitive function** in models of brain aging,^{17,18} cognitive decline,¹² neurodegenerative disease,^{8,19,20} brain injury,²⁰⁻²³ and mood.^{11,23}



A Better Magnesium for the Brain

Not all forms of magnesium deliver equal benefits for **brain health**.

That's because absorption of magnesium can differ for different forms, and the **blood-brain barrier** may impede magnesium from reaching brain cells.^{6,7,24}

The solution to these problems came from neuroscientists at a major university, who developed **magnesium L-threonate**.

Preclinical studies indicate that this formulation more effectively raises **brain magnesium levels** compared with other common forms of magnesium.⁶⁻⁸

Improved Cognitive Function

Preclinical studies have found that magnesium L-threonate is associated with improved **brain function**.^{6,8,17,20,21}

In animal models, this form of magnesium has enhanced cognitive function.^{5,7,25} Models of **brain disease** reveal that **magnesium L-threonate** is capable of protecting brain cell viability.^{22,25,26}

In a study published in **2024**, magnesium L-threonate improved cognition, including learning and memory, in a mouse model of **Alzheimer's disease**. It also improved the makeup of the gut microbiome, which the study authors believe may benefit the brain through the **gut-brain axis**.²⁵

In another study, giving aged rats magnesium L-threonate increased the density of synapses and led to improvements in **learning, working memory, and short- and long-term memory**.⁷

When scientists studied magnesium L-threonate in humans, they found impressive benefits for cognition and memory.

In one controlled clinical trial, older adults with signs of cognitive decline took either **1,500-2,000 mg** of **magnesium L-threonate** or a **placebo** daily for 12 weeks. Those receiving the magnesium had improvements in cognitive function, including **memory, executive function** (the ability to plan, adapt, focus, and make decisions), and cognitive **processing speed**.²⁷

In an open-label trial in subjects with mild to moderate **dementia**, 12 weeks of magnesium L-threonate consumption resulted in considerable improvements in regional metabolism in the brain, as well as better overall cognitive functioning.²⁸

In a recent **2026** published randomized, double-blind, placebo-controlled trial, 100 adults received **2000 mg** daily of magnesium L-threonate or placebo for six weeks. Compared to placebo, the **magnesium L-threonate** group had greater improvement in overall cognitive performance as measured by the National Institutes of Health (NIH) Total Cognition Composite Score. There were even greater benefits for both working and episodic **memory**.⁹

Using a separate metric known as *NIH Toolbox Total Cognition Composite Change Sensitive Score*, researchers calculated a “cognitive age.” This is a measure of age-related decline in cognitive functions such as memory, processing speed, and executive functions compared to average scores for one’s similar-aged peers.

Six weeks of **magnesium L-threonate** consumption resulted in a **7.5-year improvement** in this cognitive function-based estimate of “**cognitive age**.”⁹

This form of magnesium has shown benefits for other aspects of brain health. For example, in one study in 15 adult patients with moderate severity **attention deficit hyperactivity disorder (ADHD)**, magnesium L-threonate resulted in improved clinical status in nearly half the participants.²⁹

Another human study published in **2024** enrolled adults with sleep problems and randomized them to receive **1,000 mg** daily of magnesium L-threonate or a placebo. Those receiving the magnesium maintained better sleep quality and were more productive, more alert, and less grouchy during the day.³⁰

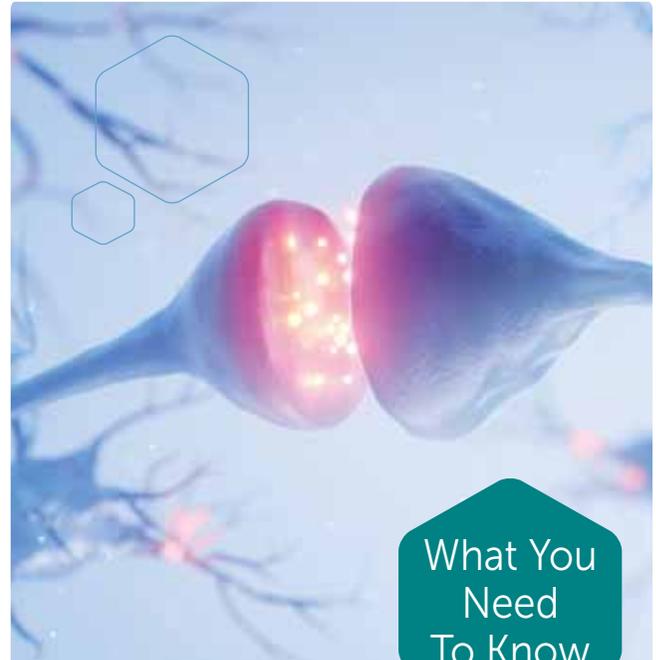
Additional benefits are still being explored, but magnesium L-threonate has already shown a clear ability to help support optimal **brain health**.

Summary

Magnesium is critical for brain function, and poor magnesium status is associated with cognitive decline and risk for dementia.

Magnesium L-threonate is a form of magnesium which boasts excellent bioavailability as well as an ability to boost brain levels of magnesium.

In human trials, taking magnesium L-threonate has improved **cognitive function**. A trial published in **2026** showed that just six weeks of consumption improved function-based estimates of **cognitive age** by more than **seven years**. ■



What You
Need
To Know

Improve Cognitive Functioning with Magnesium L-Threonate

- **Magnesium** plays critical roles in brain health. Inadequate magnesium status is common in the elderly and is associated with increased risk for dementia.
- **Magnesium L-threonate** is a form of magnesium that is well absorbed and is able to deliver magnesium to the brain.
- Animal and human studies show that magnesium L-threonate is capable of boosting **brain function**, even in cases of neurological disease such as cognitive impairment and Alzheimer’s.
- A recently published clinical trial showed that magnesium L-threonate consumption resulted in improved cognitive function and reduced “cognitive age.”

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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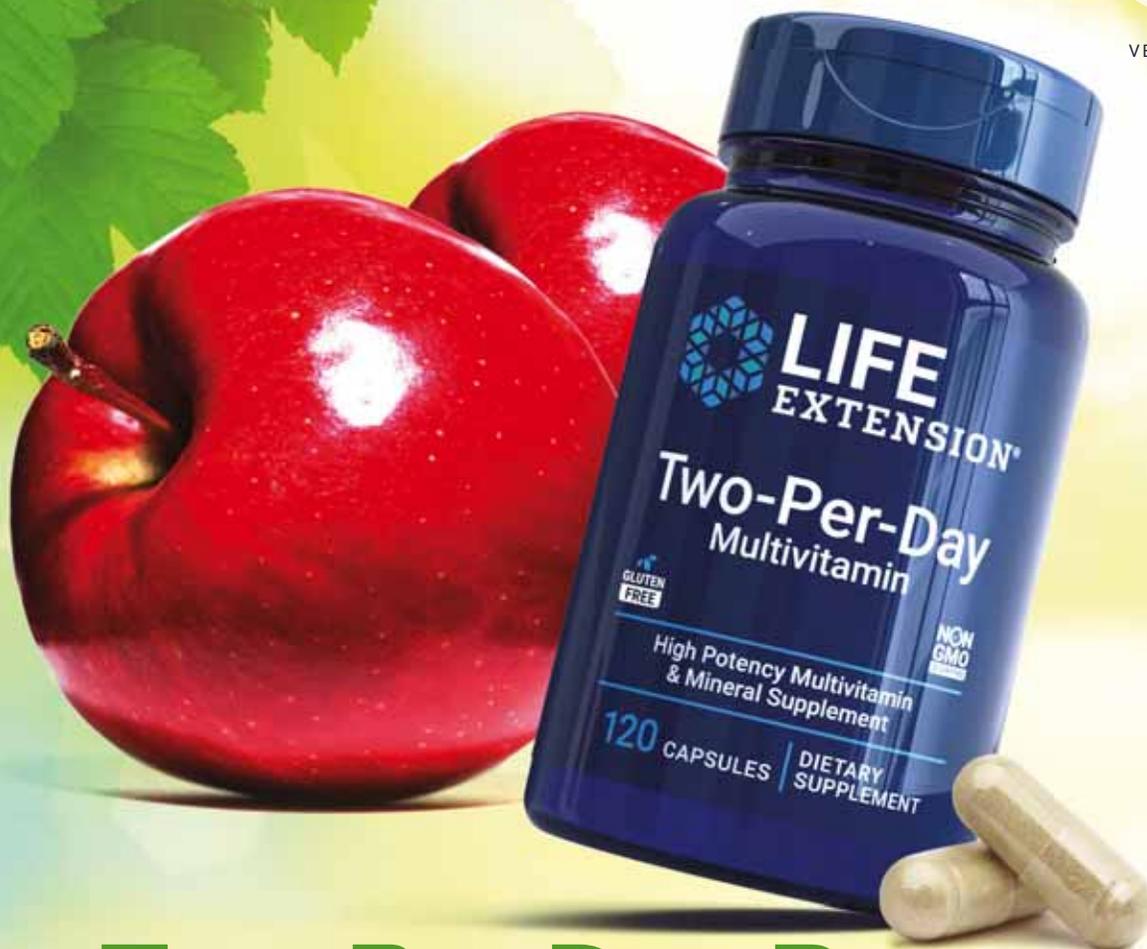
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"Covers all
the bases."

Brian

VERIFIED BUYER



Two-Per-Day Beats Centrum® in 10 Ways

How Do You Like Them Apples?

Seven times as much vitamin C. **Two times** as much vitamin E. **Twice** as much vitamin D and zinc. The list goes on. And since our multivitamin formulas deliver bioavailable forms of these nutrients (plus hard-to-find botanical extracts), **the winner is Two-Per-Day: hands down.***

Item #02314 • 120 capsules | 1 bottle **\$19.13** | 4 bottles \$17 each

Item #02315 • 120 tablets | 1 bottle **\$18.38** | 4 bottles \$16.25 each

(Each bottle provides a two-month supply)

*Formula compared to Centrum® Silver® Adults 50+.

**For full product description and to order Two-Per-Day Multivitamin,
call 1-800-544-4440 or visit www.LifeExtension.com**

† Ratings based on results of the 2024 ConsumerLab.com Survey of Supplement Users. More information at www.consumerlab.com/survey. 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 USA.

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. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.



**#1 Rated
Multivitamins –
11 Time Winner!†**



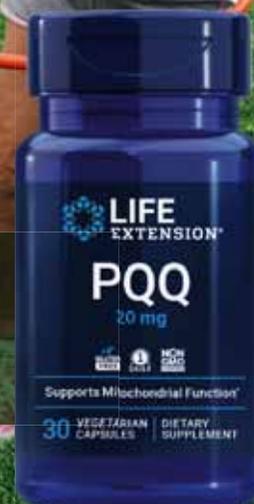
These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Restore
Youthful
Cellular
Energy with

PQQ



This formulation contains 20 mg of PQQ per capsule, which is the recommended daily dose.



PQQ helps support mitochondrial health, which produces cellular energy.¹⁻⁴

Studies show PQQ supports heart health and cognitive function, complementing CoQ10.⁵⁻⁸

PQQ helps protect against oxidative stress and encourages whole-body health.⁹

Item #01647

30 vegetarian capsules

1 bottle \$24

4 bottles \$18 each



Also available are 10 mg PQQ caps (Item #01500) and 100 mg Super Ubiquinol CoQ10 with PQQ (Item #01733).

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

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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.

Bioavailability-Enhanced

BIO-LUTEOLIN™



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

The flavonoid **luteolin** has been scientifically optimized in Bio-Luteolin™ supplement 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



Item #02547
30 vegetarian capsules
1 bottle \$16.50
4 bottles \$14 each

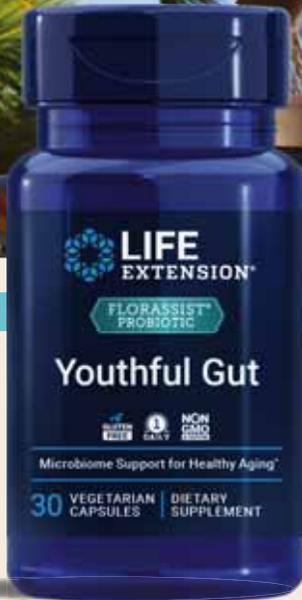
* Regular luteolin defined as 98% pure powder luteolin

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



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.

YOU'VE GUT THIS



Item #02539

30 vegetarian capsules

1 bottle \$22.50

4 bottles \$20.50 each



Your gut microbiome is intricately linked to your well-being, so you want to keep it healthy. But your digestive tract bacteria change as you age, which can affect everything from your nutritional uptake to cholesterol.

The **FLORASSIST® Probiotic Youthful Gut** formula is a novel probiotic + postbiotic combo designed to help turn back the clock by encouraging a variety of biomarkers associated with healthy aging.

Nourish your gut and support a long, healthy life with a daily probiotic designed for aging well.

For full product description and to order **FLORASSIST® Probiotic Youthful Gut**, call **1-800-544-4440** or visit **www.LifeExtension.com**

PoZibio® is protected under US Patent No.11,622,981 and is a registered trademark of Postbiotics, Inc. L. plantarum ECGC 13110402 is LPLDL.

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.

"Does what it says it does."

Tim
VERIFIED BUYER

"I am sure it has helped me."

Beverly
VERIFIED BUYER

Neuro-Mag[®]

THE SMART MAGNESIUM



Supports Overall Cognitive Ability

Neuro-Mag[®] Magnesium L-Threonate helps maintain working (short-term) memory, encourages healthy processing speed, and supports overall cognitive function.^{1,2}



Item #01603 | 90 vegetarian capsules
1 bottle \$31.50 | 4 bottles \$28.50 each



Item #02032 | 93.35 grams of powder
1 jar \$31.50 | 4 jars \$28.50 each

4.7



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

94%

OF RESPONDENTS
WOULD RECOMMEND
THIS TO A FRIEND

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

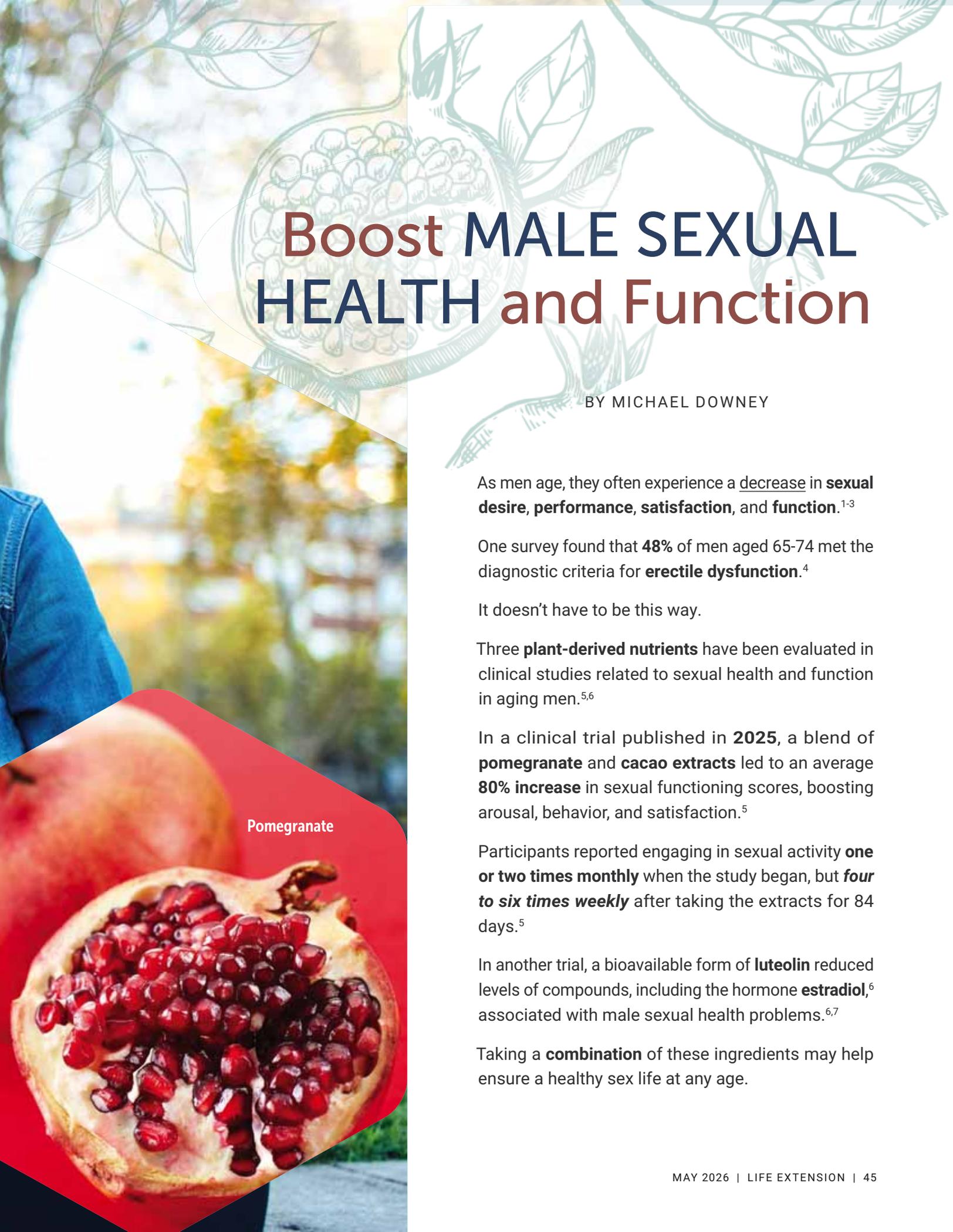
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Cacao





Boost MALE SEXUAL HEALTH and Function

BY MICHAEL DOWNEY

As men age, they often experience a decrease in **sexual desire, performance, satisfaction, and function**.¹⁻³

One survey found that **48%** of men aged 65-74 met the diagnostic criteria for **erectile dysfunction**.⁴

It doesn't have to be this way.

Three **plant-derived nutrients** have been evaluated in clinical studies related to sexual health and function in aging men.^{5,6}

In a clinical trial published in **2025**, a blend of **pomegranate** and **cacao extracts** led to an average **80% increase** in sexual functioning scores, boosting arousal, behavior, and satisfaction.⁵

Participants reported engaging in sexual activity **one or two times monthly** when the study began, but **four to six times weekly** after taking the extracts for 84 days.⁵

In another trial, a bioavailable form of **luteolin** reduced levels of compounds, including the hormone **estradiol**,⁶ associated with male sexual health problems.^{6,7}

Taking a **combination** of these ingredients may help ensure a healthy sex life at any age.



Pomegranate

Sexual Health Promotes Healthy Aging

Sexual dysfunction can put stress on relationships and damage quality of life.⁸

In addition, studies link better sexual health to:

- Less depression and anxiety,⁹⁻¹¹
- Greater life satisfaction,^{9,12} and
- Better perceived *physical* health.^{13,14}

Sexual function is often considered in discussions of healthy aging in men.

Pomegranate and Cacao Bean

In efforts to explore male sexual health, researchers screened hundreds of **plant extracts** for potential sexual effects.

Two demonstrated promise in preclinical and clinical studies:¹⁵⁻¹⁷

- **Pomegranate** fruit rind, and
- **Cacao** beans used to make cocoa.

These extracts were **combined** and evaluated in a clinical study.⁵

Scientists enlisted 116 healthy and recreationally active men, **40-70 years old**. They took **400 mg** of the **pomegranate-cacao** blend or a **placebo** daily.⁵

After 84 days, the **pomegranate-cacao** group improved in **all aspects** of sexual health and function evaluated.⁵

Improved Sexual Health

All subjects completed a standard questionnaire assessing various aspects of **sexual function**.

Those taking the **pomegranate-cacao extract** blend had, compared to placebo, an average **80% increase** in *total* sexual functioning scores after 84 days.⁵

The treatment group had, compared to placebo, **improvements** of:⁵

- **93%** in sexual cognition and fantasies (how often they had sexual or erotic thoughts or fantasies),
- **105%** in sexual arousal,



- **115%** in sexual behavior and experiences,
- **27%** in orgasm achievement and satisfaction, and
- **58%** in sexual drive.

Remarkably, **55%** of participants in the **pomegranate-cacao** group who initially reported mild-to-moderate sexual dysfunction did not meet criteria of **any** sexual dysfunction at the end of the study.

By contrast, *every member* of the **placebo** group reported mild-to-moderate sexual dysfunction by the study's end.⁵

Drilling down, investigators looked at **two** specific questions in the survey.

One asked how often the subject had a full erection upon awakening. The **pomegranate-cacao** group averaged **one or two monthly** at baseline but **four to six weekly** after 84 days.⁵

Another question asked how often the participant had "sexual intercourse, oral sex, etc."

Those taking the **extract blend** reported engaging in sexual activity an average of **one or two times per month** at baseline but **four to six times weekly** at the end of the study.⁵

Boosting Erectile Function

Subjects also completed a standard questionnaire for clinically assessing **erectile function**.

After 84 days, the **pomegranate-cacao** group showed, compared to controls, a **36%** change in overall erectile and sexual function.⁵

The change included specific *improvements* of:⁵

- **28%** in erectile function,
- **43%** in orgasmic function,
- **44%** in sexual desire,
- **40%** in intercourse satisfaction, and
- **46%** in overall satisfaction with sex life and sexual relationships.

The study also used a self-reported tool known as the **Erection Hardness Score**.

At baseline, subjects averaged **Grade 2**, “not hard enough for penetration.”

After 84 days, the placebo group *still* averaged Grade 2. But the **pomegranate-cacao** group’s average improved to **Grade 3**, “sufficient for penetration.”⁵

Effect of Bioavailable Luteolin

Luteolin is a health-promoting compound found in some fruits and vegetables.¹⁸

On its own, it suffers from low **bioavailability**.¹⁹ But coating it in a plant-derived fiber called **galactomannans** has produced a highly **bioavailable luteolin**.²⁰

In a trial, this novel formulation produced blood levels of luteolin **14 times greater** than standard luteolin.²⁰

To test its effects on male sexual health, scientists enlisted 51 men aged 35–55 with low testosterone. After 84 days, those who took **500 mg** of **bioavailable luteolin** had, compared to a placebo:⁶

- **17%** lower blood levels of the **sex hormone binding globulin (SHBG)**, and
- **12%** lower blood levels of **estradiol** (a type of estrogen, the female sex hormone).

Lower SHBG levels are associated with *higher* circulating **testosterone**.²¹ The reason is that SHBG binds with testosterone, inhibiting it from attaching to testosterone receptors.^{22,23}

Lowering **estradiol** levels has been associated with aspects of male sexual health because elevated estradiol is associated with **erectile dysfunction**.²⁴

Luteolin has been shown in preclinical studies to inhibit **aromatase**, an enzyme that converts testosterone into estradiol.^{25,26}

Additionally, the **luteolin** group had, compared to placebo:⁶

- **8%** increased grip strength,
- **10.4%** improved vigor, and
- **11%** decreased tension levels.

Taking bioavailable **luteolin** along with a **pomegranate-cacao extract blend** has been explored for its potential role in male sexual health and function.



Support for Men’s Sexual Health

- As men age, they typically experience a decline in **sexual health** and function.
- In a clinical trial, a blend of **pomegranate** and **cacao bean extract** was associated with an **80%** increase in sexual arousal, behavior, performance, and satisfaction.
- A bioavailable form of **luteolin** clinically reduced levels of the compounds SHBG and estradiol, changes that have been associated with erectile function and testosterone levels.
- Taken together, these three ingredients may substantially enhance male sexual function, desire, and satisfaction.

Summary

Aging men often experience reduced **sexual health**, including decreased desire, performance, erectile function, and satisfaction.

In a human study, a blend of **pomegranate** and **cacao bean** extracts was associated with changes across **all evaluated aspects** of sexual health and function.

In another human study, a bioavailable form of **luteolin** was associated with change in vigor while decreasing levels of compounds that can interfere with male sexual health.

Combining these ingredients may offer a complementary approach to addressing age-related change in sexual health as men age. ■

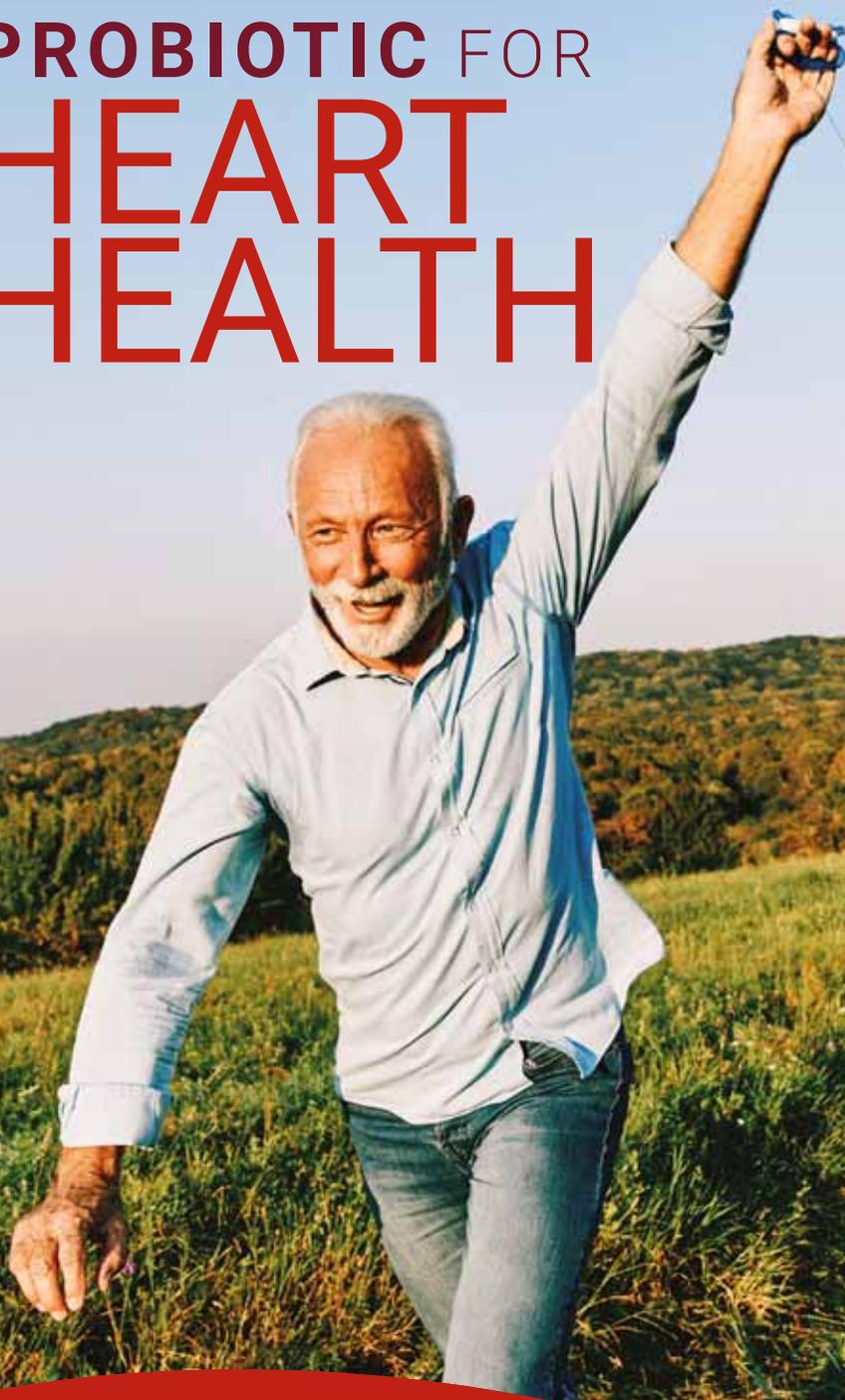
If you have any questions on the scientific content of this article, please call a **Life Extension Wellness Specialist** at 1-866-864-3027.

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PROBIOTIC FOR HEART HEALTH



In clinical trials, the probiotic *Lactobacillus reuteri* NCIMB 30242 found in **FLORASSIST® Heart Health** has been shown to support cholesterol levels already within normal range.^{1,2}

Additionally, *Lactobacillus reuteri* NCIMB 30242 supports healthy levels already within the normal range of:³

- C-reactive protein
- Apolipoprotein B
- Fibrinogen.

Item #01821
60 vegetarian capsules
1 bottle **\$24**
4 bottles \$21 each



References

1. *Eur J Clin Nutr.* 2012 Nov;66(11):1234-41.
2. *Br J Nutr.* 2012 May;107(10):1505-13.
3. *Eur J Clin Nutr.* 2012 Nov;66(11):1234-41.

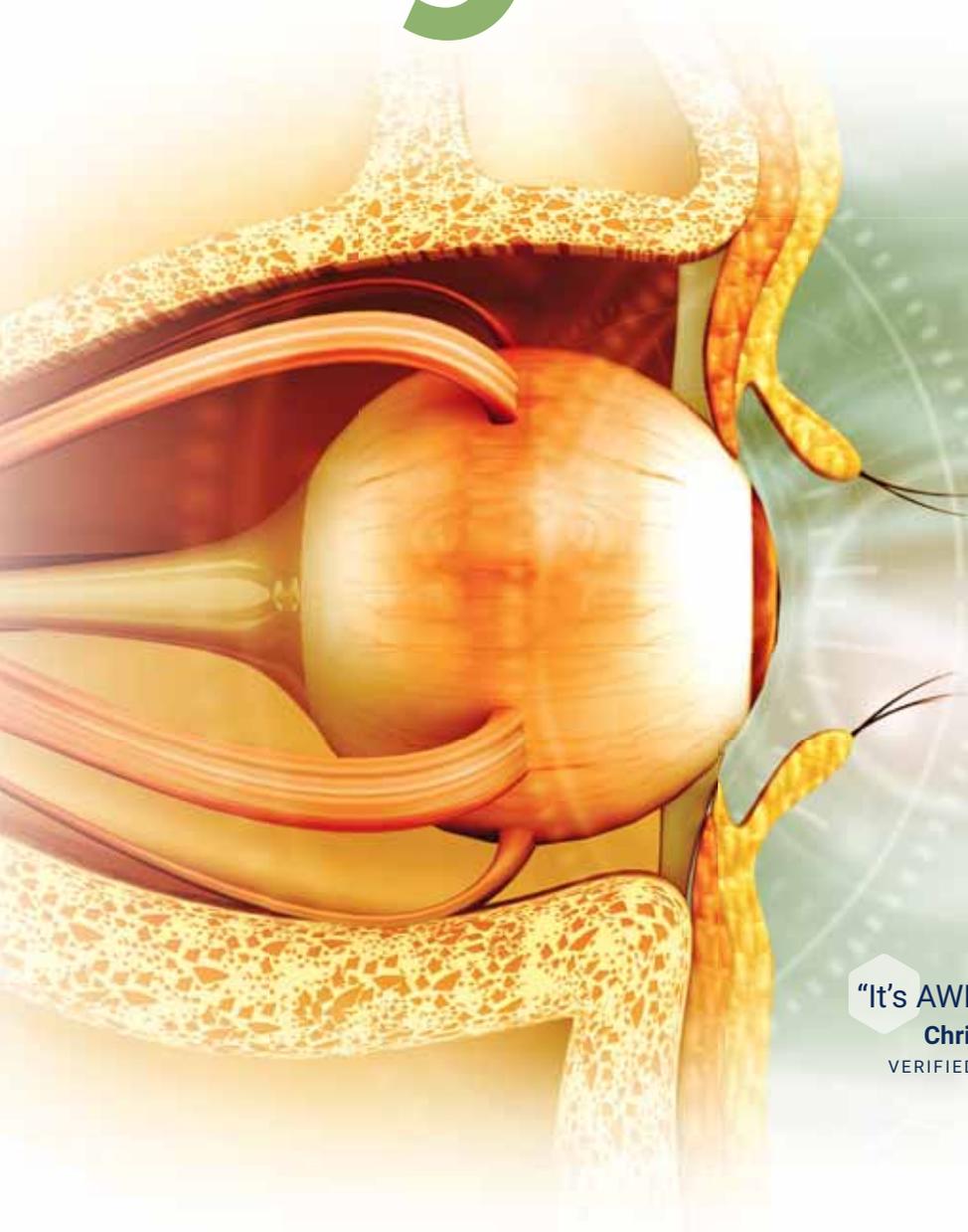
For full product description and to order **FLORASSIST® Heart Health**, call **1-800-544-4440** or visit **www.LifeExtension.com**

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.

eye Pressure Support

Eye Pressure Support with Mirtogenol®

formula is designed to support blood flow in tiny vessels of the eyes, to help maintain healthy fluid pressure.



"It's AWESOME."

Chrissy

VERIFIED BUYER



Item #01514

30 vegetarian capsules

1 bottle **\$30.75**

4 bottles \$28.25 each

For full product description and to order **Eye Pressure Support with Mirtogenol®** call **1-800-544-4440** or visit **www.LifeExtension.com**

Pycnogenol® and Mirtogenol® are registered trademark of Horphag Research.

Mirtoselect® is a registered trademark of Indena, S.p.A., Milan, Italy.

Use of Mirtogenol® is protected by U.S. patent #9,125,925 and other international patents.



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Low-Cost
Biologically
Active



B
COMPLEX

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)**.*

Item #01945 | 60 vegetarian capsules
1 bottle \$9 | 4 bottles \$8 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.

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

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.

Brains & **BRAWN**



Creatine & Acetyl-L-Carnitine Energy Plus promotes healthy **energy** production and supports **exercise performance** and **cognitive function**.

Clinical studies show that:

- 5 grams of creatine increase both workout capacity and lean tissue mass*^{1,2}
- 2 grams of acetyl-L-carnitine support physical and mental energy, as well as cognitive function³

Each scoop of **Creatine & Acetyl-L-Carnitine Energy Plus** provides **5 grams** of **creatine** and **2 grams** of **acetyl-L-carnitine**. This unflavored powder has no added sugars. It can be mixed easily into a smoothie, shake, juice, or water.

* When combined with a regular resistance training/exercise program.

For full product description and to order **Creatine & Acetyl-L-Carnitine Energy Plus**, call **1-800-544-4440** or visit **www.LifeExtension.com**



Item #02532 | Net Wt. 233 g (0.51 lb)

1 jar \$24.75 | 4 jars \$22 each

1. *J Int Soc Sports Nutr.* 2017;14(1):18. 2. *Open Access J Sports Med.* 2017;8:213-226. 3. *Curr Opin Gastroenterol.* 2023;39(2):125-128.

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.

Confidence

Between the Sheets

Sexual Health Support for Men

Advanced Male Sexual Support includes three plant-based nutrients that help maintain male sexual health.

- **Pomegranate** and **cacao** were shown in a human study to promote all aspects of sexual function evaluated, including erectile function, sexual arousal, behavior, and satisfaction.¹
- A highly bioavailable^{2*} form of **luteolin** was clinically shown to help maintain healthy levels of **SHBG** and **estradiol** – Lower levels of SHBG (sex hormone binding globulin) and estradiol are associated with healthy male vitality.³

Take **Advanced Male Sexual Support** daily and fire up your passion!

For full product description and to order
Advanced Male Sexual Support
call **1-800-544-4440** or visit **www.LifeExtension.com**

NEW



Item #02549
60 vegetarian capsules
1 bottle \$46.50
4 bottles \$42 each

1. *Int J Med Sci.* 2025 Jan 1;22(2):383-397. 2. *Bio-Luteolin Bioavailability Study.* Data on file. 2025. 3. *Bio-Luteolin Efficacy Study.* Data on file. 2025.

Tensor® is a trademark of Laila Nutra and Gencor. *The highly bioavailable form of luteolin in this product was shown, in a clinical trial, to produce free luteolin blood levels that were 10 times greater, compared to regular luteolin.

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.



"I love this product!"

Susan
VERIFIED BUYER

"An absolute must have in any supplement plan."

Donald
VERIFIED BUYER

Enjoy the Finer Things in Life with Optimized Resveratrol Elite™ Formula!

Resveratrol is good for your heart, mind, and cellular health—but is hard to absorb.

Optimized Resveratrol Elite™ supplement is formulated to yield up to 10x better resveratrol bioavailability* along with highly absorbable forms of quercetin and fisetin.



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



RESVERATROL ELITE™

UP TO 10 TIMES GREATER BIOAVAILABILITY

FOR A HEALTHY, LONG LIFE

4.8
★★★★★

98%
OF RESPONDENTS WOULD RECOMMEND THIS TO A FRIEND

Item #02230
60 vegetarian capsules
1 bottle \$27
4 bottles \$23.50 each



Optimized Resveratrol Elite does not contain wine. Our trans-resveratrol is extracted from Japanese Knotweed root.

* Studied against powder Japanese knotweed extract standardized to 98% trans-resveratrol.

Power Up!

Promote Youthful **TESTOSTERONE** Levels†

Free testosterone is the unbound form active in cells throughout the body.

The **Testosterone Elite™** formula promotes more *youthful* free and total **testosterone** levels with three **plant-based** nutrients:

- In a **clinical** study, a proprietary blend of **pomegranate** and **cacao** extracts in this product *promoted* **free testosterone** by up to **48%**.¹
- Formulated with an innovative **fenugreek** fiber coating, the highly bioavailable **luteolin** in this product demonstrated up to a **14-fold** increase in luteolin levels compared to unformulated luteolin.*²
- This advanced **luteolin** ingredient *supported* **free testosterone** by up to **22%** in a separate **human** trial.³

Don't let testosterone levels hold you back from feeling your best. The once-daily **Testosterone Elite†** product is the perfect complement to a testosterone-friendly lifestyle.



Item #02500
30 vegetarian capsules
1 bottle \$39
4 bottles \$36 each

Tesnor® is a trademark of Laila Nutra and Gencor.

†This product is intended to promote testosterone levels but does not contain testosterone.

* regular luteolin defined as **98% pure powder luteolin**

Not for sale in India.

1. *Int J Med Sci.* 2022;19(8):1290-1299.
2. Bio-Luteolin Bioavailability Study. Data on file. 2025.
3. Bio-Luteolin Efficacy Study. Data on file. 2025.

For full product description and to order the **Testosterone Elite** blend, 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.



Lower Excess **CORTISOL** to Decelerate Aging



BY RANDALL THOMPSON

When we're **stressed**, our body increases production of the hormone **cortisol**.¹

When **cortisol** is elevated for prolonged periods, it may lead to weight gain, higher blood glucose levels, and higher blood pressure.¹

Human studies show that increased **stress** is associated with **accelerated aging** and abnormalities of metabolism and immune function.²

Stress has even been linked to shortening of **telomeres**, the protective caps on the ends of chromosomes.³⁻⁵ Telomere shortening has been associated with **reduced lifespan**.⁶

Scientists have identified **plant extracts** with anti-stress, anti-anxiety, and **cortisol-lowering** effects.

In **clinical trials**, these botanicals helped maintain healthy levels of cortisol and reduce levels of psychological stress.⁷⁻¹⁰

These extracts have been investigated for their potential role in managing stress and its impact on health.



How Stress Damages Health

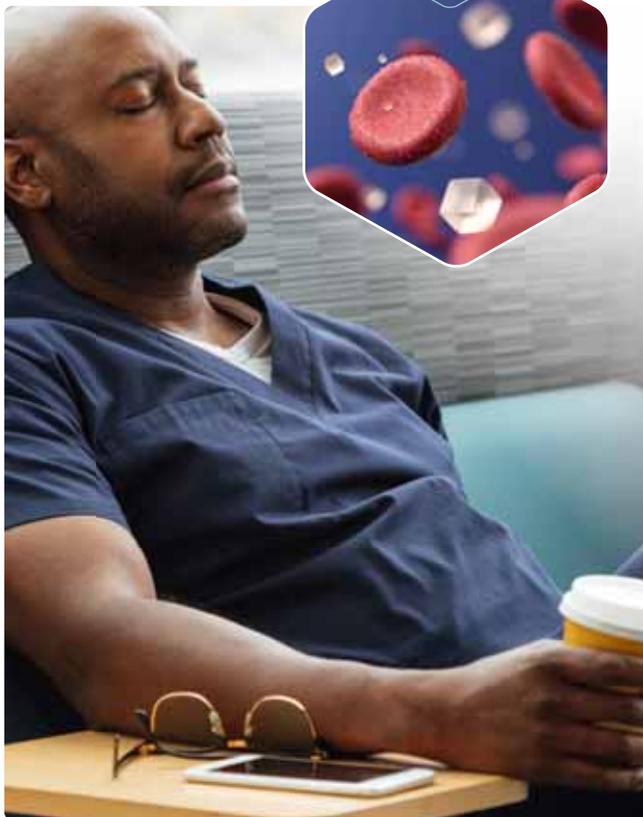
A large observational study in nearly two-and-a-half million people worldwide found that daily stress has increased over recent decades, in a range of different populations.¹¹

That can take a serious toll. In human studies, increased stress is linked to **accelerated aging, metabolic abnormalities, and weakened immunity.**²

In the scientific search for the cause of this damage, one suspect is **cortisol**, a steroid hormone produced primarily by the adrenal glands. Under normal conditions, cortisol levels peak after awakening and slowly decline throughout the day, remaining low at night.¹²

During times of stress, cortisol levels rise, which is why it is often referred to as the “stress hormone.”¹² In the short term, that helps the body cope. But chronic stress may disrupt healthy cortisol regulation and lead to persistently elevated levels,^{1,2} which may result in:¹³

- Elevated blood glucose,^{2,14}
- High blood pressure,^{14,15}
- Fatigue,^{13,15} and
- Difficulty sleeping.¹³



Human studies have confirmed the association with immune and metabolic disruptions and accelerated biological aging, as well as increased risk of cardiovascular disease, metabolic disorders, diabetes, obesity, fatty liver disease, immune dysfunction, and adverse mental health outcomes.²

Stress is associated with shorter **telomeres**,¹⁶ the protective caps on the ends of chromosomes. Shortening of telomeres is associated with **premature aging** and *increased* risk of disease and death.¹⁷

Fortunately, several plant extracts have been found to reduce stress and maintain healthy cortisol levels.

Magnolia and Phellodendron Bark

The barks of two trees, **magnolia** and **phellodendron** (also known as the cork tree), contain compounds that have been studied for their potential to help alleviate stress.

In animal models, extracts of these plants have been observed to reduce markers of stress.

Each extract demonstrates these benefits alone, but a combination of the two has been shown in a placebo-controlled **clinical trial** to reduce measures of stress and anxiety.¹⁰

In multiple human studies, a combination of magnolia and phellodendron bark extracts reduced **anxiety scores**, improved self-reported feelings of **well-being**, and lowered **cortisol** levels.^{7,8,10}

In one clinical study, for example, adults with moderate stress who took **250 mg** of the **magnolia-phellodendron** blend twice daily for four weeks had **18% lower cortisol levels** than those taking a placebo.¹⁰

Participants taking the extracts reported lower overall stress scores compared to placebo, including a:¹⁰

- **13%** reduction in tension,
- **20%** reduction in depression,
- **42%** reduction in anger,
- **31%** reduction in fatigue,
- **27%** reduction in confusion,
- **18%** increase in vigor, and
- **11%** improvement in mood.



MAGNOLIA TREE



Lychee and Green Tea Extract

Extracts of **lychee fruit**¹⁸ and **green tea**¹⁹ have been studied for potential health effects.

For example, scientists combined lychee fruit and green tea leaf extracts and tested them in **human** studies.

In a randomized, placebo-controlled crossover trial, healthy young men took **200 mg** of a **lychee-green tea blend** daily for one week or a placebo, followed by a two-week washout period, then switched treatments.⁹

After each phase, participants underwent 30 minutes of hot water immersion to induce heat stress. Compared with placebo, the **lychee-green tea blend** blunted increases in the proinflammatory factors **IL-1 β** and **IL-6** after heat exposure.⁹

Overall, short-term **lychee-green tea blend** supplementation was associated with lower inflammatory responses and enhanced immune cell activity during acute heat stress in healthy men.

Chronic stress has also been associated with increased risk of fatty liver and obesity. Scientists have tested the **lychee-green tea blend** in both of these conditions.

What You
Need
To Know

Reduce Stress and Keep Cortisol in Check

- **Stress** can increase risk for cardiovascular disease, obesity, metabolic disease, and impaired immune function.
- Elevated levels of the “stress hormone” **cortisol** have also been shown to be associated with these and other negative outcomes.
- In a clinical study, a blend of extracts from **magnolia** and **phellodendron** bark lowered cortisol levels by **18%** compared to placebo, while reducing feelings of stress and tension.
- A combination of **lychee fruit** and **green tea leaf** extracts was associated with reductions in cortisol and inflammatory markers, changes in the gut microbiome, and other observed health effects.
- A **combination** of these extracts may help reduce stress and anxiety, support healthy cortisol levels, and address some effects associated with elevated cortisol.

In one clinical study, adults with **non-alcoholic fatty liver disease (NAFLD)** took **100 mg** of the extract blend or a placebo daily for 24 weeks. MRI scans showed a statistically significant reduction in liver fat in the extract group compared to placebo. Changes in the gut **microbiome** were also observed, including a reduction in potentially pathogenic bacteria and an increase in bacteria considered beneficial.²⁰

In a study published in **2025**, overweight adults who took the **lychee-green tea blend** daily for 12 weeks had a significant reduction in dangerous **visceral fat** compared to those receiving a placebo.²¹

Combining extracts of lychee, green tea leaf, magnolia bark, and phellodendron bark may help manage stress, support healthy cortisol levels, and contribute to overall health.

Summary

Chronic stress causes an increase in levels of **cortisol**, which can lead to elevated blood glucose, high blood pressure, weight gain, and depressed immune function.

That may increase risk for obesity, cardiovascular disease, metabolic disease, and other health problems.

A blend of extracts of **magnolia bark** and **phellodendron bark** reduced cortisol levels and eased feelings of stress, anger, and tension in a clinical study.

In other clinical studies, a **lychee fruit-green tea leaf** extract blend reduced cortisol levels and produced improvements in measures of stress, anger, and tension.

A combination of these four nutrients may help manage stress and support healthy **cortisol** levels. ■

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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In a clinical trial, **79%** of participants taking a **five-leaf chaste tree + ginger** extract formula reported a meaningful change in lower back comfort compared to **36%** in the **placebo** group, with benefits seen in as little as seven days.¹

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60 vegetarian capsules

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Aging well

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Fucoidan is a polysaccharide from edible seaweeds found in Patagonian waters.

Maritech® 926 is a standardized fucoidan that is extracted using water to preserve nutritional benefits and deliver a consistent amount in every dose.

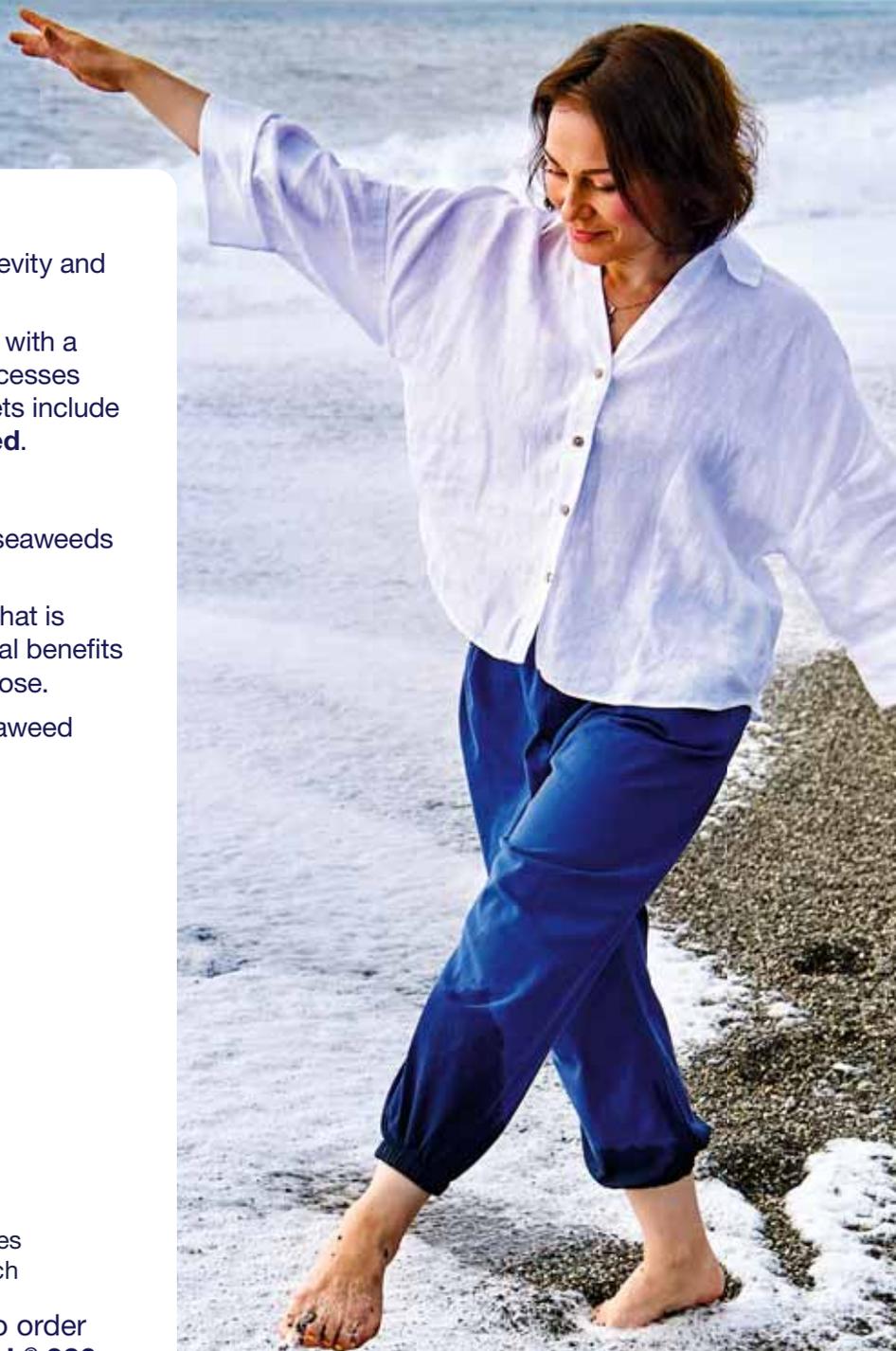
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Carolyn
VERIFIED BUYER

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"Won't want to be without it."

Donna
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Stress releases the hormone **cortisol** throughout the body. Maintaining healthy cortisol levels promotes healthy **mood** and **stress response**.

Cortisol-Stress Balance provides a proprietary blend of magnolia, phellodendron, lychee, and green tea extracts for a greater sense of calm.

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Item #02312
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4.6
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96%
OF RESPONDENTS
WOULD RECOMMEND
THIS TO A FRIEND

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- Providing sustained ergothioneine levels¹ with **high bioavailability** and efficient absorption
- Supporting overall well-being²
- Offering cellular protection against oxidative stress^{1,3}

Just one daily vegetarian capsule of **Mega L-Ergothioneine** provides a full **25 mg** of **L-ergothioneine**.

This strength provides **25 mg** of **L-ergothioneine** per capsule, which is equivalent to the amount found in approximately **10 to 23** cups of white button mushrooms.³⁻⁵



Item #02540
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4 bottles \$26 each



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

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Danger of Omitting BLOOD TESTS

BY CHANCELLOR FALOON

A 2024 large-scale analysis of blood test orders from millions of physicians identified a startling finding:

*The vast majority are not testing critical markers of **cardiovascular disease risk and status**.*

The data revealed that, over a one-year period (2019), **99%** of blood tests that included lipid panel components omitted important biomarkers like **apolipoprotein-B (ApoB)**.¹

Elevated ApoB is an important factor in the formation of **atherosclerotic plaques** in the coronary arteries,¹ which increases the risk of **myocardial infarction (MI)** aka “**heart attack**.”²

A big reason why many physicians do not order ApoB testing is because conventional wisdom suggests that risk assessment of MI can be accurately inferred from LDL-cholesterol (LDL-C) levels.¹

Emerging evidence, however, suggests that **ApoB** provides additional predictive risk beyond LDL-C.^{1,3,4}

One study published in the *Journal of the American College of Cardiology* demonstrated a great degree of unanticipated cardiovascular risk in those with elevated ApoB levels.

Men and women with the most unexpected ApoB levels, based on their LDL-C results, had a **52%** and **75%** increased risk of **atherosclerotic** heart disease, respectively, compared to those who had the most expected levels.³

Failure to measure **ApoB** in certain at-risk populations may therefore contribute to a substantial number of preventable deaths.

Given the prevalence of atherosclerotic coronary artery disease, **ApoB**, along with other blood biomarkers in cardiovascular risk assessment, should not be omitted.

A Bigger Picture of Cardiovascular Health Status

An estimated **38%** of insured Americans had testing for any **lipid panel** component in the year 2019.

Deep analysis into what these lipid panels consisted of revealed that two important cardiovascular risk factors, **ApoB** and **Lipoprotein (a)** or **Lp(a)**, made up less than 1% of these lipid tests.¹

This suggests physicians are underusing tools that could more accurately assess heart attack risk for many patients.

Conventional routine cholesterol testing with a general CBC/Chem panel may not be enough for everyone, and with a rapidly aging population, there is an urgent need for better testing.

Life Extension® readers know about LDL, but many may not fully understand what an LDL-C test is.

An LDL-C test calculates the total amount of cholesterol carried by an LDL particle.

What LDL-C tests do not measure is the total amount of atherogenic particles; this is what an **ApoB** test is for.

ApoB levels reflect the total number of high-risk, circulating, artery-clogging particles.⁵

ApoB-containing particles can enter the wall of arteries and get stuck, especially in areas where the artery wall is vulnerable from chronic inflammation. This trapping is a critical step in the development and progression of **atherosclerosis**.⁶

The more ApoB-containing particles are present, the more likely they are to accumulate in the artery wall.

This leads to the formation of plaques which can grow, become inflamed, and eventually block blood flow, causing heart attacks or strokes. The other test often omitted from lipid panels is **Lp(a)**, which measures a “special” LDL cholesterol particle that makes plaque buildup and clotting more likely. It’s mostly unaffected by lifestyle but can provide additional assessment of cardiovascular risk.

Unlike other blood markers that often worsen with age and poor lifestyles, elevated **Lp(a)** is a genetically programmed risk factor that typically only needs to be tested **once** to identify those at increased cardiovascular risk caused by elevated **Lp(a)**.⁷

Why You Should Test ApoB

Many physicians undervalue ApoB testing, assuming LDL-C alone can predict its results. Emerging evidence shows that groups with metabolic disorders such as obesity, diabetes, or dyslipidemia, are more likely to have *higher-than-expected* **ApoB** levels.⁵

The Risk of Atherosclerotic Coronary Artery Disease with Excess ApoB

Excess ApoB Level	Women: Risk vs. Lowest Group	Men: Risk vs. Lowest Group
11-25 mg/dL	8% higher risk	14% higher risk
26-45 mg/dL	30% higher risk	41% higher risk
46-100 mg/dL	34% higher risk	41% higher risk
>100 mg/dL	75% higher risk	52% higher risk

The table above depicts the group risk differences of atherosclerotic coronary artery disease for people with excess ApoB levels, compared to those below an excess of **11 mg/dL**, in the *Journal of the American College of Cardiology* published study.³



What ApoB Levels Are Recommended?

According to *The National Lipid Association*, ApoB should be below **90 mg/dL** for generally healthy people and below **60 mg/dL** for those with a high risk of cardiovascular morbidity and mortality.¹¹

Some argue that ApoB levels should be even lower.

In one large randomized-controlled trial, about **28,000** people with cardiovascular disease who were receiving statin treatment were randomized to receive an aggressive form of lipid-lowering therapy with a **PCSK9 inhibitor** or a placebo.¹² Multiple sources have confirmed that those who received the treatment had their median **ApoB** levels sink below **50 mg/dL**.^{11,13} This demonstrated additional cardiovascular risk protection compared to placebo. However, it should be noted that this clinical trial was not designed to assess differing benefits based on **ApoB** ranges.

ApoB levels that are too low may also increase the risk of mortality.¹⁴

In **2025** *The American College of Cardiology* finally recommended **CRP testing** for both primary and secondary prevention of cardiovascular disease.^{8,9}

A new study found that even mild elevations in CRP were associated with greater risk of **major adverse cardiovascular events (MACE)**.⁹

Over **12,500** healthy American women were followed for **30 years** and **973 MACE** events were recorded. None of the women had high cardiovascular risk factors such as hypertension, dyslipidemia, diabetes mellitus, and smoking.

Women who experienced a MACE event had a significantly *higher* average baseline **CRP (2.22 mg/L)** compared with those who did not (**1.5 mg/L**).

In a 2024 study published in the *Journal of the American College of Cardiology*, approximately **100,000 people** were followed for nearly 10 years, and researchers assessed the effects of “excess ApoB,” defined as measured **ApoB** minus the level expected based on the observed LDL-C.³

The results showed that those with excess **ApoB** greater than **11 mg/dL** had greater risks of atherosclerotic **coronary artery disease**.

Men and women with more than **100 mg/dL** of excess **ApoB** had a **52%** and a **75%** higher risk, respectively, compared with those whose excess ApoB was below **11 mg/dL**.

Higher excess **ApoB** levels were associated with a progressive increase in current smoking prevalence, systolic blood pressure, BMI, and diabetes.

These results suggest that if a physician omits testing **ApoB** in a patient with these characteristics, then they may be ignoring a critical signal of a looming heart attack if their LDL-C results come back normal.

Even Mild CRP Elevations Predict Major Cardiovascular Events

C-reactive protein (CRP) is a marker of **systemic inflammation**, yet it has been historically underutilized in cardiovascular prevention care.

A CRP level above **3 mg/L** was associated with:

- **77%** higher risk of **coronary heart disease**,
- **39%** higher risk of **ischemic stroke**, and
- **52%** higher risk of **total cardiovascular events**.

Optimal CRP levels are under **1.0 mg/L**, but many individuals have higher concentrations, often without knowing it.

Why You Should Test ApoB and CRP Together

While multiple studies have shown that there is independent value in testing **ApoB** and **CRP**,^{3,6,7} a new study found their combination was a better predictor of **atherosclerotic** cardiovascular disease, compared to a panel of standard and specialized lipid risk factors.¹⁰

Approximately **270,000 people** in the UK Biobank cohort, with an average age of 56, were followed for up to 15 years. The researchers measured the following at baseline:

- **LDL-C**,
- **Non-HDL-C**,
- **Estimated small dense LDL**,
- **Estimated low-density lipoprotein triglyceride**,
- **Apolipoprotein B**, and
- **C-reactive protein**.

All tests predicted atherosclerotic cardiovascular disease, however an **ApoB >130 mg/dL** combined with **CRP > 2 mg/L** resulted in a **69%** increased risk of a major adverse cardiovascular event, which was more predictive than all other biomarkers tested.

To give the best prediction of cardiovascular disease risk and mortality, we suggest that all these biomarkers be evaluated.



Potential Pharmacological Therapies to Lower Stubborn Lp(a) in Development

Approximately **20%** of people are at a higher risk of cardiovascular disease due to **high Lp(a)**, which is primarily genetically determined.¹⁵

The explanation that doctors give their patients for why they typically do **not** test for **Lp(a)** is that **there is no pharmaceutical treatment**.¹⁶

That may soon change. A meta-analysis of 41 randomized controlled trials found that **PCSK9 inhibitors** lowered **lipoprotein(a) Lp(a)** levels by an average of **27%** compared to another lipid-lowering drug, ezetimibe.¹³

There are now five experimental drugs demonstrating substantial **Lp(a)** reductions in phase II clinical trials, with large phase III trials underway or set to begin.¹⁷

The furthest along is **pelacarsen**, for which we can expect to see phase III results soon.¹⁸ However, in a phase II study, **olpasiran** injected every 12 weeks resulted in reductions of **Lp(a)** exceeding **70%** compared to the placebo group.¹⁹

While the eventual cost of these therapies is still unknown, their approval could mark the first effective treatment options for patients with persistently high **Lp(a)**.

Summary

New research sheds light on the importance of **ApoB** testing, especially for those with underlying **metabolic disorders**.

However, an analysis of blood testing found that **99%** of tests that included lipid panel components in 2019 omitted this test.

Researchers predict that as the **atherogenic impact** of biomarkers like **ApoB** become more widely known, physicians will include them in routine blood test panels.

We at **Life Extension®** implore our readers to test these biomarkers to provide a more detailed picture of their cardiovascular health.

Ask your doctor to include these markers at your next cholesterol test. If unable to get them through your doctor, **Life Extension** has included these markers in our extremely popular Male and Female panels. ■

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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Blood test services are available only in the continental United States and Anchorage, AK. Not available in Maryland. Restrictions apply for residents of MA, NY, NJ, RI, and PA.

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7



24

7 PLUMMETING INTEREST IN SEX

Sexual frequency is declining and may be inflicting disastrous effects on our health.

24 PROTECT THE HEART

A **fruit extract** clinically *reduced* **LDL** cholesterol by **22%**, *lowered* **CRP** by **54%**, and *boosted* the antioxidant **glutathione** by **53%**.



34



44

34 REDUCE ESTIMATED BRAIN AGE

A form of **magnesium** *improved* function-based estimates of **cognitive age** by more than **7 years**.

44 BOOST MALE SEXUAL HEALTH

A blend of **cacao seed** and **pomegranate** *increased* **sexual function** scores by **80%**. A *bioavailable* form of **luteolin** *reduced* compounds linked to male sexual health problems.



56



68

56 LOWER EXCESS CORTISOL

Chronic stress can raise **cortisol levels** and is associated with **accelerated aging**.

68 DANGER OF OMITTING BLOOD TESTS

The **ApoB** blood test is an often-overlooked indicator of cardiovascular risk. Testing **ApoB** and **CRP** together can better *predict* **atherosclerotic disease**.

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