

Product & Ingredient	Dosage	Features	Reference
<p>Products listed in the individual Basic Nutritional Support protocols (Clinical Nutrients™ multivitamins, Eskimo-3® fish oil, and Probiotic Pearls™ active cultures) will support healthy aging.* <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>			
<p>UBQH™ ubiquinol 770026 – 60 softgels</p> <p>QH (Ubiquinol) (reduced form coenzyme Q10)</p>	<p>Take one softgel daily.</p> <p>Each softgel contains: 100mg</p>	<p>Reduced CoQ10 levels have been linked to suboptimal health. CoQ10 levels naturally diminish as we age. In addition, 30-50% of population have gene that impairs conversion of ubiquinone to ubiquinol^{1*}</p> <p>Ubiquinol:</p> <ul style="list-style-type: none"> Increases total CoQ10 serum levels 2 times higher than ubiquinone (CoQ10) alone² Enhances energy and stamina 5-fold over baseline in an animal model of aging^{2*} Forestalls age-related physical decline in senescent animals; prolonged running time 150 fold vs. placebo^{*2,3} 	<ol style="list-style-type: none"> Miles MV, et al. LPL and NQO1 genotypes are associated with decreased Coenzyme Q10 redox ratio. International Congress of Clinical Chemistry and American Association for Clinical Chemistry Annual Meeting, July, 2005. Unpublished data. Kaneka Corporation. October 22, 2003.† Yan J, et al. Reduced coenzyme Q10 supplementation decelerates senescence in SAMP1 mice. Exp Gerontol. 2005 Dec 29; [Epub ahead of print]

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<p>Recancostat® 400 supplement 236006 – 60 <i>UltraCaps™</i></p> <p>Reduced Glutathione (GSH) 10% Anthocyanins Blend: Beet Bilberry Black Currant European Elder L-Cysteine</p> <p><i>Recancostat is a registered trademark of Gernot Treusch.</i></p>	<p>Take with water on an empty stomach, 1-3 times daily. Each UltraCap contains:</p> <p>400 mg</p> <p>200 mg</p> <p>80 mg</p>	<ul style="list-style-type: none"> Provides powerful antioxidant, detoxification, and healthy cell regulation properties which support healthy aging*¹⁻³ GSH blocks free-radical damage to all types of tissues and supports the body's normal process of DNA repair*; Manages healthy cell apoptosis*¹ The key ingredient in Recancostat is GSH. Reduced GSH is naturally occurring in the body and is present in every type of cell. It is essential to cellular detoxification, amino acid transport, production of coenzymes and recycling of vitamin E and C* Directly conjugates toxins and heavy metals and their bioactivated intermediates³ Supports healthy function of key cell regulators^{3*} Recancostat is a patented combination of reduced glutathione (GSH), anthocyanins, and l-cysteine. This oral supplement has been clinically studied for support of healthy cell development* L-cysteine is a precursor of glutathione¹ 	<ol style="list-style-type: none"> Sung JH, et al. Protective effect of glutathione in HIV-1 lytic peptide 1-induced cell death in human neuronal cells. <i>J Neurovirol.</i> 2001 Oct; 7(5):454-65. Pouillart P, et al. Therapeutic effects of GSH Cysteine Anthocyan administered by mouth in the treatment of polymetastic colon cancer. Curie Institute, Dept. of Medical Oncology, Paris, France. 1999. Bonnerstag B, et al. Reduced glutathione and S-aceylglutathione as apoptosis-inducing agents in cancer therapy. <i>Cancer Letters.</i> 1996; 110:63-70. Kamei H, et al. Suppression of tumor cell growth by anthocyanins in vitro. <i>Cancer Invest.</i> 1995; 13(6): 590-4.
<p>Immun'Age 56413 – 30 packets</p> <p>Fermented Papaya preparation (FPP)</p>	<p>Take 1-3 packets daily. Each packet contains: 3 g</p> <p>Take in between meals. Dissolve in mouth. Do not take with water. Do not eat or drink anything 5 minutes before or after.</p>	<ul style="list-style-type: none"> Reduces oxidative stress & enhances immune function* Supports both antioxidant and immune system function, including a clinically validated impact on two pathways that eliminate free radicals from the body superoxidas mutase (SoD) and glutathione peroxidase*^{1,2} Enhances the immunostimulatory activity of macrophages*^{2,3} 	<ol style="list-style-type: none"> Imao K, et al. Free radical scavenging activity of fermented papaya preparation and its effect on lipid peroxide level and superoxide dismutase activity in iron-induced epileptic foci of rats. <i>Biochem Mol Biol Int.</i> 1998 Jun;45(1):11-23.† Marotta F, et al. The aging/precancerous gastric mucosa: a pilot nutraceutical trial. <i>Ann N Y Acad Sci.</i> 2004 Jun;1019:195-9. Rimbach G, et al. Nitric oxide synthesis and TNF-alpha secretion in RAW 264.7 macrophages: mode of action of a fermented papaya preparation. <i>Life Sci.</i> 2000 Jun 30; 67(6):679-94.†

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ADDITIONAL CONSIDERATIONS			
<p>Lipoic Acid 236004 – 60 <i>UltraCaps™</i></p> <p>Alpha-Lipoic Acid</p>	<p>Take 1 to 2 UltraCaps twice daily between meals</p> <p>Each UltraCaps contains: 100 mg</p>	<ul style="list-style-type: none"> Highly bioavailable antioxidant* Provides significant protection in quenching free radicals in both lipid and aqueous domains of the cell*¹ Acts synergistically with other antioxidants, such as Vitamin E and C, to protect vital cell structures from free radical damage and oxidative stress*^{1,2} Clinically studied to promote healthy aging*³⁻⁶ 	<ol style="list-style-type: none"> Biewenga, GP, et al. The pharmacology of the antioxidant lipoic acid. <i>Gen Pharmacol.</i> 1997 Sep;29(3):315-331. Borcea V, et al. Alpha-lipoic acid decreases oxidative stress even in diabetic patients with poor glycemic control and albuminuria. <i>Free Rad Biol Med.</i> 1999 June;26(11-12):1495-1500. Ruhe RC et al. Use of antioxidant nutrients in the prevention and treatment of type 2 diabetes. <i>J Am Coll Nutrition.</i> 2001;20:363S-369S. Jacob S, et al. Oral administration of RAC-alpha-Lipoic acid modulates insulin sensitivity in patients with type-2 diabetes mellitus: A placebo-controlled pilot trial. <i>Radical Biol & Med.</i> 1999;27:309-314. Hager K, et al. Alpha-lipoic acid as a new treatment option for Alzheimer-type dementia. <i>Arch Gerontol & Geriatrics.</i> 2001;32:275-282. Bustamante J, et al. alpha-Lipoic acid in liver metabolism and disease. <i>Free Rad Biol Med.</i> 1998;24(6):1023-1039.
<p>Vitaline® L-Carnitine 226004 – 30 caplets</p> <p>L-Carnitine (as L-carnitine tartrate)</p>	<p>Take 1 caplet 1-3 times daily. Each caplet contains: 500 mg</p>	<ul style="list-style-type: none"> Essential for fatty acid metabolism* In combination with alpha-lipoic acid, shown to support age-associated changes in physical activity and memory*; and inhibit the age-associated increase of oxidative damage to lipids, proteins, and nucleic acids*¹ 	<ol style="list-style-type: none"> Liu J. Delaying brain mitochondrial decay and aging with mitochondrial antioxidants and metabolites. <i>Ann N Y Acad Sci.</i> 2002 Apr;959:133-66.†
<p>Grape Seed (PCO) Phytosome™ 78492 – 120 tablets</p> <p>Grape (<i>Vitis vinifera</i>) Seed extract bound to phosphatidylcholine for enhanced absorption and bioavailability</p>	<p>Take 1 tablet 3 times daily. Each tablet contains: 50 mg</p>	<ul style="list-style-type: none"> Free radical quencher* 45% greater free radical inhibition than vitamin E; 70% greater inhibition than vitamin C¹ Associated with reduction in UVB-induced oxidative damage*¹ 	<ol style="list-style-type: none"> Bagchi D. Oxygen free radical scavenging abilities of vitamins C and E, and a grape seed proanthocyanidin extract in vitro. <i>Res Comm Mol path Pharmacol.</i> 1997;95(2):179-89.

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