



**LIFE  
EXTENSION®**

The Science of a Healthier Life®

May/June 2026

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# BOOST MALE SEXUAL HEALTH

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**PLUS: Back Pain Relief  
Without Drugs**

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"I love it."

Steven

VERIFIED CUSTOMER  
REVIEW

**UP TO 45 TIMES  
GREATER  
BIOAVAILABILITY<sup>‡</sup>**

# CURCUMIN



**Item #02407**

60 vegetarian capsules

Patented technology combining **turmeric** and **fenugreek fiber** results in up to **45 times** greater bioavailability of free **curcuminoids**.

**This product is available at fine health food stores everywhere.**

<sup>‡</sup> Studied against powder turmeric extract standardized to 95% curcuminoids



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 CUSTOMER  
REVIEW

# 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.



## RESVERATROL ELITE™

UP TO 10 TIMES  
GREATER BIOAVAILABILITY

FOR A HEALTHY,  
LONG LIFE



Item #02230

60 vegetarian capsules

This product is available at fine health food stores everywhere.

Does not contain wine. Our trans-resveratrol is extracted from Japanese Knotweed root.

\*Than unformulated resveratrol

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VOTED  
#1

## MULTIVITAMIN

Compare  
Two-Per-Day Multivitamin  
to the Leading Brand



"Covers all  
the bases."

**Brian**  
VERIFIED  
CUSTOMER  
REVIEW

Compared to Centrum®  
Silver® Adults 50+  
Two-Per-Day Provides:

50 TIMES THE VITAMIN B1

25 TIMES THE VITAMIN B6

12 TIMES THE VITAMIN B12

10 TIMES THE BIOTIN

10 TIMES THE SELENIUM

7 TIMES THE VITAMIN C

2 TIMES THE VITAMIN E

2.5 TIMES THE VITAMIN B3

2 TIMES THE VITAMIN D

2 TIMES THE ZINC

### Two-Per-Day Multivitamin Capsules

Item #02314 • 120 capsules (two-month supply)

### Two-Per-Day Multivitamin Tablets

Item #02315 • 120 tablets (two-month supply)

These products are available at  
fine health food stores everywhere.

Alpha lipoic acid, quercetin and plant extracts  
lacking in most commercial multivitamins.

The **Two-Per-Day**  
multinutrient  
formula is superior because  
it provides vastly *higher*  
potencies of **vitamins,**  
**minerals** and **plant extracts.**



2024

#1 Rated  
Multivitamins –  
11 Time Winner!†

**CAUTION:** Individuals consuming more than 50 mcg (2000 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.

† Ratings based on results of the 2024 ConsumerLab.com Survey of Supplement Users. More information at [www.consumerlab.com/survey](http://www.consumerlab.com/survey).

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# Super Omega-3

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

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

**2,400 mg**  
of EPA + DHA  
in four softgels



Item #01982  
120 softgels

This product is available at fine health food stores everywhere.

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

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

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

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

**Barbara**  
VERIFIED BUYER

# VITAMIN K



## FOR LASTING HEALTH

Strong bones and a healthy heart—two benefits of adding vitamin K to your routine. You can ensure you're getting enough of this important nutrient by supplementing with exactly as much—or as little—vitamin K as you need.

### Super K\*

Vitamin K1 (as phytonadione) 2,000 mcg  
Vitamin K2 (Mk-4) 1,000 mcg  
Vitamin K2 (as MenaQ7® trans menaquinone-7) 180 mcg

Item #02334

90 softgels

### Low Dose Vitamin K\*

45 mcg

Item #01936

90 softgels

### Mega Vitamin K2\*

45,000 mcg

Item #02417

30 capsules

These products are available at fine health food stores everywhere.

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

MenaQ7® is a registered trademark of Lesaffre et Compagnie, France.



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.

REPORTS



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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.

### 16 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%**.

### 24 RESPIRATORY HEALTH

A **probiotic** clinically *reduced* **cold** and **flu** incidence by more than **half**, while a **postbiotic** yeast strain *reduced* days with **nasal congestion** in seasonal allergy sufferers by **43%**.

### 32 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.

### 50 LOW BACK PAIN RELIEF

A clinical trial showed that two **plant extracts** significantly *reduced lower back pain* for **79%** of patients in 30 days. In a separate clinical trial, another plant extract eliminated chronic low back pain for **22%** of subjects after four weeks.

### 58 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.

### 70 DIVERSE EFFECTS OF POMEGRANATE ON AGING

Densely packed with synergistic nutrients, **pomegranate** may help forestall common disorders related to **biological aging**.

### 84 RESEARCH UPDATE: PROBIOTICS IMPROVE SURVIVAL DURING CANCER TREATMENT

A recent study found that cancer patients on a common class of immunotherapy drugs who took **probiotics** had prolonged progression-free survival. The **probiotic** group was **42%** less likely to die during follow-up.

### 90 SOLUTIONS: IMPROVE DIGESTION WITH ENZYMES

With age, the body produces fewer **digestive enzymes**, which may cause bloating, gas, general discomfort, and nutrient deficiencies. Taking digestive enzymes before meals offers a solution.

DEPARTMENTS

### 10 IN THE NEWS

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



**Confidence  
Between the Sheets**

There are many components to a man's sexual health, from physical aspects like erectile function and stamina, to the emotional elements of desire, mood and energy. **Advanced Male Sexual Support** promotes them all, with clinically researched ingredients.

**NEW**

**LIFE EXTENSION®**  
MEN'S HEALTH  
**Advanced Male Sexual Support**

60 VEGETARIAN CAPSULES

Item #02549  
60 vegetarian capsules

GLUTEN FREE  
NON GMO  
LE CERTIFIED

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.

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# Oh-Mg!

LE

105 mg



*Bioavailable*

## MAGNESIUM GLYCINATE For Whole-Body Health

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

Each capsule of **Magnesium Glycinate** provides **105 mg** of elemental magnesium. This can enable healthy magnesium levels to be achieved throughout the body.

Item #02535

90 vegetarian capsules

This product is available at fine health food stores everywhere.

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.

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**Joel Kahn, MD, FACC** of Detroit, Michigan, is a practicing cardiologist, and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as "America's Healthy Heart Doc", Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine and Interventional Cardiology. He was the first physician in the world to certify in Metabolic Cardiology with A4M/MMI and the University of South Florida. He founded the Kahn Center for Cardiac Longevity in Bingham Farms, MI.



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

**Dipnarine Maharaj MD, MB, ChB, FRCP (Glasgow), FRCP (Edinburgh), FRCPath., FACP**, is the Medical Director of the South Florida Bone Marrow Stem Cell Transplant Institute doing business as the Maharaj Institute of Immune Regenerative Medicine, and is regarded as one of the world's foremost experts on adult stem cells. He received his medical degree in 1978 from the University of Glasgow Medical School, Scotland. He completed his internship and residency in Internal Medicine and Hematology at the University's Royal Infirmary.



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



**Ralph W. Moss, PhD**, is the author of books such as *Antioxidants Against Cancer*, *Cancer Therapy*, *Questioning Chemotherapy*, and *The Cancer Industry*, as well as the award-winning PBS documentary *The Cancer War*. Dr. Moss has independently evaluated the claims of various cancer treatments and currently directs The Moss Reports, an updated library of detailed reports on more than 200 varieties of cancer diagnoses.



**Michael D. Ozner, MD, FACC, FAHA**, is a board-certified cardiologist who specializes in cardiovascular disease prevention. He serves as medical director for the Cardiovascular Prevention Institute of South Florida and is a noted national speaker on heart disease prevention. Dr. Ozner is also author of *Heart Attacks Are Not Worth Dying For*, *The Great American Heart Hoax*, and *The Complete Mediterranean Diet*. For more information visit [www.DrOzner.com](http://www.DrOzner.com).



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



# In the News

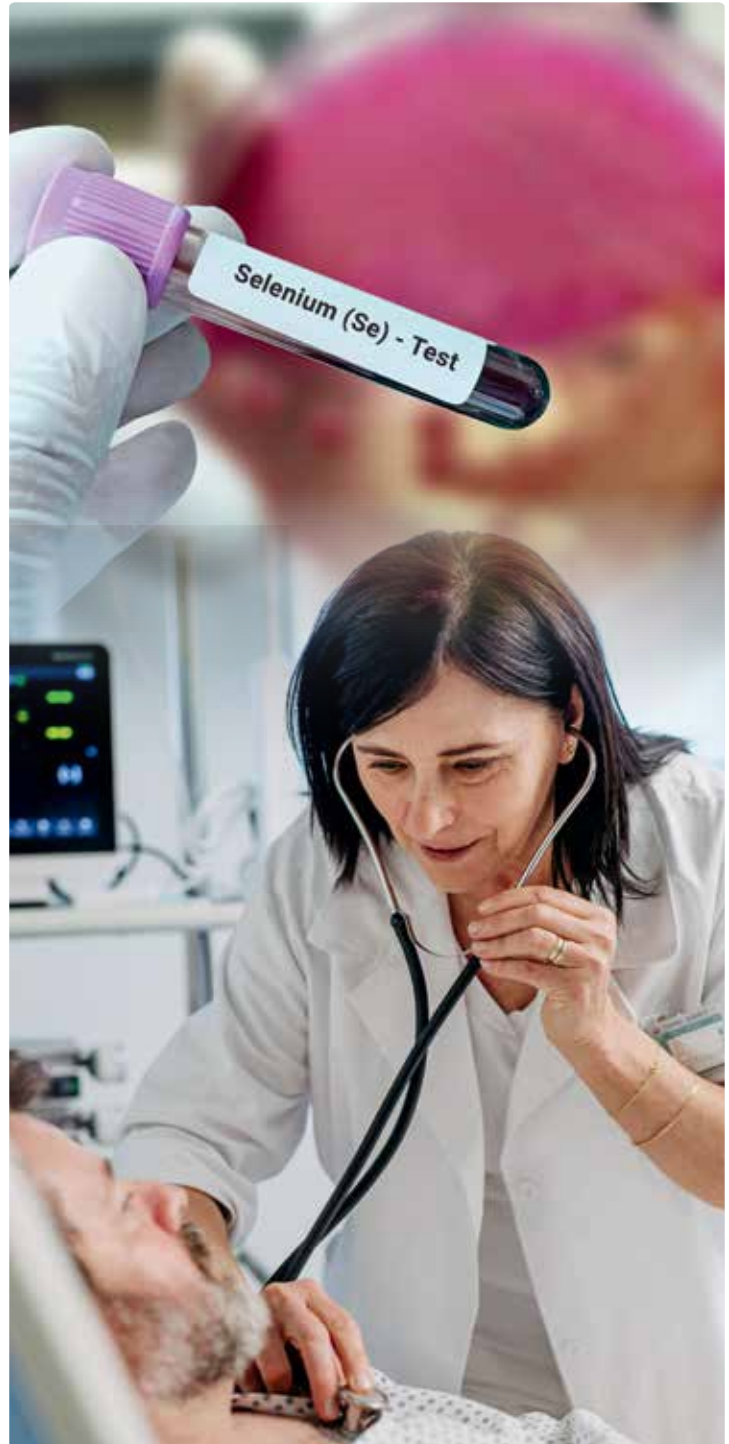
## Selenium May Help Improve Intensive Care Unit Survival

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 Cardio-vascular 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.\*

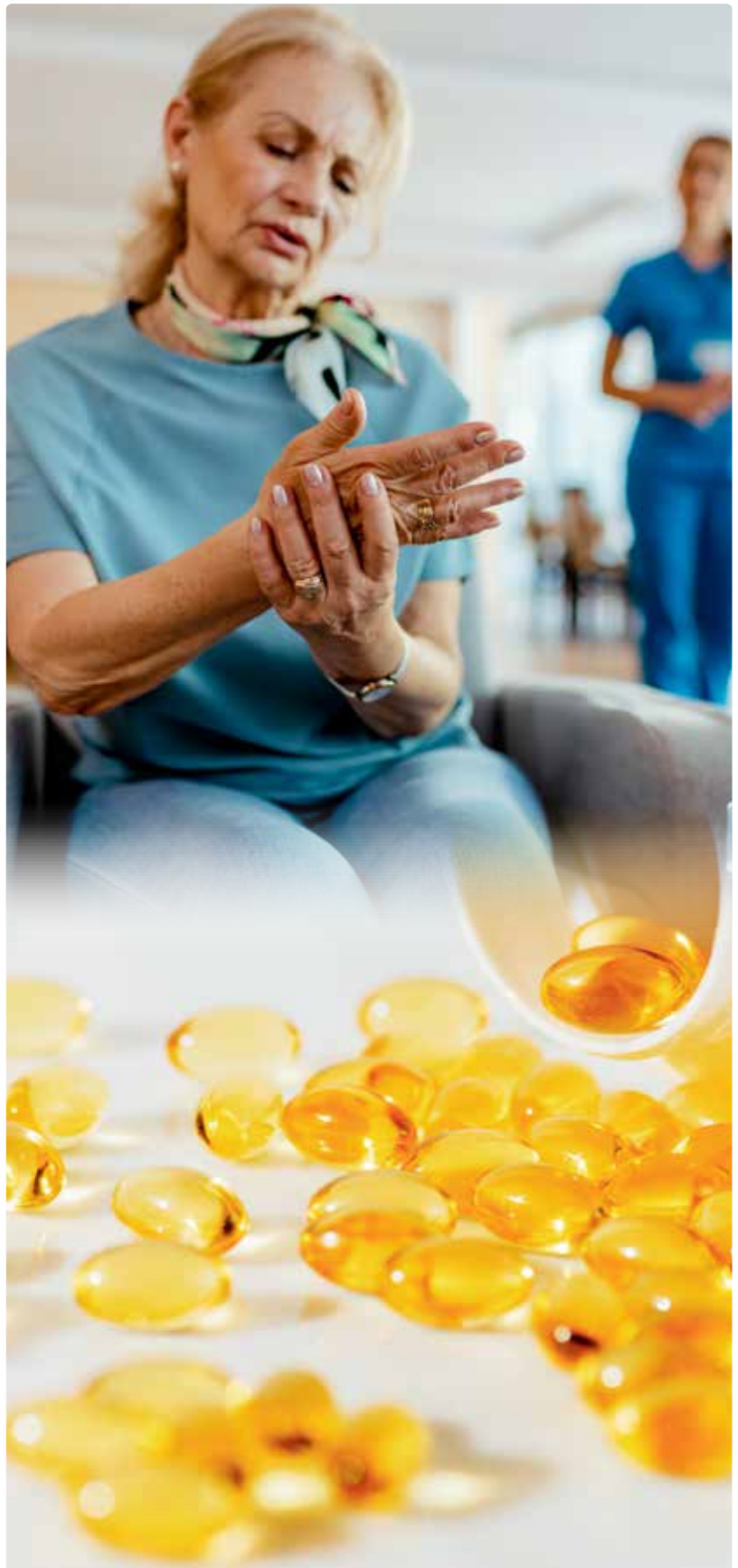
Polyunsaturated fatty acids were evaluated in 14 trials and vitamin D in the remaining 10. Those who received polyunsaturated fatty acids showed significant improvements in Disease Activity Scores in 28 joints, as well as significant improvements in tender joint count and health assessment questionnaire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



# Immune Defense Year-Round



spring

summer

fall

winter

"I feel that this product is a great partner in my quest for a healthy life"

**Patricia**

VERIFIED CUSTOMER REVIEW

Immune challenges can lead to nose, throat, and eye discomfort.

## FLORASSIST® Probiotic Immune & Nasal Defense

combines a probiotic with a yeast fermentate to support a year-round healthy immune response.

Convenient, once-daily formula.

This product is available at fine health food stores everywhere.



Item #02208

30 vegetarian capsules



EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

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.

# Fuller, Stronger Hair



Item #02541

30 softgels

Contains wheat.

**Hair Growth for Women** is an oral formula with two scientifically studied **plant extracts** that:<sup>1,2</sup>

- Help **maintain** existing hair,
- Support normal **hair growth** cycle,
- Support healthy **scalp oil** levels,
- Support **hair density** and **volume** for fuller hair, and
- Maintain already normal **DHT** levels (a hormone linked to maintaining hair follicle health).

In separate **clinical trials**, these standardized extracts show *reduced hair shedding*—by up to **48%** in one study.<sup>1</sup>

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

For full product description and to order **Hair Growth for Women**, call **1-800-544-4440** or visit **www.LifeExtension.com**

VI-SPO® is a trademark of Vidya Herbs Inc. and used with permission. Ceramosides™ is a trademark of Seppic SA.

References: 1. *Int J Cosmet Sci.* 2024;46(2):284-296. 2. *Clin Cosmet Investig Dermatol.* 2023;16:3251-3266.

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.

"Super product!"  
Richard  
VERIFIED CUSTOMER  
REVIEW

# CoQ10

## FOR HEART HEALTH AND GENERAL FATIGUE

CoQ10 helps energize every cell in your body.

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

The ubiquinol form of CoQ10 maintains higher blood concentrations.



**Item #01426 | Best Seller**

Our customer favorite  
CoQ10 formula

100 mg

60 softgels • 2-month supply



**Item #01733 | Best in Class**

Supercharged heart health &  
general fatigue fighter

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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.<sup>1</sup>

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

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:<sup>3</sup>

- 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.<sup>4</sup>

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).<sup>4</sup>

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

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 risk<sup>5</sup> and mortality.<sup>6</sup>
- **Triglycerides:** High levels of triglycerides, a type of fat that circulates in the blood, contribute to **atherosclerosis**.<sup>7,8</sup>
- **C-reactive protein (CRP):** This test helps gauge **vascular inflammation**.<sup>9</sup>

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.<sup>10,11</sup>

## A Superfruit

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

Preclinical research shows that it has potent **antioxidant** and **anti-inflammatory** activity.<sup>12,13</sup>

A significant portion of amla's benefits come from its **polyphenol** content, particularly **tannins**.<sup>12,14,15</sup>

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**.<sup>14,16</sup>

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

Many of these risk factors reduce the production of **nitric oxide**, a compound made by endothelial cells<sup>17</sup> that signals arteries to expand so blood can flow through more easily.<sup>14,18</sup>

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.<sup>14</sup>

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.<sup>14</sup>

## 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.<sup>19</sup>

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.<sup>20</sup> **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.<sup>14</sup>

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.<sup>3</sup>

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:<sup>3</sup>

- **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.<sup>21</sup>

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.<sup>22</sup>

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

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.<sup>23</sup>

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.<sup>24</sup>

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.<sup>24</sup>

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. ■

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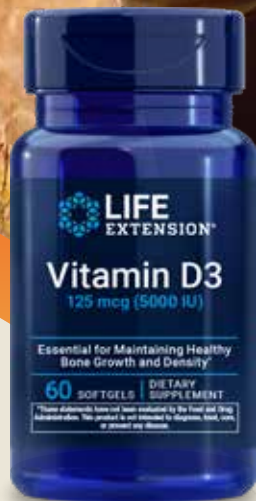


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"Works great!"

**Eric**

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REVIEW



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D3, the sunshine vitamin, is key to strong bones and immune health

**Vitamin D3** is the ultimate whole-body health supporter. A daily dose of D3 also helps maintain healthy cardiovascular function.

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Carolyn  
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# Stressed?

"Won't want to be without it."  
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"Good stuff!"

**Steven**

VERIFIED CUSTOMER  
REVIEW



# A Bodyguard for Your BRAIN



(1000 mcg of lithium per tiny cap)

Item #02403

100 vegetarian capsules

Each bottle lasts 100 days.



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

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

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

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

This product is available at fine health food stores everywhere.

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# Bolster RESPIRATORY HEALTH All Year Long



BY MARSHA MCCULLOCH, MS, RD



Runny nose. Congestion. Sore throat.

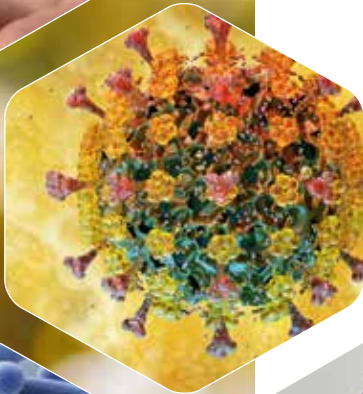
These upper respiratory tract symptoms can be due to the **common cold, influenza**, or environmental **allergies**.<sup>1,2</sup>

Scientists have found a **probiotic** and a **post-biotic** that can tackle these upper respiratory tract symptoms.

In a **clinical trial**, a specific **probiotic** strain cut the incidence of **colds** and flu by more than **half** compared to a placebo.<sup>3</sup>

Additionally, a placebo-controlled trial of individuals with seasonal **allergies** showed that a **postbiotic** strain of yeast reduced days with **nasal congestion** by **43%** during high pollen counts.<sup>4</sup>

Combining these ingredients can help support **respiratory health** throughout the year.



## Respiratory System Under Attack

Upper respiratory tract symptoms are common:

- Adults average **two to four** colds a year,<sup>1</sup>
- **Influenza** afflicts up to **11%** of Americans annually,<sup>5</sup> and
- **Allergic rhinitis** (allergies) causes nasal symptoms like sneezing or congestion, and affects up to **40%** of people worldwide.<sup>6</sup>

The flu, a common name for influenza, can be dangerous, killing **tens of thousands** of people in the U.S. every year.<sup>7</sup>

Colds are bad enough on their own but can also lead to more severe illnesses like **pneumonia**, especially in immune-compromised individuals.<sup>8,9</sup>

Respiratory infections may also worsen existing conditions, including **asthma** and **chronic obstructive pulmonary disease (COPD)**.<sup>1</sup>

A clinically tested probiotic *and* postbiotic can help **prevent** and **reduce the severity** of respiratory illnesses.

## Probiotic Defense

***Lactobacillus rhamnosus* CRL 1505** is a **probiotic** originally isolated from goat's milk in Argentina.<sup>10</sup>

The health properties of probiotics are often unique to a specific **strain**.

"**CRL 1505**" refers to the **strain** of the bacteria discussed in this article.



The CRL 1505 strain of *L. rhamnosus* can promote **immune responses** in the **respiratory tract** as well as the gut. It is considered so beneficial to immune health that it was made part of the **nutrition program** for children in Argentina.<sup>10</sup>

Preclinical research shows that *L. rhamnosus* CRL 1505 **primes the immune system** to respond and helps clear infections faster.<sup>11,12</sup>

## Preventing Colds and Flu

Young children are an ideal group on whom to test the **respiratory effects** of a probiotic. Their immature immune system puts them at increased risk of catching colds and flu.<sup>13</sup>

In a large placebo-controlled trial, preschool children received **100 million CFU** (colony-forming units) of ***L. rhamnosus* CRL 1505** in yogurt five days a week for six months.<sup>10</sup>

During the study, **31%** of the **probiotic group** had upper respiratory tract infections like colds and flu compared to **69%** of those receiving a placebo yogurt, an astonishing difference.

Similarly, only **28%** of children in the treatment group developed **pharyngitis** (sore throat) and **tonsillitis**, while **72%** of those in the placebo group did.

Taking the probiotic also cut instances of **fever** nearly in **half**.

The study found that the treatment group had a **47%** increase in levels of salivary **IgA** (immunoglobulin A), an antibody that protects against viruses and bacteria.<sup>14</sup> Levels in the placebo group were unchanged from baseline.<sup>10</sup>

Boosting **IgA** in the respiratory tract helps prevent infections from **colonizing** and **spreading** in the body.<sup>15</sup>

## Postbiotic Protection

**Postbiotics** are compounds produced when gut microbes ferment fiber. They can also include inactive microorganisms and their beneficial byproducts. In **human** studies, **postbiotics** have shown immune support, reduced inflammation, and improved gut barrier function.<sup>16</sup>

About two decades ago, this was illustrated when an employer discovered that factory workers manufacturing a **yeast** culture took significantly **fewer sick days** than their coworkers with desk jobs.<sup>17</sup>

The factory workers were unknowingly inhaling airborne **yeast fermentate**, a **postbiotic**, as part of their daily work.

They also had beneficial changes in their bloodwork compared to their office-based colleagues, including:

- **Higher levels of secretory IgA**,<sup>17</sup> the antibody essential to the mucosal immune system's defense against infection,<sup>14</sup> and
- **Increased activity of natural killer cells**,<sup>17</sup> immune cells that can recognize and rapidly eliminate virus-infected cells.<sup>18</sup>

Clinical trials have confirmed that a specific **dried yeast fermentate** promotes IgA production and natural killer cell activity.<sup>4,19,20</sup>

In one trial in healthy adults, a single 500 mg dose of the yeast fermentate *increased* markers of **natural killer cell** activity within just **two hours**.<sup>19</sup>

### Easing Allergy Symptoms

After the “accidental” discovery of the immune effects of this **yeast fermentate**, the company went on to make the postbiotic commercially. Its effects have been verified in multiple **clinical trials**.

The benefits of the specialized **dried yeast fermentate** include:

- **Fewer colds and influenza.** In clinical trials of healthy adults, daily intake of **500 mg** of yeast fermentate reduced the **incidence** of **cold** or **flu-like symptoms** by up to **13%** during peak cold and flu season.<sup>21,22</sup> It also decreased the **duration** of symptoms by **17%**.<sup>21</sup>
- **Reduced seasonal allergies.** When adults with seasonal allergies took **500 mg** of yeast fermentate daily during six weeks of high pollen counts, they had significantly milder nasal symptoms and a whopping **43% fewer** days of **nasal congestion** than a placebo group.<sup>4</sup>
- **Decreased effects of histamine.** Histamine is one of the compounds that causes allergy symptoms. In an allergy test, the inflammatory effects of histamine were reduced by **54%** in healthy adults given this **yeast fermentate**.<sup>23</sup>



What You  
Need  
To Know

## Fend Off Colds, Flu, and Seasonal Allergies

- Upper respiratory tract ailments, including colds, flu, and environmental allergies, are top causes of sore throats, stuffy noses, and other symptoms.
- The probiotic strain ***Lactobacillus rhamnosus* CRL 1505** primes the immune system to respond to infections faster. In a clinical trial, it cut the incidence of **colds** and **flu** by **more than half** compared to a placebo.
- Placebo-controlled trials have shown that taking **500 mg** daily of a specific **yeast fermentate**, a postbiotic, can decrease the incidence and duration of colds and flu and dramatically reduce seasonal **allergy** symptoms.
- A **combination** of these ingredients can help ward off colds, flu, and allergy symptoms year-round.

In another clinical trial, taking the specialized yeast fermentate significantly reduced the need for respiratory **medications**.<sup>24</sup>

**Combining** yeast fermentate with the probiotic *Lactobacillus rhamnosus* CRL 1505 may provide powerful protection against symptoms of allergies, colds, and flu.

## Summary

There's a way to help counter cold, flu, and seasonal allergies.

Clinical trials have shown that the probiotic ***Lactobacillus rhamnosus* CRL 1505** and a **yeast fermentate** can reduce the incidence and duration of **colds and flu**.

This yeast fermentate can also significantly ease symptoms of seasonal **allergies**.

These ingredients each bolster the immune system's ability to quickly respond to respiratory invaders. ■

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"NAC is a powerful tool."

Maury

VERIFIED CUSTOMER REVIEW

# TAP THE POWER OF N-ACETYL-L-CYSTEINE

## TO SUPPORT IMMUNE FUNCTION

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

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

This product is available at fine health food stores everywhere.



Item #01534

600 mg • 60 capsules



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.

SUPPORT HEALTHY LIPID LEVELS



FRUIT *Amla* EXTRACT



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ADVANCED LIPID CONTROL  
CAN HELP SUPPORT  
HEART HEALTH.

**ADVANCED LIPID CONTROL<sup>†</sup>**  
contains a standardized  
**500 mg** extract of **amla** in  
each capsule.

Researchers have discovered  
that **amla** supports various  
markers of **cardiovascular**  
health.<sup>1</sup>

In a **placebo-controlled** clinical  
trial, **amla extract** helped maintain  
already healthy levels of:

- ▶ LDL
- ▶ HDL
- ▶ Triglycerides
- ▶ CRP (C-reactive protein)



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<sup>†</sup>For those already within normal range.

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

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# Confidence

## *Between the Sheets*

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- Promote male arousal, satisfaction & desire
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NEW



Item #02549

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# Lower Excess **CORTISOL** to Decelerate Aging





BY RANDALL THOMPSON

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

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

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

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

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.<sup>7-10</sup>

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.<sup>11</sup>

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

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.<sup>12</sup>

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

- Elevated blood glucose,<sup>2,14</sup>
- High blood pressure,<sup>14,15</sup>
- Fatigue,<sup>13,15</sup> and
- Difficulty sleeping.<sup>13</sup>



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.<sup>2</sup>

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

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.<sup>10</sup>

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.<sup>7,8,10</sup>

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.<sup>10</sup>

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

- **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.





### Lychee and Green Tea Extract

Extracts of **lychee fruit**<sup>18</sup> and **green tea**<sup>19</sup> 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.<sup>9</sup>

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 $\beta$**  and **IL-6** after heat exposure.<sup>9</sup>

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.

## 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.<sup>20</sup>

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.<sup>21</sup>

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. ■

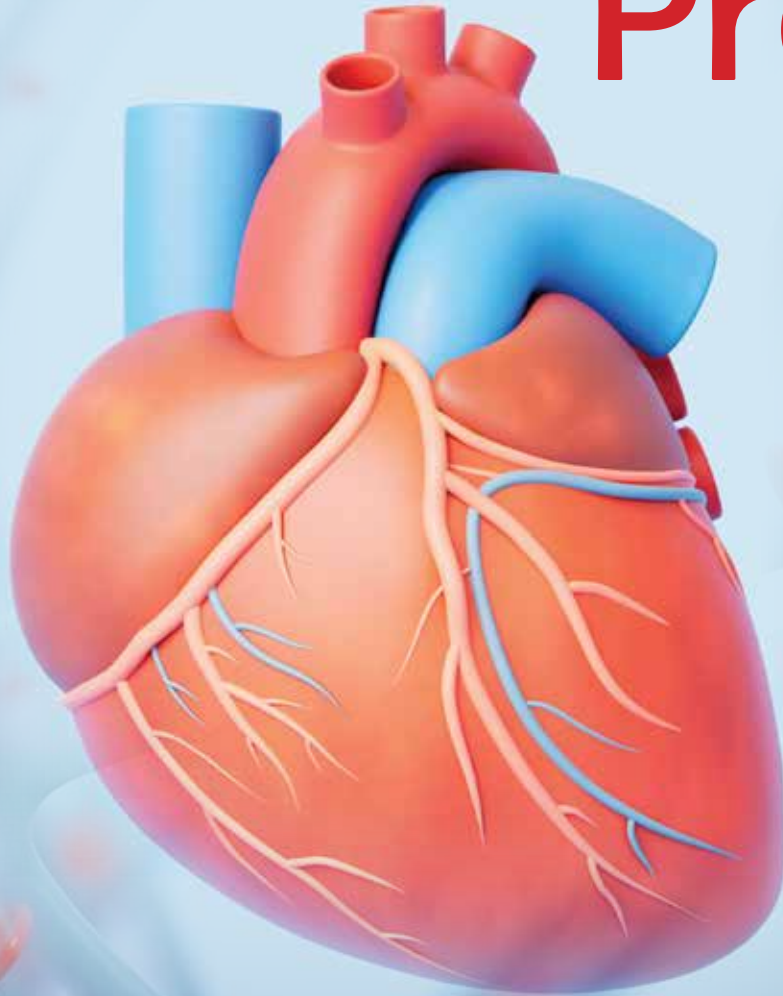
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\* *Int Angiol.* 2014 Feb;33(1):20-6.

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**Reishi mushroom** has been traditionally used to support immune system vitality.<sup>1-3</sup>

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**6%** triterpenes]

Shell-broken Reishi mushroom **150 mg**  
(*Ganoderma lucidium*) spore



Item #01708

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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**.<sup>1-3</sup>

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

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.<sup>5,6</sup>

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.<sup>5</sup>

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.<sup>5</sup>

In another trial, a bioavailable form of **luteolin** reduced levels of compounds, including the hormone **estradiol**,<sup>6</sup> associated with male sexual health problems.<sup>6,7</sup>

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.<sup>8</sup>

In addition, studies link better sexual health to:

- Less depression and anxiety,<sup>9-11</sup>
- Greater life satisfaction,<sup>9,12</sup> and
- Better perceived *physical* health.<sup>13,14</sup>

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:<sup>15-17</sup>

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

These extracts were **combined** and evaluated in a clinical study.<sup>5</sup>

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.<sup>5</sup>

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

## 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.<sup>5</sup>

The treatment group had, compared to placebo, **improvements** of:<sup>5</sup>

- **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.<sup>5</sup>

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.<sup>5</sup>

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.<sup>5</sup>

## 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.<sup>5</sup>

The change included specific *improvements* of:<sup>5</sup>

- **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.”<sup>5</sup>

### Effect of Bioavailable Luteolin

**Luteolin** is a health-promoting compound found in some fruits and vegetables.<sup>18</sup>

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

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

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:<sup>6</sup>

- **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**.<sup>21</sup> The reason is that SHBG binds with testosterone, inhibiting it from attaching to testosterone receptors.<sup>22,23</sup>

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

Luteolin has been shown in preclinical studies to inhibit **aromatase**, an enzyme that converts testosterone into estradiol.<sup>25,26</sup>

Additionally, the **luteolin** group had, compared to placebo:<sup>6</sup>

- **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.



What You  
Need  
To Know

## 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. ■

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**Rusty**

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REVIEW

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(short-term) memory, encourages  
healthy processing speed, and  
supports overall cognitive function.<sup>1,2</sup>



**Item #02032**  
93.35 grams of powder

These products are available at fine health food stores everywhere.

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

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B12

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# B SMART

## Body & Brain

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VERIFIED CUSTOMER REVIEW

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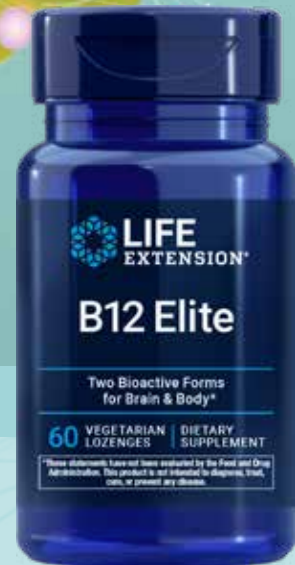
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- Active in brain cell mitochondria.
- Supports nerve cell function.
- Supports cellular energy production.

#### METHYLCOBALAMIN

- Supports brain cell function.
- Promotes red blood cell production.
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Dissolve in the mouth or chew one vegetarian  
**lozenge** daily.



Item #02419

60 vegetarian lozenges

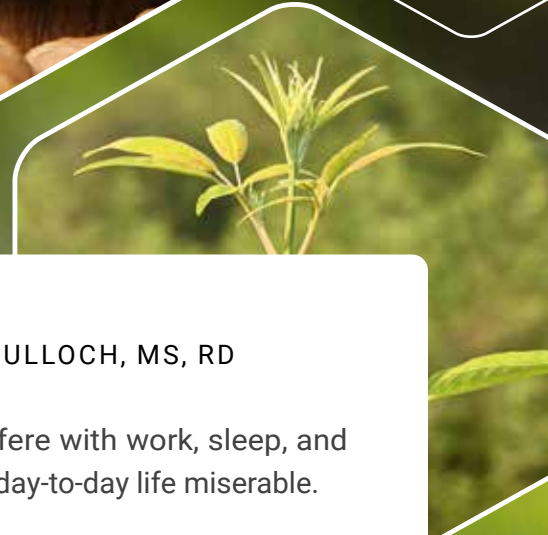


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**Botanical Solution  
for LOW  
BACK PAIN**



BY MARSHA MCCULLOCH, MS, RD

Lower back pain can interfere with work, sleep, and social activities<sup>1</sup> and make day-to-day life miserable.

Only **10%** of common non-surgical treatments for lower back pain are effective.<sup>2</sup>

Searching for plant-based alternatives,<sup>3</sup> scientists focused on three **botanical extracts**. They all have documented anti-inflammatory and pain-relieving properties.<sup>4-7</sup>

A placebo-controlled clinical trial showed that about **79%** of people taking a blend of **chaste tree** and **ginger** extracts experienced clinically significant reduction in lower back pain intensity, compared with just **36%** in the placebo group.<sup>8</sup>

In a separate clinical trial, **22%** of subjects were **completely free** of chronic lower back pain after four weeks of taking white willow bark extract.<sup>9</sup>

A nutritional solution that combines these ingredients can help people stay active and independent as they age.

## The Lowdown on Low Back Pain

**Lower back pain** is alarmingly common and is the single leading cause of disability worldwide.<sup>10</sup>

In the U.S., over **8%** of adults have **chronic severe back pain**, and according to an analysis from the National Health Interview Survey, nearly **75%** of them have trouble with **mobility**.<sup>11</sup>

People will try anything to ease back pain. But a meta-analysis of **301** studies of non-surgical treatments found that the majority produced little to no improvement.<sup>2</sup>

**Non-steroidal anti-inflammatory drugs (NSAIDs)**, such as ibuprofen (Advil®, Motrin®) and aspirin, provided only slight reductions in low back pain.<sup>2</sup>

NSAIDs, however, increase the risk of gastrointestinal bleeding, heart attacks, renal damage, and strokes.<sup>12</sup> The risk of side effects grows with higher doses and long-term use.<sup>13-15</sup>

## Chaste Tree, Ginger, and Willow Bark

To formulate a **safe** and potent pain solution, scientists selected three botanicals:

- **Five-leaf chaste tree**
- **Ginger**
- **White willow bark**



**Five-leaf chaste tree** is a shrub native to China and India.<sup>16</sup> It has been used in **Ayurveda** (traditional Indian medicine) to relieve pain and inflammation.<sup>5</sup>

**Ginger** has a history of use in Chinese medicine and is known for its digestive health benefits.<sup>17</sup> Newer research has explored its pain-relief properties.<sup>6,18</sup>

**White willow bark** is chemically related to aspirin.<sup>7</sup> It contains **salicin**, which can be converted to salicylic acid in the body.<sup>9,19</sup> Unlike aspirin, which can cause gastrointestinal bleeding, willow bark has *not* shown this side effect.<sup>7,9,19</sup>

Preclinical and clinical research suggest that **pain-relief benefits** from these extracts may come from inhibiting:

- **Enzyme** pathways that promote inflammation and pain,<sup>7,18,20,21</sup>
- **Inflammatory signaling**, including by **NF-kB** (nuclear factor-kappa B)<sup>17,22</sup> and **TNF-alpha** (tumor necrosis factor-alpha),<sup>8,19,23</sup> and
- **Oxidative stress**, by suppressing **xanthine oxidase**,<sup>18</sup> an enzyme that generates oxidative stress,<sup>24</sup> and increasing the antioxidant **glutathione**.<sup>25</sup>

To maximize benefits, scientists **combined** standardized extracts from five-leaf chaste tree leaves and ginger root, then added white willow bark extract.

## Clinical Results

To test the **chaste tree-ginger extract** blend, researchers enlisted 67 relatively sedentary adults, aged 18-60, with persistent **low back pain**.

They were given **200 mg** of **chaste tree-ginger** blend or a **placebo** twice daily for 30 days.<sup>8</sup>

Within **seven days**, those taking the extracts had a **three times** greater reduction in self-rated **pain** than those taking placebos.

By the end of the study, a whopping **79%** of the **extract** group reported a clinically significant reduction in **lower back pain intensity**, compared with only **36%** in the **placebo** group.

In this study, about **77%** achieved a meaningful improvement in **functional activity**, compared with **30%** in the placebo group.<sup>8</sup>



## What You Need To Know

### Beat Lower Back Pain

- Most medications to relieve **lower back pain** have limited benefits and carry risks.
- Scientists developed a safe blend of extracts from **five-leaf chaste tree** leaves, **ginger** root, and **white willow** bark, which have pain-relieving, anti-inflammatory, and antioxidant properties.
- A placebo-controlled clinical trial reported that nearly **79%** of participants treated with a combination of **five-leaf chaste tree** and **ginger extracts** experienced a clinically significant decrease in **lower back pain intensity**, versus just **36%** in the placebo group.
- In another clinical trial, **22%** of subjects taking white willow bark extract experienced complete relief from lower back pain.
- A blend of these extracts may help ease pain, reduce functional **disability**, and improve quality of life.

Those taking the **extract blend** also had:

- More than **twice** the reduction in low back pain-related **disability** compared to placebo, improving their ability to perform daily activities,
- A **40%** improvement in **bending flexibility** (the ability to touch their toes), compared to a **17%** improvement in the placebo group, and
- Improved **sleep quality**, compared to no clinically meaningful improvement in the placebo group.

#### Optimizing Pain Relief with Willow Bark

Researchers tested white willow bark in a clinical trial of 191 people with recent worsening of their chronic **lower back pain**.<sup>9</sup>

Subjects received either a **placebo** or a low-dose **willow bark** extract containing **120 mg** of **salicin**, roughly equal to **half** a baby aspirin.<sup>26</sup>

All participants could use an opioid rescue medication (tramadol) for pain, if necessary.

After four weeks, **22%** of those taking low-dose willow bark were completely pain-free (without rescue medication), compared with **7%** of placebo recipients.

Only **15%** of subjects taking **willow bark** for four weeks needed the **opioid** pain medication, compared to **56%** in the **placebo** group.<sup>9</sup>

The pain-relieving benefits of willow bark likely come from its **salicin** and **polyphenol** content.<sup>7,19</sup> The polyphenols may also help protect the stomach lining.<sup>7,19</sup>

Willow bark was well tolerated in this<sup>9</sup> and other studies.<sup>19,27</sup> However, individuals allergic to aspirin or sensitive to salicylates should not take willow bark.<sup>19</sup>

White willow bark, five-leaf chaste tree, and ginger extracts clearly provide much-needed, safe relief for back pain.

## Summary

A placebo-controlled trial showed that about **79%** of participants taking **five-leaf chaste tree** and **ginger extracts** reported a clinically significant reduction in **lower back pain intensity**, compared to only **36%** of the placebo group.

In another clinical trial, **22%** of participants with lower back pain became **pain-free** within four weeks of taking **white willow bark** extract.

Taking a blend of these extracts **twice** daily is recommended for maximum effectiveness. ■

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works well."

Lloyd

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REVIEW



# Share a Long, Healthy Life

Selenium promotes the body's production of **glutathione**, a powerful cellular antioxidant. It also encourages healthy cell division, thyroid health, and immune function.

**Super Selenium Complex** combines three complementary forms of selenium with vitamin E for additional antioxidant protection.



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0.5 fl. oz. (15 mL)

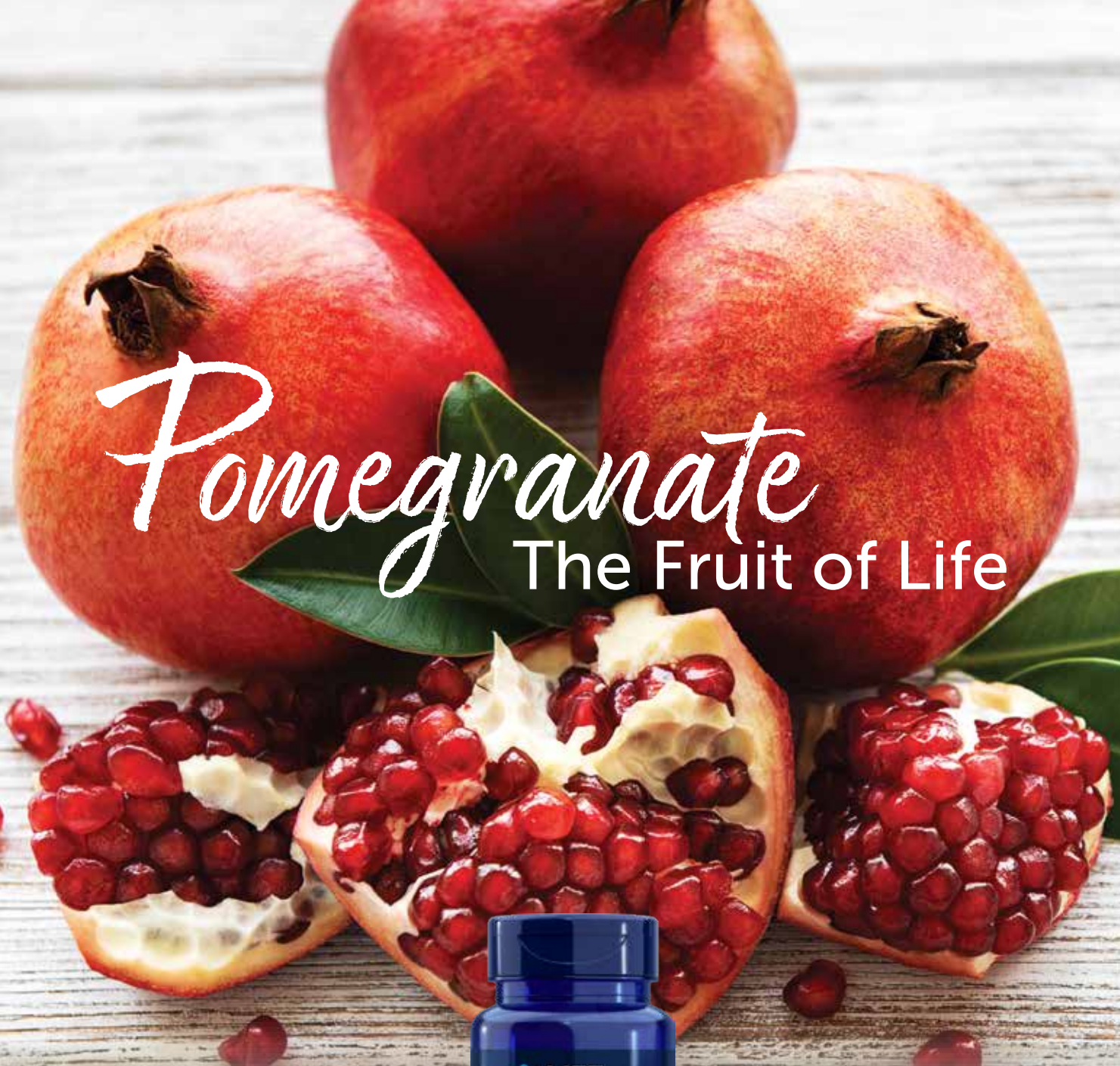


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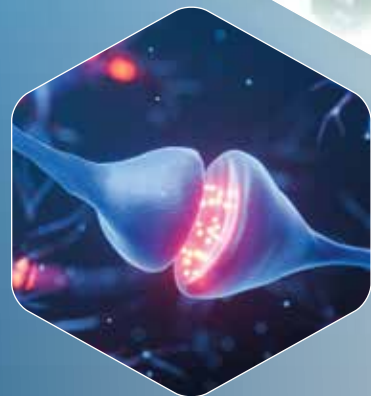


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**Mg**



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.<sup>1</sup>

*Low status* of this mineral has been tied to *impaired cognitive function* and *increased* risk for **dementia**.<sup>2-4</sup>

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

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.<sup>9</sup> 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.<sup>2</sup>

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

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

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.<sup>13-15</sup>

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**,<sup>5,7,16</sup>
- Increases the formation of **new synapses**,<sup>5,17</sup>
- Stimulates **new** cell growth in areas of the brain important for learning and memory,<sup>17</sup> and
- Protects **cognitive function** in models of brain aging,<sup>17,18</sup> cognitive decline,<sup>12</sup> neurodegenerative disease,<sup>8,19,20</sup> brain injury,<sup>20-23</sup> and mood.<sup>11,23</sup>



## 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.<sup>6,7,24</sup>

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.<sup>6-8</sup>

## Improved Cognitive Function

Preclinical studies have found that magnesium L-threonate is associated with improved **brain function**.<sup>6,8,17,20,21</sup>

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

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**.<sup>25</sup>

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**.<sup>7</sup>

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**.<sup>27</sup>

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.<sup>28</sup>

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**.<sup>9</sup>

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**.”<sup>9</sup>

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.<sup>29</sup>

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.<sup>30</sup>

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.”

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# Keep *The Drive* Alive

Experience the sexual satisfaction you long for with Sexual Health for Her, a clinically studied formula that encourages healthy female libido and sex drive.

This plant-based formula helps turn up the heat in the bedroom with clinically studied fenugreek seed and saffron, extracts that enhance arousal and lubrication.

Feel the excitement with Sexual Health for Her!

This product is available at fine health food stores everywhere.



GLUTEN  
FREE

NON  
GMO  
CERTIFIED

Item #02536

60 vegetarian capsules

# Back in Action

Improved



Item #02529

60 vegetarian capsules

## Occasional back discomfort benching you?

Help relieve occasional lower back discomfort and stiffness with clinically studied chaste tree and ginger extracts. We added white willow bark extract for additional lower back relief benefits. Start feeling relief in as little as 7 days.

Embrace your back's flexibility and range of motion  
with Lower Back Relief!

This product is available at fine health food stores everywhere.

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.



# Hair so Nice, They'll Look Twice!

**Hair Growth for Men** is a **plant-derived** formula that *supports* the normal growth cycle for **healthy hair**.

In a clinical trial, a proprietary blend of **black rice seed** and **prickly pear** flower extracts helped to:<sup>1</sup>

- Support hair health
- Promote hair fullness and density

This formula also features a standardized **saw palmetto** oil that in a 4-month clinical trial demonstrated support for:<sup>2</sup>

- Fuller hair with more density
- Reduced hair shedding
- Healthy hair appearance

Just one **Hair Growth for Men** softgel daily can help maintain healthy hair.

This product is available at fine health food stores everywhere.



GLUTEN  
FREE

1  
DAILY

NON  
GMO  
LE CERTIFIED

Item #02538

30 softgels

References: 1. *J Cosmo Tricho.* 2023;9(3):207. 2. *Clin Cosmet Investig Dermatol.* 2023 Nov 11;16:3251-3266.  
Actrisave® is a registered trademark of Bionap S.r.l. VI-SPO® is a trademark of Vidya Herbs Inc. and used with permission.

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.

# Female - Support

## PROBIOTIC

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

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

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

Several clinical trials have shown that:

- ***L. plantarum ROSELL®A*** oral intake helps restore and maintain a microbiome to support proper **vaginal** health.<sup>1,2</sup>
- ***L. helveticus LAFTI® L10*** promotes **digestive** health<sup>3</sup> and encourages a healthy **immune** response.<sup>4</sup>

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

Healthy  
Vaginal  
Flora

Vaginal,  
Digestive,  
and Immune  
Support

Item #02505

30 vegetarian capsules



Contains soybeans.

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

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

**Christy**

VERIFIED CUSTOMER  
REVIEW

This product is available at fine health food stores everywhere.

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.

# COMPREHENSIVE EYE HEALTH FORMULA

## MACUGUARD® OCULAR SUPPORT PROVIDES:

- **Lutein, zeaxanthin, and meso-zeaxanthin** to help maintain structural integrity of the **macula** and **retina**.<sup>1-5</sup>
- **Saffron** to help support **vision** as demonstrated by doctors' eye exams.<sup>1</sup>
- **Alpha-carotene** to further help support **macular density**.<sup>1</sup>



MacuGuard® Ocular Support  
with Saffron  
Item #01992  
60 softgels



MacuGuard® Ocular Support  
with Saffron & Astaxanthin  
Item #01993  
60 softgels

### References

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Each bottle lasts for two months.

MacuGuard® Ocular Support is available with or without astaxanthin.

These products are available at  
fine health food stores everywhere.

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.

# Your Bone Health...Now **BOOSTED**



Bone Restore Calcium Supplement with Vitamin K2 combines skeletal-strengthening nutrients in one formula.

This product is available at fine health food stores everywhere.

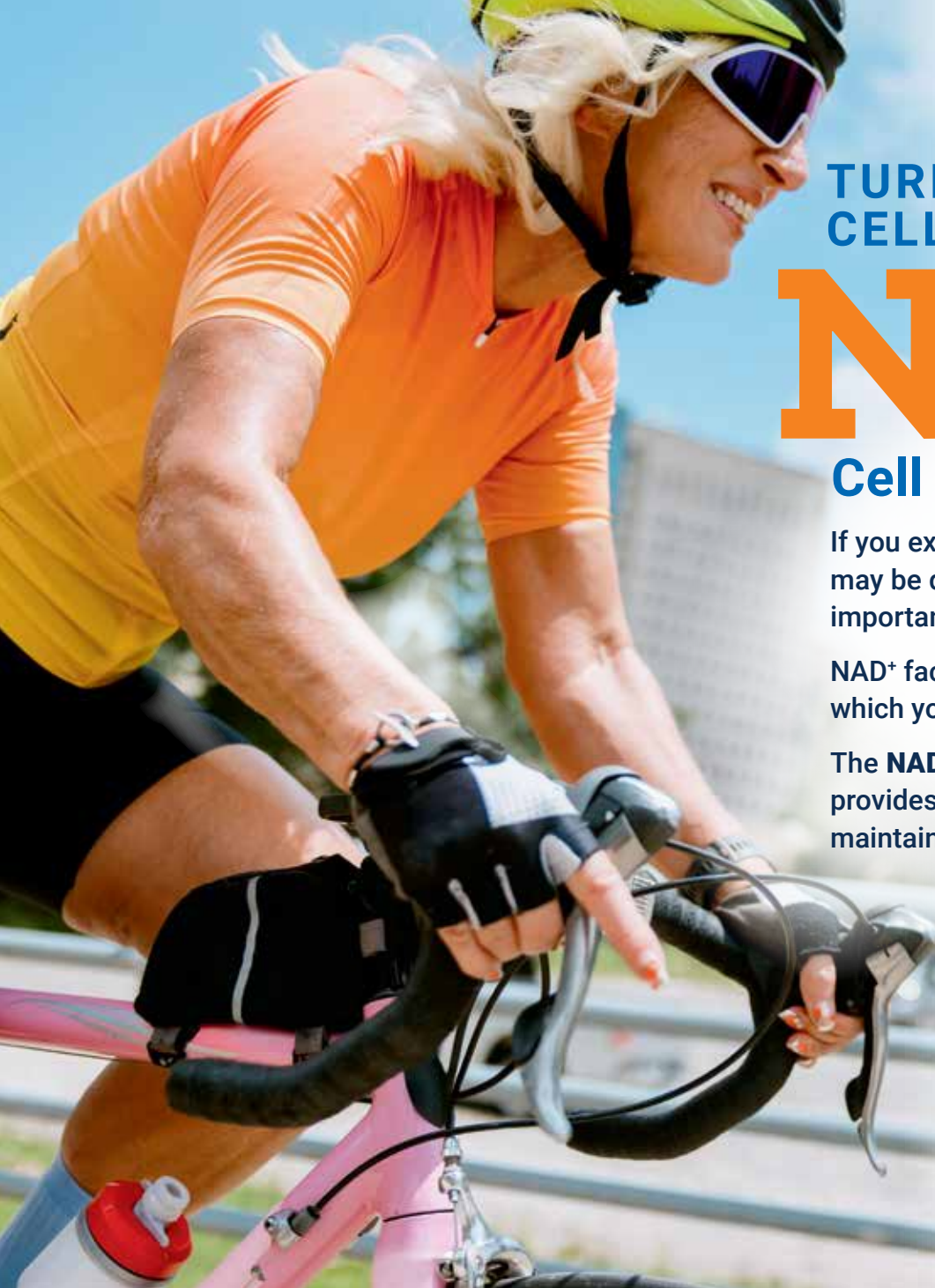
Item #01727

120 capsules

**Caution:** Those taking a vitamin K antagonist (e.g. warfarin) should use Bone Restore without vitamin K2. Fruitex B® and OsteoBoron® are registered trademarks of VDF Futureceuticals, Inc. Pat. Fcpatent.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.



TURN ON YOUR  
CELLULAR ENERGY

# NAD<sup>+</sup>

## Cell Regenerator™

If you experience general fatigue, it may be due to the decline of NAD<sup>+</sup>, an important coenzyme found in every cell.

NAD<sup>+</sup> facilitates the production of ATP, which your body uses for fuel.

The NAD<sup>+</sup> Cell Regenerator™ formula provides nicotinamide riboside to help maintain healthy levels of NAD<sup>+</sup>.



NIAGEN® is a registered trademark of ChromaDex, Inc., Patents see: [www.ChromaDexPatents.com](http://www.ChromaDexPatents.com)

NAD<sup>+</sup> Cell Regenerator™ has met ConsumerLab.com standards for ingredient and product quality for Nicotinamide Riboside in independent testing. More information at [www.consumerlab.com](http://www.consumerlab.com).

These products are available at fine health food stores everywhere.

### NAD<sup>+</sup> Cell Regenerator™ and Resveratrol Elite™

Nicotinamide riboside (300 mg), bioavailable resveratrol and other cell-energizing nutrients in one capsule.

Item #02348 • 30 veg. caps.

### NAD<sup>+</sup> Cell Regenerator™

300 mg of nicotinamide riboside per capsule.

Item #02344 • 30 veg. caps.





# POMEGRANATE

## The Powerhouse of Nutrients

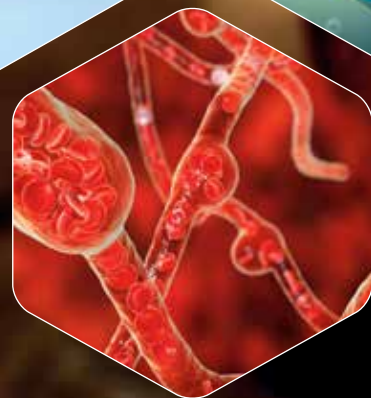
**Pomegranate** contains diverse compounds that have demonstrated a range of biological activities in preclinical and clinical studies.<sup>1-3</sup>

In other words, pomegranate is a fruit with body-wide health benefits.

Across preclinical studies, pomegranate extracts have been shown to support processes involved in mitochondrial function,<sup>4</sup> vascular and cardiovascular health,<sup>5,6</sup> inflammatory balance,<sup>7</sup> and glucose metabolism.<sup>8</sup>

Collectively, these findings have led to investigations of pomegranate and its extracts for their potential role in promoting healthy aging.<sup>9,10</sup>

Clinical studies indicate that pomegranate consumption may improve blood flow in healthy adults,<sup>11,12</sup> and help lower blood pressure.<sup>13-16</sup>



## Pomegranate as a Source of Diverse Nutrients

All parts of the pomegranate—bark, flowers, and leaves—have traditional therapeutic uses. They have been studied in relation to digestive, metabolic, cardiovascular, and antimicrobial functions, as well as hair and skin structure.<sup>2</sup>

But why is pomegranate so packed with benefits?

Every component of the plant contains a potent assortment of **polyphenols**. These include an abundance of anthocyanins and flavonoids, many of which have demonstrated antioxidant and anti-inflammatory activity in experimental studies.<sup>6,17</sup>

Pomegranate also contains special polyphenols like **ellagic acid**, **ellagitannins**, and **punicalagin**.<sup>17,18</sup> These compounds have been studied for their potential health-promoting properties.<sup>18</sup>

One of the most potent nutrients derived from pomegranate is **uroolithin A** which has been studied for its role in supporting cellular health.<sup>19</sup>

## Urolithin A: A Mitochondrial Booster

While pomegranate and its extracts contain a wide array of nutrients, they do *not* contain **uroolithin A**—it needs to be made in the body from nutrients contained in pomegranate.

Pomegranate provides raw materials from which some people can make **uroolithin A** for themselves.

In the body, urolithin A is created from the polyphenol called **punicalagin** which can be present in relatively high amounts in pomegranate products<sup>20</sup>—some pomegranate supplements are even standardized to contain a specific punicalagin content.<sup>21</sup>

When we consume punicalagin, our healthy gut bacteria metabolizes it and converts it into **uroolithin A**, which can then be absorbed and distributed throughout the body.<sup>22</sup>

Urolithin A has various bioactive properties including anti-inflammatory activity. The primary area of research is its role in **mitochondrial health**.



## Pomegranate: A Nutrient Powerhouse

- Pomegranate is a nutrient-dense source of bioactive compounds.
- Multiple parts of the pomegranate plant contain notable concentrations of various bioactive compounds including various polyphenols and ellagitannins.
- Punicalagin—the most abundant ellagitannin found in pomegranate—can, in some people, be converted in the body to urolithin A—a metabolite that has been studied for its role in mitochondrial function.
- Both preclinical and human studies have examined associations between pomegranate consumption and diverse health-related outcomes.

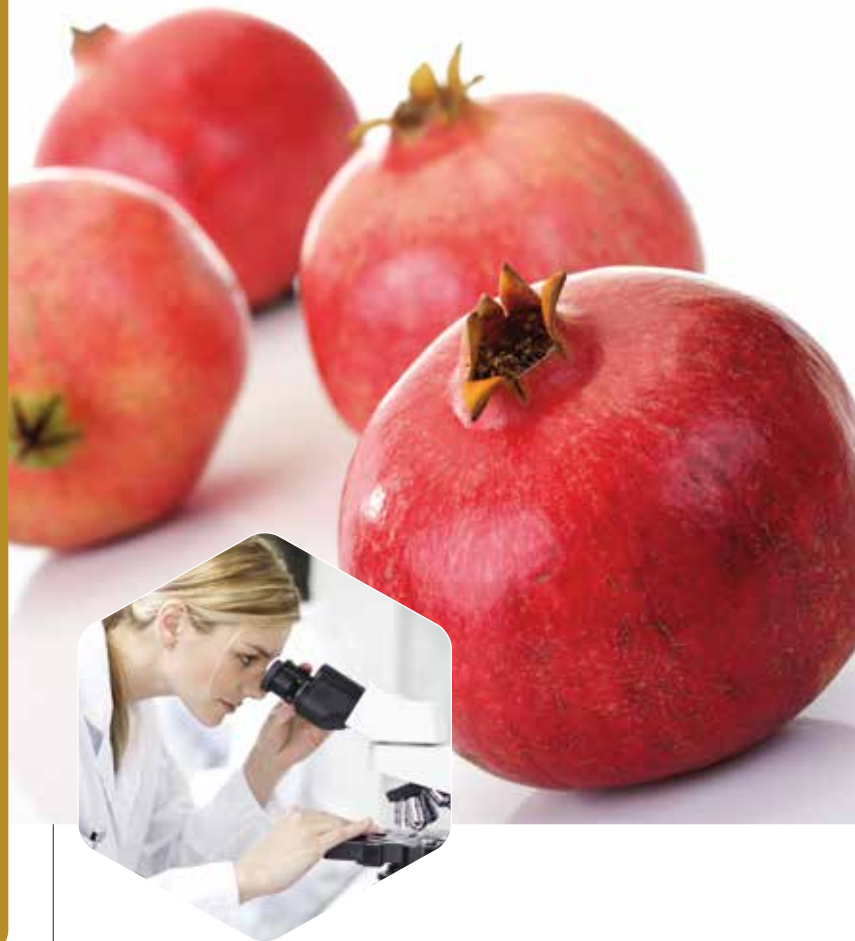
**Mitochondria** are present in abundance in most cells in the body. Some exceptions include red blood cells and bacteria. For all other cells, the mitochondria are the primary source of cellular energy they use to grow, repair themselves, and function.

In various preclinical studies urolithin A improves mitochondrial function and helps rejuvenate mitochondria.<sup>23</sup> It activates cellular quality-control processes that remove damaged mitochondria and support mitochondrial turnover.<sup>23,24</sup>

In multiple cell and animal studies, supplementation with **urolithin A** has been associated with improvements in markers related to healthy functions.

In various animal models it improves healthspan and lifespan with protection against an array of age-related disorders such as cardiovascular, metabolic, neurologic, joint, and inflammatory bowel disease.<sup>23</sup>

Human studies of urolithin A are still in their early stages. But results so far support its potential to influence markers of **mitochondrial** health.<sup>25</sup>



Furthermore, trials report improvements in certain measures of muscle function, including strength and endurance—in both young athletes<sup>26</sup> as well as middle-aged<sup>26</sup> and older adults.<sup>27</sup> In one study, muscle strength increased by approximately **12%** while also increasing aerobic endurance and physical performance in middle-aged adults.<sup>26</sup>

### Benefits of Pomegranate Consumption

Pomegranate has been investigated for its potential effects against common threats to health in older adulthood.

#### CARDIOVASCULAR

Cardiovascular disease is the most prevalent chronic disease of older age.<sup>28</sup> Pomegranate has been reported to beneficially influence numerous cardiometabolic risk factors in both preclinical and clinical studies.



In preclinical studies it has been shown to:

- Support blood vessel function,<sup>5,6,29,30</sup>
- Reduce markers associated with atherosclerotic plaque development,<sup>13,31-34</sup> and
- Influence pathways involved in blood clot formation.<sup>31,35-37</sup>

Whereas in clinical studies:

- It lowers blood pressure,<sup>16,38,39</sup> and
- Improves blood lipid abnormalities and prevents lipid oxidation.<sup>40</sup>

### OBESITY & METABOLIC HEALTH

Obesity, metabolic syndrome, and type 2 diabetes share overlapping signs like high blood pressure and abnormal lipid levels.

In two clinical trials involving adults with type 2 diabetes or poor glucose control, consumption of pomegranate juice was associated with improvements in insulin sensitivity and glycemic indices.<sup>41,42</sup>

A **2024** systematic review and meta-analysis of **28 human trials** found that pomegranate consumption in adults was associated with modest reductions in body weight (about 4.41 lbs.) and **BMI** compared with controls.<sup>43</sup>

Pomegranate consumption was associated with lower liver enzyme levels and reduced liver markers of **fatty liver disease**—even in individuals already suffering from this disorder.<sup>38,44</sup>

In another study, data from 32 different randomized controlled trials of pomegranate consumption were pooled. Overall, the researchers reported that pomegranate consumption was associated with lowered:<sup>45</sup>

- Fasting blood glucose,
- Fasting insulin,
- Hemoglobin A1c—a marker of long-term glucose control, and
- HOMA-IR—an index indicating level of insulin resistance.

### CANCER

Pomegranate has been studied for mechanisms that may help reduce both cancer risk and progression.<sup>46,47</sup>

In experimental models involving carcinogenic exposures, pomegranate has shown it may reduce cancer incidence.<sup>48-50</sup>

Multiple mechanisms of pomegranate have been identified that may influence tumor progression, making it potentially relevant for more than just prevention. These include effects on cancer cell proliferation and survival, and pathways involved in metastasis such as angiogenesis.<sup>51,52</sup>

In studies on people with prostate cancer, researchers evaluated the effects of pomegranate consumption on **PSA** levels.<sup>53-55</sup> PSA is an important blood marker of prostate disease. It is commonly used to monitor prostate cancer progression, as levels tend to increase with tumor growth. In these studies, pomegranate consumption was associated with a slower rise in PSA levels following cancer treatment, suggesting a potential role as an adjunct to standard therapy.

## Summary

Pomegranate is a nutrient-dense fruit that contains a wide range of health-relevant compounds.

Some of the important nutrients associated with pomegranate—punicalagin and polyphenols, anthocyanins, and flavonoids,—have demonstrated biological activity in experimental and clinical studies. Research suggests that the combined activity of all these nutrients may be relevant to healthy aging.

Owing to multiple mechanisms of action, pomegranate has been studied for effects across an array of physiological systems.

Animal and human studies have reported associations with several outcomes that impact cardiovascular and metabolic health. ■

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# Munch

Crunch, Digest  
Your Lunch

(Or breakfast, or dinner...)



## Uncomfortable after eating?

Digestive enzymes are specialized proteins that help you break down the foods you eat.\*

**Enhanced Super Digestive Enzymes** combines 10 vegetarian-friendly enzymes to help you break down hard-to-digest foods and encourage a healthy gastrointestinal balance...so you can feel good after you eat!

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

Item #02021

60 vegetarian capsules



**This product is available at fine  
health food stores everywhere.**

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.



# AGING CAN WAIT

Stay ahead of Father Time. Healthy aging means maintaining a “with-it” brain, a healthy heart and an active lifestyle—no matter your age.

That’s why we’ve combined taurine for your heart and exercise performance, lithium for your mood and spermidine from wheat germ extract to help you stay ahead of the aging game into an unflavored, easy-mix powder.

Keep your drive alive with **Healthy Aging Powder!**



Item #02527

Net Wt. 210 g

LIFE  
EXTENSION®

Healthy Aging\*  
Powder

NON  
GMO  
LE CERTIFIED

Supports a Healthy Lifespan\*

NET WT. 210 G  
(0.46 LB. OR 7.41 OZ)

DIETARY  
SUPPLEMENT

This product is available at fine health food stores everywhere.

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.

# Choose the Melatonin That's Right For You

For occasional sleeplessness.

While many people find melatonin helps improve sleep, others take it nightly for its immune protection effects.

People often try a range of doses before bedtime to assess what works best for them.



**Melatonin 10 mg**  
60 vegetarian capsules  
10 mg of melatonin in each vegetarian capsule.

Item #00331



**Melatonin 3 mg**  
60 vegetarian capsules  
3 mg of melatonin in each vegetarian capsule.

Item #00330



**Melatonin IR/XR**  
60 capsules  
1.5 mg of combined immediate-release and extended-release melatonin in each capsule.

Item #02201



**Fast-Acting  
Liquid Melatonin**  
(Citrus-Vanilla) • 2 fl. oz  
3 mg of melatonin per 1 mL dropper (approximately 20 drops).

Item #02234

These products are available at fine health food stores everywhere.

**CAUTION:** Do not consume alcohol, drive or operate machinery after taking these products.



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.



# 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 gnostemma and hesperidin extracts to:

- Revitalize youthful AMPK activity
- Encourage use of abdominal fat for energy
- Promote healthy cellular metabolism

Item #02207  
30 vegetarian tablets

This product is available at fine health food stores everywhere.



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.



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.

# Don't Let **PMS** Cramp Your Style

Want to feel comfortable during that time of the month? This new everyday supplement helps significantly reduce **PMS-related discomforts**.

- In a clinical study, taking 200 mg of the **ginger extract** in this formula resulted in an average reduction of **84%** in menstrual cramp discomfort scores.
- The ginger extract also eased period-related nausea and significantly decreased fatigue and lower back discomfort.<sup>1</sup>
- We included **magnesium glycinate** and **vitamin B6** for their benefits to mood and wellbeing.<sup>2,3</sup>



**Item #02537**

60 vegetarian capsules

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Ginfort® is a registered trademark of Olene Life Sciences Pvt. Ltd.

**This product is available at  
fine health food stores everywhere.**

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# ASTAXANTHIN

Supports Whole-Body Health

**Astaxanthin** is a powerful micro-algal carotenoid that supports a healthy oxidative status.

Life Extension **Astaxanthin 4 mg with Phospholipids** provides antioxidant properties to support healthy skin in the face of daily environmental exposure.<sup>1,2</sup>

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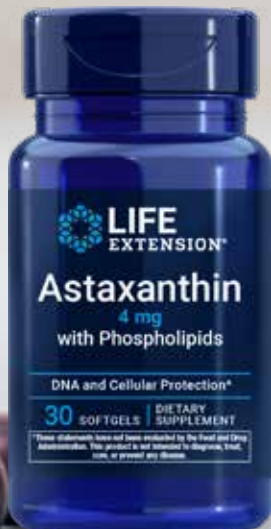
"I love this supplement for all benefits that it gives you."

**Maria**

VERIFIED CUSTOMER REVIEW

Item #01923

30 softgels



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HELP SPEED **CELLULAR ENERGY** RECOVERY



“Great for energy.”  
**Loni**  
VERIFIED CUSTOMER REVIEW

# D-RIBOSE

*Promotes Healthy Energy Levels in Heart Muscle*

**D-Ribose** can help recovery, increase energy reserves and maintain healthy energy levels in heart and muscle tissue.



**Item #01473**  
100 vegetarian tablets



**Item #00972**  
150 grams powder (0.33 lb. or 5.29 oz)

These products are available at fine health food stores everywhere.



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# Probiotics Improve Survival During Cancer Treatment

BY RYAN SULLIVAN



In recent years, doctors have made remarkable progress recruiting the body's own **immune system** to fight **cancer**.

A **2025** meta-analysis shows that adding **probiotics** during these treatments may be associated with **improved** patient outcomes.<sup>1</sup>

The analysis showed that taking oral probiotics *significantly prolonged overall and progression-free survival* in patients taking **immune checkpoint inhibitor** drugs (like Keytruda®).

Those using probiotics were **42% less likely to die** during follow-up than those who did not receive probiotics.<sup>1</sup>

Cancer patients are frequently susceptible to infection and are prescribed **antibiotics**, however this has been associated with a higher risk of adverse effects and reduced survival.<sup>2</sup>

## The Promise of ICIs

Traditional **cancer** treatments use surgery, chemotherapy, and radiation to remove or kill cancer cells.<sup>3</sup>

Over the past few decades, doctors began using a new approach: harnessing our own **immune system** to better target and destroy cancer cells. This is known as **immunotherapy**.<sup>4</sup>

One example that has entered routine cancer care is the **immune checkpoint inhibitor (ICI)** class of drugs.<sup>5</sup>

These medications increase the power of cancer-fighting immune cells.<sup>5</sup> Among them are cytotoxic T cells whose role is identifying and killing virus-infected cells, but they are also the preferred immune cells for targeting cancer.<sup>6</sup>

The ICI drugs work by removing immune system "**checkpoints**" in tumors that can shut off T cell activation. This allows those T cells to successfully attack and kill cancer cells.<sup>5</sup>

ICIs have improved outcomes for many cancers, particularly **melanoma** and **non-small-cell lung cancer**.<sup>1,5</sup>

But roughly **10-27%** of patients experience resistance to ICI treatment,<sup>7</sup> which means the cancer fails to respond to treatment. Additionally, **52-57%** develop secondary resistance. These patients initially respond to treatment, but the cancer rebounds.<sup>8</sup>

## Gut Health Impacts Cancer Treatment

Scientists looking for ways to improve the response to ICI drugs focused on the **gut microbiome**.

That's because a healthy gut microbiome, the mix of microorganisms in our digestive tract, is crucial to the health of the **immune system**.<sup>9</sup> An unhealthy microbiome can weaken immune function.

As the use of ICIs grew, doctors noted that cancer patients who responded well to these treatments had a more diverse mix of microorganisms and greater proportion of **healthy bacteria** than patients who failed to respond to therapy.<sup>10-14</sup>

Furthermore, antibiotics may damage the gut microbiome<sup>15</sup> and are shown in observational studies to be associated with worsened outcomes and shortened survival in ICI treatment.<sup>16</sup> Randomized controlled trials could help confirm if the association is causal; however it is unethical to blind patients susceptible to infection with a placebo.

Prospective observational studies and interventional studies are needed to better understand this association.<sup>17</sup>

Other interventions that improved gut health, such as fecal transplants and high fiber dietary interventions, are associated with better outcomes in small studies of patients receiving cancer immunotherapy.<sup>2</sup> This suggests that probiotics would be useful too.

## Probiotics Improved Survival

Following these observations, researchers investigated whether improving the health of the gut microbiome would promote **immune health** and improve the response to ICIs.<sup>1,13,18,19</sup>

In a meta-analysis published in **2025**, researchers compiled data from 12 studies including **3,142 cancer patients** on ICI therapy. They found that using probiotics was associated with **better overall**

**survival and progression-free survival**. Those using probiotics had a **42% lower** risk of death during follow-up than those who did not receive them.<sup>1</sup>

This means that **probiotic supplements** may be associated with improved survival outcomes in people with cancer undergoing ICI treatment.

Not only that, but progression-free survival refers to a period during which cancer growth is not observed during these treatments. Probiotics extended the duration of that as well.

While ICI medications have improved the outcomes of therapy in many forms of cancer, a simple and inexpensive probiotic supplement may help optimize these therapies and minimize treatment resistance.

The type of probiotic varied from study to study. Several bacterial strains were used, including *Lactobacillus species*, *Bifidobacterium*, *Streptococcus faecalis*, and butyric acid bacteria.<sup>1</sup>

The meta-analysis also found that use of probiotics could ameliorate the negative effects of **antibiotics** on ICI treatment.<sup>1</sup>

In patients with non-small-cell **lung cancer** who took antibiotics during ICI therapy, use of a probiotic **reduced the chance of death by an astonishing 55%** during follow-up, compared to those not taking a probiotic.<sup>1</sup>

While ICIs improve outcomes for many cancers, a probiotic may optimize these therapies and help prevent treatment resistance.



## PROBIOTICS USED IN THE CHECKPOINT INHIBITOR STUDIES

The preliminary data from these multiple studies is extremely encouraging for cancer patients being experimentally treated with checkpoint inhibitors and probiotics. Clearly more studies are needed to assess how to best match specific probiotic strains with specific cancers and their treatments.

It is important to note that probiotics come in many different types of strains that have specific targets. In these studies, a variety of specific strains were used in each case. In other words, there is no one probiotic that is appropriate for each situation. Currently, there are no commercial products available that match the formulations used in the studies.

The type of probiotic varied from study to study. Several bacterial strains were used, including *Lactobacillus* species, *Bifidobacterium*, *Streptococcus faecalis*, and butyrate producing bacteria.<sup>9</sup>

These exciting findings of the benefits of specific probiotics being used with cancer treatments require further study. If you are undergoing cancer therapy, please discuss this article with your doctor before taking probiotics. Not every cancer patient would benefit from probiotics during treatment.

As always, **Life Extension** will keep you up to date regarding ongoing developments in this field.



### Summary

**Immune checkpoint inhibitors (ICIs)** have improved outcomes for many people with **cancer**, but resistance to these medications is still common.<sup>9,20</sup>

A meta-analysis of patients undergoing ICI treatment found that taking a **probiotic** prolonged overall survival and progression-free survival.

**Antibiotic** use can impair ICI effectiveness. This research found that taking probiotics may help counter this effect and support treatment response.

The addition of a **probiotic** to ICI drugs may support the effectiveness of these cancer treatments and be associated with longer survival. •

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Liposomal-Hydrogel™

SUSTAINED SUPPORT

24  
HOURS  
A DAY

VITAMIN



Item #02501

60 vegetarian tablets



This product is available at fine health food stores everywhere.

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

Mary

VERIFIED CUSTOMER REVIEW

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

It also maintains vitamin C levels throughout the day.<sup>2</sup>

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

**References** 1. Akay Internal Study. Liposomal vitamin C (calcium ascorbate) pharmacokinetics. Data on file. 2021.  
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

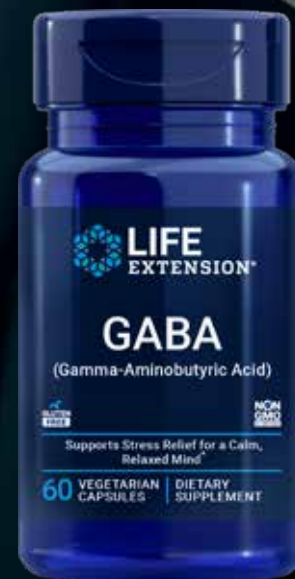
# STRESS RELIEF, WHEN YOU NEED IT MOST.

What do medical appointments, public speaking, or preparing for a trip have in common?

They can all make you feel worried or uneasy. GABA is an amino acid that has been clinically studied to help relieve occasional stress and promote a relaxed state of mind, balanced mood and better sleep.\*

And unlike traditional stress support supplements, GABA can support a healthy stress response in as little as 30 minutes.

\*For occasional sleeplessness



Item #02542

60 vegetarian capsules

These products are available at fine health food stores everywhere.

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# Brains & BRAWN



Whether you're in the office, at the gym, or helping your kids with their math homework, you need energy. Fuel your mind and body with Creatine & Acetyl-L-Carnitine Energy Plus. This convenient powder helps fight physical and mental fatigue and promotes healthy energy production, cognitive function, exercise performance, and recovery. Power through your day—no athletic skills required.



Item #02532

Net Wt. 233 g (0.51 lb)

This product is available at fine health food stores everywhere.

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# Improve Digestion with Enzymes

BY LAURIE MATHENA



With age, our body produces fewer of the **enzymes** necessary to efficiently break down food.<sup>1</sup>

Without sufficient enzymes, undigested food can pass into the colon, where it may cause bloating, gas, diarrhea, and cramping.<sup>2</sup>

Incomplete digestion limits the body's ability to extract all the nutrients needed for optimal health. This may result in nutrient deficiencies in older adults.<sup>1,3</sup>

Supplemental **digestive enzymes**, when taken before a meal, may provide additional digestive support to break down food.

This can help relieve digestive concerns and improve nutrient absorption for better overall health.

## The Importance of Digestive Enzymes

In people with recurring abdominal pain or discomfort, supplementing with various types of enzyme supplements has been associated with reduced symptoms of digestive discomfort, such as:

- Flatulence/belching,<sup>4</sup>
- Bloating,<sup>4,5</sup>
- Feeling of fullness,<sup>4,5</sup> and
- Abdominal pain.<sup>5</sup>

Each major food group—such as **protein, fat, milk, sugar, carbohydrates**, and more—has *specific enzymes* responsible for its breakdown.<sup>6</sup> A deficiency in any *one* of these enzymes may lead to a wide range of common intestinal troubles.

Let's look at the enzymes one at a time.

### PROTEASE

Proteases break down protein.<sup>7</sup> Aging can impact how the body digests, absorbs, and utilizes protein. Low digestive enzyme activity may reduce protein breakdown, slow digestion, and may increase the risk of protein deficiency and muscle loss in older adults.<sup>1</sup>

Aging individuals often benefit from boosting protein intake. Supplementing with protease enzymes may support protein digestion efficiency.

### BROMELAIN PROTEASE

Bromelain is a protease enzyme extracted from pineapple stem that contains protein-digesting enzymes (proteases). By breaking down dietary proteins, bromelain may support protein digestion and nutrient absorption.<sup>8</sup> This may be particularly relevant for individuals whose pancreas does not produce enough digestive enzymes (a condition called exocrine pancreatic insufficiency).

### LACTASE

Lactase is an enzyme that breaks down milk sugar (lactose). Lactase activity naturally declines with age, and low lactase activity affects about **70%** of people worldwide. This may contribute to lactose malabsorption, leading to symptoms such as bloating, gas, and diarrhea in people with lactose intolerance.<sup>9</sup>



Avoiding dairy products may alleviate unpleasant symptoms, but it can also result in inadequate calcium intake, increasing the risk of osteoporosis and fractures.<sup>10</sup>

Fortunately, supplementation with lactase helps reduce the symptoms of abdominal discomfort in individuals with lactase insufficiency.<sup>11</sup>

### LIPASE

Lipase is an enzyme that breaks down fat. If undigested fats pass through the gastrointestinal tract, they may produce greasy, fatty stools, and cramping. Lack of lipase may also prevent the body from absorbing fat-soluble vitamins like D, K, E, and A.<sup>12,13</sup>

In healthy adults, taking a lipase supplement before a high-fat meal significantly reduced feelings of stomach fullness 10 minutes after eating, compared with a placebo.<sup>14</sup>

### CELLULOSE

Cellulose is the name for indigestible plant fiber. Humans cannot digest dietary plant fibers on our own, but intestinal bacteria (friendly flora, our intestinal microbiota) help break them down. However, high-fiber plant foods can cause excessive gas and bloating for many people.<sup>15,16</sup>

Intestinal bacteria use the enzyme *cellulase* to help break down plant fibers (cellulose).<sup>17</sup> Cellulase supplementation may support tolerance of high-fiber foods so people can reap the benefits of a plant-centric diet, without the unpleasant effects of high amounts of plant fibers.

### AMYLASE

Amylase is an enzyme that breaks down carbohydrates and starches. If carbohydrates are not properly broken down and absorbed, they

can ferment in the colon, which may contribute to gas, bloating, abdominal pain, and diarrhea.<sup>18</sup>

## Summary

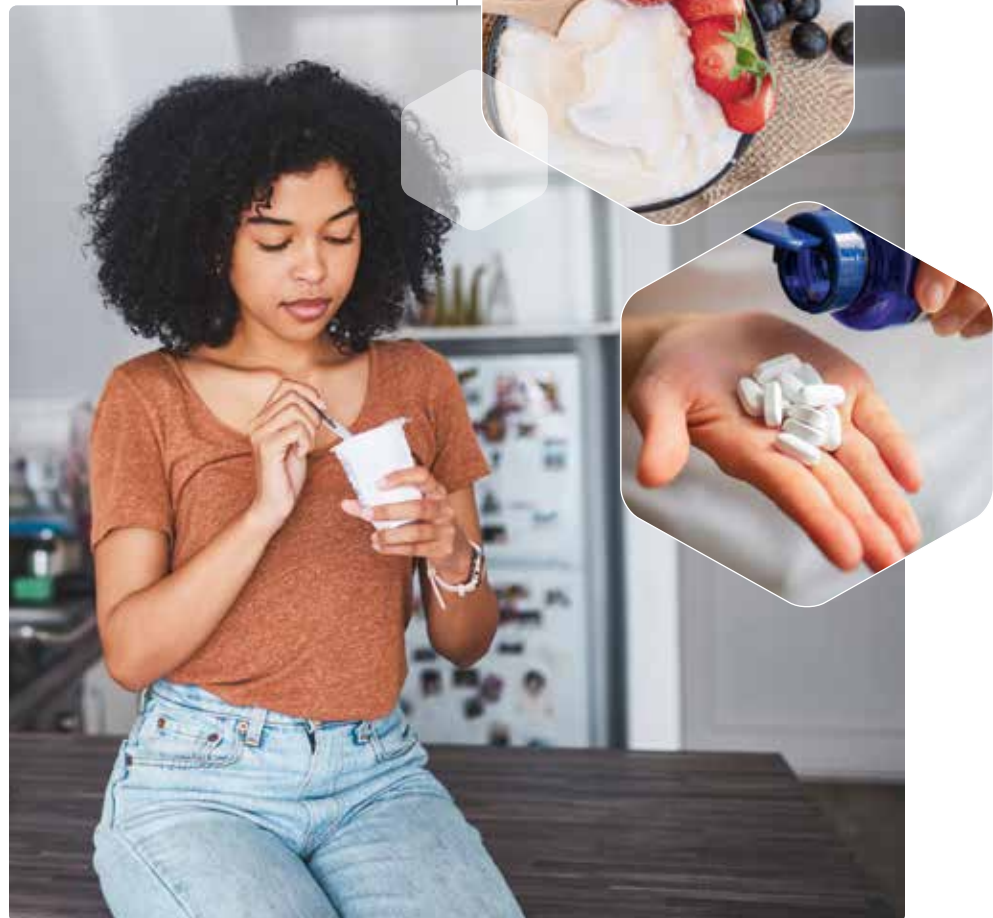
With age, reduced amounts of digestive enzymes may contribute to poor digestion. When food is not properly digested, it may cause bloating, gas, and general discomfort. It can also lead to nutrient deficiencies that can threaten overall health.

When taken orally before a meal, supplemental digestive enzymes may help reduce digestive discomfort, while supporting the body's ability to absorb the nutrients it needs for optimal health and wellness. •

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# ZINC

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# UP

## YOUR IMMUNE HEALTH

"It gives my immune system an extra kick when needed."

**Tina**

VERIFIED CUSTOMER REVIEW



**Item #01813**

90 vegetarian capsules



OptiZinc® is a Lonza trademark, registered in the USA.

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

Zinc promotes critical **immune** functions and healthy **bones**.

This formula provides **50 mg** of zinc in a convenient, vegetarian capsule.

**This product is available at fine health food stores everywhere.**

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

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.

# Ciao, Belly!

Say “goodbye” to belly fat and  
“hello” to a trimmer waist with  
Gummy Science™ Mediterranean  
Weight Management!

Inspired by the healthy weight benefits of the Mediterranean diet, these gummies promote both fat and weight loss when combined with diet and exercise. This formula targets not just belly fat but the visceral fat that surrounds your organs.

If your goal is a trimmer waistline that’s “molto bene,” Life Extension’s new and improved sugar-free\* gummies may be just the ticket.

Item #02506C  
60 gummies



\*Not a low-calorie food.



This product is available at fine health food stores everywhere.

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

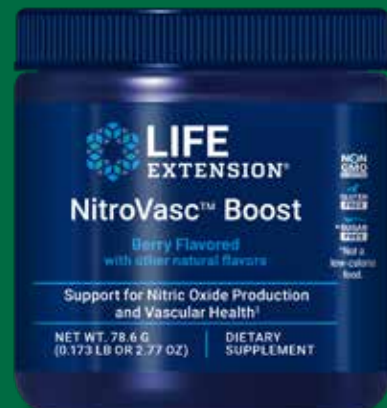
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# Highway to Heart Health

Stay on the cardio health fast track with NitroVasc™ Boost!

This new and improved formula promotes healthy blood flow and circulation by supporting your body's production of nitric oxide. And our special L-arginine-silicate complex stays in the blood longer than regular arginine, so your heart can stay the course.

Get ready to live life at full speed with this easy-mix berry-flavored powder.



\*Not a low-calorie food.

Item #02320

Net Wt. 78.6 g (0.173 lb.)

This product is available at fine health food stores everywhere.

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# For Oral Health Worth Smiling About

NEW & IMPROVED

## FLORASSIST® Probiotic Oral Hygiene



Promote oral health and inhibit unwanted oral bacteria with **FLORASSIST® Probiotic Oral Hygiene**.

This mint-flavored lozenge contains a unique probiotic strain paired with a postbiotic to maintain healthy gum tissue, help manage dental plaque, inhibit inflammation to support oral health, promote a healthy oral pH and even inhibit the unwanted bacteria that live in your mouth.

Go beyond brushing with **FLORASSIST® Probiotic Oral Hygiene!**

Item #02120

30 vegetarian lozenges



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This product is available at fine health food stores everywhere.

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# NEW PRODUCTS

# Back in Action

Improved



Item #02529

60 vegetarian capsules



About 39% of adults experience lower back discomfort from exercise or daily activities, which can impact quality of life.

Get relief from occasional lower back discomfort and stiffness in as little as 7 days, thanks to a clinically studied blend of chaste tree and ginger extracts.

Plus, we added white willow bark extract, a world-famous ingredient for discomfort relief.

NCHS Data Brief. 2021;No. 415.

J Back Musculoskelet Rehabil. 2024;37(2):487-502.

# Confidence *Between the Sheets*



There are physical and emotional components to a man's sexual health.

Our science-based formula supports them all, including erectile health and sexual function, libido, mood, stamina and satisfaction with clinically researched ingredients.

Get your confidence back with our new science-based Advanced Male Sexual Support!



Item #02549

60 vegetarian capsules





The Science of a Healthier Life®

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## IN THIS EDITION OF LIFE EXTENSION MAGAZINE:



### 16 PROTECT THE HEART

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



### 24 RESPIRATORY HEALTH

A **probiotic** clinically *reduced* **cold** and **flu** incidence by more than **half**, while a **postbiotic** *reduced* days with **nasal congestion** in seasonal allergy sufferers by **43%**.



### 32 LOWER EXCESS CORTISOL

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



### 40 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.



### 50 LOW BACK PAIN RELIEF

Two **plant extracts** significantly *reduced* **lower back pain** for **79%** of patients in 30 days. In a separate trial, another plant extract eliminated chronic low back pain for **22%** of subjects after four weeks.



### 70 DIVERSE EFFECTS OF POMEGRANATE ON AGING

Densely packed with synergistic nutrients, **pomegranate** may help forestall common disorders related to **biological aging**.