

Longevity Support Pack

DESCRIPTION

Longevity Support Pack provided by Douglas Laboratories®, supplies a comprehensive nutrient support system of vitamins, minerals, antioxidants, and omega fatty acids to assist in a healthy aging process. High potency antioxidants in this convenience pack provide cellular health for longevity support. †

Longevity Support Pack combines the following products into one daily convenience pack: Ultra Preventive X, Citrus Solu-Q, QÜELL Fish Oil EPA/DHA+D, C-1000, Tri-En-All 400, N-Acetyl L-Cysteine, Alpha lipoic acid, and FruiTEA-Max.

FUNCTIONS

Body cells and tissues are threatened continuously by damage caused by toxic free radicals and reactive oxygen species (e.g., peroxides) which are produced during normal oxygen metabolism, by other chemical reactions, and by toxic agents in the environment. Free radicals, once formed, are capable of disrupting metabolic activity and cell structure. When this occurs, additional free radicals are produced which, in turn, can result in more extensive damage to cells and tissues. The uncontrolled production of free radicals is thought to be a major contributing factor to accelerating the natural changes during the aging process. The products found in Longevity Support can help to support the body's entire antioxidant defense and provide a complete nutritional system in a convenient pack.

Ultra Preventive® X is a comprehensive multivitamin/mineral combination with a powerful antioxidant blend of organic fruits and vegetables. This unique formula offers adequate Vitamin D and the body's preferred form of readily bioavailable folate, Metafolin®. Metafolin is a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Unlike synthetic folic acid, 5-MTHF can be used directly by the body, without the need for an additional conversion via the enzyme (5,10-methylenetetrahydrofolate reductase (MTHFR)). In certain populations, the body's ability to convert folic acid to 5-MTHF by use of this enzyme may be compromised due to genetic differences. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier.

Citrus Solu-Q™ is a liquid filled capsule containing natural coenzyme Q10 in a patented, self-assembling nano-colloid system for enhanced absorption. When mixed with an aqueous system, this patented technology results in the formation of a nano-colloid containing solubilized CoQ10. This colloidal delivery system contains a highly uniform distribution of droplets that are typically less than 100 nm in diameter, and allows for enhanced absorption of coenzyme Q10.

While many think that the term "vitamin E" refers to a single entity, it actually describes a family of eight different compounds known as the tocopherols and the tocotrienols. Both the tocopherols and tocotrienols are further divided into their alpha, beta, gamma and delta isomers. These two groups of compounds are similar with respect to their structure, but do have subtle molecular structure differences. The d-alpha tocopherol isomer is the most well-known form of vitamin E. However, recent scientific evidence indicates that gamma-tocopherol has excellent antioxidant abilities that complement the antioxidant ability of alpha-tocopherol. Like tocopherols, tocotrienols function as powerful antioxidants. In certain systems, there is evidence that tocotrienols may even possess greater antioxidant activity compared with tocopherols.

N-Acetyl L-Cysteine (NAC) is a precursor for the sulfur amino acid cysteine, and cysteine is used by the body to synthesize glutathione. Glutathione is a naturally occurring tripeptide which is a major component of two anti free radical enzymes - glutathione peroxidase and glutathione reductase. As such, glutathione offers one mechanism for scavenging toxic free radicals and inhibiting peroxidation thereby slowing down free-radical catalyzed chain reactions. Glutathione per se is well absorbed in the intestine, and enters the blood and other extracellular compartments where it exerts much of its beneficial antioxidant effects. However, it cannot effectively enter the cell. In contrast to glutathione, NAC is efficiently transported into the cell where it is readily

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converted to cysteine for glutathione synthesis. Thus, supplementation with NAC may raise intracellular glutathione levels.

Alpha-lipoic acid is unique among biological antioxidants, because it is soluble in both water and lipids. This allows it to neutralize free radicals just about everywhere in the body. Due to its unique sulfur-containing structure, alpha lipoic acid can scavenge several types of free radicals, such as the highly reactive hydroxyl, and singlet oxygen free radicals. It is also capable of suppressing the generation of free radicals in the first place, since alpha-lipoic acid chelates transition metals, such as iron and copper. Since alpha-lipoic acid is involved in so many different antioxidant functions in virtually all body tissues, it has been called the universal antioxidant.

Vitamin C (ascorbic acid) has numerous biological functions. Foremost, it is essential for the synthesis of collagen and glycosaminoglycans which are the building materials of all connective tissues, such as skin, blood vessels, tendons, joint cartilage and bone. Vitamin C is the required coenzyme for two groups of enzymes that catalyze the crosslinking of collagen fibers. As such, vitamin C is essential for normal wound healing and capillary health.

Fruitea-Max™ is a potent antioxidant combination of white tea, apple, pomegranate and blueberry extracts. Diets high in antioxidants, as well as supplementation with antioxidants have been shown to have a protective effect in reducing cellular damage caused by free radicals.

INDICATION

Longevity Support pack is indicated for individuals who desire a complete, comprehensive array of beneficial nutrients for healthy aging.

FORMULA (#66356)

One Pack Contains:

Calories	10
Calories from fat	10
Total Fat	1.25 g
Vitamin A	7,500 IU
(33% as Vitamin A Palmitate [2,500 IU]/	
67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum Carotenoids†††	
Vitamin C	1,700 mg
(as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex)	
Vitamin D-3.....	1,500 IU
Vitamin E	607 IU
(natural, as d-alpha tocopheryl plus mixed tocopherols) with mixed	
tocopherols providing a minimum of:	
Gamma-tocopherol	280 mg
Beta and Delta-tocopherols	40 mg
Thiamine.....	50 mg
Riboflavin.....	25 mg
Niacin/Niacinamide.....	95 mg
Vitamin B-6	50 mg
(as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®)	400 mcg
Vitamin B-12.....	125 mcg
(as methylcobalamin)	
Biotin.....	150 mcg
Pantothenic Acid	250 mg

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(as d-Calcium Pantothenate)	
Calcium	250 mg
(as Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp)	100 mcg
Magnesium	250 mg
(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (as Zinc Amino Acid Chelate)	13 mg
Selenium.....	100 mcg
(as Selenium Krebs††/Kelp complex)	
Copper (as Copper Amino Acid Chelate).....	1 mg
Manganese	5 mg
Chromium	100 mcg
(Organically bound with GTFactivity—low allergenicity)	
Molybdenum (as Molybdenum Krebs††)	50 mcg
Potassium	50 mg
(as Potassium Aspartate/Chloride Complex)	
Proprietary Organic Fruit and Vegetable Blend	350 mg
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant).	
N-Acetyl L-Cysteine / L-Cysteine	575 mg
Omega-3 Triglyceride Concentrate*	1,250 mg
Providing:	
EPA.....	600 mg
DHA.....	400 mg
Proprietary Blend.....	350 mg
OxyPhyte® Standardized White Tea Extract (leaf, minimum 90% polyphenols), OxyPhyte® Fruit Blend (apple and pomegranate extracts, fruit) and VitaBlue™ Wild Blueberry Extract (fruit).	
Natural Coenzyme Q10.....	100 mg
Alpha-Lipoic Acid	100 mg
Betaine (from 75 mg Betaine HCl)	57 mg
Garlic (bulb).....	50 mg
Cauliflower (entire plant)	50 mg
Spirulina.....	50 mg
Chlorella (broken cell wall)	50 mg
Green Papaya Extract (fruit)	50 mg
Rose Hips	50 mg
Lemon Bioflavonoids	50 mg
Inositol	50 mg
Blackberry (fruit)	40 mg
Celery powder (leaf)	35 mg
Black radish powder (root)	35 mg
Apricot powder (fruit)	35 mg
Choline	30 mg
(from 75 mg Choline Citrate/Bitartrate)	
Mixed Tocotrienols (from palm).....	25 mg

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PABA (para-aminobenzoic acid)	25 mg
Green Tea Extract (leaf).....	25 mg
Apple Pectin (fruit).....	25 mg
Red Wine Proanthocyanidins/Pine Bark Extract.....	25 mg
Bromelain (2,000 GDU/g).....	25 mg
Hesperidin	17.5 mg
Rutin	12.5 mg
Glutamic Acid	10 mg
(from 12.5 mg Glutamic Acid HCl)	
L-Methionine.....	6 mg
Lutein (natural)	3 mg
Lycopene (from LYC-O-MATO®).....	3 mg
Boron	0.75 mg
(as Boron Aspartate/Citrate complex)	
Zeaxanthin.....	0.5 mg
Trace Elements approx. 50 mcg(from Sea Vegetation)	
Vanadium (as Vanadium Krebs††)	25 mcg

*This product contains fish from sardines, anchovies, and mackerel

SUGGESTED USE

Adults take 1 pack daily with meals or as directed by a healthcare professional. The pack contents can be divided up between several meals throughout the day.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on Longevity Support Pack visit douglaslabs.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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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Your patients trust you.**