

# Longevity Nutrients

Multivitamin/mineral complex for healthy aging<sup>†</sup>

## INDICATIONS

- Support for men and women over 40

## BENEFITS

- Promotes cellular energy production<sup>†</sup>
- Supports healthy brain function<sup>†</sup>
- Maintains vascular health<sup>†</sup>
- Offers advanced macular and retinal protection<sup>†</sup>

## SPECIAL FEATURES

- Vitamin A as a blend of pre-formed vitamin A and beta carotene
- Vitamin E as a blend of d-alpha tocopherol and mixed tocopherols
- Vitamin B<sub>12</sub> as a blend of activated methylcobalamin and adenosylcobalamin
- Vitamin K<sub>1</sub>, 80 mcg K<sub>2</sub> and 25 mcg (1,000 IU) vitamin D<sub>3</sub> to support cellular, bone and heart health<sup>†</sup>
- Enhanced levels of ChromeMate<sup>®</sup> chromium polynicotinate and biotin for metabolic support<sup>†</sup>
- Easy-to-swallow capsule size
- Convenient 4-capsule daily dose

## VERIFIABLE SCIENCE

Longevity Nutrients is designed to support healthy aging. It is a complete, hypo-allergenic, nutrient-rich, highly bioavailable multi-vitamin, multi-mineral and trace element supplement. The formula combines superior mineral cofactors, activated vitamins and antioxidants to support optimal health. These nutrients are blended with citicoline and herbal extracts to offer additional support for cognitive function, macular integrity and cardiovascular health. Activated B vitamins, such as adenosylcobalamin, and CoQ<sub>10</sub> promote cellular energy production. Adenosylcobalamin is the form of vitamin B<sub>12</sub> active in mitochondria, helping to boost mitochondrial energy (ATP) production.<sup>1</sup> Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, and supports neuro-muscular junctions.<sup>2</sup> Cognizin<sup>®</sup> citicoline is included to help promote choline and phospholipid composition in the brain, essential for neuronal communication and protection, as well as daily mental task performance.<sup>3,4</sup> Curcumin, as the highly

researched Curcumin C3 Complex, provides targeted support for healthy brain cell function.<sup>5</sup> Polyphenols from pomegranate and grape seed extract help maintain healthy blood vessel function.<sup>6,7</sup> Lutein, zeaxanthin and the synergistic cofactors vitamin C, vitamin E, zinc and carotenoids offer advanced macular and retinal protection.<sup>8†</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules, 2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

Vitamin K may be contraindicated with Coumadin (Warfarin).

If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

## SOURCE

Mixed carotenoids: *Blakeslea trispora*

Lycopene: natural tomato concentrate

Lutein: marigold flower extract

Zeaxanthin: synthetic

Vitamin C: corn dextrose fermentation

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)

Vitamin E: soybean oil

Vitamin K<sub>1</sub>: synthetic

Vitamin K<sub>2</sub>: flower extracts geraniol and famesol

Vitamin B<sub>1</sub> (thiamine HCl): synthetic

Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation

Niacinamide and Niacin: synthetic

Vitamin B<sub>5</sub> (calcium pantothenate): synthetic

Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic

Vitamin B<sub>12</sub>: corn dextrose fermentation

Folic acid (Metafolin<sup>®</sup>, L-5-MTHF): synthetic

Biotin: synthetic

Alpha lipoic acid: synthetic

Minerals: naturally derived from limestone

Sources of the mineral chelates include:

Citrate: corn dextrose fermentation

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Glycinate: synthetic

## NOTES

Capsule size 0

Bottle count 120, 240

Order code LGN21, LGN22

Bottle size 20 oz

Vegetarian

Hypoallergenic

Gluten-free (certified)

Non-GMO<sup>†</sup>

## REFERENCES

1. Quadros EV. *Br J Haematol*. 2010 Jan;148(2):195-204.
2. Internal data, unpublished.
3. Silveri MM, et al. *NMR Biomed*. 2008 Nov;21(10):1066-75.
4. Alvarez XA, et al. *Methods Find Exp Clin Pharmacol*. 1997 Apr;19(3):201-10.
5. Goozee KG, et al. *Br J Nutr*. 2015 Dec 14;117:1-17.
6. Shi J, Yu J, Pohorly JE, Kakuda Y. *J Med Food*. 2003 Winter;6(4):291-9.
7. Goyal R, Thawani V, Pathania M, Jindal S, Nagtilak S. *Eur J Biomed Pharm Sci*. 3, 662–667 (2016).
8. Beatty S, et al. *Ophthalmology*. 2013 Mar;120(3):600-6.

## SUPPLEMENT FACTS

2 capsules, 2 times daily, with meals.

Two (size 0) vegetarian capsules contain:

Vitamin A (as vitamin A acetate and 50% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg
Vitamin K (as vitamin K <sub>1</sub> )	42.5 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	5 mg
Riboflavin (as vitamin B <sub>2</sub> and 61% riboflavin 5'-phosphate (activated B <sub>2</sub> ))	6 mg
Niacin (as niacin and 56% niacinamide)	22.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 57% pyridoxal 5'-phosphate (activated B <sub>6</sub> ))	5.85 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin and 50% adenosylcobalamin)	500 mcg
Biotin	1,000 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc citrate)	15 mg
Selenium (as selenomethionine)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS <sup>®</sup> )	75 mcg
Vitamin K <sub>2</sub> (menaquinone-7)	80 mcg
Mixed tocopherols	20 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid (thioctic acid)	37.5 mg
Coenzyme Q <sub>10</sub>	30 mg

### MacularSynergy Extra<sup>†</sup>

FloraGLO <sup>®</sup> lutein	5 mg
Zeaxanthin	1 mg

### CognitivePro Complex<sup>†</sup>

Cognizin <sup>®</sup> citicaline	50 mg
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg

### Cardio Polyphenol Complex<sup>†</sup>

Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

Curcumin C3 Complex<sup>®</sup> is a registered trademark and patented product of Sabinsa Corporation.

Cognizin<sup>®</sup> is a registered trademark of KYOWA HAKKO BIO, LTD.

\*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP<sup>®</sup> brand. OPTISHARP<sup>®</sup> is a trademark of DSM.

TRAACS<sup>®</sup> is a registered trademark of Albion Laboratories, Inc.

ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> & logo are trademarks of Lanza or its affiliates.

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Longevity Nutrients	Quantity	Order Code
	240	LGN22
	120	LGN21