

Comprehensive Nutrient Packs ADVANCED

Life Extension, Sept, 13, 2018

Comprehensive Nutrient Packs ADVANCED

Adequate intake of vitamins and minerals is of key importance to optimal health. Since it is nearly impossible to eat enough food to get all the nutrients the body needs on a daily basis, multivitamin supplementation ensures optimal intake. Life Extension has combined several supplements to provide a strong foundation for health and longevity. These top recommendations are organized in a convenient single-serve packet.

Each Packet contains the following:

- Two-Per-Day Capsules, 2 capsules
- Super Omega 3 EPA/DHA, 2 softgels
- Once-Daily Health Booster, 1 softgel
- Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support 100 mg, 1 softgel
- Super Bio-Curcumin®, 1 capsule

Two-Per-Day contains 5-methyltetra-hydrofolate (5-MTHF), the active form of folate that is up to 7 times more bioavailable than folic acid. This greater bioavailability is especially important in people with a genetic enzyme deficiency since it requires no conversion to become metabolically active.

Two-Per-Day includes biotin, which may be used as part of the diet to maintain healthy blood sugar levels in those already within normal range; lycopene, one of the most effective antioxidant nutrients; and lutein, a carotenoid that is beneficial to eye health. With relatively high amounts of folic acid, vitamin D3, zinc, lycopene, lutein, chromium, selenium, and B-complex vitamins, Two-Per-Day Capsules can stand up to any multivitamin supplement on the market. In fact, compared to Centrum® Silver® Adults 50+, Two-Per-Day Capsules provides about:

- 50 times more vitamin B1
- 12 times more vitamin B12
- 25 times more vitamin B6
- 10 times more biotin
- 10 times more selenium
- 8 times more vitamin C
- 2 times more vitamin D
- 2 times more vitamin E
- 2.5 times as much vitamin B3
- 3 times as much zinc

Super Omega-3 EPA/DHA is a 5-Star IFOS-rated fish oil that exceeds current Council for Responsible Nutrition proposed pharmaceutical grade standards. Super Omega 3 EPA/DHA is produced using a patented extraction and purification process, which increases stability and helps assure heavy metals and contaminants are below CRN levels. This process also preserves the delicate omega-3 long-chain fatty acids from the degrading effects of oxidation and peroxidation (rancidity). No other fish oil product or oil extract product contains the health-promoting benefits of the “super nutrients” from fish, olives, and sesame seeds. It also contains the most complete olive polyphenol extract available.

Once-Daily Health Booster is a one-per-day softgel that provides high potencies of fat-soluble nutrients and other compounds. It provides high doses of the most effective form of vitamin K known as menaquinone-7, as well as vitamins B12, C, E, K1 and K2, chlorophyllin, lycopene and sesame seed lignan extract. To support eye health, macular density and healthy vision, MacuGuard® provides zeaxanthin, meso-zeaxanthin, and lutein.

Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support
Called a “coenzyme” because of its unique ability to participate in chemical reactions, coenzyme Q10 plays a central role in energy metabolism. Ubiquinol has a much greater bioavailability than the ubiquinone used in many commercially available CoQ10 supplements. This formulation contains an ingredient called PrimaVie® shilajit that research shows doubles levels of CoQ10 in mitochondria.¹

Super Bio-Curcumin®
Curcumin has remarkable antioxidative, immunomodulatory, proapoptotic, hepatoprotective and antiangiogenic properties. Curcumin is also found to increase detoxifying enzymes and promote healthy DNA function. Super Bio-Curcumin® absorbs up to seven times better than conventional curcumin. Studies show that one 400 mg capsule a day of this turmeric compound can provide curcumin blood levels equal to ingesting 2,500–2,800 mg of commercial curcumin supplements.