

Age-Related Muscle Loss Protocol[‡]

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed with our clinician partners to help you deliver the most effective care. Included are recommendations to support foundational well-being and targeted interventions for muscle health. This protocol also includes products from Pure Encapsulations[®] partner brands, Douglas Laboratories[®] and Klean Athlete[®].[‡]

FOUNDATIONAL SUPPORT

Diet:

- Phytonutrient rich diet
- Adequate calorie intake. Recommended protein intake:
 - Minimum 1.2-2.2 g/kg of ideal body weight per day
 - Postmenopausal women: 1.8-2.3 g/kg of ideal body weight per day

Exercise:

- Resistance training 2-3 times per week
- Additional light to moderate aerobic exercise or HIIT training, for 30-60 minutes, 2-3 times per week

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:[‡]

- [Longevity Nutrients](#) (LGN21 / LGN22)
- [Probiotic G.I.](#) (PGI6)
- [Vitamin D₃ 25 mcg \(1,000 IU\)](#) (VD11 / VD12 / VD16)
- [O.N.E.[™] Omega](#) (ONO6 / ONO3)
- [Calcium Magnesium \(Citrate\)](#) (CM1 / CM9)

FOCUSED SUPPORT

The products in this category support common clinical objectives related to age-related muscle loss.

Choose from the options listed below:[‡]

CLINICAL OBJECTIVE [‡]	ASSESSMENT [*]	PRODUCT RECOMMENDATIONS	DOSING
Muscle Mass and Function	Anthropometric measurements, dietary intake and muscle strength assessments	 Muscle Protect[™] with HMB[®] (Order code: 57737P-275X) A great-tasting, leucine-rich blend of essential amino acids combined with HMB [®] , vitamin D ₃ and glutamine for preserving healthy muscle mass and function [‡]	1 scoop 1-2 times daily dissolved in 8-10 ounces of water or another beverage
		 Klean Plant-Based Protein (Order Code: KA57724P-720) A blend of pea and organic brown rice protein providing amino acids, including branched chain amino acids, for muscle protein synthesis [‡] or  Klean Isolate (Order Code: KA57534P-446) Supplies 20 grams of high-quality, unsweetened and unflavored, whey protein isolate in each serving. Also available in three delicious flavors Vanilla , Chocolate and Strawberry	1 scoop daily mixed with 10-12 ounces of water or another beverage

[‡]These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.





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FOCUSED SUPPORT (CONTINUED)

The products in this category support common clinical objectives related to age-related muscle loss.†

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Energy & Cellular Health	Muscle strength assessments	 RENUAL (Order code: RNL6) Enhances mitochondrial renewal to support energy output and muscle function‡	2 capsules, 1-2 times daily, with or between meals
	Dietary assessment and/or occasional fatigue	 Astaxanthin (Order Code: AST1) Protects the phospholipid membranes of cells from oxidative damage and supports joint function and comfort‡	1 capsule, 1-3 times daily, with meals

ADDITIONAL CONSIDERATIONS



The products in this category offer alternative or added support. Choose from the options listed below:‡

CLINICAL OBJECTIVE†	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Muscle Health	Anthropometric measurements, dietary intake and muscle strength assessments	 BCAA Capsules (Order Code: BCA9, BCA2) Supports lean muscle mass and exercise recovery‡ Also available as: BCAA Powder (BCAP)	2 capsules, 1-2 times daily, between meals
Cellular & Antioxidant Support	Serum coenzyme Q ₁₀	 Ubiquinol-QH (Order code: UQ16) Active antioxidant form of CoQ ₁₀ that supports the production of ATP for energy and provides antioxidant support‡	1 capsule, 1-2 times daily, with meals
	HsCRP, Whole blood glutathione, GlycA	 Liposomal Glutathione (Order code: LSG3) An innovative liposomal form that promotes protection from free radicals to support healthy cellular function‡ or  NAC + Glycine Powder (Order code: NGY1) Promotes antioxidant defenses and the body's natural detoxification process. Reduces oxidative stress associated with aging‡	2 capsules daily with a meal 1 scoop daily, mixed with 8 oz water, between meals

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ADDITIONAL CONSIDERATIONS (CONTINUED)

The products in this category offer alternative or added support. Choose from the options listed below:†

CLINICAL OBJECTIVE‡	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Protein Digestion	Malabsorption: self-reported post prandial GI symptoms	 Digestive Enzymes Ultra (Order code: DEU9) An extensive profile of vegetarian digestive enzymes to support protein, carbohydrate, fat, fiber and dairy digestion†	2 capsules with each meal
	Malabsorption with low stomach acid: older age, higher dietary protein intake, Betaine Challenge, self-reported post prandial GI symptoms	or  Digestive Enzymes Ultra w/Betaine HCl (Order Code: DEUB1, DEUB9) Supports protein, carbohydrate, fat, fiber and dairy digestion. Supports optimal gastric pH with betaine HCl, important for the enhanced digestion of protein†	2 capsules with each meal

Available for download at PureEncapsulationsPro.com/Protocols

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*All assessments may not be necessary. Testing should be performed at the discretion of the healthcare provider.
 The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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