

# Longevity Nutrients

With Metafolin® L-5-MTHF; multivitamin/mineral complex for healthy aging<sup>†</sup>

## INDICATIONS

- Nutritional support for men and women over 40<sup>†</sup>

## BENEFITS

- Provides support for cognitive function and cardiovascular health<sup>†</sup>
- Supports cellular, bone and heart health<sup>†</sup>
- Promotes healthy brain cell function and blood vessel function<sup>†</sup>
- Offers advanced macular and retinal protection<sup>†</sup>

## FEATURES

- Easy-to-swallow capsule size
- Convenient 4-capsule daily dose
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

The formula combines essential vitamins, minerals and antioxidants to support optimal health.<sup>1</sup> Vitamins K<sub>1</sub>, K<sub>2</sub> and vitamin D<sub>3</sub> support cellular, bone and heart health.<sup>2,3</sup> Enhanced levels of ChromeMate® chromium polynicotinate and biotin for metabolic support.<sup>4</sup> Promotes cellular energy production with adenosylcobalamin and CoQ<sub>10</sub>.<sup>5</sup> Folic acid provided as Metafolin®, 5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate.<sup>6</sup> Adenosylcobalamin is the form of vitamin B<sub>12</sub> active in mitochondria, boosting mitochondrial energy (ATP) production. Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging and stabilizes neuro-muscular junctions.<sup>7</sup> Cognizin® citicoline promotes choline and phospholipid composition in the brain, essential for neuronal communication and protection, as well as daily mental task performance.<sup>8</sup> Provides targeted support for healthy brain cell function with Curcumin C3 Complex.<sup>9</sup> Maintains healthy blood vessel function with polyphenols from pomegranate and grape seed extract.<sup>10,11</sup> Offers advanced macular and retinal protection with lutein, zeaxanthin and synergistic cofactors vitamin C, vitamin E, zinc and carotenoids.<sup>12†</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> (methylcobalamin): corn dextrose fermentation
- Folic acid (Metafolin®, 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
- Glycinate: synthetic
- Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin

# Longevity Nutrients

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- Turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids
- Grape seed extract is derived from *Vitis vinifera* seed and standardized to contain 92% polyphenols
- Pomegranate extract is derived from *Punica granatum L.* whole fruit and standardized to contain 40% punicosides

## NOTES

Size 0 caps

Bottle count 120, 240

Order codes LGN21, LGN22

Bottle size 20 oz

## REFERENCES

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3. Arnsen Y, et al. *Clin Rev Allergy Immunol.* 2013 Oct;45(2):236-47.
4. Rabinovitz H, et al. *Int J Vitam Nutr Res.* 2004 May;74(3):178-82.
5. Zheng A, et al. *J Nutr Sci Vitaminol (Tokyo).* 2008 Aug;54(4):286-90.
6. Lamers Y, et al. *Am J Clin Nutr.* 2006 Jul;84(1):156-61.
7. Quadros EV. *Br J Haematol.* 2010 Jan;148(2):195-204.
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9. Zhang L, et al. *J Alzheimers Dis.* 2006 Sep;10(1):1-7.
10. Goyal R, et al. *Eur J Biomed Pharm Sci.* 3, 662–667 (2016).
11. Park E, et al. *Br J Nutr.* 2016 Jan;115(2):226-38.
12. 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® 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®)	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

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

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## MacularSynergy Extra†

FloraGLO® lutein	5 mg
Zeaxanthin	1 mg

## CognitivePro Complex†

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

## Cardio Polyphenol Complex†

Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Cognizin® is a registered trademark of KYOWA HAKKO BIO, LTD.

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

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking any blood thinning medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Longevity Nutrients	Quantity	Order Code
	240	LGN22
	120	LGN21