

Longevity Nutrients

With Metafolin® L-5-MTHF; multivitamin/mineral complex for healthy aging[†]

INDICATIONS

- Nutritional support for men and women over 40[†]

BENEFITS

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

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.¹

Vitamins K₁, K₂ and vitamin D₃ support cellular, bone and heart health.^{2,3} Enhanced levels of ChromeMate® chromium polynicotinate and biotin for metabolic support.⁴ Promotes cellular energy production with adenosylcobalamin and CoQ₁₀.⁵

Folic acid provided as Metafolin®, 5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate.⁶ Adenosylcobalamin is the form of vitamin B₁₂ 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.⁷ Cognizin® citicoline promotes choline and phospholipid composition in the brain, essential for neuronal communication and protection, as well as daily mental task performance.⁸ Provides targeted support for healthy brain cell function with Curcumin C3 Complex.⁹ Maintains healthy blood vessel function with polyphenols from pomegranate and grape seed extract.^{10,11} Offers advanced macular and retinal protection with lutein, zeaxanthin and synergistic cofactors vitamin C, vitamin E, zinc and carotenoids.^{12†}

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 D₃: cholesterol from wool fat (lanolin)
- Vitamin E: soybean oil
- Vitamin K₁: synthetic
- Vitamin K₂: flower extracts geraniol and farnesol
- Vitamin B₁ (thiamine HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (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

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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

1. Girodon F, et al. *J Am Coll Nutr.* 1997 Aug;16(4):357-65.
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3. Arnson 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.
8. McGlade E, et al. *Food Nutr Sciences.* 2012, 3, 769-73.
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 ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg
Vitamin K (as vitamin K ₁)	42.5 mcg
Thiamin (as thiamin HCl) (B ₁)	5 mg
Riboflavin (as vitamin B ₂ and 61% riboflavin 5' phosphate (activated B ₂))	6 mg
Niacin (as niacin and 56% niacinamide)	22.5 mg
Vitamin B ₆ (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B ₆))	5.85 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	500 mcg
Biotin	1,000 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc citrate)	12 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 ₂ (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 ₁₀	25 mg

MacularSynergy Extra[†]

FloraGLO® lutein	5 mg
Zeaxanthin	1 mg

CognitivePro Complex[†]

Cognizin® citicoline	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)

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

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Longevity Nutrients	Quantity	Order Code
	240	LGN22
	120	LGN21

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Multivitamins, Vitamins & Minerals



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