



Longevity Nutrients

Now with Metafolin® L-5-MTHF

INTRODUCED JANUARY 2009

What Is It?

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 alpha-GPC and herbals extracts to offer additional support for cognitive function, macular integrity and cardiovascular health.*

Indications

Support for men and women over 60

Vitamin/Mineral Distinctions:

- High potency, hypo-allergenic, vegetarian formula
- Activated vitamins and superior mineral chelates for optimal absorption
- Antioxidant support from naturally derived vitamin C, vitamin E, beta carotene, lycopene, lutein, zeaxanthin and alpha lipoic acid
- Folic acid provided as Metafolin®, 5-methyltetrahydro folate (L-5-MTHF), the naturally occurring universally metabolized form of folate
- Contains vitamins K₁ and K₂ and 1,000 i.u. vitamin D₃ for optimal bone and heart health*
- Smaller sized capsules

Special Features:

• CognitivePro Complex

Supports mental acuity and memory with ginkgo, bacopa and alpha-GPC. Provides targeted support for healthy brain cell function with Curcumin C3 Complex®.*

• CardioPhenol Complete

Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.*

• MacularSynergy Extra

Offers advanced macular and retinal protection with 10 mg lutein and 2 mg zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.*

What Is The Source?

The nutrients found in Longevity Nutrients are derived from the following:

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: natto (soy)

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

There is no detectable GMO material in this product.

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin. *Bacopa monniera* extract is derived from the leaf and standardized to contain 20% bacosides A & B. *Ginkgo biloba* extract is derived from the leaf and


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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

standardized to contain 24% ginkgoheterosides and 6% terpene lactones. Alpha-GPC is derived from highly purified soy lecithin. Turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Red wine concentrate is derived from *Vitis vinifera* whole grape and standardized to contain 25% polyphenols. 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.

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

 is a trademark of NattoPharma, Norway.

 is a registered trademark of Kemlin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP is a trademark of DSM Nutritional Products, Inc.

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

Recommendations

Pure Encapsulations recommends per 4 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Ginkgo, bacopa, alpha-GPC or curcumin have been associated with mild gastrointestinal upset, headache, dizziness, fatigue or allergic skin reactions. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Ginkgo biloba, curcumin and grape seed are contra-indicated with blood thinning medications. Ginkgo biloba may be contra-indicated with certain anti-anxiety medications. Some studies have reported that ginkgo biloba and curcumin could affect that the liver breaks down medications through the cytochrome P450 system, theoretically altering the effects of these medications and possibly the dose needed for treatment. Consult your physician for more information.

Longevity Nutrients

four vegetable capsules contain  V 0

ascorbic acid.....	250 mg.
vitamin C (as ascorbyl palmitate)	80 mg.
vitamin D ₃	1,000 i.u.
d-alpha tocopherol succinate (vitamin E)	100 i.u.
vitamin K ₁	85 mcg.
vitamin K ₂ (menaquinone-7)	15 mcg.
thiamine HCl (B ₁)	10 mg.
riboflavin (B ₂).....	5 mg.
riboflavin 5'phosphate (activated B ₂).....	10 mg.
niacin.....	20 mg.
niacinamide	25 mg.
pyridoxine HCl (B ₆)	5 mg.
pyridoxal 5' phosphate (activated B ₆).....	10 mg.
folate (as Metafolin®, L-5-MTHF).....	400 mcg.
methylcobalamin (B ₁₂)	500 mcg.
biotin.....	2 mg.
pantothenic acid (calcium pantothenate) (B ₅)	50 mg.
iodine (potassium iodide).....	200 mcg.
zinc (citrate).....	15 mg.
selenium (selenomethionine).....	200 mcg.
manganese (citrate)	2 mg.
chromium (polynicotinate)	400 mcg.
boron (glycinate).....	2 mg.
vanadium (as bis-glycinato oxo vanadium).....	100 mcg.
choline (bitartrate)	100 mg.
inositol	125 mg.
alpha lipoic acid.....	75 mg.
mixed carotenoids	7,500 i.u.
(providing beta carotene, lycopene, lutein and zeaxanthin)	
MacularSynergy Extra	
lutein	10 mg.
zeaxanthin.....	2 mg.
CognitivePro Complex	
Bacopa monniera extract (leaf).....	100 mg.
(standardized to contain 20% bacosides A&B)	
Ginkgo biloba extract (50:1) (leaf).....	80 mg.
(standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	
alpha-GPC	50 mg.
(from 100 mg stabilized L-alpha-glycerophosphatidylcholine)	
turmeric (Curcuma longa) extract (root).....	100 mg.
(standardized to contain 95% curcuminoids)	
CardioPhenol Complete	
red wine (Vitis vinifera) concentrate (whole grape).....	75 mg.
(standardized to contain 25% total polyphenols)	
grape (Vitis vinifera) extract (seed).....	75 mg.
(standardized to contain 92% polyphenols)	
pomegranate (Punica granatum L.) extract (whole fruit)	50 mg.
(standardized to contain 40% punicosides)	
Contains milk, soy	
Other ingredients: calcium phosphate, silicon dioxide	
4 capsules per day, in divided doses, with meals.	



— Your Trusted Source —

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