



— Your Trusted Source —

## Longevity Nutrients

With Metafolin® L-5-MTHF

Introduced 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 K<sub>1</sub> and K<sub>2</sub> and 1,000 iu vitamin D<sub>3</sub> 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 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

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. *Ginkgo biloba* extract is derived from the leaf and 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.

(continued)

## Recommendations

Pure Encapsulations recommends per 4 capsules daily, 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

vitamin A (as beta carotene).....	7,500 iu
vitamin C (as ascorbic acid).....	250 mg
vitamin D (as cholecalciferol) (D <sub>3</sub> ).....	1,000 iu
vitamin E (as d-alpha tocopherol succinate).....	100 iu
vitamin K (as vitamin K <sub>1</sub> and 15% vitamin K <sub>2</sub> (menaquinone-7)).....	100 mcg
thiamin (as thiamin HCl) (B <sub>1</sub> ).....	10 mg
riboflavin (vitamin B <sub>2</sub> ).....	5 mg
niacin (as niacin and 56% niacinamide).....	45 mg
vitamin B <sub>6</sub> (as pyridoxine HCl).....	5 mg
folate (as Metafolin®, L-5-MTHF).....	400 mcg
vitamin B <sub>12</sub> (as methylcobalamin).....	500 mcg
biotin.....	2 mg
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ).....	50 mg
iodine (as potassium iodide).....	200 mcg
zinc (as zinc citrate).....	15 mg
selenium (as selenomethionine).....	200 mcg
manganese (as manganese citrate).....	2 mg
chromium (as chromium polynicotinate).....	400 mcg
boron (as boron glycinate).....	2 mg
vanadium (as bis-glycinato oxo vanadium).....	100 mcg
ascorbyl palmitate (as fat-soluble vitamin C).....	80 mg
riboflavin 5' phosphate (activated B <sub>2</sub> ).....	10 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	10 mg
mixed carotenoids (as lycopene, lutein and zeaxanthin).....	425 mcg
choline bitartrate.....	100 mg
inositol.....	125 mg
alpha lipoic acid (thioctic acid).....	75 mg
<b>MacularSynergy Extra</b>	
lutein.....	10 mg
zeaxanthin.....	2 mg
<b>CognitivePro Complex</b>	
bacopa (bacopa monniera) extract.....	100 mg
(standardized to contain 20% bacosides)	
ginkgo (ginkgo biloba) extract (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)	
<b>CardioPhenol Complete</b>	
red wine grape (vitis vinifera) concentrate (whole fruit).....	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)	
other ingredients: calcium phosphate, silicon dioxide, vegetarian capsule (cellulose, water)	

**Contains soy**

**4 capsules daily, in divided doses, with meals.**

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



FloraGLO LUTEIN is a registered trademark of Kemin 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.