



The Science of a Healthier Life®

July/August 2026

FEATURE ARTICLES

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A large, stylized silhouette of a human figure is composed of a complex network of blue dots and lines, resembling a molecular or cellular structure. This graphic is set against a background of soft-focus water droplets and a light blue gradient.

MAJOR ADVANCE IN **CoQ10** BIOAVAILABILITY

Page 40

PLUS: Cost-Effective
Option to Boost NAD+

Page 64

Oh-Mg!

LE

105 mg



Bioavailable
MAGNESIUM GLYCINATE
For Whole-Body Health

Magnesium is involved in over **600** biochemical reactions in the human body.

Each capsule of **Magnesium Glycinate** provides **105 mg** of elemental magnesium. This can enable healthy magnesium levels to be achieved throughout the body.

Item #02535

90 vegetarian capsules



This product is available at fine health food stores everywhere.

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

"Good stuff!"

Steven

VERIFIED CUSTOMER
REVIEW



A Bodyguard for Your BRAIN



(1000 mcg of lithium per tiny cap)

Item #02403

100 vegetarian capsules

Each bottle lasts 100 days.



* European Journal of Nutrition. 2011;50(5):387-389.

People tend to live longer in areas where lithium is abundant in the drinking water.*

Lithium is a low-cost mineral that functions in several ways to support cognition and overall brain health.

Maintain healthy cognition with lithium—it's like a bodyguard for your brain!

This product is available at fine health food stores everywhere.

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

Add **AMPK** METABOLIC ACTIVATOR

To Your Health Routine



AMPK is an enzyme in the body that signals cells to burn fat for energy.

Over time, AMPK levels decline and can cause accumulation of abdominal fat.

AMPK Metabolic Activator provides gynostemma and hesperidin extracts to:

- Revitalize healthy AMPK activity
- Encourage use of abdominal fat for energy
- Promote healthy cellular metabolism



This product is available at fine health food stores everywhere.

Item #02207
30 vegetarian tablets

Actiponin® is a trademark of TG Biotech Co., Ltd.

This supplement should be taken in conjunction with a healthy diet and regular exercise program.
Individual results are not guaranteed, and results may vary.

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Confidence

Between the Sheets

Sexual Health Support for Men

Turn up your libido with clinically researched ingredients that:

- Support healthy erectile & sexual function
- Promote male arousal, satisfaction & desire
- Support healthy mood, energy & stamina

Dim the lights and set the mood with
Advanced Male Sexual Support!

**This product is available at
fine health food stores everywhere.**

NEW



Item #02549

60 vegetarian capsules

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The **SUPER AGING** Secret

Have you heard?
Luteolin is a
flavonoid that
may be the key
to healthy aging.



This new, highly-bioavailable formula:

- Supports cellular health and healthy aging
- Has been shown to provide up to 14x increased bioavailability in a clinical study*
- Is formulated with innovative fenugreek fiber coating to enhance absorption

Absorb the healthy aging benefits of Bio-Luteolin™

Item #02547

30 vegetarian capsules

*Than regular luteolin defined as 98% pure powder luteolin

This product is available at fine health food stores everywhere.

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REPORTS



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ON THE
COVER

A More Bioavailable CoQ10

CoQ10 levels decrease with aging and statin use. In a clinical trial, a **new CoQ10** formulation *boosted bioavailability* up to **24-fold**, compared to conventional CoQ10.

DEPARTMENTS

10 IN THE NEWS

Higher folate and vitamin D levels protect against mortality risk from plasticizer chemicals; higher carotenoid levels linked to lower mortality among cancer survivors; magnesium reduced mortality among ICU respiratory distress patients; testing and rebalancing two hormones may improve sleep.

18 REDUCE STRESS WHILE STAYING SHARP

Managing stress is key to cognitive function. In separate human trials, **two plant extracts** *reduced* overall perceived **stress** by **71%**, *lowered* **cortisol** by **24%**, and *improved* **attention** and **working memory**.

26 HOW MEN CAN REVERSE HAIR LOSS

In a clinical study, two **plant extracts** *increased* **hair growth** for **95%** of men with male pattern baldness. In a separate trial, another plant extract *decreased* **hair loss** by **29%**.

34 WHAT IS BLACK CUMIN SEED OIL?

Components in **black cumin seed oil** help *balance* optimal **inflammatory** and **immune responses**, which may help battle chronic diseases such as arthritis, allergies, asthma, cardiovascular disease, and more.

52 COLORECTAL CANCER:

A GROWING THREAT TO YOUNGER ADULTS

Life Extension® has historically advocated for *earlier* **colorectal cancer** screening. Now, younger adults are increasingly diagnosed with colorectal cancer. Specific nutrients, dietary patterns and screening can protect against this growing risk.

64 COST-EFFECTIVE NAD

NMN is an effective, *lower*-cost way to support **NAD⁺**. Clinical trials show that **NMN** significantly *increases* circulating levels of **NAD⁺** in older adults.

78 EASE STOMACH DISCOMFORT

In a clinical trial of adults with peptic ulcers, zinc- carnosine promoted healing in **65%** of subjects. In separate clinical trials, a novel postbiotic lowered marker of *H. pylori* infection.

90 WHAT IS SAFFRON?

Compounds in **saffron** help *balance* **mood** and *improve* **eye health**. Also, a saffron extract decreased snacking by **55%** and *promoted* **weight loss**.



The Key to Aging Well

Unlock healthy aging with our new family of NAD+ boosting formulas that deliver nicotinamide mononucleotide to support energy production at the cellular level. Promote healthy aging at the cellular level.

Item #02555
30 vegetarian capsules

GLUTEN FREE NON GMO LE CERTIFIED

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"I love it."
Steven
VERIFIED CUSTOMER
REVIEW

UP TO 45 TIMES
GREATER
BIOAVAILABILITY[‡]

CURCUMIN



Item #02407

60 vegetarian capsules

Patented technology combining **turmeric** and **fenugreek fiber** results in up to **45 times** greater bioavailability of free **curcuminoids**.

This product is available at fine health food stores everywhere.

[‡] Studied against powder turmeric extract standardized to 95% curcuminoids



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In the News

Folate, Vitamin D May Help Counteract Mortality Risk from Plasticizers

Greater exposure to a mixture of common plasticizers, chemicals such as phthalate metabolites and bisphenol-A, found in cosmetics, food packaging and other sources, was associated with an increased risk of cardiovascular mortality, cancer mortality, and mortality from all causes over an 8.5-year average follow-up period.*

But this association was observed *only* among individuals whose red blood cell **folate** and **vitamin D** levels were among the lowest third of the people in the study.

The study included 8,378 adults enrolled in the U.S. National Health and Nutrition Examination Survey (NHANES) 2005–2016 cycles. Participants were divided into thirds according to their urinary levels of eight phthalate metabolites, plus bisphenol-A.

Editor's Note: "Plastic pollution is a major environmental and health issue," the authors stated.

* *Lancet Planet Health*. 2025 Dec;9(12):101394.



Higher Carotenoid Levels in Cancer Survivors Linked with Reduced Death Rate

In a prospective cohort study, researchers found that higher serum levels of carotenoids were associated with reduced all-cause mortality in cancer survivors.*

Researchers analyzed serum concentrations of carotenoids in **1,816** cancer survivors from the National Health and Nutrition Examination Survey (NHANES) III and Continuous NHANES (2001–2006).

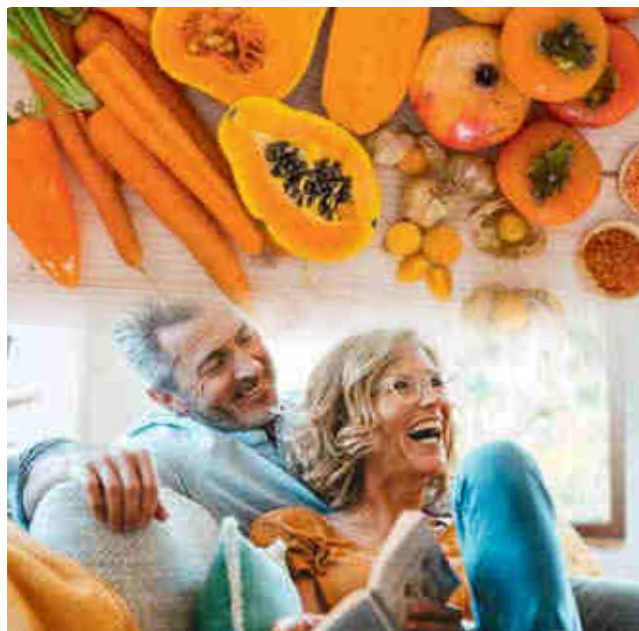
During 15 years of follow-up, only **40%** survived.

People with *higher* blood levels of **alpha-carotene**, **beta-carotene**, **lycopene**, and **lutein/zeaxanthin** had a significantly lower risk of death from any cause.

The association persisted even after adjusting for factors such as age, lifestyle, body weight, kidney function, supplement use, and existing health conditions.

Editor's Note: A carotenoid is a pigment responsible for producing red, orange, and yellow colors seen most commonly in fruits and vegetables. They have been shown to have antioxidant, anti-inflammatory, and immunomodulatory properties.

* *Clinical Nutrition ESPEN*. Volume 70, December 2025;165-173.



Magnesium Can Lower Mortality Risk for ICU Patients with Respiratory Distress

A recent study found that hospitalized adults with acute respiratory distress syndrome (ARDS) who received magnesium during their intensive care unit (ICU) stay had a significantly lower risk of death.*

The study included 1,282 critically ill, adult ICU patients with acute respiratory distress syndrome (ARDS) who received intravenous magnesium, and an equal number of ARDS patients who did not receive magnesium.

Patients who received magnesium had a **29% lower risk of in-hospital mortality** compared with those who did not receive the treatment.

When examining **30-day all-cause mortality in the ICU**, magnesium recipients showed a **25% lower risk**.

Editor's Note: "Magnesium homeostasis disturbances, especially hypomagnesemia, can increase infection risk, impair respiratory system function, and worsen disease progression, ultimately leading to increased mortality," the researchers stated.

* *Sci Rep*. 2025 Oct 10;15(1):35528.



Hormone Imbalances Can Cause Sleep Problems

Approximately half of adults over the age of 60 report difficulty with sleep.¹ While sleep aids may offer temporary relief, they do not solve the underlying cause of sleep problems.

For many people, poor sleep is associated with imbalances in two important hormones: cortisol and melatonin. Cortisol is the body's primary stress hormone, and its secretion follows a strong circadian rhythm. Levels are low at sleep onset and remain minimal during the evening and early night, which supports relaxation and sleep. Cortisol then begins to rise in the early morning hours, peaks shortly after awakening (around 30-45 minutes after waking up), and gradually declines throughout the day.^{2,3}

Melatonin is the body's primary sleep-promoting hormone, and its secretion follows a circadian rhythm. Levels begin to rise in the evening, peak during the night to support sleep, and decline after sunrise; this rhythm is regulated by the brain's internal clock and coordinated with cortisol to control the sleep-wake cycle.^{2,3}

Circadian rhythm disruption, common in shift-working healthcare workers, leads to poor sleep and biological misalignment. This causes chronic fatigue, stress hormone imbalance, and metabolic strain, increasing burnout, depression, and overall health risks.³

The Sleep Hormones Profile Saliva Test is a simple at-home test that measures your cortisol and melatonin levels. Understanding these patterns can provide valuable insight into why sleep issues are occurring and how to restore healthy hormone balance.

Editor's Note: If you experience any type of sleep difficulty, checking your hormones should be an important part of your plan for achieving better sleep and long-term health.

References

1. *Lancet Neurol.* 2019 Mar;18(3):296-306.
2. *Endocr Rev.* 2025 Jan 10;46(1):43-59.
3. *Clin Pract.* 2025 Oct 29;15(11):199.

To order this at-home test, call
1-800-208-3444 (24 hours).

Immune Defense Year-Round

spring

summer

fall

winter

"I feel that this product is a great partner in my quest for a healthy life"

Patricia

VERIFIED CUSTOMER REVIEW

Immune challenges can lead to nose, throat, and eye discomfort.

FLORASSIST® Probiotic Immune & Nasal Defense

combines a probiotic with a yeast fermentate to support a year-round healthy immune response.

Convenient, once-daily formula.

This product is available at fine health food stores everywhere.



EpiCor® is a registered trademark of Cargill, Incorporated.

Item #02208

30 vegetarian capsules



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

Un-Bee-lievable Immune Support

Meet the bee's knees of respiratory immune defense. Our Bee Immune Propolis:

- Is available in both fast-acting spray and capsules for year-round support
- Supports upper respiratory tract health and a healthy immune response
- Delivers a clinically studied bee propolis standardized to compounds known to support immune health

**“Bee” your
healthiest self
year-round with
Bee Immune
Propolis.**



Item #02550

0.5 fl. oz. (15 mL)



Item #02546

60 vegetarian capsules

These products are available at
fine health food stores everywhere.

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

IK

FOR DAILY HEALTH

Strong bones and a healthy heart are two benefits of adding vitamin K to your routine.

This essential nutrient helps maintain the body's calcium balance and, in turn, supports everything from arterial health to bone density.

Getting enough is easy by supplementing with as much—or as little—vitamin K as you need.



*** CAUTION:** If you are taking a vitamin K antagonist (e.g. warfarin), consult your healthcare practitioner before taking a vitamin K supplement.

Super K*

Vitamin K1 (as phytanadione) 2,000 mcg
Vitamin K2 (MK-4) 1,000 mcg
Vitamin K2 (as MenaQ7® *trans* menaquinone-7) 180 mcg

Item #02334

90 softgels

Low Dose Vitamin K*

45 mcg

Item #01936

90 softgels

Mega Vitamin K2*

45,000 mcg

Item #02417

30 capsules

These products are available at fine health food stores everywhere.

MenaQ7® is a registered trademark of Lesaffre et Compagnie, France.



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

Hair so Nice, They'll Look Twice!

Hair Growth for Men is a **plant-derived** formula that *supports* the normal growth cycle for **healthy hair**.

In a clinical trial, a proprietary blend of **black rice seed** and **prickly pear** flower extracts helped to:¹

- Support hair health
- Promote hair fullness and density

This formula also features a standardized **saw palmetto** oil that in a 4-month clinical trial demonstrated support for:²

- Fuller hair with more density
- Reduced hair shedding
- Healthy hair appearance

Just one **Hair Growth for Men** softgel daily can help maintain healthy hair.

This product is available at fine
health food stores everywhere.



Item #02538

30 softgels

References: 1. J Cosmo Tricho. 2023;9(3):207. 2. Clin Cosmet Investig Dermatol. 2023 Nov 11;16:3251-3266.
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"I do believe this works."
Carolyn
VERIFIED BUYER

Stressed?

"Won't want to be without it."

Donna
VERIFIED BUYER

Stress releases the hormone **cortisol** throughout the body. Maintaining healthy cortisol levels promotes healthy **mood** and **stress response**.

Cortisol-Stress Balance provides a proprietary blend of magnolia, phellodendron, lychee, and green tea extracts for a greater sense of calm.



Item #02312

30 vegetarian capsules

This product is available at fine health food stores everywhere.



Relora® is a trademark of Lonza, registered in the USA. Oligonol® is a registered trademark of Amino Up Co. Ltd.

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Reduce STRESS While Staying SHARP



SPEARMINT



ASHWAGANDHA

The number of U.S. adults reporting difficulties with **concentration, memory, and decision-making** increased from **5.3%** to **7.4%** from 2013 to 2023, according to a study published in **2025**.¹

Surprisingly, the number of **younger adults** reporting these cognitive issues nearly **doubled** over the 10-year period.¹

Several factors, including **stress**, contribute to foggy thinking and cognitive challenges.¹⁻³

However, these concerns can be addressed. Some scientists have been researching two botanical extracts to address stress and mental focus:

- **Ashwagandha:** In one clinical trial, a standardized ashwagandha extract reduced feelings of stress by **71%** and lowered levels of the stress hormone cortisol by **24%**.⁴
- **Spearmint:** In clinical trials, spearmint increased **attention** by **11%**,⁵ and **working memory** by **15%**.⁶

Together, these plant extracts may help lower stress while maintaining mental focus.

Stress and Brain Dysfunction

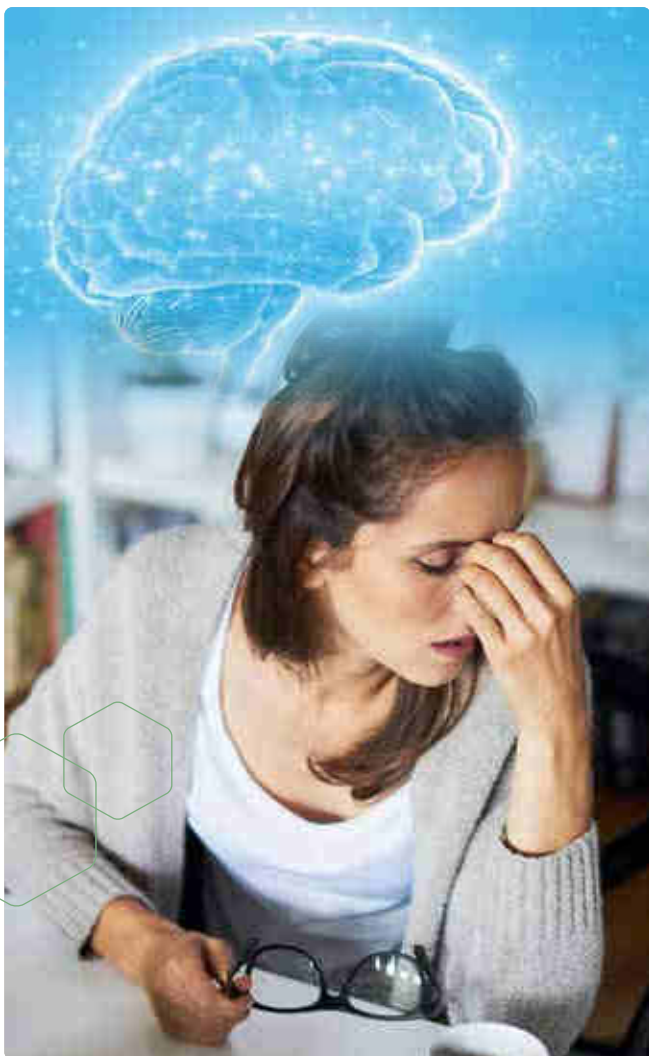
Stress can make it challenging to concentrate and think.⁷

Chronic stress weakens the immune system and can increase susceptibility to illness. It raises cortisol levels through activation of the HPA axis, which suppresses immune function.⁸ Stress and elevated cortisol can interfere with sleep.^{9,10} Good sleep is crucial for **memory consolidation** and **attention**.¹¹

Stress is also linked to an increased risk of cognitive impairment,¹² as well as cardiometabolic conditions, including **type 2 diabetes**,¹³ **cardiovascular disease**,¹⁴ **high blood pressure**,¹⁵ and even **stroke**.¹⁵

Over the long term, mental stress can even increase the risk of **dementia**.¹²

The plant world offers promising solutions for calming the brain and enhancing its function.



Ashwagandha: An Ancient Stress Solution

Ashwagandha, an herb used in traditional Indian Ayurvedic medicine, is classified as an **adaptogen** because it helps the body adapt to stress.¹⁶ Ashwagandha helps the body manage stress by reducing cortisol and supporting the overall balance of stress-related hormones.¹⁷⁻¹⁹

In one trial, chronically stressed adults ages 18 to 60 took varying doses of standardized **ashwagandha extract** or a **placebo** daily for 60 days.⁴

Stress levels were measured with the Hamilton Rating Scale for Anxiety (**HAM-A**), a questionnaire assessing mental and physical symptoms, such as **difficulty concentrating**, and tension headaches.²⁰

Those taking **250 mg** of standardized ashwagandha extract daily, in two divided doses for 60 days, experienced the following changes from baseline:⁴

- **71%** decrease in overall feelings of **stress** and **anxiety**,
- **24%** decrease in the stress hormone **cortisol**,
- **3.4%** decrease in **systolic** (top number) blood pressure, and
- **8.2%** decrease in **pulse rate**.

The placebo group had no significant change in perceived stress or physical measures of stress.⁴

Participants who were taking ashwagandha also reported improvements in their ability to **concentrate** and **remember** things.

Anti-Stress Action

In a **2024** study, 131 mild to moderate chronically stressed adults ages 18 to 60 took a standardized extract of ashwagandha at varying doses or a placebo daily for eight weeks.²¹

Compared with placebo, those who took **150 mg** of **standardized ashwagandha extract** daily showed a dose-dependent response from baseline:

- **34%** reduction in **mental stress** (measured by a standard questionnaire),
- **18%** decrease in plasma **cortisol** levels, and
- Significant reduction in **inflammatory cytokines** associated with stress.

Ease Stress and Sharpen Thinking

- Foggy thinking and difficulty concentrating can often be linked to stress.
- Ashwagandha, an herb used in traditional South Asian medicine, has been clinically shown to reduce overall perceived stress by up to **71%** when taken as a standardized daily extract.
- Daily oral intake of a specialized spearmint extract has been shown to improve working memory by **15%** and increase sustained attention by **11%** in clinical trials.
- Combining ashwagandha and spearmint extracts may help support mental focus and cognitive function while promoting calmness.



What You
Need
To Know

In addition, the ashwagandha extract improved feelings of **vitality** and **mood** along with self-reported quality of **sleep**.

Spearmint and Focus

Spearmint is rich in health-promoting polyphenolic compounds, including **rosmarinic acid**.²²

In preclinical studies rosmarinic acid and other spearmint polyphenols support the brain by:

- Reducing **oxidative stress** and **inflammation**,^{23,24}
- Protecting the health of **neurons** in the brain,^{25,26} and
- Increasing **acetylcholine**, a neurotransmitter critical for learning and memory.²⁷

Scientists used traditional breeding techniques to develop a spearmint extract high in rosmarinic acid and other polyphenols.²⁸

A pilot trial of healthy adults confirmed that a **900 mg** dose of this spearmint extract was well absorbed. Supplementation improved reasoning and attention after 30 days and enhanced **attention** within **2–4 hours** after a single dose.²⁹

In a three-month trial involving 90 adults, ages 50 to 70, with age-associated memory issues, taking **900 mg** of spearmint extract improved **working memory** (the ability to temporarily retain and use information) by **15%** and improved spatial working memory by **9%**, compared to placebo.⁶

Diverse Brain Benefits

In another clinical study, 142 healthy, active **younger adults**, ages 18 to 50, took either **900 mg** of spearmint extract or a placebo daily for 90 days to test its effect on **sustained attention**.³⁰

Sustained attention helps people complete longer tasks, such as reading this article or focusing during lengthy car drives.³¹ Ongoing stress or worry can affect daily life and may cause poor sleep, irritability, restlessness, and difficulty concentrating.³²

On computerized cognitive tests, the spearmint group had an **11%** increase in **sustained attention** from baseline, while the placebo group showed little change.³⁰

In another 90-day, placebo-controlled trial of younger adults, the spearmint extract not only improved **mental focus** but also **reaction time**, and **hand-eye, foot-eye coordination**.⁵

A **combination** of spearmint and ashwagandha may both relieve stress *and* improve focus.

Summary

Managing stress and supporting brain health are key to maintaining cognitive function.

Scientists have developed an **ashwagandha** extract that has been clinically shown to reduce feelings of stress and anxiety while lowering the stress hormone cortisol.

To complement these benefits, a specialized **spearmint** extract with high levels of polyphenols has been clinically shown to improve attention and working memory.

Together, ashwagandha and spearmint extracts may help adults manage stress while supporting mental focus and cognitive performance. ■

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REVIEW

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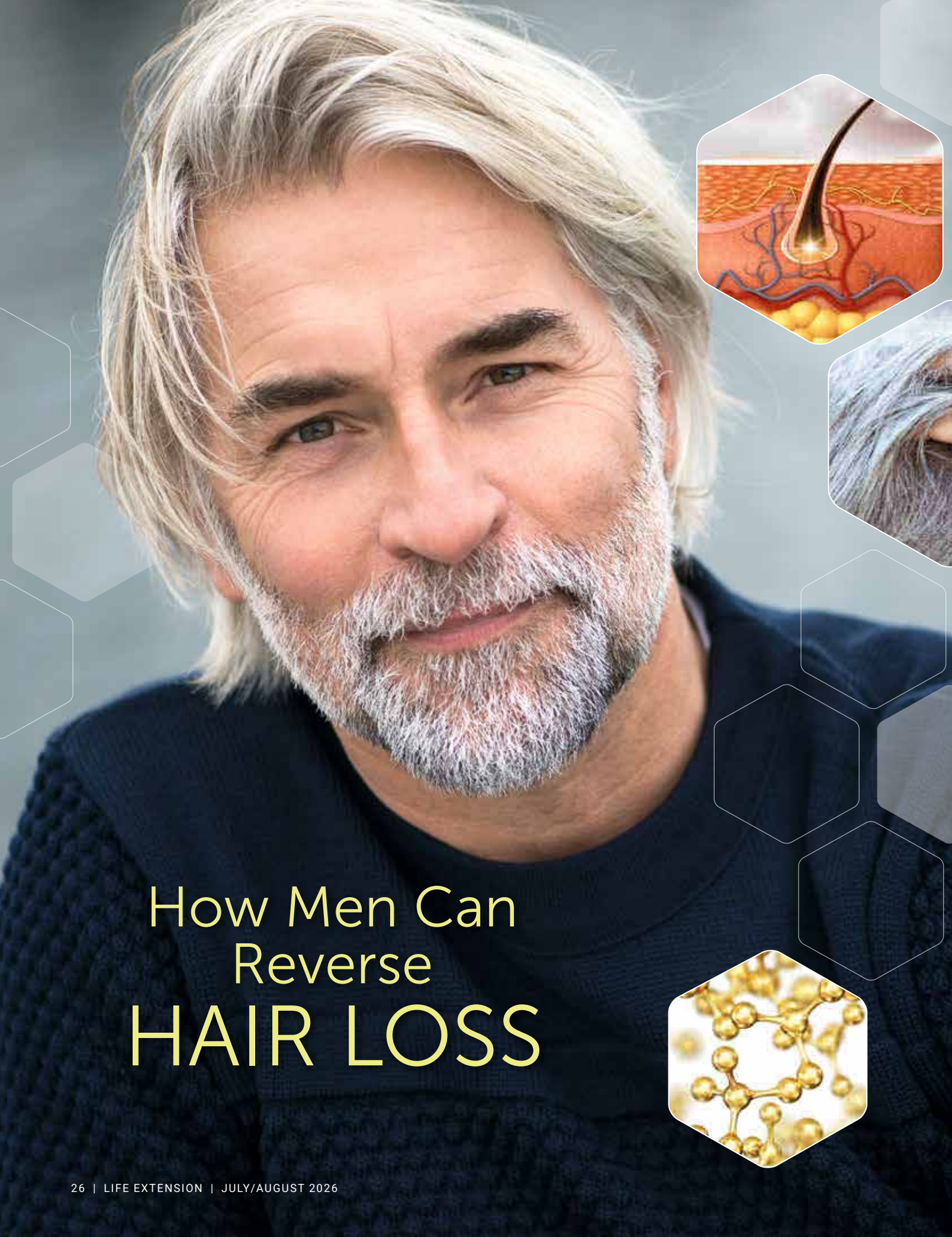
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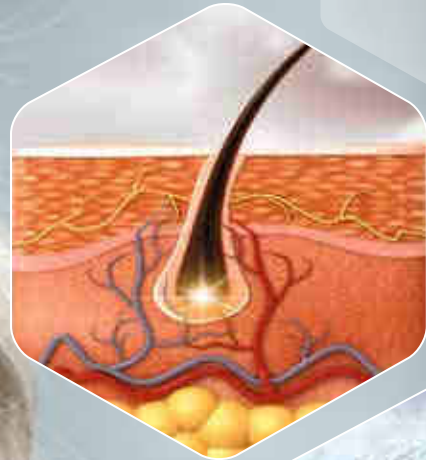
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How Men Can Reverse HAIR LOSS





BY HEATHER L. MAKAR

Progressive hair loss may begin in early adulthood, affecting about **30%** of men by age **30** and worsening with age.¹

For many men, hair loss can seem inevitable.

But researchers have identified three **plant extracts** that may help men save their hair.

In a clinical study, **95%** of men taking a blend of two of these ingredients showed **improvements** in **hair growth** measures within six months.²

In another clinical trial, participants who took a third plant extract experienced a **29%** decrease in hair loss and a **5%** increase in hair density.³

These three plant-extract ingredients have been combined into an **oral** formula designed to support hair growth and reduce hair loss.

Why Men Lose Their Hair

Progressive hair loss in men is known as **male pattern baldness**, or androgenetic alopecia, caused by increased levels of a hormone called **dihydro-testosterone (DHT)**.

DHT acts on genetically sensitive hair follicles, leading to gradual hair loss.⁴

When DHT binds to hair follicles, it causes them to shrink. Over time, thick, healthy hairs are replaced by thinner, shorter ones until only fine, barely visible hairs remain, gradually leading to the appearance of baldness.⁴

An enzyme in the body called **5-alpha-reductase** converts testosterone into DHT.^{4,5} Men experiencing hair loss often have more of this (DHT) enzyme.⁵

Inflammation, oxidative stress, and vascular changes affecting follicles can all accelerate hair loss and balding.^{2,4,5}

Conventional Therapies for Hair Loss

Currently, two FDA-approved therapies—topical minoxidil and oral finasteride—are commonly used for male pattern baldness.^{4,6} In addition, non-pharmacologic options including low-level laser and light-based devices (such as red-light therapy) have obtained FDA clearance for hair regrowth.⁷

Minoxidil, applied topically, improves blood flow to hair follicles, and promotes cell growth. Finasteride, taken orally, inhibits the enzyme **5-alpha-reductase** that contributes to DHT production.⁶

Both have limitations. Results can take six to twelve months to appear, so it should be used for up to a year before deciding whether treatment is a success, and any gains vanish when treatment stops. Both can prevent further hair loss but they only partially reverse baldness.⁴

Finasteride can cause decreased sex drive and erectile problems in some men.^{8,9}

Plant-Based Compounds for Hair Growth

To support individuals seeking non-drug alternatives, scientists evaluated several plant-derived extracts including **standardized black rice** and **prickly pear flower extracts**.

A preclinical cell study provided evidence that **prickly pear flower extract** is capable of inhibiting **5-alpha-reductase**.¹⁰

Black rice provides **cyanidin-3-glucoside (C3G)**, an anthocyanin with antioxidant properties that may help protect follicles from oxidative damage.²

When these two extracts were combined in a clinical study, supplementation with the standardized extracts resulted in increased hair growth and density, and a slowing of hair loss.²



What You Need To Know

Boost Healthy Hair Growth

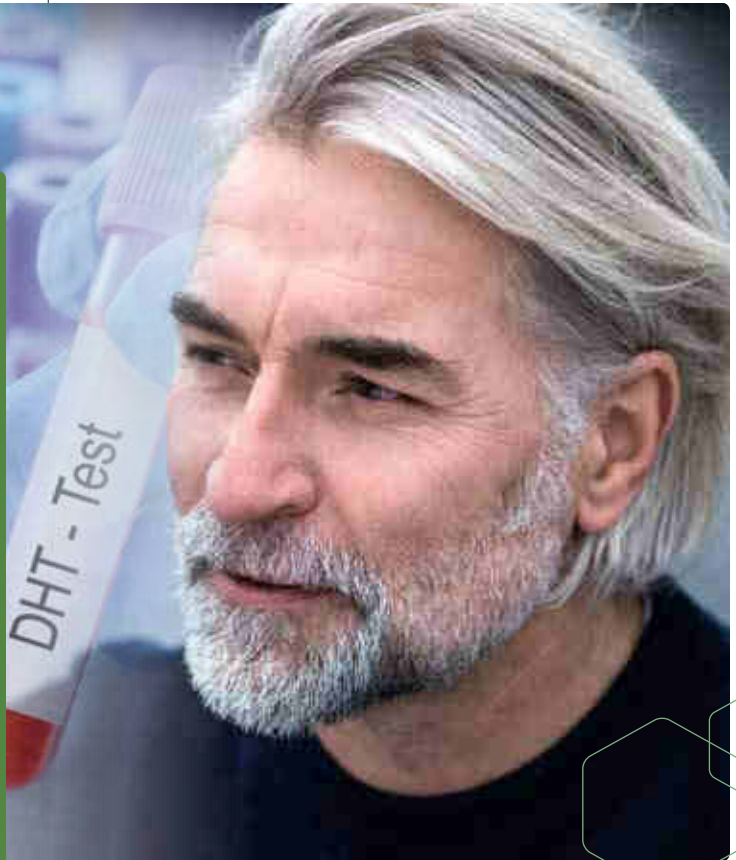
- Male pattern baldness, a type of progressive hair loss, affects up to **80%** of men.
- In a clinical trial, a **black rice-prickly pear flower** extract blend improved hair growth measures in **95%** of men within six months. Over **63%** of men noticed visible improvements within **three months**.
- In another trial, **saw palmetto oil** reduced hair shedding by **29%** and increased hair density by **5%** in 16 weeks.
- A blend of these three oral ingredients may help optimize hair growth and fullness and reverse hair loss.

Researchers tested the combination of **black rice** and **prickly pear** extracts in 86 men (18 – 55 years old) with mild-to-moderate male pattern hair loss. Half received **250 mg** of the extract blend daily, while half took a **placebo**, for six months.

Treatment progress was evaluated using a high-resolution phototrichogram—a noninvasive tool for assessing hair growth—along with a self-assessment questionnaire. Dermatologists analyzed high resolution scalp images to quantify hair density per square centimeter and to measure hair thickness and length.

After six months, advanced imaging technology revealed notable differences between the two groups. Men taking the extract blend had a:²

- **9.5%** increase in total **hair density**,
- **28%** increase in density of hair in the **growing** phase, and
- **31%** decrease in dormant, **non-growing** hair.



Dermatologists reviewing before-and-after photos, rated a remarkable **95%** of treated men as showing **hair growth improvement**, compared to just **34%** in the placebo group.²

Overall, **75.6%** of those receiving the extract blend were satisfied with the results, and **63.5%** noticed visible improvements within just **two months**.²

Saw Palmetto May Help Reduce Hair Loss

Saw palmetto, long used in prostate health applications, has demonstrated potential benefits for hair health as well.³

In a cell study, standardized saw palmetto oil inhibited 5-alpha reductase and provided **anti-inflammatory** and **angiogenic** (forming new blood capillaries) effects.¹¹

Saw palmetto oil standardized to **2–3% beta sitosterol** and **85% total fatty acids**, has been shown in laboratory studies to inhibit **5-alpha-reductase** and support anti-inflammatory and angiogenic (forming new blood capillaries) effects.³

In a clinical trial, participants with mild to moderate hair loss who took **100 mg** of standardized **saw palmetto oil** daily for 16 weeks had:³

- A **29%** reduction in **shedding** during a hair comb test,
- A **20.5%** decrease in **shedding** during a hair pull test, and
- A **5.17%** increase in **hair density** (compared to a **3.23%** decrease in those taking a placebo).

Half the men taking saw palmetto reported thicker, better-looking hair, compared to just **10.5%** in the placebo group.³

Blood tests confirmed that **DHT** levels dropped by **22.2%** in those taking saw palmetto while remaining within the normal range for healthy men.³ Saw palmetto does not appear to affect PSA levels, which may be relevant for men undergoing prostate screening.^{12,13}

Combining these **three** plant extracts may help reduce hair loss and support hair growth.



Summary

Progressive **hair loss** may be slowed or managed.

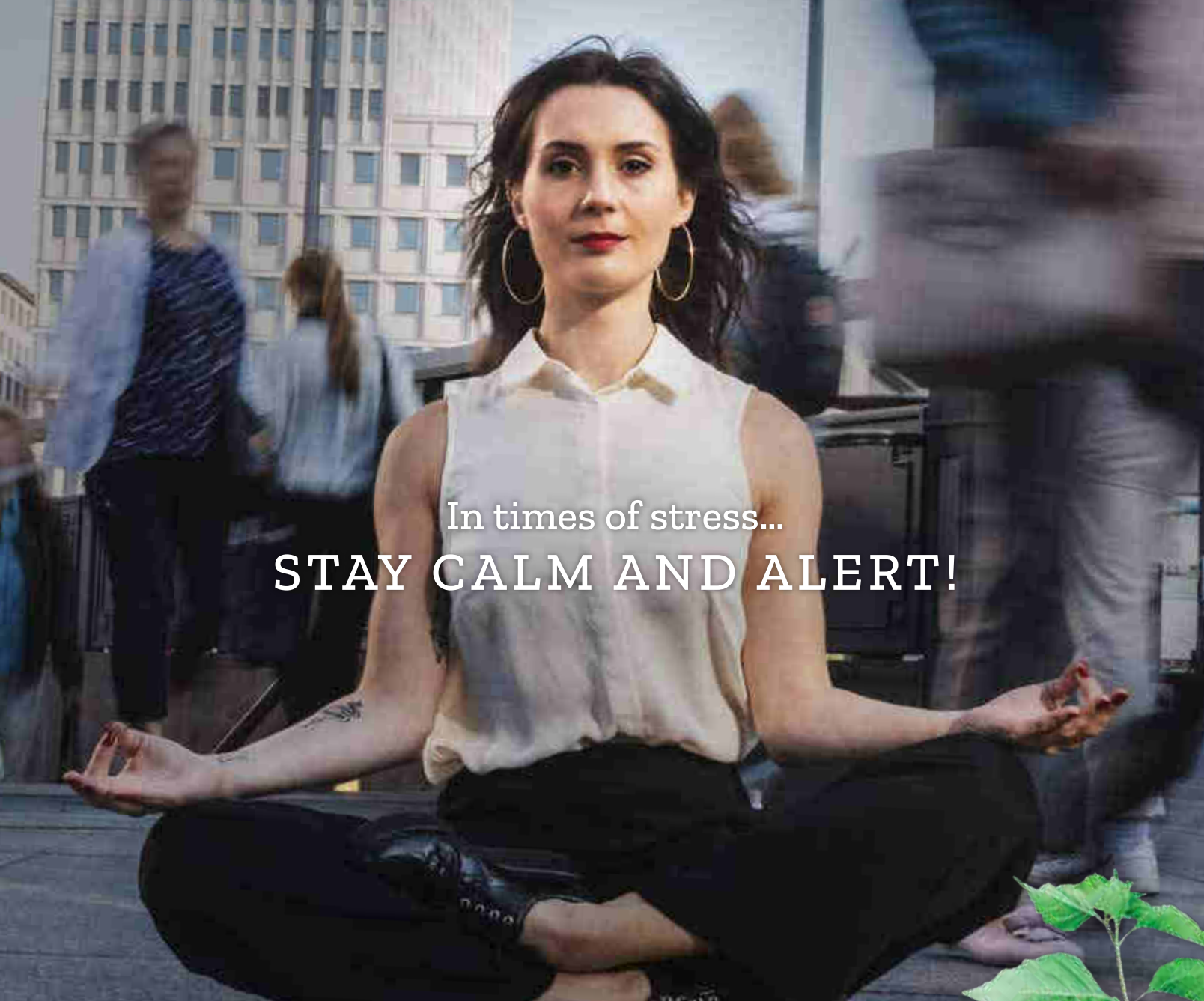
In a clinical trial, **95%** of men taking a blend of **black rice** and **prickly pear** flower extracts showed increased **hair growth** measures by six months.

In another trial, oral **saw palmetto oil** was associated with a **29%** reduction in **hair shedding**.

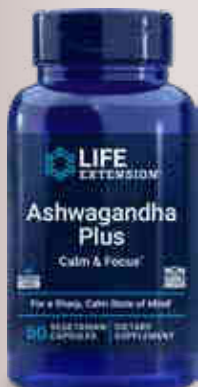
A combination of these three ingredients offers a promising approach to promoting hair growth and reducing hair loss. ■

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A woman with dark, wavy hair and large hoop earrings is sitting in a meditative lotus position on a city sidewalk. She is wearing a white sleeveless button-down shirt and black pants. Her hands are resting on her knees in a mudra. The background is a blurred city street with pedestrians and buildings, suggesting a busy, stressful environment.

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1. J Amer Nutraceutical Assoc. 2008;11:1.
 2. J Altern Complement Med. 2018 Jan;24(1):37-47.
 3. Nutr Res. 2019 Apr;64:24-38.
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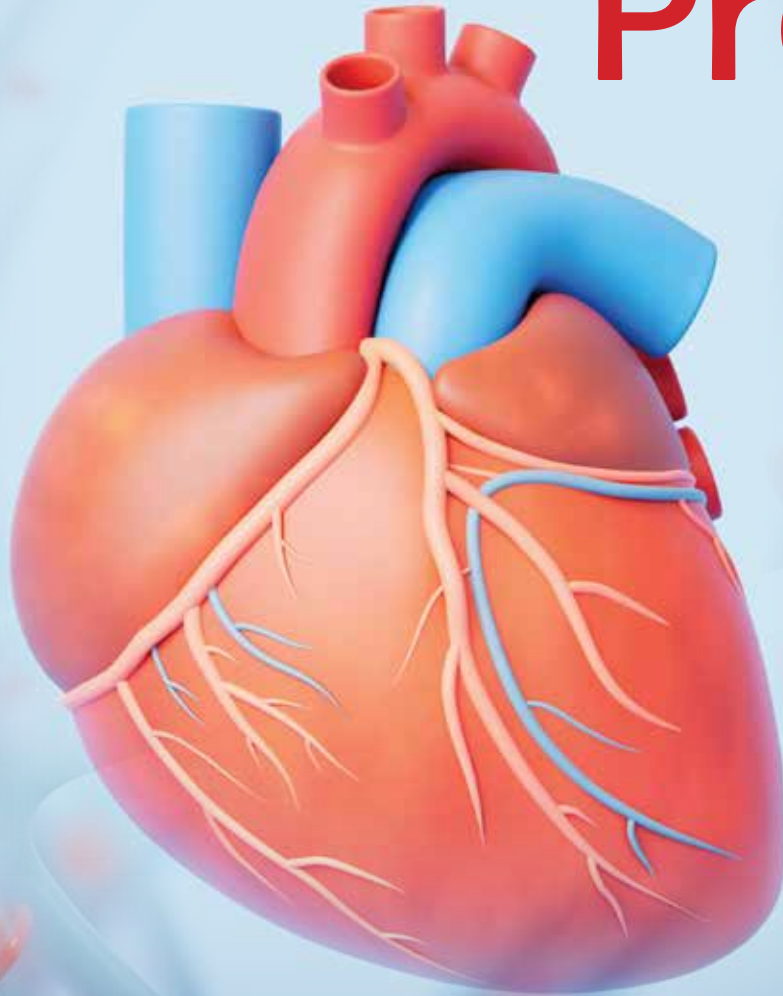
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What is Black Cumin Seed Oil?

BY LAURIE MATHENA



Nigella sativa (black cumin seed) oil has a long-standing history of traditional medicinal use for digestive support, respiratory comfort, and vitality.^{1,2}

Preclinical and clinical research have reported beneficial effects related to immune support by its balancing **inflammatory** and beneficial **immune** responses.^{1,3,4}

Chronic inflammation and changes in immune system function are considered contributors to many age-related diseases.^{5,6}

With aging, the balance between protective and inflammatory responses may become dysregulated. This can lead to low-level systemic inflammation alongside reduced immune responsiveness.^{6,7}

Modern research has identified *thymoquinone*, a primary bioactive compound in **black cumin seed oil**, as having a range of biological activities relevant to inflammation and chronic conditions.²

Current research has focused on three main potential benefits of black cumin seed oil: inflammatory response,^{2,8,9} immune health,^{3,4} and antioxidant defense.^{2,9}

As a result, black cumin seed oil has attracted interest for its potential role in addressing chronic diseases such as arthritis, allergies, asthma, cardiovascular health, and more.²

Arthritis

Rheumatoid arthritis and osteoarthritis differ in cause but are both associated with joint pain, reduced mobility, and inflammation.¹⁰ Preclinical research suggests that **thymoquinone** may influence inflammatory pathways.^{11,12}

- **Rheumatoid arthritis** –

Preliminary research suggests that black cumin seed oil may support joint comfort and help maintain healthy joint function.¹⁰ In a small study of 40 women with rheumatoid arthritis who were already receiving standard treatment, taking **500 mg** of black cumin seed oil twice daily for one month led to significant improvements in disease activity. Participants experienced fewer swollen joints and shorter duration of morning stiffness, as measured by the Disease Activity Score for *Rheumatoid Arthritis*.¹³

- **Osteoarthritis** – associated with the breakdown of joint cartilage.¹⁰ In a study of 116 patients with knee **osteoarthritis**, those taking **2.5 mL of black cumin seed oil** every eight hours for one month experienced significant decreases in their symptoms and in their pain scores, compared to those taking a **placebo**.

A reduction in acetaminophen use was also observed in the treatment group.¹⁴



Nasal Allergies and Asthma

Nasal allergies (allergic rhinitis) and **asthma** are both driven by an overreaction of the immune system and resulting inflammation.¹⁵ Experimental and clinical research have reported that black cumin seed oil has been explored for potential effects on the inflammatory factors in these conditions. Studies suggest it exhibits a range of biological activities relevant to immune and respiratory functions.¹⁶

- **Nasal Allergies** – inflammation triggered by allergens in the air.¹⁵ In a clinical trial of 66 patients with allergic rhinitis, treatment with black cumin seed oil for **30 days** resulted in significant reductions in nasal congestion and itching, runny nose, and sneezing attacks. The improvements were seen in the treatment group as early as in 15 days.¹⁷

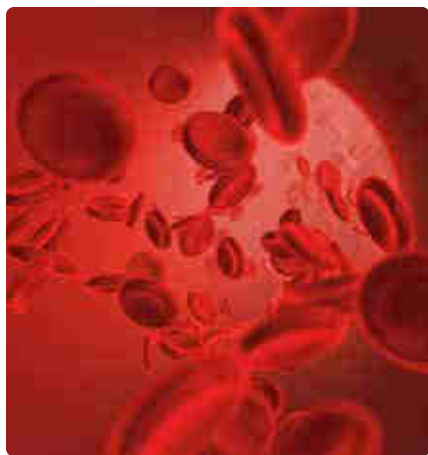


- **Asthma** – a chronic condition involving airway inflammation and reversible narrowing.¹⁸ In a randomized, double-blind, placebo-controlled trial, asthma patients who took **500 mg** of black cumin seed oil twice a day for four weeks experienced greater improvements in their Asthma Control Test score than those taking a placebo. They also had a significant reduction in blood eosinophils.¹⁹ These white blood cells are often elevated in asthma and contribute to the airway inflammation and swelling that trigger asthma attacks.¹⁸

Cardiovascular Health

C-reactive protein (CRP), a marker of **systemic inflammation**, helps predict the risk of **heart disease**.²⁰ Inflammation and oxidative stress contribute to cardiovascular disease progression, with CRP serving as a biomarker and a contributor to clot formation.²¹





- **Coronary artery disease.** In 60 individuals with coronary artery disease, patients took either **2 grams** of black cumin seed oil per day or a placebo for eight weeks. Those taking the black cumin seed oil experienced significant decreases in two cell adhesion molecules that contribute to inflammatory diseases. They also experienced a decrease in the measure of oxidative stress and beneficial increases in total antioxidant capacity. These results indicate that black cumin seed oil may support vascular function and markers of oxidative stress.²²
- **Two systematic reviews** and meta-analyses of randomized controlled trials suggest that *Nigella sativa* seed and seed oil supplementation may be associated with modest improvements in markers of **inflammation** and oxidative stress. Reported findings include reductions in serum **C-reactive protein**^{8,23} and malondialdehyde levels,²³ as well as increases in total antioxidant capacity,²³ with effects appearing more pronounced among individuals with obesity.⁸

Black cumin seed oil should not be confused with culinary cumin; it is derived from the seeds of the *Nigella sativa* plant and is often cold-pressed.

Summary

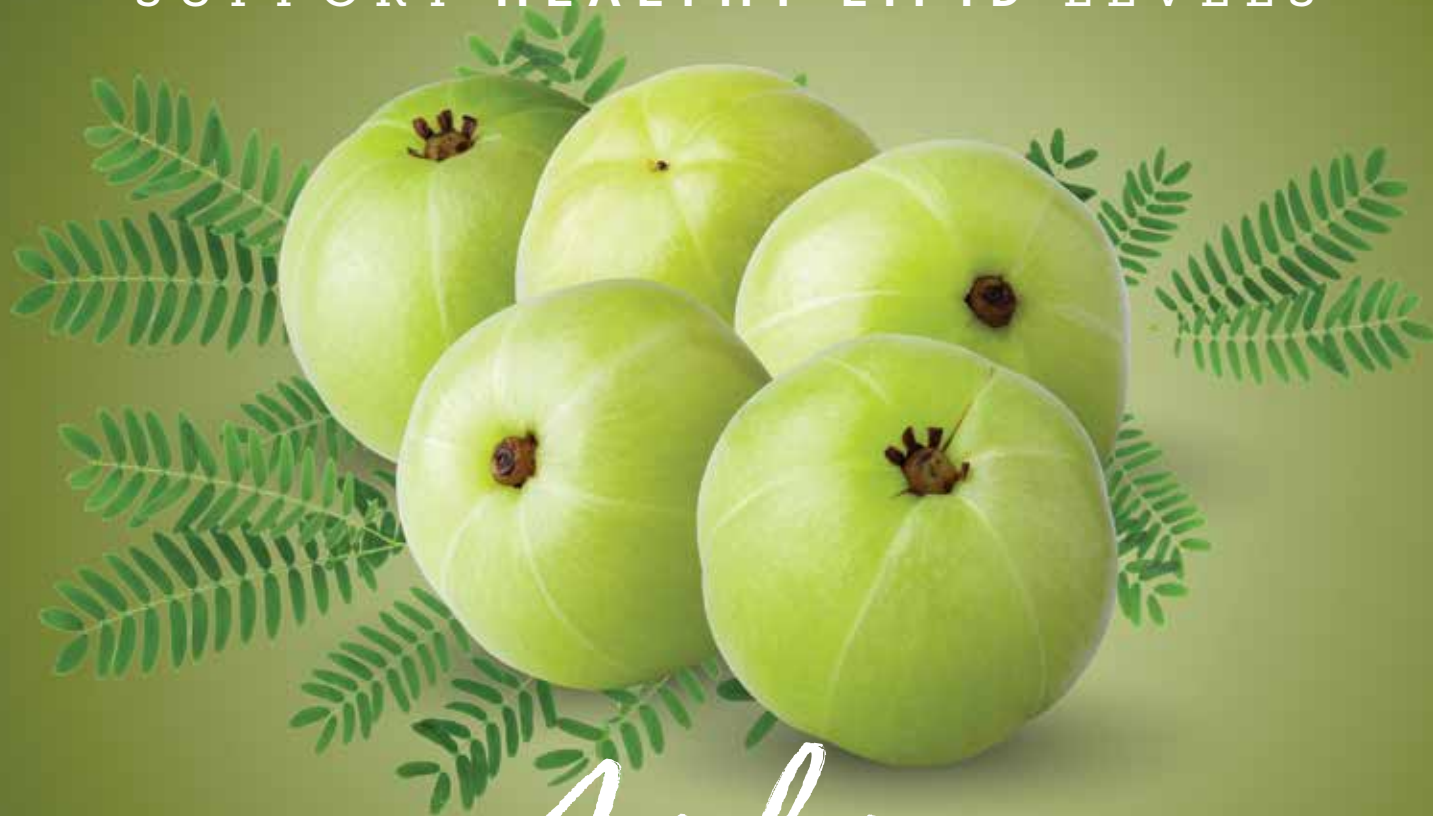
Black cumin seed oil has a history of traditional use and has been studied for its effects on inflammatory response, immune function, and antioxidant activity.

Research, including clinical trials, suggests it may be associated with improvements in symptoms and biomarkers in conditions such as arthritis, allergic rhinitis, asthma, and aspects of cardiovascular health. •

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1. *BMC Complement Altern Med.* 2019;19:97.

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NEW! An Even More Bioavailable **CoQ10**

BY MICHAEL DOWNEY

Coenzyme Q10 (CoQ10) is naturally present in almost every cell in your body.^{1,2}

It plays critical roles in cellular energy production, anti-inflammatory activity, heart and blood vessel support, glucose metabolism, and more.^{1,2}

But our ability to synthesize coenzyme Q10 typically begins to diminish after our mid-twenties.^{3,4} And when taken orally, there are limitations as to how well it is *absorbed* by the body.^{2,5}

Now, a collaborative effort involving **Life Extension®** scientists has led to a new approach to addressing this.

Using a **100%** plant-based delivery system, scientists have developed a form of **CoQ10** designed to enhance its **stability** and *significantly* boost its **bioavailability**.⁶

Multiple bioavailability studies have been conducted, and a recent **clinical trial** demonstrated that, compared to standard coenzyme Q10, this next-generation form of CoQ10 resulted in up to **24-fold improvement in bioavailability!**⁶

This formulation resulted in *higher* circulating levels of **CoQ10** that persisted *longer*.

The Need for Coenzyme Q10

Coenzyme Q10 is a fat-soluble, vitamin-like molecule synthesized by the body and found in all human tissues. It plays an essential role for the creation of **ATP**, the energy used by cells.^{2,5,7}

Its *highest* concentrations are in tissues with the *greatest* energy requirements, like the heart, kidneys, liver, and muscle.⁵ One hallmark of **aging** is a decline in energy metabolism.⁸

Preclinical research suggests that CoQ10 may help address mitochondrial dysfunction.^{5,9,10} Mitochondria produce the energy our cells need. Mitochondrial damage is associated with age-related degenerative conditions, and reduced lifespan.¹¹

Some of this damage is linked to oxidative stress. CoQ10 acts as an **antioxidant** in cells and helps support other antioxidants and mitochondrial enzymes.⁸

Challenge: Poor Bioavailability

Absorption refers to how much of a nutrient enters the digestive system and bloodstream. **Bioavailability** refers to how much of a nutrient passes through the digestive system and reaches tissues that need it most.¹²

Standard CoQ10 suffers from both poor absorption and bioavailability. Taken orally, relatively little of it circulates in the bloodstream or reaches tissues, and it may degrade.¹³

The body's ability to produce its *own* CoQ10 decreases with **age**.⁸

Statin drugs, which are taken by about **35%** of Americans, *further inhibit* CoQ10 synthesis and deplete body levels.^{5,15}



Solution: Galactomannan Technology

In a recent development, scientists developed a new form of CoQ10 with superior **bioavailability**.⁶

Using a patented, plant-based water extraction process, they combined CoQ10 in a hydrogel with components of the spice **fenugreek**.

Fenugreek seeds contain **galactomannan**, a fiber with a unique chemical structure that improves CoQ10's stability and protects it from breakdown, enhancing **bioavailability**.

In a human study, scientists tested this **galactomannan-CoQ10** formula against two forms of *regular* **CoQ10**: the standard **ubiquinone** form and a reduced form called **ubiquinol**.⁶ Ubiquinol has been shown to produce *higher* plasma concentrations than ubiquinone.^{16,17}

With a 12-day washout period between each single-dose supplementation, 12 healthy adults (aged 30-57 years) took:⁶

- **100 mg** of ubiquinone CoQ10 formulated with **400 mg** of **galactomannan**,
- **100 mg** of standard CoQ10 as **ubiquinone**, and/or
- **100 mg** of CoQ10 as **ubiquinol**.



What You
Need
To Know

A Better Coenzyme Q10

- Found in all human tissues, **coenzyme Q10 (CoQ10)** is required for the creation of **ATP**, the energy used by cells.
- CoQ10 production declines with age. Taken orally, it suffers from low **bioavailability**, which means little of it makes it to tissues where it is needed most.
- A new formulation has been developed that has resulted in a new enhanced-bioavailability CoQ10 that combines it with the fiber **galactomannan** from fenugreek seeds.
- In a human study, a single dose of this next-generation formulation led to a remarkable **24-fold** improvement in bioavailability, compared to standard CoQ10 (ubiquinone).
- This new formulation may help support cardiovascular and metabolic health, cellular energy production, and healthy aging.

Measuring plasma CoQ10 over twenty-four hours showed that:⁶

- Taking the *new* **galactomannan-CoQ10** formulation resulted in a **24-fold improvement** in bioavailability, compared to standard CoQ10 in the **ubiquinone** form.
- Even compared to CoQ10 in the more bioavailable **ubiquinol** form, taking the **galactomannan-CoQ10** formulation resulted in a **three-fold higher** bioavailability.

Validated in Older Adults

Scientists also tested the new formula in **older** adults, who have lower CoQ10 levels and may **absorb** it less efficiently.¹⁸

With a 12-day washout period between each single-dose supplement, twelve healthy volunteers, aged 58-73, took:⁶

- **250 mg** of the **galactomannan-CoQ10** formulation (which uses **20% CoQ10** as ubiquinone, providing **50 mg** of CoQ10), and
- **50 mg** of standard CoQ10 as **ubiquinone**.

Compared to standard CoQ10, the **galactomannan-CoQ10** formulation led to a **16-fold higher** bioavailability in these older adults.⁶

Clinical Benefits

This new formulation increased the circulating levels of **CoQ10** in the studies conducted.

The potential benefits can be remarkable. Coenzyme Q10 supports cardiovascular and metabolic health and may influence factors associated with several **chronic conditions**.^{10,19-22}

In other **clinical trials**, CoQ10:

- Reduced the rate of major **cardiovascular** events like heart attack, stroke, or death by **50%** in heart failure patients,²³
- Decreased levels of triglycerides, LDL, and total cholesterol and increased HDL,²⁴
- Improved **endothelial** function and blood flow,²⁵
- Improved total antioxidant capacity and reduced a marker for oxidative stress and **lipid peroxidation**, a process that leads to cell damage,^{19,26}
- Boosted activity of the innate antioxidant **superoxide dismutase**,¹⁹
- Increased cellular energy production,²⁷
- Lowered levels of multiple **chronic inflammation** biomarkers,²⁸
- Decreased insulin resistance, fasting insulin, fasting glucose, and **HbA1c** (a measure of average blood glucose over time),²⁹
- Increased the pregnancy rate in women with infertility undergoing assisted reproductive technologies,³⁰
- Reduced the frequency, duration, and severity of **migraines**,^{31,32}
- Reduced general **fatigue** and enhanced physical performance,³³ and
- Decreased **myopathy** (muscular pain or weakness) associated with the use of statins.¹⁵

Improving CoQ10's **bioavailability** may help optimize these and other benefits.



Summary

Coenzyme Q10 is required throughout the body to boost cellular energy, help combat inflammation, support cardiovascular and metabolic health, and more.

CoQ10 production decreases with **aging** and **statin** drug use, and it suffers from poor **bioavailability** when taken orally.

A new formulation gets around that problem. Combining CoQ10 with the fiber **galactomannan** significantly increases **bioavailability**.

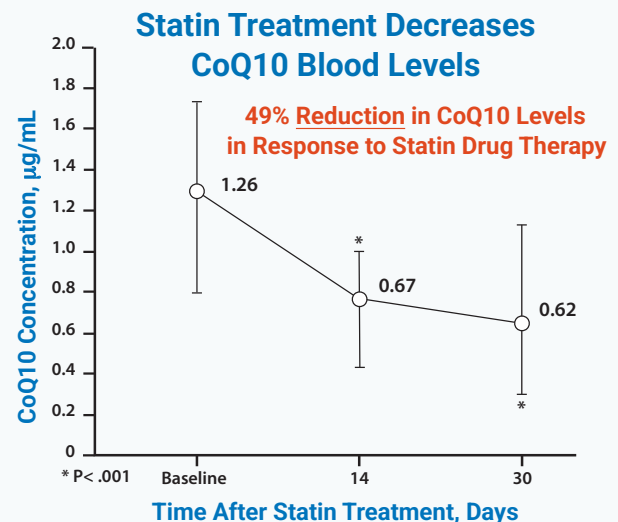
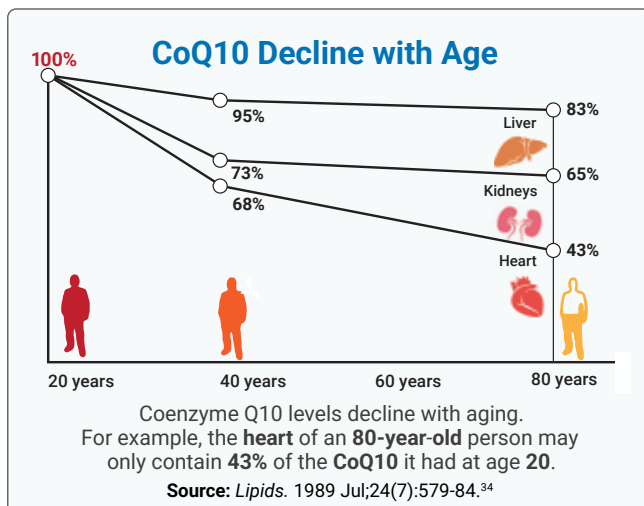
In a **human** trial, this novel formulation of CoQ10 provided vast **improvements** in bioavailability, compared to standard CoQ10. Greater bioavailability was separately validated in **older** adults, who generally have more difficulty *absorbing* CoQ10.

The greater bioavailability may help support CoQ10's multiple roles related to healthy aging. ■

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This study of people with an average age of 70 shows CoQ10 blood levels at baseline of only 1.26 mcg/mL. Optimal levels should be between 2-3 mcg/mL. Statin drug use causes these already low CoQ10 blood levels to drop to 0.62 mcg/mL. According to cardiologist Peter Langsjoen, MD, heart failure patients should strive for CoQ10 blood levels of around 4 mcg/mL and higher.

Source: *Arch Neurol*. 2004;61(6):889-892.³⁵

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This supplement should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

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

ADVANCED Milk Thistle

ULTIMATE SUPPORT
FOR YOUR LIVER



Advanced Milk Thistle contains standardized, top-grade *silymarin*, *silybin*, *isosilybin A*, and *isosilybin B*, providing a full spectrum of liver-supportive compounds.

The SILIPHOS® phytosome in **Advanced Milk Thistle** resulted in almost **3.5-fold** greater bioavailability compared to unformulated milk thistle extract.

Item #01922

60 softgels



This product is available at fine health food stores everywhere.

SILIPHOS® is a registered trademark of Indena S.p.A., Italy.

Life Extension's Advanced Milk Thistle has met ConsumerLab.com standards for ingredient and product quality for Milk Thistle in independent testing. More information at www.consumerlab.com



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B12

B12

B12

B SMART

Body & Brain

"It is everything I wanted
in a B12 supplement."

Christine

VERIFIED CUSTOMER REVIEW

B12



Item #02419

60 vegetarian lozenges

BIOACTIVE FORMS OF VITAMIN B12

B12 Elite provides both:

ADENOSYLCOBALAMIN

- Active in brain cell mitochondria.
- Supports nerve cell function.
- Supports cellular energy production.

METHYLCOBALAMIN

- Supports brain cell function.
- Promotes red blood cell production.
- Helps maintain healthy homocysteine levels.

Dissolve in the mouth or chew one vegetarian
lozenge daily.



This product is available at fine health
food stores everywhere.

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A Key to Aging Well



If your body doesn't bounce back the way it used to, it may be due to the decline of **NAD⁺**, a coenzyme found in every cell.

NAD⁺ facilitates the production of **ATP**, which your body uses for fuel.¹

NMN (nicotinamide mononucleotide) provides a **cost-effective NAD⁺** precursor.

NMN with Resveratrol Elite provides *trans-resveratrol*, *quercetin*, and *fisetin* for cell support...in addition to **300 mg** of **NMN**.

In controlled **human** trials, oral **NMN** supplementation significantly increased blood **NAD⁺** levels compared to placebo. **NMN** is a lower cost way to boost **NAD⁺**.³



NAD⁺ Cell Support NMN
Nicotinamide Mononucleotide
300 mg of nicotinamide mononucleotide per capsule.

Item #02555 • 30 vegetarian capsules

Item #02558 • 90 vegetarian capsules

Optimized NAD⁺ NMN Nicotinamide Mononucleotide with Resveratrol Elite
300 mg of nicotinamide mononucleotide + *trans-resveratrol*, *quercetin* and *fisetin*.

Item #02556 • 30 vegetarian capsules

Item #02559 • 90 vegetarian capsules



These products are available at fine health food stores everywhere.

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Back in Action

Improved



Item #02529

60 vegetarian capsules

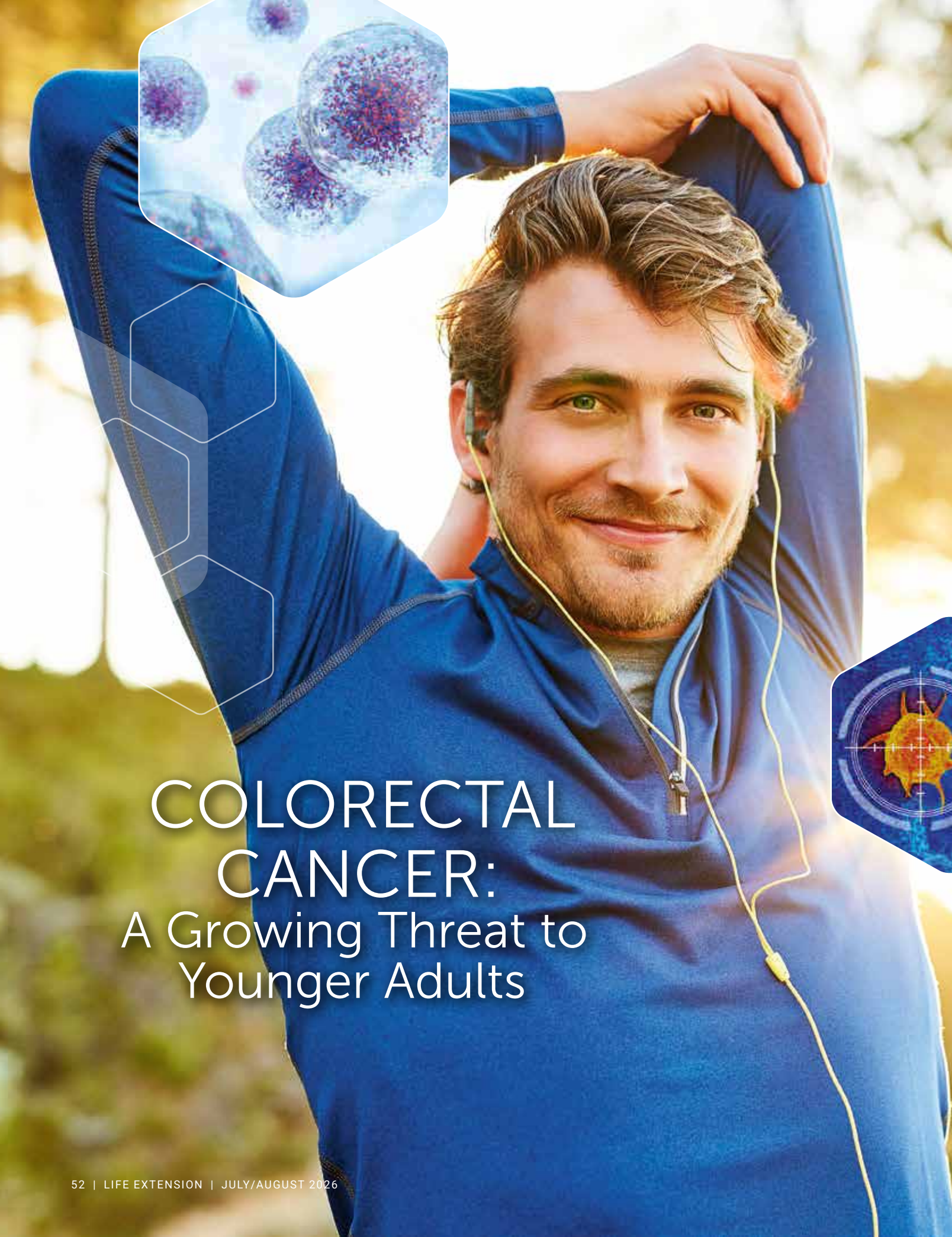
Occasional back discomfort benching you?

Help relieve occasional lower back discomfort and stiffness with clinically studied chaste tree and ginger extracts. We added white willow bark extract for additional lower back relief benefits. Start feeling relief in as little as 7 days.

Embrace your back's flexibility and range of motion
with Lower Back Relief!

This product is available at fine health food stores everywhere.

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

A young man with brown hair and a light beard is smiling and stretching his arms behind his head. He is wearing a blue zip-up athletic shirt and yellow earbuds. The background is a soft-focus outdoor scene with trees and sunlight. Overlaid on the image are several graphic elements: a hexagonal inset in the top left showing purple and blue cellular structures; a series of white hexagonal outlines on the left side; and a hexagonal inset in the bottom right showing a red, star-shaped cell with a crosshair overlay.

COLORECTAL CANCER: A Growing Threat to Younger Adults



BY PATRICK STURGES

Colorectal cancer is the second most common cause of cancer-related death in the U.S.¹

The **American Cancer Society** estimates there will be approximately **55,000** deaths from colorectal cancer nationwide in **2026**.²

Recent years have seen a notable shift. While rates of colorectal cancer have declined slightly among older adults, they have increased among adults younger than 50.²⁻⁴

The good news is, over the past several decades, evidence from observational studies as well as experimental research suggests that certain nutrients^{5,6} and overall dietary patterns⁵⁻⁷ are associated with a lower risk of cancer of the colon and rectum.

Improving diet quality and adopting healthy lifestyle habits, including adequate intake of these nutrients, may help support colorectal health.

Individuals at high risk may want to consider discussing supplementation with a healthcare provider.

Early diagnosis using various screening options can prevent many of these deaths.

The Changing Landscape of Colorectal Cancer

Colorectal cancers, cancers of the **colon** (large intestine) and the **rectum**, were until recently considered diseases of older age. Routine screenings like colonoscopies were recommended for those over 50 years old.^{8,9}

Over the last few decades, an increasing number of adults under 50 have been diagnosed with colon cancer, suggesting that risk factors may begin early in life and contribute to disease later on,⁴ often in advanced stages that are more difficult to treat.

In **1995**, the proportion of cases in younger adults was about **11%**. By **2022**, it was up to **22%**. Colorectal cancer is now the **leading cause of cancer deaths** among men under 50 years old.³

The American Cancer Society now recommends that adults start getting screened for colorectal cancer at age **45** instead of 50.¹⁰ However, risk may still be present in younger individuals.⁴

Life Extension® has historically advocated earlier colorectal cancer screening than what was once standard.¹¹⁻¹³ In recent years, leading medical organizations have moved in this direction as well, advising that average-risk adults begin colorectal cancer screening discussions with their physicians at age 45.^{10,14}

Fortunately, there are steps people can take that may help **reduce the risk** of developing colorectal cancer, including avoiding smoking, maintaining a healthy weight, and improving diet and nutrient intake.¹⁵

How Diet Impacts Colorectal Cancer Risk

Poor **diet** is considered a significant contributor to colorectal cancer risk.¹⁶

The cells that line the colon and rectum are directly exposed to food components that have passed through the mouth, stomach, and small intestine. Diet also influences the gut **microbiome**, the mix of microorganisms in the digestive tract.^{17,18}

Healthy gut bacteria help ward off disease. Harmful bacteria create toxins, damage the lining of the intestines, and contribute to chronic inflammation, which are associated with increased cancer incidence.^{17,18}

One population-level modeling study estimated that approximately **38%** of colorectal cancer cases in the U.S. could be attributed to suboptimal **diet**.⁷

Eating lots of fruits and vegetables, fish, nuts, legumes, and whole grains is associated with lower cancer risk, while excessive intake of red meats, sugary drinks, and alcohol increases risk.¹⁰





What You Need To Know

Reduce Risk for Colon and Rectal Cancer

- Colorectal cancer, cancer of the colon and rectum, is responsible for tens of thousands of deaths in the U.S. annually.
- Younger adults are increasingly diagnosed with these tumors.
- High-fiber, plant-based diets are associated with lower risk of colorectal cancer.
- Specific nutrients have been associated with potential protective effects against colon cancer, including vitamin D, calcium, polyphenols, and sulforaphane.

A pooled analysis of 27 studies involving about 30,000 colorectal cancer cases found that each quartile increase in **red meat** consumption was associated with a **30%** increased risk, while each quartile increase in processed meat consumption was associated with a **40%** increased risk of colorectal cancer.¹⁹

Specific nutrients have been tied to lower risk of colorectal cancer.

Dietary Fiber

Dietary fiber may help protect against cancer—especially colorectal cancer—by working on several levels at once.²⁰

Many plant foods contain indigestible **fiber**, which helps reshape the gut microbiome, reducing harmful bacteria and helping beneficial gut bacteria thrive. When healthy microbes ferment fiber, they can produce **butyrate**, a fatty acid that has demonstrated anti-tumor effects in preclinical research.^{20,21}

At the same time, fiber may help lower inflammation and support immune responses that help the body recognize and fight tumor cells.²⁰

In addition, **bile acids** secreted into the gut by the liver can contribute to the development of colon cancer. Dietary fiber may interfere with the metabolism of these bile acids, which may help limit their tumor-promoting effects.²¹

Epidemiological studies show that *low* fiber intake is associated with *increased* risk of colorectal cancer, while a diet high in fiber is associated with reduced risk.²¹

Pooled evidence from multiple meta-analyses shows that higher dietary fiber intake is associated with a **22%** reduction in cancer risk and a **17%** reduction in cancer-related mortality.²²

Low fiber intake is common in Western countries and may be one contributing factor to rising colorectal cancer rates.²¹

A landmark study of over 1,500 patients with colorectal cancer found that each **5 gram** per day increase in post-diagnosis fiber intake was associated with a **22%** reduction in colorectal cancer-specific mortality, with an **18%** reduction among those who increased fiber intake after diagnosis.²³



Calcium

In epidemiological studies, those who consume the **most calcium** have **lower** rates of colorectal cancer.²⁴

A study published in 2025 of almost **500,000** subjects aged 50 to 71 found those with the **highest** calcium intake were **29% less likely** to develop colorectal cancer, for up to 22 years, than those with the lowest intake.²⁵

One way in which calcium may be protective is by binding to potentially harmful compounds like bile acids and free fatty acids.²⁴

In a follow-up analysis of a randomized controlled trial, participants who had received **1,200 mg** of elemental calcium supplementation daily for four years experienced reductions in adenoma formation for as long as five years after calcium supplementation ended.²⁶

Vitamin D

Preclinical studies suggest that vitamin D and its metabolites have demonstrated anti-tumor activity, inhibiting the formation of cancerous tumors.²⁷⁻²⁹

In population studies, those with the lowest vitamin D levels have the highest rates of cancers, including colorectal cancer,²⁹⁻³¹ and the **highest risk of death** from cancer.^{32,33}

Pooled data from eight prospective observational studies, including the Physicians' Health Study, showed a **34%** lower risk of developing colorectal cancer for those with the highest versus lowest vitamin D levels.³⁴

Polyphenols

Polyphenols are plant compounds found in many foods that have been studied for potential health benefits.

In preclinical studies polyphenols have demonstrated **anti-cancer** activity, including effects on tumor formation, progression, and cell survival.³⁵⁻³⁸ Human observational studies have linked **higher** polyphenol intake to **lower** risk of colorectal cancer.³⁹

Evidence from studies of individual polyphenols provides additional context to these associations:

- In animal models, curcumin has been shown to inhibit colorectal tumor growth through diverse mechanisms,^{40,41} including by reducing harmful secondary bile acids linked to colon cancer risk.⁴²
- In preclinical settings, green tea polyphenols known as catechins, including the well-known epigallocatechin-3-gallate (EGCG), have been studied for their potential to inhibit carcinogenesis in various cancers, including colorectal cancers.⁴³ A meta-analysis of five randomized controlled trials found that long-term EGCG supplementation was associated with reduced colorectal cancer recurrence after polyp removal.⁴⁴
- In preclinical studies polyphenols such as resveratrol have been shown to support gut health by strengthening the intestinal barrier, reducing inflammation, balancing the gut microbiome, and showing antitumor activity with potential for cancer prevention and treatment.³⁶
- Animal studies indicate that quercetin has shown potential to influence pathways associated with colorectal cancer by reducing tumor growth, pre-cancerous lesions, inflammation, and oxidative stress.⁴⁵ In a pilot study, patients with familial adenomatous polyposis who took curcumin and quercetin for six months experienced reduction in polyp numbers by about **60%** and polyp size by about **50%**.⁴⁶
- A systematic review and meta-analysis of 39 pre-clinical studies showed that the polyphenol flavonoid apigenin has been shown to reduce cancer cell viability, slow cell growth, and induce apoptosis and cell cycle arrest in vitro.⁴⁷ In an animal model with colorectal cancer, it was associated with reduced tumor growth and limited metastasis to the liver and lungs.⁴⁸

Importance of Regular Screening

Screening for colorectal cancer can catch the disease early when treatment is likely to be successful.

A **colonoscopy** is considered the gold standard for screening because it allows clinicians to directly visualize the colon, identify precancerous polyps, and remove them *before* they turn malignant.²⁴

Additional screening options include capsule endoscopy (**PillCam**) and **at-home stool tests**.^{24,52}

These tests are non-invasive, but they vary in sensitivity (ability to correctly identify disease) and specificity (ability to correctly rule out disease) when compared with the colonoscopy. Importantly, while these tests can indicate the possible presence of colon cancer they do not allow for biopsies or the removal of suspicious lesions, like colonoscopies do.

The current recommendation is that people with average risk begin getting colonoscopies or doing stool testing at age **45**. Those at high risk or with a family history of colon cancer should consult their physician about when to undergo screening.



Sulforaphane

Sulforaphane, a compound produced by the digestion of **cruciferous vegetables** like broccoli has demonstrated anti-cancer activity in preclinical studies.^{49,50}

In a cell study, sulforaphane was shown to block the proliferation, invasion, and spread of **colon cancer** cells. It did this by helping to block gene expression and pathways tied to cancer progression.⁵¹

Increasing intake of cruciferous vegetables may influence processes involved in cancer growth and spread by blocking harmful processes inside cancer cells.

Summary

In recent decades, the rate of **colorectal cancer** diagnoses in younger adults has been increasing.

Increasing intake of calcium, fiber, vitamin D, polyphenols, and sulforaphane may support gut health. Low intake has been associated with factors linked to colorectal cancer risk. ■

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Pomegranate Complete
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whole fruit, flower, and seed oil.

Pomegranate plant compounds
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30 softgels



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FOUR

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TWO

PROBIOTICS

ONE

POSTBIOTIC



GLUTEN
FREE

1
DAILY

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GMO
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FLORASSIST® Probiotic GI with Phage Technology

When it comes to digestion, “millions & billions” isn’t always better. Instead, choose a formula built with clinically studied ingredients:

4 bacteriophages to help inhibit unwanted bacteria in the gut.

2 probiotics *L. paracasei* IMC 502 and *L. rhamnosus* IMC 501 for optimal digestive health and regularity.

1 postbiotic for occasional gas, bloating and other discomforts.

The result: FLORASSIST® Probiotic GI with Phage Technology, our flagship probiotic for digestive health.

Item #02125

30 liquid vegetarian capsules

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Keep *The Drive* Alive

Experience the sexual satisfaction you long for with Sexual Health for Her, a clinically studied formula that encourages healthy female libido and sex drive.

This plant-based formula helps turn up the heat in the bedroom with clinically studied fenugreek seed and saffron, extracts that enhance arousal and lubrication.

Feel the excitement with Sexual Health for Her!

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GLUTEN
FREE

NON
GMO
LE CERTIFIED

Item #02536

60 vegetarian capsules

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Super Omega-3

Fish oil is a popular supplement people use to boost omega-3 levels in the heart, brain, eyes, and other tissues.

Super Omega-3 provides healthy components of the Mediterranean diet, including highly purified fish oil, sesame lignans and standardized olive fruit extracts.

2,400 mg
of EPA + DHA
in four softgels



Item #01982
120 softgels

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IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc. This product has been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasource Diagnostics, Inc.

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

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Pycnogenol® extract is derived from French maritime pine bark.

Its benefits are available in these three formulations:



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Provides Pycnogenol® formula and standardized gotu kola leaf extract to help maintain endothelial structure and function and promote healthy blood flow throughout the body.



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Pycnogenol®
French Maritime Pine Bark Extract
Item #01637
60 vegetarian capsules

Numerous published studies describe how concentrated extracts in Pycnogenol® formula help protect against multiple factors related to normal aging.

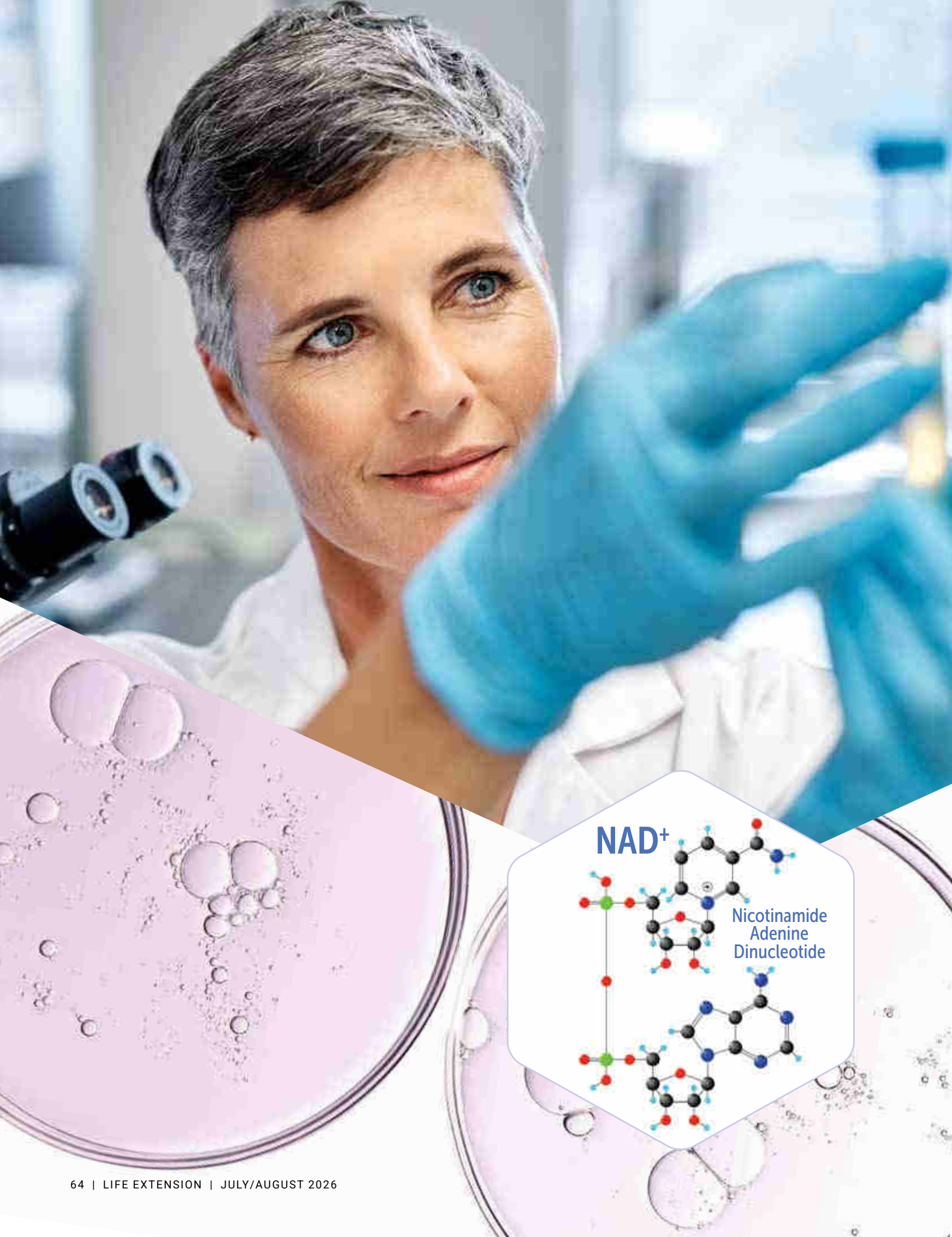
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NAD⁺

Nicotinamide
Adenine
Dinucleotide



Cost-Effective Option to Boost NAD⁺

BY MICHAEL DOWNEY



There's a good reason why **NAD⁺** is found in every *living cell* in our bodies.¹

NAD⁺ is *required* for hundreds of critical **cellular** processes, including energy production, DNA repair, and immune responses.²⁻⁴

It plays critical roles in processes related to **aging** at the cellular level.^{2,5}

But **NAD⁺** levels decrease as we **age**, which can contribute to age-related functional decline.^{2,6,7}

NAD⁺ precursors are compounds that have been shown to boost NAD⁺ when taken orally and have the potential to support healthier aging.⁸

Life Extension[®] readers are familiar with the NAD⁺ precursor **nicotinamide riboside** or **NR**. It was introduced to readers of this publication in **2014**.

A lower-cost and effective **NAD⁺ precursor**, called **NMN (nicotinamide mononucleotide)**, has recently entered the commercial marketplace.

In controlled human trials, oral **NMN** supplementation significantly increased blood **NAD⁺** levels compared to placebo. NMN is a lower-cost way to boost **NAD⁺**.^{9,10}

NMN may support healthy aging at the cellular level via increased **NAD⁺** production.

The Importance of NAD⁺

The coenzyme **NAD⁺** (**nicotinamide adenine dinucleotide**) is *essential* for normal cellular function.^{4,11}

Without ample NAD⁺, cells cannot properly convert food into usable **energy** or effectively mitigate **DNA damage**.^{4,11}

NAD⁺ is required for the normal function of over **300 proteins**, including:²

- **Sirtuins**, which maintain mitochondrial health, suppress chronic inflammation, and help regulate cell metabolism,^{12,13}
- **PARPs** (poly-ADP ribose polymerases), which handle **DNA repair**, autophagy (cell cleanup), and gene regulation,^{2,13} and
- **CD38** (cyclic ADP-hydrolase), which supports immune responses and calcium signaling.^{2,13}

NAD⁺ is critical for all cells. Preclinical data shows that it is a key mediator in energy metabolism, DNA repair, cellular antioxidant defenses, inflammation regulation, and more.^{2,5,13-15}

Why NAD⁺ Declines as You Age

NAD⁺ levels progressively decline across multiple human tissues and have been associated with age-related chronic disorders and metabolic dysfunction.^{6,16}

With age, **cellular damage** accumulates due to inflammation, oxidative stress, and DNA damage.

Sirtuins, PARPs, and CD38 help mitigate this damage.^{13,16,17} But to function properly, these critical proteins “consume” **NAD⁺** thereby depleting levels.¹⁸ This decline is continuous and progressive. One human observational study showed that by **age 50**, NAD⁺ levels can drop by about **50%**.¹⁹

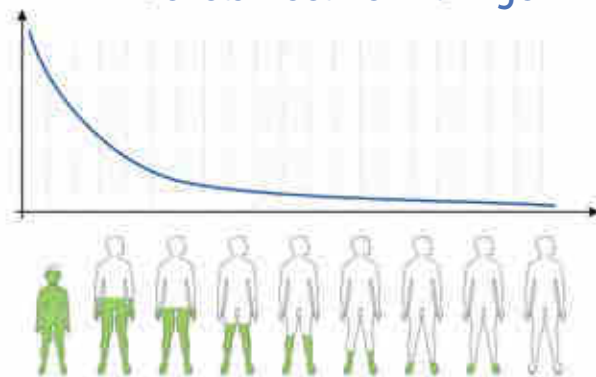
Decreased **NAD⁺** levels are associated with reduced mitochondrial function and increased risk of **premature aging** and chronic age-related conditions.^{16,17,19,20}

Restoring NAD⁺ Levels

Orally consuming NAD⁺ is not an effective way to replenish levels. In addition to being poorly absorbed, it cannot readily pass through the cell membrane intact.^{21,22}



NAD⁺ Levels Decline with Age



To get around this problem, scientists studied **NAD⁺ precursors**, compounds that can be taken orally to boost NAD⁺.

Two precursors have been shown in clinical studies to raise blood NAD⁺ levels significantly, efficiently, and safely:

- **NR (nicotinamide riboside)**,^{23,24} and
- **NMN (nicotinamide mononucleotide)**.^{9,10}

A Lower-Cost Option

In **2014**, **Life Extension** researchers were among the first to recognize the importance of boosting **NAD⁺** throughout the body for cellular health.

Nicotinamide riboside was recommended 12 years ago as a method to boost **NAD⁺** levels.

Another option to boost **NAD⁺** is to supplement using **NMN**.

In **2022**, however, the **FDA** formally classified **NMN** as a *drug*.²⁵

In late **2025**, that classification was removed, allowing **NMN** to re-enter the consumer marketplace as an *officially recognized dietary supplement*.^{26,27}

Both NR and NMN boost NAD⁺ levels in a similar fashion and at equivalent levels. However, **NMN** can be produced at a **lower** cost.

This allows aging individuals to boost their NAD⁺ levels in a more *cost-effective* way.

NMN and **NR** have both been clinically shown to boost **NAD⁺** levels. They have overlapping as well as unique pathways for cellular entry.¹⁷

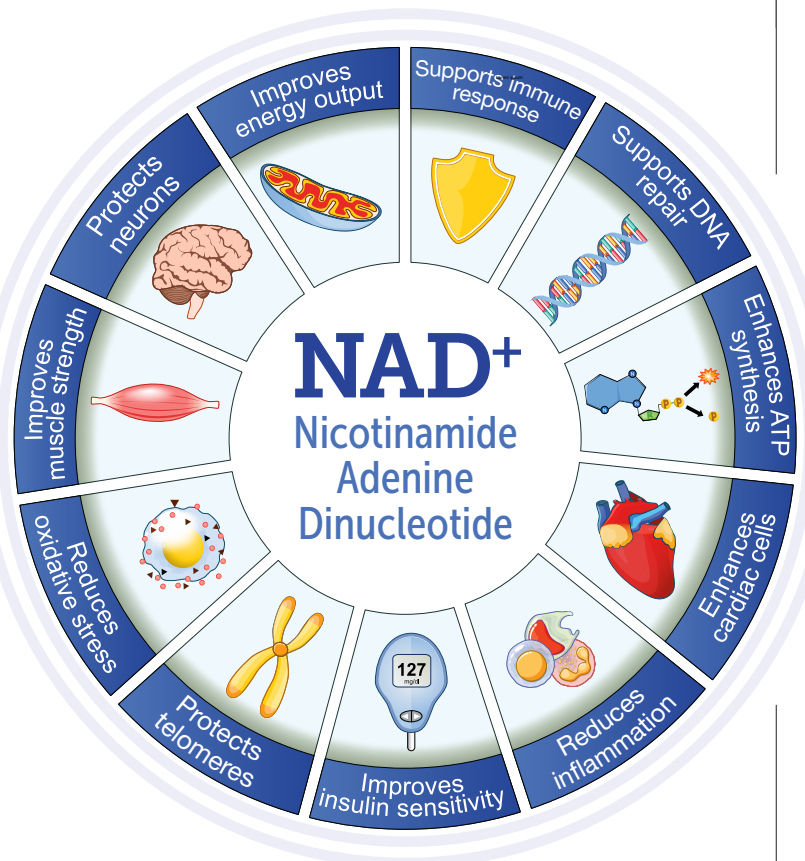
NR HAS TWO MAIN PATHWAYS:

- NR can be directly transported into the cell where it then needs to be converted into NMN to produce NAD⁺.
- NR can be metabolized by the gut before entering the cell and producing NAD⁺.

NMN HAS THREE MAIN PATHWAYS:

- NMN is converted into NR to enter the cell where it then gets converted back into NMN to produce NAD⁺.
- NMN can also be metabolized by the gut before entering the cell and producing NAD⁺.
- NMN appears to have a unique cell transporter that allows for direct entry into the cell where it produces NAD⁺. (However, this is evolving science and has so far only been described in animal studies.)²⁸

Importantly, regardless of the pathways that **NR** or **NMN** use, studies have shown increases in **NAD⁺** production.



What You
Need
To Know

A New Alternative for Boosting NAD⁺

- **NAD⁺ (nicotinamide adenine dinucleotide)** is critical to cellular processes that support healthy aging, including energy metabolism, DNA repair, and immune responses.
- NAD⁺ levels drop with older age. The precursor **NMN (nicotinamide mononucleotide)**, taken orally, can be converted into **NAD⁺** in the body to help boost levels.
- In animal studies, oral NMN increased lifespan, increased energy metabolism and physical activity, reduced frailty, and decreased age-related gene-expression changes.
- In clinical studies of older men and women, NMN significantly increased circulating **NAD⁺** levels.
- **NMN (nicotinamide mononucleotide)** is a **NAD⁺ precursor** that has recently become commercially available at a relatively low cost.

Benefits of NMN

Preclinical studies suggest that **NMN** may support aspects of **healthy aging** by boosting NAD⁺.

In one study, giving mice **NMN** for 12 months:²⁹

- Increased **energy** metabolism,
- Boosted **physical activity** levels,
- Decreased age-associated **weight gain**,
- Improved **insulin sensitivity** and **blood lipid levels**, and
- Reduced **age-related gene-expression** changes.

A second study administered NMN throughout the lifespan of a premature aging mouse model, starting at an early age. These mice exhibited:³⁰

- **Increased lifespan** and improved median life expectancy,
- Reduced **frailty**, and
- Better **overall health**.

Validated in Clinical Studies

In a clinical study, healthy older men (mean age 71) were given **250 mg** of **NMN** or a placebo.

After 12 weeks, NMN significantly **increased NAD⁺ levels** compared to **placebo**.⁹

In another clinical study, healthy older men and women (mean age 69) were given **250 mg** of **NMN** or a placebo.

Again, after 12 weeks, NMN significantly **increased NAD⁺ levels** compared to the placebo group.¹⁰

In both trials, **NMN** also increased levels of *other* NAD⁺ precursors and intermediates. This provides additional evidence that **NMN** raises **NAD⁺ levels**.^{9,10}

These *higher* NAD⁺ levels may help support **healthy aging**.

Summary

NAD⁺ (nicotinamide adenine dinucleotide) is a compound found in every living cell in the body. It's required for essential cellular processes like energy production, DNA repair, and immune function.

Levels of NAD⁺ decline with age, reducing mitochondrial function and accelerating aging. The precursor **NMN (nicotinamide mononucleotide)**, taken orally, can boost NAD⁺ levels.

Clinical studies show that NMN safely **increases NAD⁺ levels** in older adults, which may support **healthy aging** at the cellular level.

Consumers now have access to NMN or NR. The major difference from our view is that **NMN** costs far less than **NR**. ■





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ENJOY FIBER BENEFITS
with SMALLER DOSES

Most soluble fiber products contain **psyllium** husk that requires higher doses to deliver benefits.

The side effect is often unpleasant bloating.

Konjac root contains a soluble fiber that provides benefits at smaller doses than psyllium, so it's much less filling.

Easy Fiber provides **1,000 mg** of **glucomannan** from **konjac root** in each dose to support:¹⁻⁵

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- Digestion
- Heart health and already-healthy cholesterol levels
- Prebiotic fiber
- Already-healthy blood sugar and insulin levels

Natural orange flavor with other natural flavors and sugar free!
Do not take if you have difficulty swallowing.

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† This supplement should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

CAUTION: Fiber supplements may affect absorption of medications.
Take 2 hours before or 1 hour after any medications.



Item #02514

167 g (0.368 lb. or 5.89 oz.)



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AGING CAN WAIT

Stay ahead of Father Time. Healthy aging means maintaining a “with-it” brain, a healthy heart and an active lifestyle—no matter your age.

That’s why we’ve combined taurine for your heart and exercise performance, lithium for your mood and spermidine from wheat germ extract to help you stay ahead of the aging game into an unflavored, easy-mix powder.

Keep your drive alive with **Healthy Aging Powder!**



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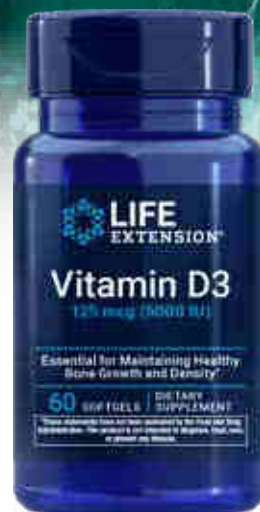


"Terrific."

Christina

VERIFIED BUYER

VD efend Your Health



Vitamin D3 Systemic support for immune function, bone health, and whole-body health.

CAUTION: Individuals consuming more than 50 mcg (2000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10000 IU per day unless recommended by your doctor. Vitamin D supplementation is not recommended for individuals with high blood calcium levels.

Item #01713

125 mcg (5000 IU)

60 softgels



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Munch

Crunch, Digest Your Lunch

(Or breakfast, or dinner...)



Uncomfortable after eating?

Digestive enzymes are specialized proteins that help you break down the foods you eat.*

Enhanced Super Digestive Enzymes combines 10 vegetarian-friendly enzymes to help you break down hard-to-digest foods and encourage a healthy gastrointestinal balance...so you can feel good after you eat!

* Curr Drug Metab. 2016;17(2):187-93.

Item #02021

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"NAC is a powerful tool."

Maury

VERIFIED BUYER

TAP THE POWER OF N-ACETYL-L-CYSTEINE

TO SUPPORT IMMUNE FUNCTION

N-Acetyl-L-Cysteine (NAC) has been shown to support healthy immune response and respiratory function.

NAC supports healthy levels of *glutathione* that helps promote a healthy **inflammatory response** and protect cells from **oxidative damage**.

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Item #01534

600 mg • 60 capsules



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Don't Wait to Feel Great

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DHEA Complete can help maintain DHEA levels to support lean muscle mass, bone health, libido and cognitive function.

DHEA Complete delivers 7-Keto® DHEA (100 mg) and regular DHEA (25 mg), plus *trans*-resveratrol as well as extracts from curcumin and green tea.



Item #02478

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CAUTION: Consult a physician or licensed qualified health care professional before using this product if you have, or have a family history of breast cancer, prostate cancer, or other hormone-sensitive diseases.

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7-Keto® is a Lonza trademark registered in USA.



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* Nutr Res. 2010 May;30(5):305-13.

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Item #01432

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Bone
Health...
Now

BOOSTED

Bone Restore Calcium
Supplement with Vitamin
K2 combines skeletal-
strengthening nutrients
in one formula.



Item #01727

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Caution: Those taking a vitamin K
antagonist (e.g. warfarin) should use
Bone Restore without vitamin K2.

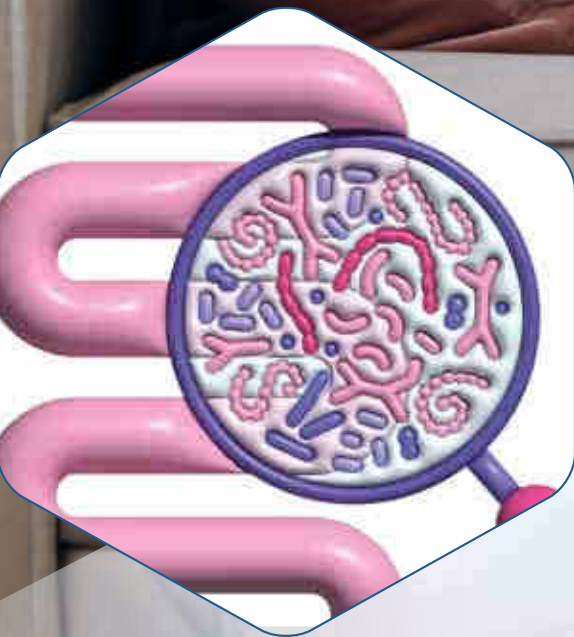
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Life Extension's Bone Restore Calcium Supplement
with Vitamin K2 has met ConsumerLab.com
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calcium, vitamin D, magnesium, vitamin K & boron
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Top Pick



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Ease STOMACH Discomfort

BY MARSHA MCCULLOCH, MS, RD

Stomach pain, fullness, and bloating are common symptoms of **gastritis**.¹

This inflammatory condition is frequently triggered by ***Helicobacter pylori***, a bacterium that also causes some **stomach ulcers** and **stomach cancer**.^{2,3}

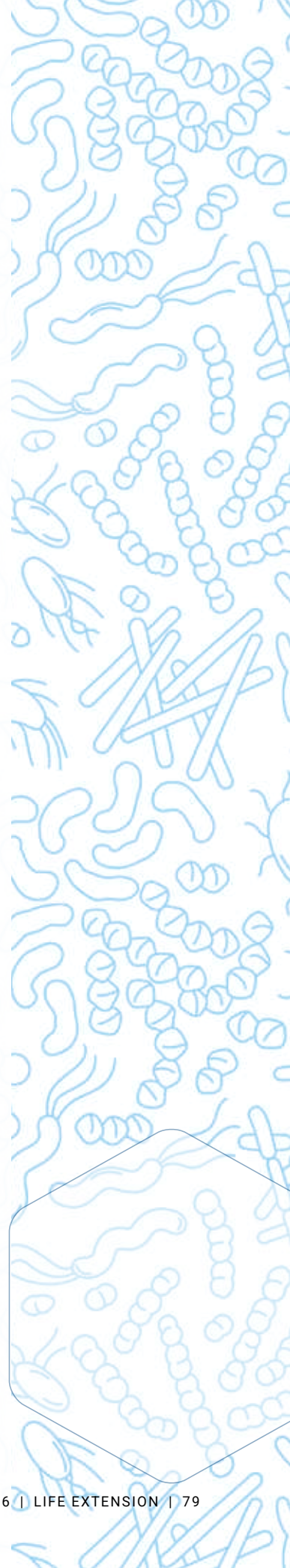
Globally, approximately **44%** of adults were infected with *Helicobacter pylori* during **2015–2022**, including about **45%** of adults in the Americas.⁴

H. pylori infection is generally treated with the standard combination of prescription medications; however, antibiotic resistance remains a significant challenge.^{2,5}

Researchers have explored non-drug approaches that may complement standard treatment by helping reduce *H. pylori* burden and support gastric health. In clinical trials:

- **Zinc-carnosine** healed stomach ulcers in **65%** of subjects and eased gastritis symptoms.⁶
- ***Lactobacillus reuteri* DSMZ 17648** reduced the marker of *H. pylori* infection by **16%** in just two weeks.⁷

Combining these two ingredients may offer comprehensive support for stomach health and comfort.



Triggers of Stomach Problems

The interior of the stomach is acidic, which helps it digest food and kill harmful bacteria.¹

To prevent this acidity from destroying the inner lining, or mucosa, of the stomach, it secretes protective mucus.¹

Helicobacter pylori is a common bacterial infection that is usually acquired in childhood and can persist for life if untreated. It can disrupt normal stomach function.

Most infected people have no symptoms, but some develop chronic inflammation of the stomach lining (gastritis), and about **10–15%** develop peptic ulcers.⁸

H. pylori produces an enzyme called urease, which creates ammonia to neutralize stomach acid. The ammonia damages stomach tissue⁹ and enables the harmful bacteria to thrive and colonize the mucosa.^{2,10}

H. pylori also impairs the production of protective mucus in the stomach.¹¹

Non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen (Advil®), can also drive gastritis. Symptoms of gastritis may include:¹

- Belching,
- Bloating,
- Feeling full prematurely,
- Gas,
- Heartburn,
- Low appetite,
- Nausea and vomiting, and
- Stomach pain.

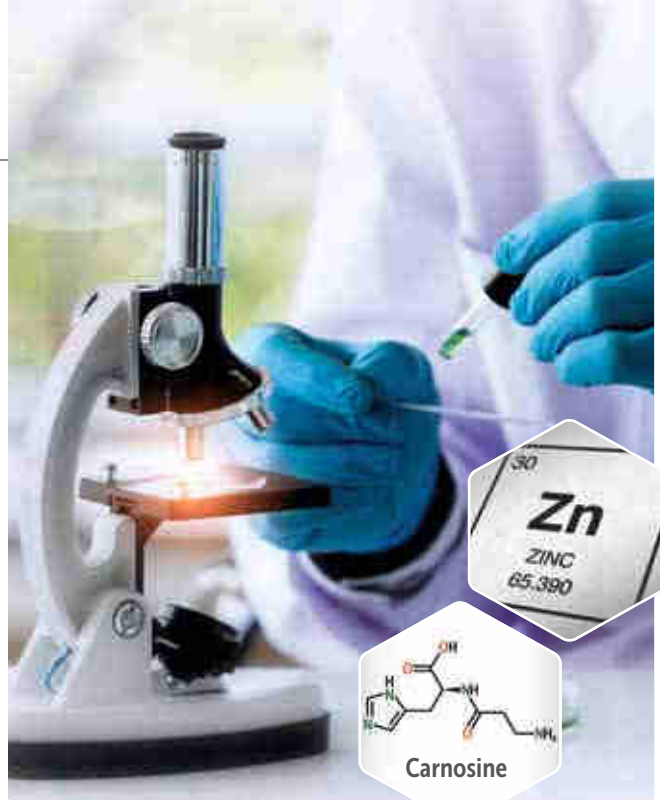
Chronic Gastritis Risks

Over time, chronic gastritis caused by ***H. pylori*** can erode the lining of the stomach and duodenum (the top part of the small intestine), leading to painful peptic ulcers.²

H. pylori is responsible for over **80%** of stomach ulcers and **90%** of duodenal ulcers.⁹

The combination of ***H. pylori*** infection with NSAID use causes a 3.5-fold increased risk of peptic ulcers beyond the medication's use alone.¹²

Even more worrisome, individuals with *H. pylori* infection have **20 times the risk of stomach cancer** as those without the infection.¹³



H. pylori causes oxidative stress and DNA damage in stomach cells, provoking cancerous changes.^{14,15}

Zinc-Carnosine for Gastric Healing

To support gastric health, Japanese scientists developed **zinc-carnosine**.¹⁶

Zinc is an essential trace mineral and antioxidant that plays a crucial role in healing tissues, and gut health, including the stomach lining.¹⁷

Carnosine is a peptide (a short chain of amino acids) that promotes healing and is found in high concentrations in human **gastrointestinal tissues**.¹⁸

Zinc-carnosine offers an approach to addressing stomach issues such as gastritis and peptic ulcers.^{19,20}

Animal research revealed that the combination of zinc and carnosine in a single compound enables the nutrients to stay in ulcerous regions of the stomach **twice as long** as the individual ingredients. It binds tightly to the stomach lining, allowing zinc and carnosine to remain longer at ulcer sites and provide stronger, targeted stomach protection.²¹

In a clinical trial, **zinc-carnosine** was shown to be protective of the intestinal mucosal barrier when administered with a **non-steroidal anti-inflammatory drug (NSAID)**, compared to the group that received an NSAID alone.²²

In an eight-week clinical trial, taking **75 mg of zinc-carnosine twice daily** **healed gastric ulcers** in a remarkable **65%** of participants, as shown by endoscopy.⁶

Subjects also reported improvement in digestive symptoms, including:⁶

- **63.6%** reduction in **heartburn**,
- **66.7%** reduction in **nausea**,
- **76.9%** reduction in **bloating**, and an
- **80%** reduction in **belching**.

Similar results have been found in other clinical trials.²⁰

Zinc-Carnosine Targets *H. pylori*

Zinc-carnosine fights *H. pylori* by inhibiting its **urease** activity, which is what the pathogen uses to survive in the acidic stomach.¹⁶

Preclinical research shows zinc-carnosine also increases levels of protective **heat shock proteins** in stomach mucosal cells, helping to protect the stomach lining from damage associated with *Helicobacter pylori* colonization and activity.²³

A meta-analysis of three clinical trials involving 396 people with *H. pylori* infection compared **triple drug therapy** (the standard treatment of two antibiotics and a proton pump inhibitor) to the same drug therapy combined with **150 mg of zinc-carnosine** taken **twice** daily.²⁴

Pairing the medications with **zinc-carnosine** eradicated *H. pylori* in **80%** of cases, compared to **67%** of cases using *only* drug treatment.²⁴



What You
Need
To Know

Innovative Solutions for Stomach Health

- ***Helicobacter pylori* infection** is a top trigger of stomach ulcers and **gastritis**, which can cause bloating, belching, gas, heartburn, and nausea.
- **Zinc-carnosine** and the postbiotic ***Lactobacillus reuteri* DSMZ 17648** work in different ways to reduce *H. pylori* infection and heal the stomach lining.
- In a clinical trial of adults with stomach ulcers, zinc-carnosine produced healing in **65%** of subjects.
- A clinical trial study of ***L. reuteri* DSMZ 17648** found it helped lower a marker of *H. pylori* infection by **16%** within two weeks.



Postbiotic Protection

Seeking another way to make *H. pylori* treatment more effective, scientists selected a beneficial bacterial strain, ***Lactobacillus reuteri* DSMZ 17648**.²⁵ This strain is heat-treated to make it more stable, so it is considered a **postbiotic**.²⁶⁻²⁸

In preclinical research, this strain has the unique ability to **bind** to *H. pylori* and prevent it from attaching to the stomach lining. Once bound, the pathogen can be **eliminated** in the stool.²⁵

The reduction of *H. pylori* levels can be measured using a **urea breath test**. As *H. pylori* levels decline, a product of urea metabolism decreases in the breath.²⁹

In two similar trials, adults with asymptomatic *H. pylori* infection were given a placebo for two weeks, followed by **200 mg** of ***L. reuteri* DSMZ 17648** daily for two weeks.^{7,25}

In both trials, the postbiotic was associated with a significant **decrease** in urea breath test levels from baseline, indicating a reduction in ***H. pylori***. The placebo produced no significant change.^{7,25}

In one trial, ***L. reuteri* DSMZ 17648** decreased urea breath test levels by **16%**. Scientists followed the participants for 24 weeks after treatment ended and found that significant improvement from baseline was maintained.⁷

A combination of ***L. reuteri* DSMZ 17648** and **zinc-carnosine** can target *H. pylori* infection in multiple ways and provide powerful relief for gastritis symptoms.

Summary

The stomach lining is vulnerable to damage from ***H. pylori*** infection, potentially resulting in gastritis, peptic ulcers, or stomach cancer.

Zinc-carnosine has been clinically shown to aid in the healing of peptic ulcers and combat *H. pylori* infection by inhibiting the bacteria's survival.

The postbiotic strain ***L. reuteri* DSMZ 17648** can bind to *H. pylori* in the stomach and facilitate its elimination.

Oral intake of a **combination** of these ingredients promotes stomach health and comfort. ■

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And unlike traditional stress support supplements, GABA can support a healthy stress response in as little as 30 minutes.

*For occasional sleeplessness



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Whether you're in the office, at the gym, or helping your kids with their math homework, you need energy. Fuel your mind and body with Creatine & Acetyl-L-Carnitine Energy Plus. This convenient powder helps fight physical and mental fatigue and promotes healthy energy production, cognitive function, exercise performance, and recovery. Power through your day—no athletic skills required.



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VITAMIN

SUSTAINED SUPPORT
24
HOURS
A DAY



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Mary

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REVIEW

Buffered **ascorbate** encased in two **plant extracts** (liposomes plus hydrogel fenugreek) increases blood (plasma) exposure nearly **seven times** more compared to an equivalent dose of vitamin C as calcium ascorbate.¹

It also maintains vitamin C levels throughout the day.²

Just one vegetarian tablet daily provides **around-the-clock** vitamin C support.

References 1. Akay Internal Study. Liposomal vitamin C (calcium ascorbate) pharmacokinetics. Data on file. 2021.
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Sleep and
Much More



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Glycine has properties for promoting calming sleep.^{1,2}

It also plays a role in gene expression,¹ and metabolic,^{1,2} cardiovascular,² and brain health.^{1,2}

This product is available at fine health food stores everywhere.

A randomized controlled trial in a small number of older adults suggests that relatively high doses of glycine plus N-acetylcysteine may help support several functional and structural factors associated with decline during aging.³

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What is Saffron?

BY LAURIE MATHENA



Saffron has been used for over 2,500 years in traditional medicine for a variety of conditions.¹

Preclinical research has shown that saffron contains natural compounds that may help protect cells, reduce inflammation and improve memory and mood.¹

Emerging evidence from human studies suggests that these beneficial compounds may help support metabolic and cardiovascular health markers such as blood glucose,^{2,3} cholesterol,⁴ and blood pressure.⁵⁻⁷

Among its various benefits, two in particular stand out:

1. **Mood and emotional well-being** – There is clinical evidence for saffron's effects on improvements in mood and reduction in symptoms of depression and anxiety.¹ In one clinical trial, a standardized saffron extract increased satiety and reduced between-meal snacking versus placebo.⁸
2. **Visual and retinal health** – Saffron has been associated with improved visual function and support for retinal health in people with macular degeneration.^{9,10}

Saffron for Snacking Control

Snacking can sabotage even the most disciplined weight loss efforts. It adds extra hidden calories, disrupts blood sugar balance, and can contribute to insulin resistance, especially when it happens late at night.

One research study found that a particular saffron extract helped reduce snacking, cravings, and appetite—contributing to measurable weight loss in as little as eight weeks.

In a randomized, double-blind trial, 60 mildly overweight women took either this particular saffron extract (**176.5 mg**) or a placebo for eight weeks. By the end of the study, the saffron group experienced a **55%** decrease in snacking frequency and lost significantly more weight than the placebo group.⁸

Saffron for Mood Balance

A systematic review of 12 randomized controlled trials evaluating saffron's effects on psychological and behavioral outcomes reported improvements in depressive and premenstrual symptoms as a result of saffron extract consumption.¹

Preclinical research suggests that saffron and its active compounds may help support mood by modulating brain pathways involved in mood, inflammation, and nerve protection. One way that saffron may help curb snacking is by supporting healthy serotonin levels in the brain.¹¹



Dysregulation of this neurotransmitter has been linked to carbohydrate craving,^{12,13} increased appetite,¹⁴ less meal satisfaction,¹⁴⁻¹⁶ and emotional eating.¹⁷

Saffron has shown effects on depressive symptoms comparable to some anti-depressants in certain studies, which could possibly help reduce emotionally driven snacking behaviors.¹

Better Eye Health

The macula is a small central part of the retina responsible for sharp, detailed vision directly in front of the eyes. **Age-related macular degeneration (AMD)**, the leading cause of vision loss in older adults, damages the macula and gradually reduces central vision.¹⁸ The retina is critical for vision because it detects light and translates it into signals your brain can use. Generally, better retinal function is associated with better visual acuity.¹⁹



AMD develops over time due to aging, genetic factors, and environmental exposure, which cause inflammation and oxidative damage to retinal cells.¹⁸

While there is no cure for AMD, evidence shows that saffron may improve visual function in those with mild to moderate AMD.

Two ways saffron may accomplish this, as shown in several clinical trials, are by reducing inflammation and oxidative stress,^{6,20} two key mechanisms involved in AMD pathophysiology.

Encouraging symptomatic improvement has also been demonstrated in clinical studies. For instance, in a double-blind, placebo-controlled, crossover trial, 100 adults with mild to moderate AMD took either **20 mg** per day of oral saffron supplementation or a placebo for three months. Those already taking “eye vitamins” continued taking them. Saffron supplementation resulted in improvements in “best-corrected visual acuity,” meaning





participants experienced improvement in vision even when using corrective lenses. The study also found improved retinal function, further confirming saffron's benefits to vision and the eyes.¹⁰

Another study reported that participants taking **20 mg** per day of oral saffron supplementation had improvements in visual acuity (sharpness of vision) after three months, with these changes remaining stable during follow-up over approximately 14 months.⁹ This means that the observed visual changes were maintained over time in this study population, though the extent and consistency of such effects may vary.

These visual improvements make sense in light of saffron's benefits to retinal function, inflammation, and oxidative stress.^{6,10,20-22}

Summary

Saffron is a well-known spice with a variety of properties that have been studied for health-promoting effects. Saffron has been associated with effects on mood, impulse control, and appetite regulation, which may help reduce between-meal snacking, stress eating, and late-night cravings.

Saffron has also been associated with improvements in retinal function and it promotes better visual function in individuals with age-related macular degeneration.

Overall, current evidence suggests that saffron may help support both mood and long-term vision. •

If you have any questions on the scientific content of this article, please call a **Life Extension Wellness Specialist** at 1-866-864-3027.

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References: 1. *Int J Cosmet Sci.* 2024;46(2):284-296. 2. *Clin Cosmet Investig Dermatol.* 2023;16:3251-3266.

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1. *Jpn Pharmacol Ther.* 1992;20(1):199-223.
2. *Nutrients.* 2013 Aug 2;5(8):3062-73.

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IN THIS EDITION OF LIFE EXTENSION MAGAZINE:



18

18 REDUCE STRESS WHILE STAYING SHARP

In separate human trials, **two plant extracts** *reduced stress* by **71%**, *lowered cortisol* by **24%**, and *improved attention* and **working memory**.



26

26 HOW MEN CAN REVERSE HAIR LOSS

In a clinical study, two **plant extracts** *increased hair growth* for **95%** of men with male pattern baldness, while in another trial, a third plant extract *decreased hair loss* by **29%**.



34

34 WHAT IS BLACK CUMIN SEED OIL?

Components in **black cumin seed oil** may help support balanced **inflammatory** and **immune responses** associated with chronic diseases.



40

40 COQ10 AND THE FREE MARKET

In 1983, the **FDA** claimed **CoQ10** was a **prescription drug** and moved to ban it. Congress allowed consumer access in 1994. Since then, advances in **CoQ10 absorption** technologies have slashed **consumer** prices and improved **bioavailability**.



52

52 A GROWING THREAT TO YOUNGER ADULTS

Colorectal cancer is increasing in younger adults. **Life Extension** has long advocated for *earlier* screening along with intake of healthy nutrients to reduce this growing risk.



90

90 WHAT IS SAFFRON?

Compounds in **saffron** help *balance mood* and *improve eye health*. A saffron extract *decreased snacking* by **55%** and *promoted weight loss*.