

LifeExtension[®]
Stay Healthy, Live Better



Back to the Basics

Foundational Supplements for Maximum Health



Why Back to the Basics?

1. **Multivitamins:** Basic building blocks of health

2. **Probiotics:** Because you're only as healthy as your gut

3. **CoQ10:** Fuels cellular function for healthy longevity

4. **Fish Oil:** Inhibits inflammation for whole-body health

5. **Curcumin:** Protects the body against oxidative stress





Why Back to the Basics?

Achieving long-term health begins with a solid foundation of healthy food and regular exercise. But we also believe there's a place for supplements—at least five “Back to the Basics” supplements can optimize the amount of key nutrients in your body necessary for health and wellness.

5 Basic Supplements

- [A daily multivitamin](#)
- [Probiotics](#)
- [CoQ10](#)
- [Fish Oil](#)
- [Curcumin, a turmeric spice extract](#)

The research is clear: These supplements provide the basic building blocks of health, promote healthy digestion, support healthy cellular energy, inhibit inflammation and help protect against oxidative stress—all important ingredients for a healthy life.

Let's take a closer look at each foundational supplement.





1

**Multivitamins:
Basic Building
Blocks of Health**



Multivitamins: Basic Building Blocks of Health

Vitamins and minerals are essential to your health. They help make everything happen that needs to happen. No matter your health status and no matter what your health goals are, a daily multivitamin is a must.

We'd like to share three scientific facts for why we ALL need to supplement with a daily multivitamin.

Fact #1: Inadequate Fruit and Vegetable Intake

It's no secret that fruits and vegetables are some of the healthiest foods on earth. The more plants you eat, the more your health improves. It's pretty simple and straightforward.

According to a published study, only 11 percent of Americans meet the USDA guidelines for fruit and vegetable consumption.¹

Fact #2: The Nutritional Decline of Food

The Biochemical Institute at the University of Texas analyzed the results of three studies documenting nutrient declines in different groups of vegetables and fruits.

Over half of the studied nutrients showed large enough declines to be statistically significant.² This implies that a tomato today is not the same as a nutritious tomato from a few decades ago.

Fact #3: The Standard American Lifestyle—Go, Go, Go!

Today's 24-hour, information-saturated, digitally connected way of living places many demands on us, all of which must be addressed "right now."

Always being on-the-go requires a daily boost of nutrients. But if our food is nutrient-poor and we're not eating enough fruits and vegetables to begin with, how are we going to recharge nutritionally?

Refill with a Daily Multivitamin

Supplementing with a [daily multivitamin](#) can bridge the nutritional gap caused by our diet, nutrient-poor food and lifestyle.





2

**Probiotics:
Because You're
Only as Healthy
as Your Gut**



Probiotics: Because You're Only as Healthy as Your Gut

We're covered in healthy bacteria, literally. From top to bottom, and from the inside out. By conservative estimates, we're talking about trillions of bacteria. This means that we're made up of more bacteria than of our own cells!

Most of them live in our gastrointestinal tract. The normal adult gut is estimated to consist of up to 100 trillion microorganisms, comprising somewhere between 500 to 3,000 species.³ They play a crucial role in maintaining a healthy digestive system.

It's a simple idea: healthy digestion directly correlates to overall health.



Life is Hard on Healthy Gut Bacteria

In today's world with hectic lifestyles, it's essential to maintain optimal levels of healthy bacteria.



We really should do everything we can to replenish our healthy gut bacteria with high-quality probiotic sources, such as yogurt and fermented foods. But diet alone probably won't do the job. We also suggest a [probiotic supplement](#). This will really rev up your gut's healthy microbiome.

Remember, probiotics are the "pro of feeling good!"



3

**CoQ10:
Fuels Cellular
Functions for
Healthy Longevity**



CoQ10: Fueling Cellular Functions for Healthy Longevity

Imagine waking up one morning without really needing two large cups of coffee. Now, there's nothing wrong with coffee, and if you like it, then drink it. But imagine a morning when you really don't need it.

Yes, let's imagine your body is supplied with a steady state of energy. A state of optimal energy production—morning, noon, and night—would help you wake up, stay up and remain productive throughout the day.

CoQ10 can fuel your body's cellular energy-making machine, and it does a better job than all that coffee.

But as humans grow older, their natural internal synthesis of CoQ10 diminishes greatly. The following list reveals the tissue-specific decrease in CoQ10 that occurs normally with aging:⁴⁻⁶

Tissue	Percent Decrease of CoQ10
Heart	57%
Heart muscle wall	72%
Pancreas (digestion)	69%
Kidney (filter)	35%
Liver (detox)	17%
Adrenal Gland (hormones)	47%
Skin	75%

Keeping a [healthy supply of CoQ10](#) on board will help support a healthy heart, brain, immune system and so much more.



4

**Fish Oil:
Inhibiting
Inflammation
for Whole-Body
Health**



Fish Oil: Inhibits Inflammation for Whole-Body Health

Fish oil and its omega-3 fats have been hot health topics in recent years—and with good reason. The health benefits of these essential fatty acids are remarkable and wide-ranging. And we're not even done learning about all that omega-3s can do!

Scores of studies have suggested that omega-3 fatty acids from fish could be beneficial for a healthy mood, brain, heart, eyesight and immune system. In other words, omega-3s are really the whole package for the whole body!

But the one BIG benefit of omega-3s is inhibiting inflammation.

In addition to dietary and lifestyle changes—such as a low-glycemic diet, reduced consumption of saturated fat and cholesterol, and increased exercise—getting enough omega-3 fatty acids through your diet or supplements is a great way to inhibit inflammation.



It's clear why omega-3 fats should be an essential part of your healthcare regimen. However, it can be difficult to get enough omega-3s in your diet, especially if you don't eat a lot of fish.

A [fish oil supplement](#)

is a great way to make sure you're getting all you can out of omega-3 fats!





5

**Curcumin:
Protects the
Body Against
Oxidative Stress**



Curcumin: Protects the Body Against Oxidative Stress

Turmeric is the golden spice that spans cultures, making all sorts of food appear more appetizing and taste delicious.

Turmeric has a natural golden color because it contains curcumin, a nutrition superstar that's been used medicinally for over 4,000 years! Curcumin provides enormous health-promoting effects for almost every organ system.

How does it do it? By helping to protect us against oxidative stress. Simply living life, breathing oxygen and eating food can create oxidative stress—something we want to inhibit. And that is where curcumin comes into play. It's a powerful antioxidant.⁷

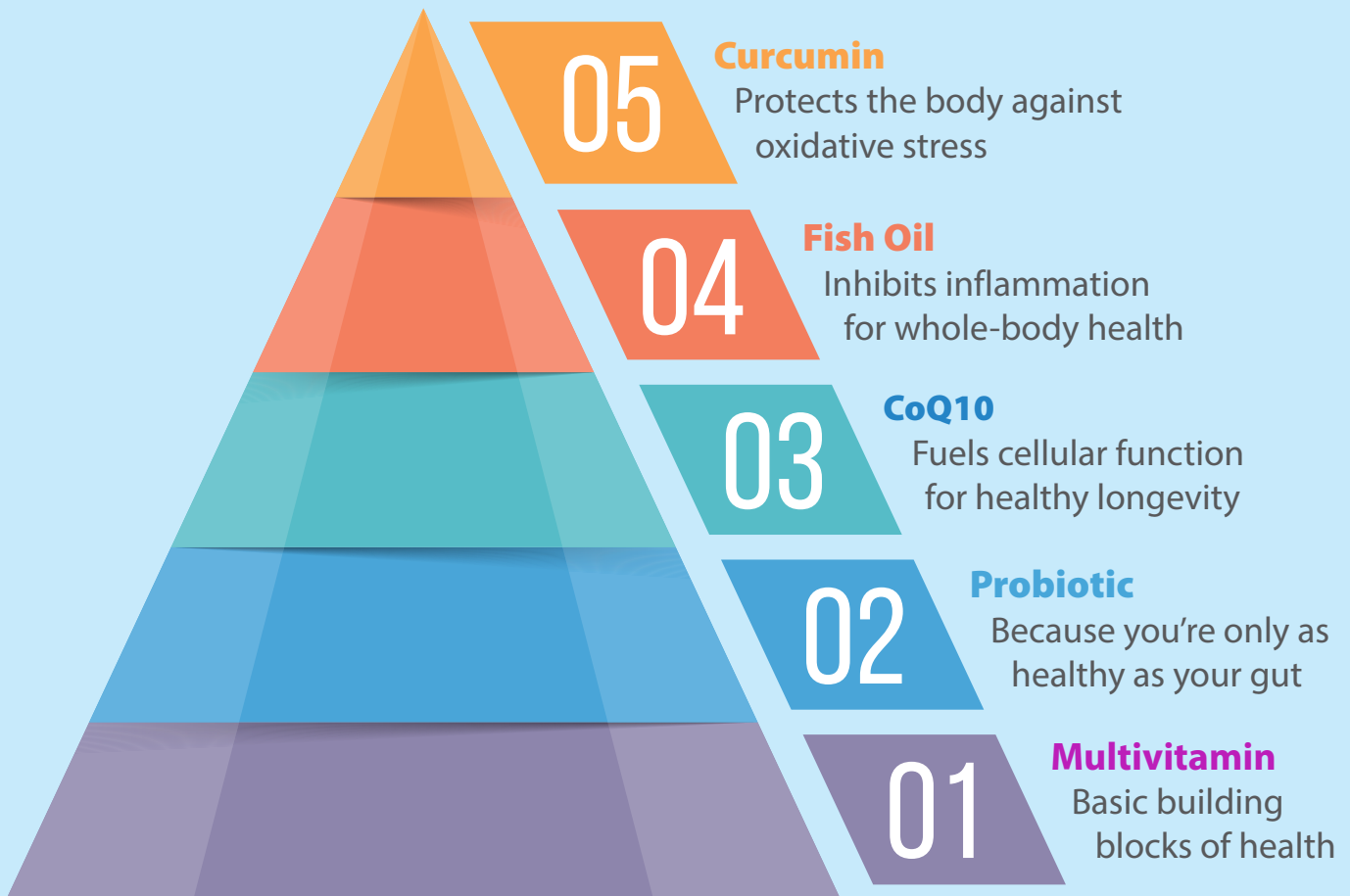
Just take a look at curcumin's benefits from inhibiting oxidative stress:⁸⁻¹⁴

- Supports healthy cell and tissue growth
- Helps maintain a robust immune system
- Promotes healthy brain function, including cognition and memory
- Supports healthy bowel function and joint health

We should all add turmeric spice to our favorite dishes.

But that probably won't get enough curcumin to reap all the benefits. Your best bet is a daily [curcumin supplement](#).





How do I know which supplement is best for me?

First, it must be of the highest quality. Life Extension's products have undergone three levels of testing:

- 1. Testing the raw material** that provides the vitamins and minerals, ensuring it's pure and potent.
- 2. Testing the manufacturing process**, following FDA-compliant, Good Manufacturing Practices.
- 3. Testing the final product** for all label claims, including active ingredients and dosing.

We can provide you with a Certificate of Analysis for each product, confirming the quality, purity and potency.



Purity

The purity of every ingredient matters. We source only the finest raw materials, independently test and certify for efficacy, and manufacture 99% of our products right here in the U.S.A.



Science

We rely on the latest scientific research. Our formulas have the same ingredients as the studies that inspired them. That's why you can trust us to help you stay healthy and live better.



Innovation

On the forefront of science for more than 35 years, developing science-based supplements not found anywhere else.



Achievement

Our tireless health advocacy—such as recommending low-dose aspirin and omega-3 fatty acids for optimal heart health—has enhanced many lives. And we're not stopping anytime soon.

Save \$6.00



Add to Cart

Two-Per-Day Capsules

Life Extension's multivitamin gives you more of the essential vitamins, minerals and other nutrients your body needs. This is important because Recommended Dietary Allowances (or RDAs) provide only the minimal doses necessary to avoid deficiency.

Our Two-Per-Day Formula Beats Centrum® in 10 ways*

- 50 times more vitamin B1
- 25 times more vitamin B6
- 12 times more vitamin B12
- 10 times more biotin
- 10 times more selenium
- 8 times more vitamin C
- 2.5 times more vitamin B3
- 2 times more vitamin D
- 2 times more vitamin E
- 2 times more zinc

Everyone should be taking a daily multivitamin: There's no simpler way to ensure your body is getting the essential vitamins, minerals and nutrients you need to stay healthy and live better. But not all multivitamins are created equal—so choose Life Extension's high-quality Two-Per-Day Capsules.

Take advantage of a special offer!
\$6.00 OFF Life Extension's Two-Per-Day Capsules.

*Formula compared to Centrum® Silver® Adults

Save \$8.25



Add to Cart

FLORASSIST® GI with Phage Technology

Studies show that shifting our microbiomes toward a healthy profile can have a positive impact on overall health and well-being.¹⁵

Life Extension's FLORASSIST® GI consists of two important blends: a TetraPhage Blend of four unique bacteriophages, and a proprietary probiotic blend.

A bacteriophage is a microscopic bundle of DNA or RNA encased in a protein envelope, and each one is designed to attach to a unique strain of unwanted bacteria in the intestines.

The probiotic blend provides 15 billion CFUs (colony forming units) of six healthy bacterial strains. The combination is a one-two probiotic punch!



Plus, FLORASSIST® GI features a unique dual-encapsulation delivery system which safely bypasses the harsh environs of your stomach to deliver the 15 billion CFUs.

With the unwanted organisms out of the way, these probiotics can thrive, amplifying their effect.¹⁶

Take advantage of a special offer!
\$8.25 OFF Life Extension's FLORASSIST® GI with Phage Technology.

Save \$15.50



Add to Cart

Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

Life Extension's Super Ubiquinol CoQ10 is formulated with ubiquinol, a highly bioavailable form of coenzyme Q10 nutrient, and augmented with the adaptogen PrimaVie® shilajit, clinically shown to further increase CoQ10 absorption, promote cardiovascular health and help restore youthful cellular energy.

CoQ10 for heart health and cellular energy

CoQ10 (or coenzyme Q10) is an essential nutrient your body requires for healthy mitochondrial function, a process that produces body energy at the cellular level.

Shilajit enhances CoQ10 effectiveness

When combined with ubiquinol CoQ10, it has been clinically shown to double levels of CoQ10 in the mitochondria.²⁰⁻²⁶

Bottom line: Shilajit facilitates greater cellular energy output!

Take advantage of a special offer!
\$15.50 OFF Life Extension's Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™.

PrimaVie® is a registered trademark of Natreon, Inc.



Add to Cart

Super Omega-3 EPA/DHA with Sesame Lignans and Olive Extract

Super Omega-3 EPA/DHA with Sesame Lignans and Olive Extract delivers an optimal dose of EPA and DHA omega-3 fatty acids.

More facts about Super Omega-3

The Mediterranean diet, in which extra virgin olive oil and seafood are staples, is associated with heart health and an increased life span. This healthy diet inspired us to combine a pure, highly concentrated fish oil with sesame lignans and unique polyphenols from olive extract.

These essential fats also help to:

- Maintain healthy LDL and HDL cholesterol and triglyceride levels that are already within the normal range^{33,34}
- Promote healthy cognitive function³⁵⁻³⁷
- Support a healthy mood^{38,39}

IFOS™ 5-star-rated formula

Our Super Omega-3 formula has earned the highest, 5-star rating from IFOS™—an independent organization that sets the standard for fish oil purity, potency and freshness.

Take advantage of a special offer!

\$8.00 OFF Life Extension's

Super Omega-3 EPA/DHA with Sesame Lignans and Olive Extract.

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



Add to Cart

Advanced Bio-Curcumin® with Ginger & Turmerones Turmeric Extract

Curcumin benefits nearly every organ system, but it's difficult to absorb. So we formulated this curcumin supplement with ultra-absorbable BCM-95® Bio-Curcumin® extract, then added turmeric oil compounds called turmerones and ginger extract to enhance curcumin's health benefits and phospholipids to increase its absorption.

More facts about Advanced Bio-Curcumin®

Advanced Bio-Curcumin® contains ultra-potent BCM-95®, a curcumin extract found to be up to seven times more absorbable than standard curcumin in a clinical study.⁴⁰

Turmerones, phospholipids and ginger

We've added several plant compounds to Advanced Bio-Curcumin® to enhance the health benefits of this supplement:^{41,42}

- Phospholipids to further boost curcumin's absorption
- Ginger compounds and turmerones (turmeric oil compounds) to promote complementary inflammatory responses

No whole-body health regimen is complete without curcumin.

Take advantage of a special offer!

\$7.50 OFF Life Extension's Advanced

Bio-Curcumin® with Ginger & Turmerones.

Bio-Curcumin® and BCM-95® are registered trademarks of DoCas-Biotech, LLC.



Sustainably Harvested

We make Super Omega-3 using Pure+™, a wild fish oil concentrate made from cold-water Alaska pollock caught from a certified-sustainable fishery and processed in the United States within hours of harvest for exceptional freshness.

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.



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