



Aging Gracefully

We can't help getting older, but we can significantly affect how we look and feel as we age.

At its root, aging is simply the body slowing down and becoming less efficient in its repair process. By fueling the body with the right nutrients, we can boost that efficiency and keep the internal engine revving.

Reliv's ReversAge® dietary supplement delivers a complete array of youth-promoting ingredients, including probiotics,

omega-3, Co-Q10 and Protykin®, and a beneficial herbal blend among other ingredients.

"Kids' stuff" is great for adults, too. Reliv Now® for Kids is a delicious way to support brain function in young and old alike with phosphatidylserine (PS), omega-3 fatty acids, as well as grape seed extract and an extra boost of vitamins C and E, plus other vitamins, minerals and micronutrients.

It's never too late to start thinking young. Read on to learn more about the array of powerful nutrients that can give you a fighting chance in the battle against aging.

To Your Health,

Dr. Carl W. Hastings
Reliv Vice Chairman and Chief Scientific Officer



Anti-Aging by the Numbers

People over 50 need more of some vitamins and minerals than younger adults do, including vitamins B6, B12, D and calcium.

Current average intakes of DHA/EPA (omega 3) are about 15 percent of the target (900 mg/day) officially recommended by the American Heart Association for those with heart disease, and 20% of the amount (650 mg/day) advised by an expert scientific group for healthy individuals.

Low levels of vitamin B12 have been associated with memory loss and linked to age-related hearing loss in older adults.

55 percent of patients with Parkinson's disease had insufficient levels of vitamin D, compared to 36 and 41 percent for healthy people and patients with Alzheimer's disease respectively, according to a study of 300 people.

Low blood levels of vitamin D may increase the risk of dementia and Alzheimer's disease.

While CoQ10 is known to promote heart health, researchers are now focusing on its possible benefits for people with diabetes, breast cancer, lung and prostate cancers, male infertility and kidney failure.

Age is a major factor in the development of CoQ10 deficiency. People who take statin drugs are at an even higher risk of CoQ10 deficiency.



Feeding the Youth Inside You

Nourishing your body with essential vitamins and minerals not only can keep you healthy overall, it can also pay off in the form of a younger biological age — regardless of your birthday.

Cells

New research published in the *American Journal of Clinical Nutrition* shows daily multivitamin users had cells with a younger biological age versus non-users. The study found vitamins C and E seemed to be especially beneficial nutrients in keeping cells “young.” Vitamin E is a known powerful antioxidant that fights free radical damage and builds a strong immune system.

Bones

Keeping your bones strong is a lifelong endeavor. A new study from Canada found postmenopausal women receiving a combination of the antioxidants vitamins C and E, along with resistance exercise, didn't have any bone loss during a six-month period, while women receiving a placebo did experience detrimental bone loss.

Brain

Brain power seems to take a nose dive as we age. But the right nutrients, such as the ones featured on this page, can slow — or prevent — this decline.

Vitamin B12

To maintain brain function as you age, make sure you're getting enough B12. A British study found people with the lowest levels of B12 lost brain volume at a faster rate over five years than those with the highest levels. It can be tricky to get enough B12 because some medications can interfere with B12 absorption. Two culprits include acid-blocking drugs and some diabetes medications. Supplementation can help keep your levels where they need to be.

Vitamin D

A growing number of studies have linked vitamin D deficiency to increased risks of cardiovascular diseases, diabetes, osteoporosis, depression, and periodontal disease, all of which have been linked to some degree to increased risks for dementia.

Omega-3 Essential Fatty Acids

Essential fatty acids like omega-3 that contain docosahexaenoic acid (DHA) plus eicosapentaenoic acid (EPA) are vital to the body's normal development and function, especially for the brain and eyes. Omega-3 deficiencies are linked to decreased memory and mental abilities, tingling sensation of the nerves, poor vision, diminished immune function, heart attacks, cancer, insulin resistance, asthma, lupus, schizophrenia, depression, postpartum depression, accelerated aging, stroke, obesity, diabetes, arthritis, ADHD and Alzheimer's disease.

'PS, I Love You'

Phosphatidylserine (PS) benefits brain function and cognitive performance, while reducing the risk for certain neurological disorders such as Alzheimer's disease. PS has been shown to reduce the effects of mental stresses such as anxiety, improve mental function in the elderly, improve attention, behavior and learning performance in children and young adults, and reduce the severity of depression.

The Body Guard

Resveratrol protects many parts of our body due to its antioxidant and anti-inflammatory properties. New studies show it helps bone health, reduces cataracts, helps coordination, reduces disk deterioration and protects joints, guards against Parkinson's, improves erectile performance, protects the liver and pancreas, and helps regulate cell health while protecting against adverse cell changes. Protykin® delivers cell-protecting nutrients similar to those found in resveratrol.

Sources:

For a complete list of references for this issue, please view the special addendum posted on the *Science & Health Today* web page, www.reliv.com >> The Products >> articles & research >> Science & Health Today.