

drEames MAXIMUM LIFE LONGEVITY BOOSTER - Clinical Studies

ALZHEIMER'S DISEASE - Recent studies performed at leading European research centers have determined that taking daily supplements of high- potency antioxidant vitamins, such as vitamin A, B3, B5, B6 and B12, may be effective at slowing the progression of Alzheimer's. (30) LONGEVITY BOOSTER provides these vitamins, along with other important nutrients, like Vitamin C, CoQ10, and Omega-3 essential fatty acids, that protect cells from oxidative damage and has the potential to greatly extend quality life for those with Alzheimer's. (65)

ANTIOXIDANT CELL PROTECTION - Antioxidant vitamins (and E are important for protecting cells from oxidative damage. These vitamins act as "free radical scavengers", locating and destroying harmful free radicals they come in contact with. The unique combination of vitamins, minerals, and amino acids in LONGEVITY BOOSTER, however, goes one step further, activating a cellular defense force known as "protease inhibitors" that acts directly on proteases (the enzymes at work behind free radical damage) -- to stop free radical damage before it can even start! So, not only can LONGEVITY BOOSTER do what antioxidants can do-it can also do what antioxidants cannot do! We guarantee you won't find this level of cellular) protection anywhere else! (66)

ARTHRITIS - In addition to providing essential nutrients like Omega-3 fatty acids, which are necessary for maintaining healthy joints(32)1 LONGEVITY BOOSTER also contains glucosamine sulfate, MSM and chondroitin, a combination proven effective in building new cartilage and synovial fluid (in joints), as well as reducing the inflammation associated with arthritis pain. (31) Plus, LONGEVITY BOOSTER also contains mangosteen, a tropical fruit rich in rare chemicals known as xanthenes, which numerous studies have proven to have powerful anti-inflammatory effects. (26-27)

BRAIN FUNCTION - Science has confirmed that optimal brain function requires the presence of essential nutrients, especially essential fatty acids, amino acids and B-vitamins(4) LONGEVITY BOOSTER is formulated with Omega-3 essential fatty acids (33), along with vitamin B1, B2, B3, B5, B6, B12, and the essential amino acids the human body can't produce on its own. Many people report noticeable improvements in memory and brain function almost immediately after starting LONGEVITY BOOSTER and many swear they'll never go a day without it!

BLOOD PRESSURE - Numerous studies have found that high blood pressure can be the result of low levels of certain nutrients, especially Calcium (38), CoQ10 (39), Magnesium (40), Potassium (41)1 and Vitamin C (42). LONGEVITY BOOSTER provides these nutrients in a form that your body can absorb and utilize, along with Omega-3 essential fatty acids, amino acids (22) and antioxidants, which also support healthy blood pressure levels. (19)

CANCER - While LONGEVITY BOOSTER is certainly not a cure for cancer, it can support your body's natural defenses against cancer. Many scientists agree that free radicals may play a major role in the development of cancer. Furthermore, it has been proven that increasing one's intake of antioxidant nutrients, such as vitamins C, E, s-cornplex and plant-based antioxidants (such as those found in green tea mangosteen and resveratrol) can offer protection from the cellular- damage caused by the constant bombardment of free radicals from things like: automobile exhaust fumes, fried fatty foods, cigarette smoke, pesticides and even some free radicals that are normal by-products of the body's natural processes. LONGEVITY BOOSTER provides high-quality, high-potency antioxidants, along with

a unique balanced formula of other important nutrients to support health at the cellular level of the body. You are only as healthy as the cells of your body are, so healthy cells equal healthy you!

DIABETES - Diabetes has become an epidemic in modern times, due to the widespread consumption of processed and devitalized foods combined with lack of exercise associated with modern living. LONGEVITY BOOSTER is not a "cure" for diabetes! but it does provide key nutrients to help the body deal with both the cause and effects of diabetes. Nutrients, such as chromium (45), magnesium (46), omega-3 essential fatty acids (66), and coq10 help to regulate the blood sugar levels. Amino acids, L-carnitine, L-glutamine and taurine help mobilize fat and aid in the release of insulin.(66) Antioxidant vitamins C, E, and B-complex may improve metabolism and circulation and also repair cells damaged by high blood glucose levels. (47)

HEART HEALTH - Cardiovascular disease is a leading cause of death in the U.S., despite the fact that mountains of evidence exist that confirm the fact that key nutrients play a major role in heart health. For example, several studies have proven that magnesium can reduce the risk of blood clots (63), lower blood pressure (67), and significantly improve exercise tolerance in those with coronary artery disease. (67) Other studies have found that L-arginine may improve blood flow (22), folic acid may aid in the prevention of heart attack and stroke (60), and Omega-3 essential fatty acids and CoQ10 are may be beneficial in preventing and treating atherosclerosis" LONGEVITY BOOSTER provides these, along with other heart- healthy nutrients, such as potassium (to help regulate blood pressure), antioxidant vitamins A, C, E, and 81 to protect the heart muscle from oxidative damage, and L-carnitine to improve oxycenanon and reduce levels of "fats in the blood.{G6}

HIGH CHOLESTEROL - Cholesterol is an essential part of every cell structure; however, too much of it--especially the low-density type (LDL)--is - believed to be a primary cause of heart disease. ~medications (Lipitor and Zocor) are usually effective at lowering cholesterol levels, but unfortunately they lower both the good and the bad types of cholesterol, which, over time, damages the integrity of blood vessels and arteries. These medications also carry other serious side *effects* and risks, including the impaired functioning of the liver and depletion of the body's levels of CoQ-10 (55). LONGEVITY BOOSTER provides the nutrients required by the body to maintain healthy cholesterol levels, such as: Calcium (38), CoQ-10 (39), Chromium (40), L-Carnitine (41), Vitamins A, C, E (28), Pantothenic Acid (43) and Niacin (44).

LUNG FUNCTION - Numerous studies have found that vitamin C and magnesium levels are often low when asthma, COPD, or other lung conditions exist.(65) Nutrients like omega-3 essential fatty acids, zinc, copper, amino acids cysteine, glutathione, and methionine,(62} as well as vitamins A, C, and E (61) all play important roles in healthy lung function. LONGEVITY BOOSTER provides these nutrients and more to help repair damage to lung tissue and reduce airway inflammation, helping you breathe better.

LONGEVITY – While each of the 28 Vitamins, Minerals, and Amino Acids ingredients in LONGEVITY BOOSTER is geared towards fostering increased longevity, it is now evident that CoQ10 directly influences the expression of multiple genes involved in aging, especially those regulating inflammation.(68-70) Scientists are now discovering that CoQ10 contributes to a longer life, the result of the supplement's augmentation of mitochondrial function in brain structure and function, lung defense mechanisms, and disorders related to poor glycemic control and the

metabolic syndrome. Even studies that don't show life span extension demonstrate a return to youthful behaviors and functions in response to CoQ10 supplementation.(71) The connection between taurine and a long life is so strong that researchers have dubbed taurine, "*The nutritional factor for the longevity of the Japanese.*"(72)

MENOPAUSE - Proper nutrition is essential for maintaining health after a woman reaches menopause. LONGEVITY BOOSTER provides a balanced formula of essential nutrients, such as calcium and magnesium (for mood and to prevent bone loss), B-vitamins (for improved circulation and to ward off fatigue, stress and water retention), vitamin D (to regulate calcium levels), and selenium (a mineral that has been linked to hormonal balance), just to name a few.

MULTIPLE SCLEROSIS (MS) - Multiple sclerosis is a progressive, degenerative disorder of the central nervous system, involving the brain, optic nerve and spinal cord. There is no known cure for [MS; however, in many studies, nutritional support has proven to be helpful in managing the condition. LONGEVITY BOOSTER provides these essential nutrients, calcium and magnesium, Omega-3 and Omega-6 essential fatty acids, B-complex vitamins, potassium, selenium, manganese and phosphorus, vitamins C and E, and amino acids. (66)

MORE ENERGY - Producing energy in the body requires certain nutrients, such as B-vitamins, CoQ10 (12), amino acids (especially t-Lvsine, L-carnitine, and taurine), as well as minerals, such as chromium, potassium, magnesium, zinc and manganese. LONGEVITY BOOSTER provides the nutrients in a balanced formula and as a result the majority of those who take LONGEVITY BOOSTER report more energy as the first significantly noticeable health improvement!

SEXUAL PERFORMANCE - LONGEVITY BOOSTER has been found to improve sexual performance for both men and women. Many women have reported increased libido, heightened pleasure and multiple orgasms while using LONGEVITY BOOSTER. Many men report increased libido, improved erection, and higher levels of sexual and physical energy. LONGEVITY BOOSTER provides several nutrients proven to improve sexual performance, including: L-Arginine (58), Omega-3 Essential Fatty Acids, Zinc, Vitamin E, Selenium, and B-complex vitamins. (66)

SLEEP BETTER - It is estimated that at least one in ten Americans have difficulty sleeping on a regular basis. Science has determined that this can be the result of low levels of nutrients in the body, especially calcium and magnesium, vitamin B6 and B12. LONGEVITY BOOSTER provides these nutrients in a balanced, highly bio-available form to help you fall asleep faster and stay asleep longer so your body can rejuvenate itself for better daytime functioning and a longer, healthier life!

SKIN, HAIR & NAILS - With the proper balance of nutrients, it is amazing how quickly years, lines and age spots can be erased from the skin! LONGEVITY BOOSTER provides important nutrients which experts agree are absolutely essential to reduce the signs of aging and restore vitality to the skin, hair and nails, such as-omega-3 essential fatty acids (48), Vitamin A (51), Vitamin E (~9), Vitamin C (50), Vitamin B6, B12, B5, B7, B9, B10, B15, B17, B18, B19, B20, B21, B22, B23, B24, B25, B26, B27, B28, B29, B30, B31, B32, B33, B34, B35, B36, B37, B38, B39, B40, B41, B42, B43, B44, B45, B46, B47, B48, B49, B50, B51, B52, B53, B54, B55, B56, B57, B58, B59, B60, B61, B62, B63, B64, B65, B66, B67, B68, B69, B70, B71, B72, B73, B74, B75, B76, B77, B78, B79, B80, B81, B82, B83, B84, B85, B86, B87, B88, B89, B90, B91, B92, B93, B94, B95, B96, B97, B98, B99, B100, B101, B102, B103, B104, B105, B106, B107, B108, B109, B110, B111, B112, B113, B114, B115, B116, B117, B118, B119, B120, B121, B122, B123, B124, B125, B126, B127, B128, B129, B130, B131, B132, B133, B134, B135, B136, B137, B138, B139, B140, B141, B142, B143, B144, B145, B146, B147, B148, B149, B150, B151, B152, B153, B154, B155, B156, B157, B158, B159, B160, B161, B162, B163, B164, B165, B166, B167, B168, B169, B170, B171, B172, B173, B174, B175, B176, B177, B178, B179, B180, B181, B182, B183, B184, B185, B186, B187, B188, B189, B190, B191, B192, B193, B194, B195, B196, B197, B198, B199, B200, B201, B202, B203, B204, B205, B206, B207, B208, B209, B210, B211, B212, B213, B214, B215, B216, B217, B218, B219, B220, B221, B222, B223, B224, B225, B226, B227, B228, B229, B230, B231, B232, B233, B234, B235, B236, B237, B238, B239, B240, B241, B242, B243, B244, B245, B246, B247, B248, B249, B250, B251, B252, B253, B254, B255, B256, B257, B258, B259, B260, B261, B262, B263, B264, B265, B266, B267, B268, B269, B270, B271, B272, B273, B274, B275, B276, B277, B278, B279, B280, B281, B282, B283, B284, B285, B286, B287, B288, B289, B290, B291, B292, B293, B294, B295, B296, B297, B298, B299, B300, B301, B302, B303, B304, B305, B306, B307, B308, B309, B310, B311, B312, B313, B314, B315, B316, B317, B318, B319, B320, B321, B322, B323, B324, B325, B326, B327, B328, B329, B330, B331, B332, B333, B334, B335, B336, B337, B338, B339, B340, B341, B342, B343, B344, B345, B346, B347, B348, B349, B350, B351, B352, B353, B354, B355, B356, B357, B358, B359, B360, B361, B362, B363, B364, B365, B366, B367, B368, B369, B370, B371, B372, B373, B374, B375, B376, B377, B378, B379, B380, B381, B382, B383, B384, B385, B386, B387, B388, B389, B390, B391, B392, B393, B394, B395, B396, B397, B398, B399, B400, B401, B402, B403, B404, B405, B406, B407, B408, B409, B410, B411, B412, B413, B414, B415, B416, B417, B418, B419, B420, B421, B422, B423, B424, B425, B426, B427, B428, B429, B430, B431, B432, B433, B434, B435, B436, B437, B438, B439, B440, B441, B442, B443, B444, B445, B446, B447, B448, B449, B450, B451, B452, B453, B454, B455, B456, B457, B458, B459, B460, B461, B462, B463, B464, B465, B466, B467, B468, B469, B470, B471, B472, B473, B474, B475, B476, B477, B478, B479, B480, B481, B482, B483, B484, B485, B486, B487, B488, B489, B490, B491, B492, B493, B494, B495, B496, B497, B498, B499, B500, B501, B502, B503, B504, B505, B506, B507, B508, B509, B510, B511, B512, B513, B514, B515, B516, B517, B518, B519, B520, B521, B522, B523, B524, B525, B526, B527, B528, B529, B530, B531, B532, B533, B534, B535, B536, B537, B538, B539, B540, B541, B542, B543, B544, B545, B546, B547, B548, B549, B550, B551, B552, B553, B554, B555, B556, B557, B558, B559, B560, B561, B562, B563, B564, B565, B566, B567, B568, B569, B570, B571, B572, B573, B574, B575, B576, B577, B578, B579, B580, B581, B582, B583, B584, B585, B586, B587, B588, B589, B590, B591, B592, B593, B594, B595, B596, B597, B598, B599, B600, B601, B602, B603, B604, B605, B606, B607, B608, B609, B610, B611, B612, B613, B614, B615, B616, B617, B618, B619, B620, B621, B622, B623, B624, B625, B626, B627, B628, B629, B630, B631, B632, B633, B634, B635, B636, B637, B638, B639, B640, B641, B642, B643, B644, B645, B646, B647, B648, B649, B650, B651, B652, B653, B654, B655, B656, B657, B658, B659, B660, B661, B662, B663, B664, B665, B666, B667, B668, B669, B670, B671, B672, B673, B674, B675, B676, B677, B678, B679, B680, B681, B682, B683, B684, B685, B686, B687, B688, B689, B690, B691, B692, B693, B694, B695, B696, B697, B698, B699, B700, B701, B702, B703, B704, B705, B706, B707, B708, B709, B710, B711, B712, B713, B714, B715, B716, B717, B718, B719, B720, B721, B722, B723, B724, B725, B726, B727, B728, B729, B730, B731, B732, B733, B734, B735, B736, B737, B738, B739, B740, B741, B742, B743, B744, B745, B746, B747, B748, B749, B750, B751, B752, B753, B754, B755, B756, B757, B758, B759, B760, B761, B762, B763, B764, B765, B766, B767, B768, B769, B770, B771, B772, B773, B774, B775, B776, B777, B778, B779, B780, B781, B782, B783, B784, B785, B786, B787, B788, B789, B790, B791, B792, B793, B794, B795, B796, B797, B798, B799, B800, B801, B802, B803, B804, B805, B806, B807, B808, B809, B810, B811, B812, B813, B814, B815, B816, B817, B818, B819, B820, B821, B822, B823, B824, B825, B826, B827, B828, B829, B830, B831, B832, B833, B834, B835, B836, B837, B838, B839, B840, B841, B842, B843, B844, B845, B846, B847, B848, B849, B850, B851, B852, B853, B854, B855, B856, B857, B858, B859, B860, B861, B862, B863, B864, B865, B866, B867, B868, B869, B870, B871, B872, B873, B874, B875, B876, B877, B878, B879, B880, B881, B882, B883, B884, B885, B886, B887, B888, B889, B890, B891, B892, B893, B894, B895, B896, B897, B898, B899, B900, B901, B902, B903, B904, B905, B906, B907, B908, B909, B910, B911, B912, B913, B914, B915, B916, B917, B918, B919, B920, B921, B922, B923, B924, B925, B926, B927, B928, B929, B930, B931, B932, B933, B934, B935, B936, B937, B938, B939, B940, B941, B942, B943, B944, B945, B946, B947, B948, B949, B950, B951, B952, B953, B954, B955, B956, B957, B958, B959, B960, B961, B962, B963, B964, B965, B966, B967, B968, B969, B970, B971, B972, B973, B974, B975, B976, B977, B978, B979, B980, B981, B982, B983, B984, B985, B986, B987, B988, B989, B990, B991, B992, B993, B994, B995, B996, B997, B998, B999, B1000, B1001, B1002, B1003, B1004, B1005, B1006, B1007, B1008, B1009, B1010, B1011, B1012, B1013, B1014, B1015, B1016, B1017, B1018, B1019, B1020, B1021, B1022, B1023, B1024, B1025, B1026, B1027, B1028, B1029, B1030, B1031, B1032, B1033, B1034, B1035, B1036, B1037, B1038, B1039, B1040, B1041, B1042, B1043, B1044, B1045, B1046, B1047, B1048, B1049, B1050, B1051, B1052, B1053, B1054, B1055, B1056, B1057, B1058, B1059, B1060, B1061, B1062, B1063, B1064, B1065, B1066, B1067, B1068, B1069, B1070, B1071, B1072, B1073, B1074, B1075, B1076, B1077, B1078, B1079, B1080, B1081, B1082, B1083, B1084, B1085, B1086, B1087, B1088, B1089, B1090, B1091, B1092, B1093, B1094, B1095, B1096, B1097, B1098, B1099, B1100, B1101, B1102, B1103, B1104, B1105, B1106, B1107, B1108, B1109, B1110, B1111, B1112, B1113, B1114, B1115, B1116, B1117, B1118, B1119, B1120, B1121, B1122, B1123, B1124, B1125, B1126, B1127, B1128, B1129, B1130, B1131, B1132, B1133, B1134, B1135, B1136, B1137, B1138, B1139, B1140, B1141, B1142, B1143, B1144, B1145, B1146, B1147, B1148, B1149, B1150, B1151, B1152, B1153, B1154, B1155, B1156, B1157, B1158, B1159, B1160, B1161, B1162, B1163, B1164, B1165, B1166, B1167, B1168, B1169, B1170, B1171, B1172, B1173, B1174, B1175, B1176, B1177, B1178, B1179, B1180, B1181, B1182, B1183, B1184, B1185, B1186, B1187, B1188, B1189, B1190, B1191, B1192, B1193, B1194, B1195, B1196, B1197, B1198, B1199, B1200, B1201, B1202, B1203, B1204, B1205, B1206, B1207, B1208, B1209, B1210, B1211, B1212, B1213, B1214, B1215, B1216, B1217, B1218, B1219, B1220, B1221, B1222, B1223, B1224, B1225, B1226, B1227, B1228, B1229, B1230, B1231, B1232, B1233, B1234, B1235, B1236, B1237, B1238, B1239, B1240, B1241, B1242, B1243, B1244, B1245, B1246, B1247, B1248, B1249, B1250, B1251, B1252, B1253, B1254, B1255, B1256, B1257, B1258, B1259, B1260, B1261, B1262, B1263, B1264, B1265, B1266, B1267, B1268, B1269, B1270, B1271, B1272, B1273, B1274, B1275, B1276, B1277, B1278, B1279, B1280, B1281, B1282, B1283, B1284, B1285, B1286, B1287, B1288, B1289, B1290, B1291, B1292, B1293, B1294, B1295, B1296, B1297, B1298, B1299, B1300, B1301, B1302, B1303, B1304, B1305, B1306, B1307, B1308, B1309, B1310, B1311, B1312, B1313, B1314, B1315, B1316, B1317, B1318, B1319, B1320, B1321, B1322, B1323, B1324, B1325, B1326, B1327, B1328, B1329, B1330, B1331, B1332, B1333, B1334, B1335, B1336, B1337, B1338, B1339, B1340, B1341, B1342, B1343, B1344, B1345, B1346, B1347, B1348, B1349, B1350, B1351, B1352, B1353, B1354, B1355, B1356, B1357, B1358, B1359, B1360, B1361, B1362, B1363, B1364, B1365, B1366, B1367, B1368, B1369, B1370, B1371, B1372, B1373, B1374, B1375, B1376, B1377, B1378, B1379, B1380, B1381, B1382, B1383, B1384, B1385, B1386, B1387, B1388, B1389, B1390, B1391, B1392, B1393, B1394, B1395, B1396, B1397, B1398, B1399, B1400, B1401, B1402, B1403, B1404, B1405, B1406, B1407, B1408, B1409, B1410, B1411, B1412, B1413, B1414, B1415, B1416, B1417, B1418, B1419, B1420, B1421, B1422, B1423, B1424, B1425, B1426, B1427, B1428, B1429, B1430, B1431, B1432, B1433, B1434, B1435, B1436, B1437, B1438, B1439, B1440, B1441, B1442, B1443, B1444, B1445, B1446, B1447, B1448, B1449, B1450, B1451, B1452, B1453, B1454, B1455, B1456, B1457, B1458, B1459, B1460, B1461, B1462, B1463, B1464, B1465, B1466, B1467, B1468, B1469, B1470, B1471, B1472, B1473, B1474, B1475, B1476, B1477, B1478, B1479, B1480, B1481, B1482, B1483, B1484, B1485, B1486, B1487, B1488, B1489, B1490, B1491, B1492, B1493, B1494, B1495, B1496, B1497, B1498, B1499, B1500. LONGEVITY BOOSTER nourishes your body from the inside out for long-lasting visible improvements in the skin, hair and nails! '

STAGNANT CELLS – There are 150 different types of cells, i.e.: skin cells, blood cells, nerve cells, bone cells, brain cells, muscle cells, hair cells, kidney cells, heart cells, liver cells, spleen cells, mucous cells,

eye cells, etc. They all perform unique functions that orchestrate the body's function capacity synergistically as a whole.(77) A cell that is stagnant is not participating as a productive member of the collective system and are then imitated by nearby cells until the entire organism begins to atrophy and die. Supplements are essential in restoring cells to their previous level of function and maintaining overall cellular health. Zinc deficiency and supplementation on immune cells and their function underscores the essential role of zinc in normal development and function of many key tissues, cells, and effectors of immunity.(73) When even one cell manages to get back on track it begins to create energy and motion among the neighboring cells, which, in turn, push back. The vibration created by the energy reaches a morph point where the cells then transform into a rhythmic pattern, which is the beginning of the restorative process. Even if the entire system of cells had reached near death, if they come to work together then entire system becomes healed. LONGEVITY BOOSTER is formulated to support physiological mechanisms and functions necessary for optimal nutrient uptake and transmission as well as drive intracellular hydration to support energy, stamina, muscle functions and recovery. Studies show that taurine defends liver cells against free radicals and toxins, helping to reduce the severity of oxidative stress-induced liver injury.(74) This is vitally important in alcoholic and *non-alcoholic fatty liver diseases*, both of which can progress to cirrhosis and liver failure.(75,76)

WEIGHT LOSS - LONGEVITY BOOSTER contains the nutrients required by the body to rev up metabolism and burn fat--vitamin C (to speed up metabolism), essential fatty acids (to help control appetite), chromium (to reduce cravings), calcium (activates the enzyme required to break down fat), and amino acids, Lysine, L-Arginine, Taurine, methionine(35), and L-Carnitine- which studies at University of Maryland have shown reduce fat mass, increase muscle mass, and reduce fatigue, a combination proven to contribute to weight loss.(59) Of all the benefits people are reporting with LONGEVITY BOOSTER, the happiness of the stories of weight loss success are delightful to hear!

DrEames MAXIMUM LIFE LONGEVITY BOOSTER - STUDIES / SOURCES

1. *American Journal of Clinical Nutrition*. 72(1): 146-53, 2000 Jul. Department of Ophthalmology, School of Medicine, Johns Hopkins University, Baltimore, MD, USA. .
2. *American Journal of Clinical Dermatology*. 1(6):369-74, 2000 Nov-Dec, Department of Dermatopathology, University Medical Center of Liege, Liege, Belgium.
3. *AIZneimittelf-Forschung*. 50(7):659-63, 2000 Jul Department of Dermatology, Klinikum der Stadt Karlsruhe gGmbH, Germany.
4. *JAMA*- 286(8):936-43, 2001 Aug 22-29. Division of General Internal Medicine, Department of Medicine, University of California, San Francisco, San Francisco.
5. *American Heart Journal*. 141ay HT, et al. Association of vitamin D levels with incident depression among a general cardiovascular population. 2010;159(6):1037-43.
6. *Applied Nursing Research*. Shipowick CD, et at, Vitamin D and depressive symptoms in women during the winter: a pilot study. 2009 Aug;22(3):221-S.

7. *The Journal of Environmental Pathology, Toxicology and Oncology* Edlich R, et al. Scientific documentation of the relationship of vitamin D deficiency and the development of cancer. 2009;28(2):133-41-
8. *Journal of the National Cancer Institute*. Weinstein 5J, et al. Serum alpha-tocopherol and gamma-tocopherol in relation to prostate cancer risk in a prospective study. 2005 [vJar 2;97(5):396-9.
9. *Archives of Neurology*. Shults ON, et al. Effects of coenzyme Q10 in early Parkinson disease: evidence of slowing of the functional decline. 2002 Oct;59(10): 1541-50.
10. *Circulation*. Damian FIS, et al, Coenzyme Q10 combined with mild hypothermia after cardiac arrest: a preliminary study. 2004 Nov 9;110(19):3011-6.
11. *Nutrition*. Mizuno K, et al. Antifatigue effects of coenzyme Q10 during physical fatigue. 2008 Apr;24(4):293-9.
12. *Journal of Strength and Conditioning Research*. Gol<.bel H, et al. The effects of coenzyme Q10 supplementation on performance during repeated bouts of supramaximal exercise in sedentary men. 2010 Jan;24(1):97-i02.
13. *Nutrition and Cancer*. Reid ME, et al. The nutritional prevention of cancer: 400 mcg per day selenium treatment. 2008;60(2):155- 63.
14. *CIWcal Cancer Research*. Sabichi AL, et al. Selenium accumulation in prostate tissue during a randomized, controlled short-term trial of l-selenomethionine: a Southwest Oncology Group Study. 2006 Apr 1;12(7 Pt 1):2178-84.
15. *American Journal of Clinical Nutrition*. Johnston CS, Meyer CG, and Sritakshml Jc. Vitamin C elevates red blood cell glutathione in healthy adults. 1993 Jul;58(1):103-S.
16. *Cochrane Database of Systematic Reviews*. Douglas RM, et al. Vitamin C for preventing and treating the common cold. 2004.D.ct 18;(4):CD000980. Updated 2007 Jul18;(3):CD000980.
17. *Jouma/oftheAmerican ColJegeofNUITition*. 22(1):1-8,2003 Feb. Food Science and Human Nutrition Department, University of Florida, Gainesville, Florida 32611} USA.
18. *Advances in Peritoneal Dialysis*. 16:308-12, 2000. Department of Nephrology, Saitama Medical School Japan.
19. *Arzneimittel-Forschung*. 45(12):1271-3, 1995 Dec. Department of Physiology, Faculty of Medicine, University of Dicle, Diyarbakir, Turkey.
20. *Medical Hypotheses*. 54(5):803-7, 2000 May. Pantox Laboratories, San Diego, California, USA.
21. *Neurology*. 50(2):466-70, 1998 Feb. Department of Neurology, *University* of Uege, CHR Citadelle, Belgium.
22. *Ann Pharmacother* 2001 Jun;35(6):75S-64. L-arginine in the management of cardiovascular diseases.

Cheng JW, Baldwin SN, Balwin SN. Arnold & Marie Schwartz College of Pharmacy and Health Sciences, Brooklyn, NY.

23. Community Dentistry & Oral Epidemiology. 28(6):407-13,2000 Dec. G. Sanarelli Hygiene Institute, La Sapienza University, Rome, Italy.
24. Altern Med Rev 1998 Oct;3 (S):345-60L-carnitine: therapeutic applications of a conditional~/-essential amino acid. Kelly GS.
25. J Am Coll Nutr 1998 Jun;17(3):207-15. The role of carnitine and carnitine supplementation during exercise in man and in individuals with special needs. Brass EP, Hiatt WR. Department of Medicine, Harbor-UCLA Medical Center, UCLA School of Medicine, Torrance 90509, USA.
26. J Agric Food Chem 1999 Oct;47(10):3967-73. Tea catechin supplementation increases antioxidant capacity and prevents phospholipid hydroperoxidation in plasma of humans. Laboratory of Biodynamic Chemistry, Tohoku University Graduate School of Life Science and Agriculture, Sendai 981-8555, Japan.
27. Tang YP, et al. Effect of a mangosteen dietary supplement on human immune function: A randomized, double-blind, placebo-controlled trial. Journal of Medicinal Food. 2009;12:755.
28. Lawrence H Kushi. Vitamin E and heart disease. *Am J Clin Nutr* 1999 69: 1322s-1329s.
29. *Am J Clin Nutr* March 2013 vol. 97 no. 3 646-652. Omega-3 and skin cancer prevention.
30. Nutrition. 2013 Jun 4. pii: 50899-9007(13)00092-0. doi: 10.1016/j.nut.2013.01.024. Nutricia Advanced Medical Nutrition, Danone Research, Centre for Specialised Nutrition, Wageningen, The Netherlands.
31. Int J Rheumatol. 2011;2011:969012. doi: 10.1155/2011/969012. Epub 2011 Aug 2. Department of Orthopedics, Trauma Surgery and Sports Medicine, Johanna-Etienne Hospital, 41462 Neuss, Germany. Effects of Glucosamine and Chondroitin Sulfate on Cartilage Metabolism in OA: Outlook on Other Nutrient Partners Especially Omega-3 Fatty Acids.
32. Lee YH, Bae SC, Song GG. Arch ~1ed Res. 2012 Jul;43(5):356-62. Epub 2012 Jul 24. PMID: 22835600. Omega-3 polyunsaturated fatty acids and the treatment of rheumatoid arthritis: a meta-analysis.
33. McCann JC, Ames BN. Is docosahexaenoic acid, an n-3 long-chain polyunsaturated fatty acid, required for development of normal brain function? An overview of evidence from cognitive and behavioral tests in humans and animals. *Am J Clin Nutr*. 2005 ;82(2):281-295.
34. Haller J. Vitamins and brain function. In: Ueberman HR, Kanarek RB, Prasad C, eds, Nutritional neuroscience. Boca Raton: CRC Press; 2005.

35. Cook S, Auinger P, Li C, Ford ES. Metabolic syndrome rates in United States adolescents, from the National Health and Nutrition Examination Survey, 1999-2002. *J Pediatr.* 2008;152(2):165-170.
36. National Institute of Health <<http://l:\www.ncbi.nlm.nih.gov/pubmed/21902651>>
37. Birkett NJ. Comments on a meta-analysis of the relation between dietary calcium intake and blood pressure. *Am J Epidemiol.* 1998;148(3):223-228; discussion 232-223. ([PubMed](#))
38. Griffith LE, Guyatt GH, Cook RJ, Bucher HC, Cook OJ. The influence of dietary and nondietary calcium supplementation on blood pressure: an updated metaanalysis of randomized controlled trials. *Am J Hypertens.* 1999;12(1 Pt 1):84-92. ([PubMed](#))
39. Langsjoen PH, Langsjoen AM. Overview of the use of CoQ10 in cardiovascular disease. *Biofactors.* 1999;9(2-4):273-284. ([PubMed](#))
40. Peacock JM, Folsom AR, Arnett DK, Eckfeldt JH, Szklo [vi. Relationship of serum and dietary magnesium to incident hypertension: / the Atherosclerosis Risk in Communities (ARIC) Study. *Ann Epidemiol.* 1999;9(3):159-165. ([PubMed](#))
41. Hajjar LM, Grim CE, George V, Kotchen TA. Impact of diet on blood pressure and age-related changes in blood pressure in the us population: analysis of NHANES III. *Arch Intern Med.* 2001;161(4):589-593. ([PubMed](#))
42. Ness AR, Chee D, Elliott P. Vitamin C and blood pressure-an overview. *J Hum Hypertens.* 1997;11(6):343-350. ([PubMed](#))
43. Gaddi A, Descovich GC, Nosedà G, et al. Controlled evaluation of pantethine, a natural hypolipidemic compound, in patients with different forms of hyperlipoproteinemia. *Atherosclerosis.* 1984;50(1):73-83. ([PubMed](#))
44. Knopp RH. Drug treatment of lipid disorders. *N Engl J Med.* 1999;341(7):498-511.
45. Mertz W. Chromium in human nutrition: a review. *J Nutr.* 1993;123(4):626-633. ([PubMed](#))
46. Tosiello L. Hypomagnesemia and diabetes mellitus. A review of clinical implications. *Arch Intern Med.* 1996;156(11):1143-1148. ([PubMed](#))
47. Levy AP, Friedenberg P, Lotan R, et al. The effect of vitamin therapy on the progression of coronary artery atherosclerosis varies by haptoglobin type in postmenopausal women. *Diabetes Care.* 2004;27(4):925-930. ([PubMed](#))
48. Rhodes LE, O'Farrell S, Jackson MJ, Friedmann PS. Dietary fish-oil supplementation in humans reduces UVB-erythral sensitivity but increases epidermal lipid peroxidation. *J Invest Dermatol.* 1994;103:151-154. ([PubMed](#));

49. Brown RG, Button GM, Smith IT. Effect of vitamin E deficiency on collagen metabolism in the rat's skin. *J Nutr.* 1967;91(1):99-106. ([PubMed](#))
50. padayatti SJ, Katz A, Wang Y, et al. Vitamin C as an antioxidant: evaluation of its role in disease prevention. *J Am Coll Nutr* 2003;22:18-35. ([PubMed](#))
51. Wolbach SB, Howe PR. Tissue changes following deprivation of fat-soluble A vitamin. *J Exp Med.* 1925;42(6):753-777. ([PubMed](#))
52. Lansdown AB, Fvlirastschijski U, Stubbs N, Scanlon E, Agren MS. Zinc in wound healing: theoretical, experimental, and clinical aspects. *Wound Repair Regen.* 2007;15(1):2-16. ([PubMed](#))
53. McKenzie RC. Selenium, ultraviolet radiation and the skin. *Clin Exp Dermatol.* 2000;25(8):631-636. ([PubMed](#))
54. Shoffner JM. Oxidative phosphorylation diseases. In: Scriver CR, Beaudet AL, Sly WS, Valle D, eds. *The metabolic and molecular bases of inherited disease.* 8th ed. Volume 2. New York: McGraw-Hill; 2001:2367-2392.
55. Rustin P, Munnich A, Rotig A. Mitochondrial respiratory chain dysfunction caused by coenzyme Q deficiency. *Methods Enzymol.* 2004;382:81-88. ([PubMed](#))
56. Un PY, Su KP. A meta-analytic review of double-blind, placebo-controlled trials of antidepressant efficacy of omega-3 fatty acids. *J Clin Psychiatry.* 2007;68(7):1056-1061. ([PubMed](#))
57. Freeman MP, Hibbeln J, Wisner KL, et al. Omega-3 fatty acids: evidence basis for treatment and future research in psychiatry. *J Clin Psychiatry.* 2006;67(12):1954-1967. ([PubMed](#))
58. Aung HH, Dey L, Rand V, Yuan CS. Alternative therapies for male and female sexual dysfunction. *Am J Chin Med* 2004;32(2):161-73.
59. [Carnitine \(L-carnitine\) | University of Florida Medical Center](http://www.fmm.edu/journal/medica-center/carnitine/)
<http://www.fmm.edu/journal/medica-center/carnitine/>
60. Bazzano LA, He J, Ogden LG, et al. Dietary intake of folate and risk of stroke in US men and women: NHANES I Epidemiologic Follow-up Study. National Health and Nutrition Examination Survey. *Stroke.* 2002;33:1183-1189
61. Rahman I, Kilty 1. Antioxidant therapeutic targets in COPD. *Curr Drug Targets.* 2006 Jun;7(6):707-20.
62. Romieu I, Trenga C. Diet and obstructive lung diseases. *Epidemiol Rev.* 2001;23(2):268-287.
63. Shechter M, Merz CN, Paul-Labrador M, et al. Oral magnesium supplementation inhibits platelet-dependent thrombosis in patients with coronary artery disease. *Am J Cardiol.* 1999;84(2):152-156. ([PubMed](#))
64. Hatch, G.E (1995 American Journal of Clinical Nutrition. 61:6255-305.

65. <http://www.umm.edu/altmed/articles/chronic-obstructive-000036.htm>
66. Balch, Phyllis A., CNC. Prescription for Nutritional Healing. Penguin Publishing, New York, 2010.
67. Ascherio A, Rimm EB, Giovannucci EL, et al, A prospective study of nutritional factors and hypertension among US men. *Circulation*. 1992;86(5):1475-1484. ([PubMed](#))
68. Schmelzer C, Kohl C, Rimbach G, Doring F. The reduced form of coenzyme Q10 decreases the expression of lipopolysaccharide-sensitive genes in human THP-1 cells. *J Med Food*. 2011 Apr;14(4):391-7.
69. Santos-Gonzalez M, Gomez Diaz C, Navas P, Villalba JM. Modifications of plasma proteome in long-lived rats fed on a coenzyme Q10-supplemented diet. *Exp Gerontol*. 2007 Aug;42(8):798-806.
70. Lee BJ, Huang YC, Chen SJ, Lin PT. Effects of coenzyme Q10 supplementation on inflammatory markers (high-sensitivity C-reactive protein, interleukin-6, and homocysteine) in patients with coronary artery disease. *Nutrition*. 2012 Jul;28(7-8):767-72.
71. Takahashi M, Ogawara M, Shimizu T, Shirasawa T. Restoration of the behavioral rates and lifespan in clk-1 mutant nematodes in response to exogenous coenzyme Q(10).*Exp Gerontol*.2012 Mar;47(3):276-9.
72. Yamori Y, Liu L, Mori M, et al. Taurine as the nutritional factor for the longevity of the Japanese revealed by a world-wide epidemiological survey. *Adv Exp Med Biol*. 2009;643:13-25.
73. Anuraj H Shankar and Ananda S Prasad, "Zinc and Immune Function:The Biological Basis of Altered Resistance to Infection," *American Journal of Clinical Nutrition*, ajcn.nutrition.com, WEB, 8/9/2013.
74. Miyazaki T, Bouscarel B, Ikegami T, Honda A, Matsuzaki Y. The protective effect of taurine against hepatic damage in a model of liver disease and hepatic stellate cells. *Adv Exp Med Biol*. 2009;643:293-303.
75. Gentile CL, Nivala AM, Gonzales JC, et al. Experimental evidence for therapeutic potential of taurine in the treatment of nonalcoholic fatty liver disease. *Am J Physiol Regul Integr Comp Physiol*. 2011 Dec;301(6):R1710-22.
76. Chen X, Sebastian BM, Tang H, et al. Taurine supplementation prevents ethanol-induced decrease in serum adiponectin and reduces hepatic steatosis in rats. *Hepatology*.2009 May;49(5):1554-62.
77. Tunsky, CNC, ND, "What in the Cell is Going On? The Battle for Health is Over ph," Sulfurforhealth.com,2011, WEB, 8/9/2013.