

Healthy Aging Multiple

Nutritional Supplement
60, 120 Capsules



Purpose of Formula

Healthy Aging Multiple is both a healthy aging product and a multi vitamin/mineral. All of the systems and organs of the body are subject to aging beginning at the cellular level. If you are serious about slowing the aging process you need basic nutrients combined with targeted nutrients that help inhibit accelerated aging.

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 15

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid, Ginger rhizome)	375 mg	625%
Vitamin E (as natural d-alpha and mixed tocopherols)	138 IU	460%
Vitamin A (as natural beta carotene, retinyl acetate)	3250 IU	65%
Vitamin D (as cholecalciferol)	200 IU	50%
Thiamine (Vitamin B1) (as mononitrate)	8 mg	534%
Riboflavin (Vitamin B2)	10 mg	588%
Niacinamide (Vitamin B3)	18 mg	90%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Vitamin B12 (as tritrate)	25 mcg	417%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Biotin	150 mcg	50%
Folic Acid (as folacin)	200 mcg	50%
Calcium (as carbonate, peptide chelate)	150 mg	15%
Magnesium (as oxide, peptide chelate)	75 mg	19%
Zinc (as gluconate)	10 mg	67%
Potassium (as citrate)	10 mg	<1%
Manganese (peptide chelate)	8 mg	375%
Copper (peptide chelate)	1 mg	50%
Chromium (as polynicotinate)	100 mcg	83%
Iodine (from Fucus vesiculosus)	100 mcg	67%
Molybdenum (chelate)	50 mcg	67%
Selenium (as selenomethionine)	35 mcg	50%
Lycopene (from tomato extract)	500 mcg	*
Lutein (from marigold extract)	1 mg	*
Tocotrienols	3 mg	*
Rhodiola Extract (root) (std. to 5% rosavins 3% salidroside)	50 mg	*
Green Tea Extract (leaf) (std. to 60% catechins, 30% EGCG)	30 mg	*
Grapeseed Extract (std. to >95% proanthocyanidins)	25 mg	*
Proprietary Bioflavonoid Complex Lemon Bioflavonoids, Quercetin, Rutin	110 mg	*
Diindolylmethane (DIM)	8 mg	*
Proprietary Digestive Enzyme Blend Pancreatin 4x USP, Bromelain (standardized to 2000 GDU), Betaine HCL, Cellulase, Invertase	43 mg	*
Alpha Lipoic Acid	5 mg	*
Gymnema Sylvestre Leaf	125 mg	*
Ashwagandha (root)	75 mg	*
Phosphatidyl Choline Complex	25 mg	*
Inositol	25 mg	*
Ginger (root)	25 mg	*
Vanadium (chelate)	15 mcg	*
PABA (para-aminobenzoic acid)	10 mg	*

*Daily Value (DV) not established.

Suggested Use

1-4 capsules twice daily, preferably with meals or a glass of water.

Key Active Ingredients

- **Grape Seed Extract** - The active ingredients in Grape Seed Extract (Proanthocyanidins) inhibit the enzymatic breakdown of collagen, elastin and hyaluronic acid to strengthen blood vessel walls, including capillaries. This helps red blood cells penetrate into the microcirculatory system and prevent fluids from leaking out of the capillaries. As a powerful antioxidant it helps prevent oxidative damage to blood plasma and lipids.
- **Rhodiola Extract** - supports a healthy capacity for physical and mental performance. It may also bolster the body's natural defenses.
- **Diindolylmethane (DIM)** - naturally occurring in cruciferous vegetables, like broccoli and cauliflower. Studies suggest it supports the body's natural detoxification processes and helps maintain normal metabolism by helping to balance male and female hormone levels.
- **Green Tea Extract** - promotes a healthy metabolism and the burning of fat for energy.
- **Total Antioxidant System** - works synergistically to protect the skin from internal and external free radical damage. Vitamins A, C and E, along with alpha lipoic acid and selenium, are strengthened by a natural carotene complex, and natural tocotrienols, lycopene and lutein for good cardiovascular, skin and eye health.
- **Advanced Digestive Enzyme Complex and Mineral Delivery** - a full spectrum enzyme complex scientifically designed to optimize digestion and nutrient availability. Minerals are also combined with appropriate organic acid, peptide or chelate to maximize availability, providing superior nutrition for bones and joints.

Answers to FAQ

This product can also be taken by younger adults because the aging process begins early. It is equally suitable for men and women.

Key Benefits

- Supports normal structure and function of body systems and organs as they age.
- Advanced antioxidant protection supports and optimizes your body's own defense and antioxidant activity.
- Supports mental alertness and physical performance.
- Supports normal metabolic function.

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These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, cure, treat, or prevent disease.