

# Supplement resources

## NMN Pro™ Complete - Uthever® NMN, Trans-Resveratrol, TMG

Helps combat aging, improves heart health and promotes muscle strength

- NMN supplementation has been found to improve various parameters of health, including physical endurance and muscle strength, neurological function, heart health, body weight and gene expression.
- Nicotinamide mononucleotide (NMN) is a derivative of the B-vitamin niacin that dramatically improves health and longevity by serving as a precursor to NAD+.
- Trans-Resveratrol boosts the effectiveness of NMN, supports healthy aging, and promotes a balanced immune response.
- TMG is a methyl donor that complements NMN supplementation by helping replenish the body's methyl pool.
- NMN Pro Complete is the first and only perfectly balanced combination of NMN, Trans-Resveratrol and TMG on the market. Instead of having to take three separate supplements each day, you can now get the ideal balance of all three in one convenient serving.

Research Supported Benefits:

**Supports Longevity.** Studies have shown that boosting NAD+ synthesis in the body extends the lifespan of yeast, worms and flies. (1)

**Protects Heart and Muscle Health.** Studies have shown that the combination of NMN and resveratrol is uniquely able to increase NAD+ concentrations even more than NMN alone. In heart tissue, NAD+ concentrations were shown to be 1.6 times greater, and in skeletal muscle, NAD+ concentrations were 1.7 times greater than when supplementing only with NMN. (13)

**Blood Sugar Regulation.** As we age, we have more trouble processing glucose, leading to higher blood sugar. Supplemental NMN is shown to improve several markers of skeletal muscle glucose metabolism that are commonly dysregulated in people with metabolic disorders. (2)

**Supports Metabolism and Healthy Weight.** Although excessive body weight can develop at any age, adults over age 40 are particularly susceptible to age-related weight gain as metabolism slows down and body composition is altered to favor fat over lean muscle. As obese individuals have reductions in both NAD+ levels and ATP (energy) production, replenishing NAD+ through NMN can help to reverse this while improving metabolic pathways to maintain a healthy weight. (3,4,5)

**Supports Healthy Cognition:** Declining cognitive function with age is related to a reduced NAD<sup>+</sup> levels that impair mitochondrial function. Replenishing NAD<sup>+</sup> stores through NMN may be able to prevent this dysfunction. (6,7)

**Supports Healthy Skin:** In our 30s and 40s, the appearance of our skin can start to show signs of age. Several studies have examined how boosting NAD<sup>+</sup> levels in the skin prevents premature skin aging or supports a healthier external appearance. (8,9)

# Longevity Creatine - Creavitalis Creatine Monohydrate

## Supports cognition, energy levels and overall health

- **Creatine is a substance produced naturally in the body and found in moderate amounts in animal foods such as meat and fish.**
- **Aging is correlated with a decrease in creatine levels, which may contribute to a decline of muscle mass, cognitive function, and energy levels.**
- **A significant portion of creatine in the body is stored as phosphocreatine. Phosphocreatine supplies, recycles and buffers energy, making it instantly available when needed.**
- **By providing readily available energy for high-intensity workouts, creatine allows individuals to lift heavier weights and perform more repetitions during resistance training. This increased training intensity can stimulate greater muscle growth.**
- **Creatine's supportive effect on ATP levels enhances cognitive function, improving memory in scientific studies.**
- **Creatine aids in muscle repair due to its ability to increase muscle protein synthesis, which is especially critical for reducing age-related muscle loss.**

## Research-Supported Benefits:

**Supports Muscle Maintenance.** Muscle mass tends to decrease with age, resulting in decreased strength and musculoskeletal health. Research shows supplementing with creatine increases muscle mass of aging muscle and may reduce risk of falls. (1)

**Enhances Cognitive Function.** Brain aging commonly results in decreased cognitive capabilities, including reduced memory and recall ability. A 2023 review of randomized controlled trials showed that creatine supplementation improves number recall, spatial recall, and long-term memory in participants between the ages of 68-85. (2)

**Promotes Cellular Energy Production.** Creatine supplementation enhances the production of ATP, the energy currency of our cells. Maintaining healthy ATP production is critical to promote healthy aging and longevity.

**Improves Fitness Performance.** Studies have consistently demonstrated that creatine supplementation can improve performance in activities requiring short bursts of intense effort, such as weightlifting, sprinting, and high-intensity interval training. (3) This enhancement is attributed to creatine's ability to increase the body's store of phosphocreatine, a quick energy source for muscles, leading to improved strength, power, and endurance during high-intensity exercises.

**SUGGESTED DAILY USE:** Add 1 scoop to 10 oz of water, or other beverage, mix thoroughly and drink, or as recommended by your healthcare professional.

## **Glucosamine Plus-Joint and Tissue Health**

Glucosamine Plus™ capsules contain a combination of high-dose glucosamine sulfate and chondroitin sulfate. Glucosamine sulfate is an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues.

Glucosamine is a naturally occurring amino sugar found ubiquitously in glycoproteins and glycosaminoglycans. Glycosaminoglycans, formerly named mucopolysaccharides, are an integral component of all connective tissues. Connective tissue, a fibrous type of body tissue, has various functions. It supports and connects internal organs (ligaments), forms bone, cartilage, and the walls of blood vessels, attaches muscles to bones (tendons), and replaces tissues that have been damaged following injury.

Glucosamine Plus capsules may be a useful nutritional adjunct for individuals who wish to support the body's connective tissues, such as skin, tendons, ligaments, bone, and cartilage.

**SUGGESTED USE** Adults take one vegetarian capsule up to three times daily or as directed by a healthcare professional.

## **Hyaluronic Acid-Joint health**

Hyaluronic acid (HA) is produced by keratinocytes and is a member of a large family of glycosaminoglycans, the main components of the extracellular matrix. It is abundant in tissues and fluids, with the highest concentrations in synovial fluid, vitreous humor and skin. HA helps to support joint health and provides supplemental support for skin health.

Synovial fluid of the joints provides shock absorption and lubrication for movement; as we age this fluid decreases. Supplementation with oral HA has been shown to help retain more synovial fluid and protect the joints, as well as modulate prostaglandin production. It has also been shown to support the skin by promoting healthy turnover and renewal of keratinocytes moderating the appearance of fine lines and age spots.

**SUGGESTED USAGE: 1 CAPSULE, 1-2 TIMES DAILY** Serving Size 1 Vegetarian Capsule  
Servings Per Container 60

# Magnesium Glycinate

- Support for muscle, bone and metabolic function

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable glycinate and chelate salts of this mineral can help bridge the gap between dietary intake and optimal requirement.‡ Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis and muscle function. Two-thirds of the body's magnesium content is in the skeleton. In a clinical study, individuals who supplemented with 200-300 mg of magnesium had an increase in bone mineral density compared to control group, suggesting that magnesium plays a role in bone metabolism. In addition, animal studies show that magnesium supplementation not only supports bone formation while increasing its dynamic strength, but also balances the bone resorption process

**SUGGESTED USE** As a dietary supplement, adults take 1 capsule, 1-4 times daily or as directed by your health professional.

# **B-Complex with Metfolin L-5 MTHF**

## **Support for energy metabolism**

## **Support for neurological health**

B-Complex offers a comprehensive blend of B vitamins including pyridoxal-5-phosphate, riboflavin-5-phosphate and folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate designed to support cellular, cardiovascular, neurological and psychological health.

B vitamins play important roles in nearly all physiological systems in the body. Some of the key supportive roles involve nutrient and energy metabolism. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis and energy metabolism. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. In addition, folate promotes the production of healthy DNA. In conjunction with vitamins B12 and B6, folate helps to support healthy homocysteine metabolism, cardiovascular function and neurological health. Folate is offered in this formula as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Genetic variations affecting activation and metabolism of supplemental folic acid are highly prevalent. Through bypassing several enzymatic activation steps, 5-MTHF is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations. Vitamin B12, as methylcobalamin, works with 5-MTHF to support methylation of homocysteine. Methylcobalamin also supports neuronal function and healthy brain cell activity

**SUGGESTED USE** As a dietary supplement, adults take 1 capsule, 1-2 times daily, as directed by your health professional.

# Ubiquinol QH (CQ-10)

## MITOCHONDRIAL SUPPORT

### Support healthy aging

### Cardiovascular function

Ubiquinol-QH is a softgel containing 100 mg of ubiquinol in a patented, naturally self-assembling nano-colloid system called VESIsorb® technology for enhanced absorption. Ubiquinol is the biologically reduced form of ubiquinone, also known as coenzyme Q10. Ubiquinol may be of special importance for older adults looking to support healthy aging and cardiovascular function.

Enhanced Absorption Patented VESIsorb® Delivery System • Developed by Vesifact, a Switzerland-based company dedicated to innovative technology and research • Patented lipid-based delivery system increases bioavailability of a bioactive that is fat-soluble or that has poor water solubility • Self-assembling colloidal system forms evenly dispersed fluid droplets upon contact with water in the G.I. tract, each with a mean diameter of less than 100 nanometers and with the bioactive at its core • Nanosized water-soluble droplets or micelles allow the bioactive to cross the water layer of the G.I. tract for absorption • Provides extended release of the bioactive over time.

Suggested Usage: 1 daily

# DHEA 10 mg micronized

## Hormone support

DHEA is a natural steroid hormone that is synthesized from cholesterol through pregnenolone by the adrenal glands. DHEA acts as the parent precursor for other important steroid hormones, such as estradiol and other estrogens, and testosterone. While not a precursor to progesterone, DHEA made by the body can indirectly influence progesterone synthesis through a feedback mechanism whereby pregnenolone is converted to progesterone based on DHEA levels. Apart from these functions, DHEA also has important biological functions itself. Recent experimental and human studies show that DHEA is involved in supporting a large variety of physiological processes including immune function, brain function, bone metabolism, and the regulation of insulin-like growth factor levels. DHEA and its metabolite, DHEA sulfate, are present in human adult plasma in concentrations of 0.01-0.02  $\mu\text{M}$  and 5 to 7  $\mu\text{M}$ , respectively. DHEA sulfate levels are low in early childhood and begin to rise after age 7, peak at age 20-24, and then drop at a rate of approximately 20% per decade, until at age 85-90, levels are 10-15% of those at age 20-30. DHEA levels also decline under a variety of conditions of physiological stress. Vegetarians also have been shown to have decreased DHEA levels due to higher dietary fiber intake

**SUGGESTED USE** As a dietary supplement, adults take 1 capsule daily as directed by your health professional.

**Caution Athletes:** DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

# Vitamin D 125 mcg (5000IU)

## Neuromuscular and immune function

### Bone metabolism

Vitamin D, also known as the “sunshine vitamin” is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, vitamin D is actually a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy plasma calcium levels. Besides bone support, vitamin D has many other roles in the body, including modulation of cell growth, neuromuscular and immune function. Numerous scientists now feel that supplementation with vitamin D at levels greater than previously thought necessary is critical to helping maintain healthy bone remodeling and healthy vitamin D plasma levels.

**SUGGESTED USE** Adults take one tablet daily or as directed by physician.

**Note:** People consuming more than 2,000 IU per day should have their vitamin D blood levels monitored by a healthcare professional.

# Boulder Bio Digestive Enzymes

**Gastrointestinal symptoms such as gas, bloating, nausea, or pain after eating**

**Exocrine pancreatic insufficiency (EPI)**

**Inflammation (IBS)**

**Bacterial overgrowth (SIBO)**

**Low energy/mental acuity/tiredness**

**Anxiety**

Digestive enzymes are naturally produced by the pancreas and work to break down the food you eat, allowing the nutrients to be absorbed by your body. Pancreatic function can decline for a lot of reasons, such as age, genetics, disease, infection, and injury. Taking supplemental digestive enzymes supports natural pancreatic function by helping your pancreas digest food. This promotes nutrient absorption and relieves the discomforts/symptoms associated with undigested food, such as gas, bloating, low energy, pain or tiredness after eating, nausea and more.

**Boulder Bio Digestive Enzymes** are the highest potency, highest purity digestive enzymes available. Made by small-batch microbial fermentation, these enzymes maximize nutrient absorption to guarantee your body and brain get the nutrition they require while preventing the inflammatory pathways that arise from maldigestion.

BoulderBio's enzymes are taken with your meals and snacks to support full absorption of macronutrients and essential vitamins. Our formula helps break down undigested food in the GI tract, promoting digestive balance and helping prevent the discomfort or complications that can arise from undigested food remaining in the digestive system.

Boulder Bio enzymes contain:

Lipase - breaks down fat (Therapeutic Activity Level: 40,000 FIP)

Protease - breaks down proteins (Therapeutic Activity Level: 100,000 HUT)

Amylase - breaks down starches (Therapeutic Activity Level: 3,755.5 SKB or 180,264 HUT)

To begin, take one capsule with each meal or snack. Allow a few weeks to see how you feel and if you notice any changes. If needed, you can gradually increase to two capsules—or more per meal—until you find the amount that works best for your digestive needs. Everyone's body is different, so finding the right balance might take a little time and adjustment.

# EnteraGam

**Gastrointestinal symptoms such as gas, bloating, nausea, or pain after eating**

**Inflammation (IBS)**

**Bacterial overgrowth (SIBO)**

EnteraGam® is a medical food product\* for the dietary management of chronic diarrhea and loose stools due to specific intestinal disorders, such as irritable bowel syndrome with diarrhea (IBS-D) and inflammatory bowel disease (IBD).

EnteraGam® is a fine powder that can be easily mixed into at least 4 ounces of liquid (water or other liquid as preferred). Alternatively, EnteraGam® can be mixed with soft foods, such as pudding or yogurt. Some people notice management of their condition with EnteraGam® in as little as 2 to 4 weeks.

EnteraGam® uniquely binds toxic substances released by bacteria (and other substances called *microbial components*) that upset the intestinal environment. This helps prevent them from penetrating the lining of the intestine and causing problems. Importance of the Gut Microbiome can help you learn more about the intestinal environment.

In a clinical study, people who took EnteraGam® experienced fewer days per week with loose stools and other IBS-D-related symptoms, including abdominal discomfort and bloating. Some people notice management of their condition with EnteraGam® in as little as 2 to 4 weeks.

EnteraGam® is a fine powder that can be easily mixed into at least 4 ounces of liquid (water or other liquid as preferred). Or, EnteraGam® can be mixed with soft foods, such as pudding or yogurt.<sup>1</sup>

Your doctor will determine your starting dose of EnteraGam® based on the number of loose or watery stools you have per day. Anywhere from 1 to 4 packets per day may be prescribed.<sup>1</sup>

# Visbiome Probiotic

**Irritable Bowel Syndrome (IBS)**

**Ulcerative Colitis (UC)**

**Antibiotic-Associated Diarrhea (AAD)**

**Small intestine bacterial overgrowth (SIBO)**

Visbiome is a medical food that balances your gut's microbiome to bring you the relief you deserve. This high potency, proprietary blend of 8 bacteria strains work together to help you overcome symptoms from uncomfortable digestive issues.

Microbiome expert and Visbiome formula creator Professor Claudio De Simone, M.D. carefully selected the 8 live bacteria strains that make Visbiome powerful and effective. Visbiome is the only probiotic on the market that contains the De Simone Formulation. The 8 live bacteria strains are formulated in a specific ratio and manufactured as Visbiome's proprietary blend.

Good bacteria promote healthy digestion and help your body process nutrients. Bad – or pathogenic – bacteria can carry the potential for disease and discomfort. Digestive issues like IBS and others can occur because of an imbalance between the two.

Here's where probiotics like Visbiome® come in. Probiotics are live organisms – the good bacteria – that form part of a natural and healthy gut environment. In adequate doses for your condition and symptoms, probiotics can help restore natural gut balance and bring you the relief you deserve!

Possible Side Effects - You may experience bloating during the first few days after starting Visbiome as your intestinal microflora changes. If this occurs, you may need to reduce daily consumption to allow for adjustment. Please consult with your physician if you experience bloating.

Avoid taking at the same time as antibiotics. Certain strains contained in Visbiome may be inactivated by some types of antibiotics. It is advised that you do not consume Visbiome within 4 hours before or after taking antibiotics.

