

# CLINICAL PROTOCOLS

## ANTI-AGING

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*A Suggested Nutritional Protocol for Anti Aging*

### **Ultra Preventive X**

A comprehensive multivitamin in a fruit and vegetable base. Ultra Preventive X also supplies substantial amounts of lutein, lycopene, and zeaxanthin.

**Suggested Usage:** *Four-Eight tablets daily taken through the course of the day with meals*

OR

### **Ultra Nutrient**

A complete hypo-allergenic, high nutrient, bio-available multi-vitamin, multi-mineral and trace element supplement. a high profile of free radical scavenging antioxidants important for cardiovascular, immune, and cellular health. In addition, UltraNutrient contains reduced glutathione, alpha lipoic acid and an enhanced level of mixed carotenoids for high capacity antioxidant support.

**Suggested Usage:** *Two capsules per day, in divided doses*

### **Alpha Lipoic Acid 400mg (Pure Encapsulations)**

A potent antioxidant which neutralizes harmful free radicals and enhances the activity of vitamins C and E. This water and lipid soluble antioxidant supports glucose metabolism and nerve health.

**Suggested Usage:** *One to two capsules daily, in divided doses, with meals*

### **Resveratrol (Pure Encapsulations)**

Resveratrol EXTRA combines 100 mg trans resveratrol percapsule with red wine polyphenols and grape seed extract for healthy cellular and cardiovascular function. One capsule of Resveratrol EXTRA contains the amount of resveratrol equivalent to an average of 66 bottles of red wine. A recent study suggests that resveratrol may promote overall health, metabolic function and longevity. This protection may be due, at least in part, to its roles as an antioxidant and in maintaining healthy gene expression.

**Suggested Usage:** *One to three Capsules per day, with or between meals*

