

# ageLOC® YOUTH



## STORY

ageLOC Youth promotes the youthful expression of key groups of genes that control aging defenses and also delivers enhanced nutritional benefits. It supports healthy aging defense mechanisms and provides the body with powerful, protective anti-aging support to help us age youthfully.\*

The power is in ageLOC Youth's innovative ingredient blend. We carefully selected ingredients for their unique health benefits and ability to positively impact gene expression. The result: an innovative formula that strengthens and supports aging defense mechanisms in every cell and system of the body.\*

## POSITIONING STATEMENT

ageLOC Youth is Nu Skin's most advanced anti-aging supplement ever. It is a revolutionary supplement that helps revitalize your aging defense mechanisms and is designed to promote your youth span—the years you can enjoy life being more active, energetic, and healthy.\*

ageLOC Youth—The power to defy your age.

## PRIMARY BENEFITS

1. Our most advanced anti-aging supplement, ageLOC Youth targets our innate ability to resist aging at its source.\*
2. ageLOC Youth positively modulates gene expression with a unique blend of nutrients that are not readily available.\*
3. Promotes youthfulness—supporting the years you can enjoy life being more active, energetic, and healthy.\*

4. ageLOC Youth influences multiple aging defense mechanisms to provide broad-spectrum wellness benefits and promote:\*

- Cellular Health
  - Reinforces the body's protection and repair mechanisms at the cellular level.
  - Helps balance healthy cellular response. Disruption of cellular response can spark a cascade of other aging effects.
  - Positively modulates systemic cytokine responses.
  - Supports DNA damage protection/repair.
  - Provides antioxidant protection.
- Brain Health
  - Supports healthy brain structure and function.
  - Promotes youthful cognition and memory.
  - Promotes sense of wellbeing and healthy mood.
- Heart Health
  - Sustains overall cardiovascular health.
  - Promotes blood vessel integrity/elasticity, essential for healthy blood circulation.
  - Supports normal blood glucose control.
  - Supports healthy blood pressure regulation.
- Metabolic Health
  - Supports healthy lipid metabolism.
  - Supports normal glucose metabolism.
- Skin Health
  - Promotes optimal skin barrier function and protection.
  - Maintains optimal skin health.
- Bone Health
  - Boosts bone health and supports bone structure and integrity.
- Joint Health



### Will ageLOC Youth increase my skin carotenoid score?

Yes, in fact, ageLOC Youth is SCS certified to increase your scanner score.\* What is the scientific substantiation for this product? Many clinical studies have been published documenting the health benefits of the ingredients included in ageLOC Youth. Additionally, there are several ageLOC Youth studies completed or ongoing.

### KEY SCIENTIFIC STUDIES

Studies to Support Ingredients Present in U.S. Formula

- a. Bouwens, M., O. van de Rest, N. Dellschaft, et al. (2009) Fish-oil supplementation induces antiinflammatory gene expression profiles in human blood mononuclear cells. *The American journal of clinical nutrition* 90, 415–424.
- b. Chopra, M., P.E. Fitzsimons, J.J. Strain, et al. (2000) Nonalcoholic red wine extract and quercetin inhibit LDL oxidation without affecting plasma antioxidant vitamin and carotenoid concentrations. *Clinical chemistry* 46, 1162–1170.
- c. Earnest, C.P., J.S. Kupper, A.M. Thompson, et al. (2012) Complementary effects of multivitamin and omega-3 fatty acid supplementation on indices of cardiovascular health in individuals with elevated homocysteine. *International journal for vitamin and nutrition research Internationale Zeitschrift fur Vitamin- und Ernährungsforschung Journal international de vitaminologie et de nutrition* 82, 41–52.
- d. Heinrich, U., C. Gartner, M. Wiebusch, et al. (2003) Supplementation with beta-carotene or a similar amount of mixed carotenoids protects humans from UV-induced erythema. *The Journal of nutrition* 133, 98–101.
- e. Hubbard, G.P., S. Wolfram, R. de Vos, et al. (2006) Ingestion of onion soup high in quercetin inhibits platelet aggregation and essential components of the collagen-stimulated platelet activation pathway in man: a pilot study. *The British journal of nutrition* 96, 482–488.
- f. Kean, R.J., D.J. Lamport, G.F. Dodd, et al. (2015) Chronic consumption of flavanone-rich orange juice is associated with cognitive benefits: an 8-wk, randomized, double-blind, placebo-controlled trial in healthy older adults. *The American journal of clinical nutrition* 101, 506–514.
- g. Kiecolt-Glaser, J.K., E.S. Epel, M.A. Belury, et al. (2013) Omega-3 fatty acids, oxidative stress, and leukocyte telomere length: A randomized controlled trial. *Brain, behavior, and immunity* 28, 16–24.
- h. Milenkovic, D., C. Deval, C. Dubray, et al. (2011) Hesperidin displays relevant role in the nutrigenomic effect of orange juice on blood leukocytes in human volunteers: a randomized controlled cross-over study. *PLoS one* 6, e26669.
- i. Hossein-nezhad, A., A. Spira, M.F. Holick, (2013) Influence of vitamin D status and vitamin D3 supplementation on genome wide expression of white blood cells: a randomized double-blind clinical trial. *PLoS one* 8, e58725.
- j. Naharci, I., E. Bozoglu, N. Kocak, et al. (2012) Effect of vitamin D on insulin sensitivity in elderly patients with impaired fasting glucose. *Geriatrics & gerontology*

international 12, 454-460.5. Hakim IA, Harris RB, Ritenbaugh C (2000) Citrus peel use is associated with reduced risk of squamous cell carcinoma of the skin. Nutrition and cancer 37, 161-168.

- k. Pengelly, A., J. Snow, S.Y. Mills, et al. (2012) Short-term study on the effects of rosemary on cognitive function in an elderly population. Journal of medicinal food 15, 10-17.
- l. Zhu, H., D. Guo, K. Li, et al. (2012) Increased telomerase activity and vitamin D supplementation in overweight African Americans. International journal of obesity 36, 805-809.
- m. Herrero-Barbudo, C., B. Soldevilla, B. Perez-Sacristan, et al. (2013) Modulation of DNA-Induced Damage and Repair Capacity in Humans after Dietary Intervention with Lutein-Enriched Fermented Milk. PloS one 8, e74135.
- n. Huang, B., Z. Wang, J.H. Park, et al. (2015) Anti-diabetic effect of purple corn extract on C57BL/KsJ db/db mice. Nutr Res Pract 9, 22-29.
- o. Palombo, P., G. Fabrizi, V. Ruocco, et al. (2007) Beneficial long-term effects of combined oral/topical antioxidant treatment with the carotenoids lutein and zeaxanthin on human skin: a double-blind, placebo-controlled study. Skin pharmacology and physiology 20, 199-210.
- p. Park, J.S., J.H. Chyun, Y.K. Kim, et al. (2010) Astaxanthin decreased oxidative stress and inflammation and enhanced immune response in humans. Nutrition & metabolism 7, 18.
- q. Sola, S., M.Q. Mir, F.A. Cheema, et al. (2005) Irbesartan and lipoic acid improve endothelial function and reduce markers of inflammation in the metabolic syndrome: results of the Irbesartan and Lipoic Acid in Endothelial Dysfunction (ISLAND) study. Circulation 111, 343-348.
- r. Tomasetti, M., R. Alleva, B. Borghi, et al. (2001) In vivo supplementation with coenzyme Q10 enhances the recovery of human lymphocytes from oxidative DNA damage. FASEB J 15, 1425-1427.
- s. Tome-Carneiro, J., M. Gonzalez, M. Larrosa, et al. (2012) One-year consumption of a grape nutraceutical containing resveratrol improves the inflammatory and fibrinolytic status of patients in primary prevention of cardiovascular disease. The American journal of cardiology 110, 356-363.
- t. Tsuda, T., F. Horio, K. Uchida, et al. (2003) Dietary cyanidin 3-O-beta-D-glucoside-rich purple corn color prevents obesity and ameliorates hyperglycemia in mice. The Journal of nutrition 133, 2125-2130.

- u. Wong, R.H., P.R. Howe, J.D. Buckley, et al. (2011) Acute resveratrol supplementation improves flow-mediated dilatation in overweight/obese individuals with mildly elevated blood pressure. Nutrition, metabolism, and cardiovascular diseases : NMCD 21, 851-856.
- v. Zahedi, H.S., S. Jazayeri, R. Ghiasvand, et al. (2013) Effects of polygonum cuspidatum containing resveratrol on inflammation in male professional basketball players. International journal of preventive medicine 4, S1-4.

### SUPPLEMENT FACTS

Serving Size 2 Capsules	Servings Per Container 60	
Amount Per Serving		% DV
Vitamin D3 (as cholecalciferol)	500 IU	125%
Vitamin K2 (as menaquinone-7)	20 mcg	25%
Ultra-pure fish oil concentrate:	1055 mg	*
EPA (Eicosapentaenoic acid)	300 mg	*
DHA (Docosahexaenoic acid)	200 mg	*
Citrus Bioflavonoids	100 mg	*
(including hesperidin and naringin)		
Purple corn ( <i>Zea mays L.</i> ) cob extract including anthocyanins	66.67 mg	*
Alpha Lipoic Acid	50 mg	*
Quercetin (from <i>Dimorphandra mollis</i> fruit extract)	37.5 mg	*
D-Limonene (from <i>Citrus sinensis</i> peel)	25 mg	*
Rosemary ( <i>Rosmarinus officinalis L.</i> ) leaf extract including carnosic acid	18.75 mg	*
Resveratrol (from <i>Polygonum cuspidatum</i> root)	15 mg	*
Coenzyme Q10	15 mg	*
Lycopene	2.5 mg	*
Lutein (from marigold flower ( <i>Tagetes erecta</i> ))	2 mg	*
Astaxanthin (from <i>Haematococcus pluvialis</i> algae)	0.5 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Capsule (Gelatin, Water), Silicon Dioxide, Sunflower Oil.

### WARNINGS

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult a physician prior to using this product. Do not use if safety seal is broken or missing. Contains fish (anchovies, sardines, mackerel). Discontinue use and consult a physician if any adverse reactions occur.