

Homocysteine Resist

100 capsules

Item Catalog Number: 00800

Featured Video

Life Extension® has long warned members about the dangers of high homocysteine and has advised taking vitamin B6, folic acid, and vitamin B12 to help maintain healthy arteries.

Many doctors and blood laboratories consider homocysteine levels of 5–15 micromoles per liter (mmol/L) blood to be “normal.” However, recent reports indicate that a homocysteine level greater than 12 $\mu\text{mol/L}$ can double the risk of heart attack.⁸² One study found that each 3 mmol/L increase in homocysteine caused a 35% increase in heart problems.⁸³ Because there is no “safe” level of homocysteine, Life Extension recommends keeping levels as low as possible, preferably below 8 mmol/L.

Studies have shown that folic acid and vitamins B6 and B12 reduced homocysteine levels and restored endothelial function. In a randomized, double-blind, placebo-controlled trial in elderly people, folic acid combined with vitamin B12 supplementation significantly reduced plasma homocysteine concentration by 36%.⁸⁴

For those seeking to lower their homocysteine, Homocysteine Resist provides a potent dose of 750 mg of vitamin B6 along with 800 micrograms of folic acid and 500 micrograms of vitamin B12.

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Vitamin B6 (as pyridoxine HCl)

750 mg

Folate (as folic acid)

800 mcg

Vitamin B12 (as cyanocobalamin)

500 mcg

Other ingredients: gelatin, magnesium stearate, rice flour.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule daily with food, or as recommended by a healthcare practitioner.

Caution

Vitamin B deficiency occurs in 30% of seniors and 55% of the elderly and is correlated with elevated homocysteine levels. Do not use this product if your homocysteine levels are at or below acceptable levels. Consuming more than 2000 mg of vitamin B6 daily can result in loss of muscle coordination, tingling sensations in the extremities, and degeneration of nerve tissue. Similar effects may be experienced if more than 200-300 mg of B6 is consumed per day over the course of months or years, especially if taken without other B complex vitamins. Consult your physician before using this product if you are taking levodopa (L-dopa).

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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