

June 12, 2007

In this issue

Life Extension Update Exclusive

Vitamin D and calcium reduce cancer risk in clinical trial

Health Concern

Complementary alternative cancer therapies

Featured Products

Vitamin D3 Capsules

Calcium Citrate with Vitamin D3 Capsules

Life Extension

Inaugural Life Extension Cruise

Life Extension Update Exclusive

Vitamin D and calcium reduce cancer risk in clinical trial

The June, 2007 edition of the *American Journal of Clinical Nutrition* published the results of a four year trial that revealed a protective effect for vitamin D and calcium against cancer in women. The findings bolster a recent study which uncovered an association between calcium and vitamin D intake and a lower risk of breast cancer.

Researchers at Creighton University in Omaha, Nebraska enrolled 1,179 women aged 55 and older living in a nine-county surrounding area. The participants were randomized to receive 1100 international units vitamin D3 plus 1400 milligrams calcium from calcium citrate or 1500 milligrams calcium from calcium carbonate, calcium only, or a placebo for four years. Serum 25-hydroxyvitamin D levels [25(OH)D] were measured at the beginning of the study and at 12 months.

After one year, vitamin D levels had increased in the calcium plus vitamin D group. By the end of the trial, fifty women had been diagnosed with a nonskin cancer, including 13 during the first year of the study. Cancers included breast, colon, lung, and other cancers. While women who received calcium alone had a 47 percent lower risk of developing cancer over the course of the trial compared with subjects who received the placebo, those who received both calcium and vitamin D experienced a 60 percent lower risk. When subjects whose cancers were diagnosed during the first year of the study were excluded from the analysis, due to the possibility that their cancers were pre-existing upon enrollment, the reduction in risk associated with calcium plus vitamin D was further lowered to 77 percent less than the placebo group.

“Improving vitamin D nutritional status substantially reduced all-cancer-risk in postmenopausal women,” the authors conclude. “Furthermore, baseline and treatment-induced serum 25(OH)D concentrations were themselves strong predictors of cancer risk. These findings highlight the importance of promoting optimum vitamin D status and underscore the value of achieving and maintaining a high serum 25(OH)D concentration.”

Lead author and Creighton University nutrition researcher Dr Joan Lappe announced, “This is the first clinical trial to show that boosting vitamin D status can affect the overall risk for cancer – a proposition that has tremendous public health potential. By choosing vitamin-D rich foods like milk and taking a supplement Americans can help improve their vitamin D levels and potentially impact their cancer risk.”

Health Concern

Complementary alternative cancer therapies

Complementary alternative medical therapies (CAM) is a collective term for an array of remedies that lie outside what is traditionally considered conventional medical treatment for cancer. These include the use of herbal, vitamin, and nutritional

supplements, as well as physical and psychological interventions such as exercise, relaxation, massage, prayer, hypnotherapy, and acupuncture (Deng G et al 2005; Hann D et al 2005; Molassiotis A et al 2005). The use of CAM as a component of integrated cancer treatment regimens may help patients reduce the side effects associated with conventional cancer treatments, alleviate symptoms, enhance immune function, and provide greater quality of (and control over) life (Deng G et al 2004, 2005).

In clinical studies involving more than 1000 colorectal cancer patients, calcium supplements reduced the risk of cancer recurrence (Shaukat A et al 2005). Other studies show that calcium supplements generally reduce the risk of developing colorectal cancer in the first place (Flood A et al 2005; Sandler RS 2005). This beneficial effect of calcium was noted for calcium obtained from both dietary sources and nutritional supplements (Flood A et al 2005).

Insufficient vitamin D levels are particularly associated with increased risk of developing breast, colon, and prostate cancers (Chen TC et al 2003; Studzinski GP et al 1995). Increased vitamin D levels, obtained through sun exposure, are associated with a reduced risk of non-Hodgkin's lymphoma (Hughes AM et al 2004). Vitamin D causes bones to release calcium and can thus lead to excessively high calcium levels (hypercalcemia); however, scientists are developing synthetic versions of natural vitamin D (deltanoids) that lack this adverse side effect (Agoston ES et al 2006; Guyton KZ et al 2003).

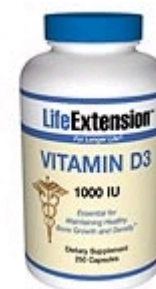
http://www.lef.org/protocols/cancer/alternative_cancer_therapies_01.htm

Featured Products

Vitamin D3 Capsules

Vitamin D is necessary for utilization of calcium and phosphorus and in many ways acts as a hormone. The two most important forms of vitamin D are cholecalciferol (D3), which is derived from our own cholesterol and ergocalciferol (D2), a plant analogue derived from the diet. The cholecalciferol supplied by the Life Extension Buyers Club is synthetic, but its form is identical to that which is derived from cholesterol and synthesized by sunlight on the skin.

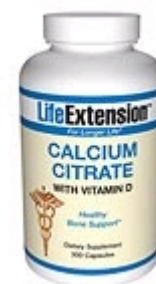
<http://www.lef.org/newshop/items/item00251.html>



Calcium Citrate with Vitamin D3 Capsules

Calcium is an essential mineral that is often inadequately supplied, inefficiently absorbed, or excreted faster than it is being assimilated. The citrate salt of calcium has been documented to be well absorbed and utilized by the body.

<http://www.lef.org/newshop/items/item00412.html>



Life Extension Vacations Inaugural Life Extension Cruise

Cruise the Western Caribbean and learn insider secrets to a significantly extended life span and vibrant health! Join us for the inaugural Life Extension "Fountain of Life" Cruise on October 27, 2007 for a week of fun-filled activities and the opportunity to rub elbows with fellow life extensionists aboard Norwegian Cruise Line's luxurious Norwegian Sun.

Enjoy additional incentives such as:

- Shipboard credit of \$50 per stateroom
- 10% discount on all onboard Life Extension product orders
- Incentives for renewing your membership onboard
- Contests and drawings for free Life Extension Gift Cards and gift baskets!

You'll want to be part of this life-changing cruise — do it for fun, do it for life!

You'll enjoy:

- Welcome aboard cocktail reception
- Presentations highlighting the latest in integrative therapies and antiaging research
- Product previews on new cutting-edge antiaging products
- One-on-one advisor appointments
- And so much more to help you attain optimal health
- Ship amenities such as Freestyle Cruising® at top-notch restaurants and exciting excursions: swim with dolphins, tour ancient ruins and more!

Be a part of Life Extension history! Hurry, space is limited on a first come, first serve basis.

Book by July 1, 2007, and receive an onboard coupon booklet valued at \$300.

<http://www.lef.org/event.html#lev>

If you have questions or comments concerning this issue or past issues of *Life Extension Update*, send them to ddye@lifeextension.com or call 954 202 7716.

For longer life,



Dayna Dye
Editor, Life Extension Update
ddye@lifeextension.com
954 766 8433 extension 7716
www.lef.org

Sign up for Life Extension Update at <http://mycart.lef.org/Memberships/NewsSubscription.aspx>

Help spread the good news about living longer and healthier. Forward this email to a friend!

View previous issues of Life Extension Update in the Newsletter Archive.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.