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Printer Friendly

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Nutritional supplement users better nourished and informed

A report published in the August, 2007 issue of the *Journal of the American Dietetic Association* concluded that individuals who use dietary supplements have different attitudes concerning nutrition, are less likely to have an inadequate intake of a number of vitamins and minerals, and are more likely to recognize the importance of following a healthful diet than those that do not use supplements.

For the current research, Rhonda S. Sebastian and her associates at the United States Department of Agriculture examined data obtained between 1994 and 1996 in the Continuing Survey of Food Intakes by Individuals and Diet and Health Knowledge Survey of 4,384 men and women aged 51 and older. Results of 24 hour dietary recall questionnaires completed by the participants were used to divide the subjects into 1,777 daily nutritional supplement users, 428 infrequent users, and 2,179 nonusers.

The team found that nonusers of supplements were less likely to meet the Estimated Average Requirement (EAR) from food alone for vitamins A, B6, and C, folate, zinc, and magnesium, and only half of both users and nonusers of supplements met the requirements of folate, vitamin E and magnesium from food. Regular supplement use reduced the percentage of participants with inadequate intakes of most nutrients by at least 75 percent. When dietary intake combined with supplement use of specific nutrients was examined, at least 80 percent of men and women who used supplements met the Estimated Average Requirement for vitamins A, B6, B12, C and E, folate, iron and zinc. Supplements particularly improved vitamin E and folate status. Supplement users' intake of vitamin E and folate from food was inadequate for 96 and 57 percent of this group, yet supplement use reduced these inadequacies to 17 and 6 percent.

While increased age and education were better predictors of supplement use among men, Caucasian race, residence in the western region of the United States and nonsmoking status emerged as stronger predictive factors for women. The only factor found to be a significant predictor of supplement use for both genders was a belief in the personal importance of consuming a diet consistent with Dietary Guidelines recommendations.

"A large proportion of older adults do not consume sufficient amounts of many nutrients from foods alone," the authors conclude. "Supplements compensate to some extent, but only an estimated half of this population uses them daily. These widespread inadequacies should be considered when developing recommendations for supplement use for clients in this age group. Modifying dietary attitudes may result in a higher rate of supplement use in this at-risk population."

Health Concern

Prevention

For the greater part of the 20th century, mainstream medicine was openly hostile to the idea of healthy people taking vitamin supplements. This antivitamin position began to change in the 1990s as irrefutable evidence emerged that supplements could reduce the risk of age-related disease without inducing toxicity.

In the April 9, 1998, issue of the *New England Journal of Medicine*, an editorial was entitled "Eat Right and Take a Multi-Vitamin." This article was based on studies indicating that certain supplements could reduce homocysteine serum levels and therefore lower heart attack and stroke risk. This was the first time this prestigious medical journal recommended vitamin supplements (Oakley 1998).

An even stronger endorsement for the use of vitamin supplements was in the June 19, 2002, issue of the *Journal of the American Medical Association (JAMA)*.

According to the Harvard University doctors who wrote the JAMA guidelines, it now appears that people who get enough vitamins may be able to prevent such common illnesses as cancer, heart disease, and osteoporosis. The Harvard researchers concluded that suboptimal levels of folic acid and vitamins B6 and B12 are a risk factor for heart disease and colon and breast cancers; low levels of vitamin D contribute to osteoporosis; and inadequate levels of the antioxidant vitamins A, E, and C may increase the risk of cancer and heart disease (Fairfield et al. 2002).

<http://www.lef.org/protocols/prtcl-131.shtml>

Featured Products

Life Extension Mix Tablets

Life Extension Mix saves time and money by combining the most popular nutrient supplements in one product, eliminating the need to take separate bottles of B-complex, vitamins C and E, mineral supplements and much more that would be required to achieve the same effects. Life Extension Mix supplies the most powerful antioxidants, including water and fat soluble vitamin C, the ideal form of alpha vitamin E, and plant extracts that help protect against cellular DNA damage. Other ingredients in Life Extension Mix enhance beneficial DNA methylation patterns, and help maintain glycemic control and healthy levels of LDL in those already within normal range.



<http://www.lef.org/newshop/items/item00935.html>

Super Booster Softgels with Advanced K2 Complex

Just one softgel of Super Booster provides:

- Gamma tocopherol - Increasing evidence indicates that it may be dangerous to use to alpha-tocopherol form of vitamin E without also taking gamma-tocopherol. According to the Proceedings of the National Academy of Sciences, alpha-tocopherol displaces critically important gamma-tocopherol in the cells.
- Sesame lignans - Studies show that when sesame lignans are added to the diet of rats, a measurement of free radical activity is reduced by 82 percent.
- Vitamin K2 - A new biologically active form of vitamin K2 known as menaquinone-7 has been added to provide improved vitamin K function.
- Lycopene - People who ingest cooked tomato, rich in the carotenoid lycopene, enjoy healthier prostate function. Lycopene also helps guard against LDL oxidation.
- Lutein - Consumption of green vegetables such as collard greens and spinach provides the carotenoid lutein, which helps maintain healthy cell division and protects the endothelial lining of the arteries.
- Ginkgo - The most popular flavonoid supplement is *Ginkgo biloba*. Hundreds of studies substantiate its multifaceted effects in the promotion of healthy circulatory and neurologic functions.
- Chlorophyllin - The pigment chlorophyllin is vividly seen in green vegetables. Scientific studies indicate that chlorophyllin may be the most potent nutrient to protect against environmental DNA damage.
- Selenium - The FDA states that some scientific evidence suggests consumption of selenium may reduce the risk of certain forms of cancer.



<http://www.lef.org/newshop/items/item00980.html>

Life Extension Vacations

August Special

Save 50% on the weekly rate for a luxurious villa in Cancun.

Exclusive rate for Life Extension members: **\$999*** US per week. Regular weekly rate is \$1999 US.

Spend a week in Cancún and enjoy spacious villa accommodation in a spectacular beachfront setting at Club Internacional de Cancún. This five-star resort is located just minutes from shopping malls, golf courses, restaurants, bars and more. Your family will enjoy the services at Club Internacional de Cancún, which include two pools, championship tennis courts, sail boating, a restaurant, bar, convenience store, tour desk and car rental. Each unit has two bedrooms/ one bathroom, a full living and dining room, a fully equipped kitchen and a private terrace.

PLUS:

- Complimentary sailing lessons as well as the free use of sailboats (one hour per day per villa)
- Enjoy the facilities at the other four Royal Resorts in Cancún by hopping on the free inter-resort shuttle bus.
- Book your airline tickets to Cancun with Life Extension Vacations and save **\$50** off** your reservation

* This promotion is valid for stays from July 7 to December 8, 2007 (Saturday Departures). This special rate is based on type B villas (accommodation for five). Promotion is subject to availability. Other restrictions may apply.

** Book your airline tickets by November 30, 2007. A minimum purchase of \$600 is required. Valid for travel now through 1/31/2008 with the exception of the following blackout dates (11/17-11/18/2007; 12/22-12/27/2007).

<http://www.levacations.com>

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,



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