

29 Year Track Record

An Impeccable 29-year Track Record of Scientific Achievements in Health and Longevity

The 21st Century: Atherosclerosis, fish oil supplements, coenzyme Q10

2000-2003: ANTIOXIDANTS, STEM CELLS, ALZHEIMER'S DISEASE

- In 2000, the Foundation revealed how COX-2 inhibiting drugs could increase pro-inflammatory factors in the body, potentially leading to permanent joint damage and vascular disease. In 2004, one of these drugs (Vioxx®) was taken off the market because of increased risks of heart attack in those who took it. For the COX-2 inhibiting drugs like Celebrex® that remained on the market, black-box warnings are now placed on their label cautioning about increased heart attack risk when using these drugs.
- In 2000, the Foundation unveiled a European therapy (polyenylphosphatidylcholine) that may protect against fatty liver disease and Hepatitis C, alleviate pancreatitis and ease drug-induced gastric toxicity.
- In 2000, a Foundation-sponsored bill was passed and signed into law that enabled Americans to obtain lower-cost prescription drugs from other countries. (This bill was later sabotaged by the FDA.)
- In 2000, the Foundation introduced a combination therapy used in Europe to boost cognitive function and that may alleviate the symptoms of senility.
- In 2000, the Foundation conducted original research using carotid ultrasound tests to show that people taking high doses of **antioxidants** over an extended period of time may be protected against **atherosclerosis**.
- In 2000, Life Extension introduced members to revolutionary research to transform cloned stem cells into tissues to replace diseased ones.
- In 2001, Life Extension introduced high-dose carnosine to prevent the formation of advanced glycation end-products, a key molecular mechanism linked to premature aging and diabetic complications.
- In 2001, the Foundation funded research to identify genes linked to aging, versus those that act to extend life. This research has led to the discovery of agents that mimic the longevity-promoting effects of calorie restriction.
- In 2001, the Foundation published methods of suppressing pro-inflammatory cytokines that contribute to the development of multiple degenerative diseases.
- In 2001, the Foundation recommended a drug to treat **Alzheimer's disease** and Parkinson's disease called *memantine* that had been used in Germany since 1991, but was not approved by the FDA. (The FDA approved memantine 2.5 years later.)
- In 2002, the Foundation documented that a large number of Americans are needlessly dying of anemia and provided definitive methods to guard against this disorder.
- In 2002, Life Extension showed that doctors are overlooking thyroid hormone deficiency because of the improper interpretation of a common blood test.
- In 2002, the Foundation introduced methylselenocysteine, the form of selenium found naturally in garlic and broccoli that protects against mammary tumor development.
- In 2003, the Foundation advised members to stock up on an anti-viral drug called Tamiflu® in case they were exposed to the common flu virus. Two years later, the world became so frightened about a potential SARS virus pandemic that Tamiflu® disappeared from pharmacy shelves worldwide. Foundation members who heeded Life Extension's early warning

already had their personal supply of Tamiflu® in their medicine cabinet.

- In 2003, the Foundation introduced the first therapeutic program to slow the progression of Parkinson's disease.
- In 2003, the Foundation published research showing that topical and orally ingested **antioxidants** can prevent and reverse skin aging.
- In 2003, the Foundation revealed an effective strategy for reducing the frequency and intensity of debilitating migraine headaches by restoring hormone balance.
- In 2003, the Foundation warned that eating foods cooked at high temperatures (over 250 degrees Fahrenheit) promoted weight gain and damaged the body's proteins in a way that accelerated the aging process.
- In 2003, the Foundation discovered that the drug metformin could mimic many of the beneficial effects of calorie restriction. The findings from Life Extension's study were published in the *Proceedings of the National Academy of Sciences*.
- In 2003, Life Extension introduced a plant extract to protect against DNA mutations and neutralize carcinogens.

2004-2006: OSTEOPOROSIS, FISH OIL SUPPLEMENTS, DIABETES

- In 2004, the Foundation warned of the hidden dangers of **osteoporosis** in men.
- In 2004, the Foundation introduced a novel fiber that reduces after-meal insulin release and limits carbohydrate absorption.
- In 2004, Life Extension reported that optimal glucose levels should be lower than current guidelines to reduce heart attack risk by 40%. (Soon thereafter, national standards for the upper scale limit of blood glucose were lowered, but still not to the lower levels recommended by Life Extension.)
- In 2005, the Foundation conducted a clinical study showing that sesame lignans significantly enhance the antioxidant and anti-inflammatory effects of gamma tocopherol. Furthermore, Life Extension reported that standardized sesame seed lignans increase vitamin E activity and enhance the benefits of borage and **fish oil supplements**.
- In 2005, Life Extension announced the startling finding that PSA (prostate specific antigen) itself could promote prostate cancer and provided novel methods to lower PSA levels in aging men.
- In 2005, the Foundation revealed how olive fruit polyphenols could boost beneficial HDL.
- In 2005, Life Extension conducted a clinical study showing that an orally ingested agent could naturally increase superoxide dismutase (SOD) and catalase in the body. SOD and catalase are naturally produced antioxidants that are more potent than orally ingested antioxidants.
- In 2005, Life Extension reported on a powerful phytochemical that suppresses the growth of prostate cancer cells. Derived from milk thistle extract, this novel compound, isosilybin B, may also protect the prostate gland by reducing the secretion of PSA.
- In 2005, The *National Academy of Sciences* released a report confirming what the Life Extension Foundation has argued for years — that x-rays at any dose pose health risks to humans.
- In 2005, the Foundation alerted the public to the disease-causing toxins present in fish, and provided a strategy for safely capturing the health-promoting benefits of fish oil.
- In 2005, the Foundation reported the startling news that conventional sunscreens may not prevent skin cancer and revealed how you can help protect yourself against skin cancer using topical antioxidants.
- In 2005, the Foundation revealed data showing that blueberry extract can help reverse the memory and motor impairments associated with aging.
- In 2005, the Foundation revealed an effective strategy for reducing the frequency and intensity of debilitating migraine headaches using an herbal extract from Europe, and for restoring youthful hormones balance.

- In 2006, the Foundation introduced a novel method of capturing the health-promoting benefits of caloric restriction without hunger.
- In 2006, the Foundation revealed a new method for lowering homocysteine levels that fail to respond to standard nutritional therapies.
- In 2006, the Foundation set forth a comprehensive strategy for guarding against metabolic syndrome, a deadly, often-overlooked condition that drastically increases the risk of heart attack, stroke and **diabetes**.
- In 2006, the Foundation revealed why vegetarians do not live that much longer than meat-eaters and how easy it is to correct this problem by supplementing with one critical nutrient (carnosine).
- In 2006, the Foundation exposed how drug companies are seeking to shut down compounding pharmacies that offer Americans access to safer and less expensive drugs.
- In 2006, the Foundation warned readers about an FDA-approved fish oil drug that is priced 797% higher than what consumers pay for the same amount of EPA/DHA in supplement form.
- In 2006, the Foundation showed how a novel form of vitamin K could guard against arterial calcification and osteoporosis.
- In 2006, the Foundation presented a summary of cumulative findings showing how the proper intake of a plant extract could reverse **atherosclerosis** and slow the progression of prostate cancer.
- In 2006, the Foundation identified how one missing plant extract was responsible for the epidemic of macular degeneration afflicting aging humans.
- In 2006, the Foundation introduced a form of coenzyme Q10 (ubiquinol) that is vastly superior to commercial CoQ10 supplements in absorbing into the human bloodstream, reducing fatigue and slowing age-related markers.
- In 2006, the Foundation published findings about how cruciferous vegetable extracts may prevent certain human cancers.
- In 2006, the Foundation uncovered findings to show that new stem cell formation can be promoted in the body by ingesting commonly available nutrients.
- In 2006, the Foundation exposed how the American FDA was attempting to censor truthful information about the health benefits of fruits and vegetables.

Continued on Page 3 of 3

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.