

## Enhanced FernBlock® with Sendara™

### 30 vegetarian capsules

Item Catalog Number: 01311

Life Extension® introduces the world's first oral supplement to help maintain youthful skin by protecting against harmful solar radiation. For the first time you can achieve essential protection from sun exposure in a pill.

During a decade of clinical trials, FernBlock® has shown remarkable effectiveness in shielding skin against aging effects of ultraviolet exposure.<sup>33-38</sup> Studies have shown that this fern extract has a high affinity for skin tissue and helps protect against ultraviolet damage shown to cause premature skin aging and wrinkling.<sup>39,40</sup>

FernBlock® is a natural extract derived from the fern plant *Polypodium leucotomos*. Used as a sunburn remedy by native Indians for centuries, this natural fern extract has been formulated by international scientists affiliated with leading institutions. For the first time, researchers have created a unique oral formulation of sun-protective compounds from this natural extract.

The highly targeted action of FernBlock® safely inhibits the absorption of harmful ultraviolet rays and quenches dangerous free radicals.<sup>33,35</sup> FernBlock® also helps mitigate the consequences of excessive ultraviolet radiation by reducing the number of skin cells that indicate sun-induced injury.<sup>35,36</sup> Additionally, it helps inhibit pro-inflammatory cells that cause redness and itching,<sup>35</sup> blocks protein-destroying skin enzymes that decrease skin elasticity,<sup>41</sup> and preserves the skin's antioxidant status.<sup>42</sup>

This product has been upgraded to contain Sendara™, a patented blend of the herbs ashwagandha and Indian gooseberry. Ashwagandha has been used by Ayurvedic practitioners in its native India for thousands of years. It is rich in flavonoids and steroidal lactones called withanolides, which are thought to have a number of beneficial properties. Ashwagandha works as an adaptogen to enhance the body's ability to respond to stress, which is thought to be a major contributor to physical signs of aging and that can exacerbate or trigger certain skin conditions. This adaptogen specifically targets excess cortisol release triggered by stress. Indian gooseberry is an antioxidant that helps prevent oxidative stress and degradation of skin proteins and may enhance the firmness of skin.<sup>43,44</sup>

Sendara combines these two ingredients into one anti-aging cosmeceutical. In addition to providing stress relief for the skin, Sendara also offers skin benefits, in terms of skin appearance, by inhibiting the enzyme that breaks down collagen, a primary structural protein of the skin. Sendara also helps in retaining skin moisture by inhibiting the enzyme hyaluronidase.<sup>43,44</sup>

FernBlock® is designed to complement topical sunscreens for intense sun exposure. Topical sunscreens are effective if properly and regularly applied, especially for long periods of sun exposure. FernBlock® supplements the effects of sunscreens by protecting the entire skin surface and has an obvious advantage since it cannot be removed by perspiring or bathing.

For intense sun exposure, two to three capsules of FernBlock® and an effective sunscreen provide convenient and complete day-long protection. For short periods of sun exposure (such as walking to the car) that can add to cumulative ultraviolet damage, just one FernBlock® capsule should provide adequate protection.

Remember, for long periods of sun exposure, you should defend your skin against premature photoaging with FernBlock® and a topical sunscreen to ensure complete sun protection.

#### References

#### Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 30

#### Amount Per Serving

FernBlock® *Polypodium leucotomos* extract (leaf) 240 mg

Sendara™ [proprietary blend of Ashwagandha (*Withania somnifera*) standardized withanolide glycoside extract (root and leaves) and *Phyllanthus emblica* standardized low molecular weight hydrolysable tannins extract (fruit)] 200 mg

Other ingredients: magnesium stearate, rice flour, vegetable cellulose (capsule).

Contains corn and rice.

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

FernBlock® is a registered trademark of Industrial Farmaceutica Cantabria, S.A.

Patent pending Sendara™ is a trademark of Nutrigenesis, LLC.

## Dosage and Use

- For photo-aging protection\* take one to two capsules daily in the morning 30 minutes prior to sun exposure, or as recommended by a healthcare practitioner.
- Use with high SPF sunscreen (SPF 30).
- For extended sun exposure take one additional capsule at noon.
- This product can be taken with or without food.

## Caution

Use topical sunscreens whenever exposed to sunlight. This product is not a sunscreen.

## Note

Due to license restrictions, this product is not for sale to wholesalers outside of the United States of America and Canada.

## 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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