

Comprehensive Nutrient Packs

30 packets

Item Catalog Number: 01325

Are you always in a last-minute rush to pack your supplements before you travel? Or maybe you'd like some help keeping track of the supplements you take. Wouldn't life be easier if your most important supplements were already organized into convenient daily packs?

Comprehensive Nutrient Packs will help simplify your supplement routine. Even on days when you are running late for the office, just grab a pack to take with you. No need to ever miss your daily supplementation again.

The Comprehensive Nutrient Packs provide the following formulations at no extra cost compared with purchasing each product separately:

- Two-Per-Day Multinutrient Tablets
- Triple-Action Cruciferous Vegetable Extract with Resveratrol
- Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™
- Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract
- Mitochondrial Energy Optimizer
- Super Booster

Taking just one Comprehensive Nutrient Pack a day provides the following Life Extension supplements:

1. Two-Per-Day Tablets — Each daily nutrient pack contains two tablets of the Two-Per-Day formulation. Making sure you get the daily dose of all the nutrients you need through your diet can be difficult. The Two-Per-Day Formula provides up to 50 times greater potency for a number of ingredients compared with many "one-a-day" products.
2. Triple-Action Cruciferous Vegetable Extract with Resveratrol — Each daily nutrient pack contains one capsule of Triple-Action Cruciferous Vegetable Extract with Resveratrol

Maintaining hormonal balance is essential to any antiaging strategy. Specific extracts from cruciferous vegetables, such as broccoli, cauliflower, and Brussels sprouts, favorably modulate one's estrogen profile while helping to maintain normal, healthy cell division.¹⁻⁴ This is of critical importance to both women and men.

Cruciferous extracts contain bio-active DNA-protective compounds such as glucosinolates, isothiocyanates, carnosic acid, and carnosol, which favorably affect estrogen metabolism and cell division. This formula also provides resveratrol.

3. Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ Each daily nutrient pack contains one Super Ubiquinol CoQ10 100 mg softgel capsule

Coenzyme Q10 is a potent antioxidant and cell energizer that protects cardiac health, but is depleted with aging. As CoQ10 is a difficult nutrient to absorb, most Life Extension members use the ubiquinol form because it provides far greater sustained CoQ10 levels to the body than other forms.

4. Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract— Each daily nutrient pack contains two capsules of Super Omega-3 EPA/DHA with Sesame Lignans and Olive Fruit Extract

Omega-3 fatty acids in fish oil together with monounsaturated fatty acids and polyphenols in olive oil are well known to have a wide range of health benefits, from protecting normal LDL against oxidation to countering dangerous free-radical damage⁵⁻⁸ and supporting healthy brain function.

Life Extension's Super Omega-3 uses a patented EPA/DHA extraction process, which results in the purest, most stable, and easiest-to-tolerate fish oil extract. To help emulate the heart-healthy Mediterranean diet, Super Omega-3 capsules also provide a standardized olive fruit extract. Each two capsule dose provides a full-spectrum blend of synergistic nutrients to provide optimal effects, delivering 700 mg of EPA, 500 mg of DHA, with olive fruit extract and sesame lignans to enhance the effects of this fish oil in the body.

5. Mitochondrial Energy Optimizer — Each daily nutrient pack contains four capsules of Mitochondrial Energy Optimizer

The loss of cellular vitality is caused by a number of factors, including mitochondrial decay, glycation, and inflammation. Mitochondrial Energy Optimizer is designed to maintain healthy cellular function by protecting delicate cellular structures and enabling cells to perform life-sustaining metabolic processes. This state of the art formulation provides the following:

- Benfotiamine — A fat-soluble form of vitamin B1 (thiamine) which supports healthy blood sugar metabolism and helps protect the body's tissues against AGEs and oxidative stress.^{9,10}
- Carnosine — The most potent nutrient to counteract destructive glycation processes¹¹
- R-lipoic acid — The biologically active half of alpha-lipoic acid that boosts glutathione levels inside cells to protect against free radical formation
- Acetyl-L-carnitine arginate — A patented form of carnitine that stimulates the growth of neurites in the brain
- Luteolin — a flavonoid that helps to regulate inflammatory cytokine expression.¹²
- Pyridoxal 5'-phosphate--the active form of vitamin B6 that has been shown to protect against both lipid and protein glycation reactions.¹³⁻¹⁶

6. Super Booster — Each daily nutrient pack contains one Super Booster softgel

The Super Booster provides effective doses of the following important nutrients and more in just one softgel cap:

- Gamma-tocopherol — A critically important nutrient for quenching dangerous peroxy nitrite free radicals in the body.¹⁷
- Sesame lignans — Phytonutrients that augment the antioxidant effects of gamma-tocopherol.¹⁸
- Vitamin K2 — A form of vitamin K2 known as menaquinone-7 activates vitamin K-dependent proteins involved in bone metabolism and arterial health.¹⁹
- Lycopene — A carotenoid that may lead to healthier prostate function as well as guard against LDL oxidation.
- Lutein — A carotenoid that helps maintain healthy cell division and protects the arterial wall.
- Ginkgo — A potent antioxidant that promotes healthy circulatory and neurological function.
- Chlorophyllin — One of the most potent nutrients to protect against environmentally induced damage to DNA.
- Selenium — An important antioxidant mineral that boosts production of glutathione peroxidase, maintains healthy cell division, and may be necessary for proper immune function.

References

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Supplement Facts

TWO-PER-DAY TABLETS

Serving Size 2 tablets

Amount Per Serving

| | |
|--|---------|
| Vitamin A (as 90% beta-carotene and 10% acetate) | 5000 IU |
| Vitamin C (as ascorbic acid, niacinamide and calcium ascorbates) | 500 mg |
| Vitamin D (as ergocalciferol) | 2000 IU |
| Vitamin E (as D-alpha tocopheryl succinate) | 200 IU |
| Thiamin (vitamin B1) (as thiamine HCl) | 75 mg |
| Riboflavin (vitamin B2) | 50 mg |
| Niacin (as niacinamide and niacinamide ascorbate) | 50 mg |
| Vitamin B6 (as pyridoxine HCl) | 75 mg |
| Folate (as folic acid) | 800 mcg |
| Vitamin B12 (as cyanocobalamin) | 300 mcg |
| Biotin | 300 mcg |
| Pantothenic acid (as D-calcium pantothenate) | 100 mg |
| Calcium (from D-calcium pantothenate and calcium ascorbate) | 12 mg |
| Iodine (from Atlantic kelp) | 150 mcg |
| Magnesium (as magnesium oxide) | 100 mg |
| Zinc (as OptiZinc® Zinc DL-methionine complex) | 30 mg |
| Selenium (as L-selenomethionine and sodium selenate) | 200 mcg |
| Manganese (as manganese gluconate) | 2 mg |
| Chromium (as chromium polynicotinate) | 200 mcg |
| Molybdenum (as molybdenum amino acid chelate) | 100 mcg |
| Potassium (as potassium citrate) | 25 mg |
| Boron (as boron amino acid chelate) | 3 mg |
| Choline (as choline bitartrate) | 20 mg |
| Inositol | 50 mg |
| Biolut™ Marigold Extract (<i>Tagetes erecta</i>) (flowers) [std. to 5 mg trans-lutein and 155 mcg trans-zeaxanthin] | 11 mg |
| Lycopene (as Lyc-O-Mato® tomato extract) | 2 mg |
| PABA (<i>para</i> -aminobenzoic acid) | 30 mg |
| Other ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol). | |

TRIPLE-ACTION CRUCIFEROUS VEGETABLE EXTRACT WITH RESVERATROL

Serving Size 1 capsule

Amount Per Serving

| | |
|---|--------|
| Broccoli (<i>Brassica oleracea</i> L.) Super Concentrate Extract (plant and sprouts) [std. to 4% glucosinolates (16 mg)] | 400 mg |
| Indole-3-Carbinol (I3C) | 80 mg |
| Watercress (<i>Nasturtium officinale</i>) 4:1 Extract (leaf) | 50 mg |
| Rosemary (<i>Rosmarinus officinalis</i>) Extract (leaves) [std. to 20% diterpenic compounds (10 mg) and providing carnosic acid/carnosol] | 50 mg |
| Cat's Claw (<i>Uncaria tomentosa</i>) Extract (bark) | 50 mg |
| Apigenin [from water extraction of grapefruit (<i>Citrus paradisi</i>) (peel)] | 25 mg |
| Cabbage (<i>Brassica oleracea</i>) extract (leaf) | 25 mg |
| <i>Trans</i> -resveratrol [also supplying glycosides (polydatin)] [from whole red grape (<i>Vitis vinifera</i>) and <i>Polygonum cuspidatum</i> (root) extract] | 20 mg |
| DIM (Di-indolyl-methane) | 14 mg |
| Other ingredients: vegetable cellulose (capsule), vegetable stearate, silica, maltodextrin. | |

SUPER UBIQUINOL COQ10 WITH ENHANCED MITOCHONDRIAL SUPPORT™

Serving Size 1 softgel

Amount Per Serving

| | |
|-------------------------------------|--------|
| Calories | 4 |
| Calories from Fat | 3 |
| Total Fat | 0.37 g |
| Ubiquinol (as Kaneka QH™ Ubiquinol) | 100 mg |

PrimaVie® Shilajit fulvic acid complex) 100 mg

Other ingredients: sunflower oil, gelatin, glycerin, purified water, yellow beeswax, caramel color.

SUPER OMEGA-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract

Serving Size 2 softgels

Amount Per Serving

| | |
|---|---------|
| Calories | 21 |
| Calories from Fat | 21 |
| Total Fat | 2.3 g |
| Cholesterol | 8 mg |
| Pure+™ Wild Fish Oil Concentrate | 2000 mg |
| Yielding | |
| EPA (eicosapentaenoic acid) | 700 mg |
| DHA (docosahexaenoic acid) | 500 mg |
| Polyphen-Oil™ Olive (<i>Olea europaea</i>) Fruit Extract [std. to 1.5% hydroxytyrosol (4.5 mg), 0.7% oleuropein (2.1 mg), 0.5% verbascoside (1.5 mg) and 0.23% tyrosol (0.7 mg)] | 300 mg |
| Sesame seed (<i>Sesamum indicum</i>) lignan extract | 10 mg |
| Other ingredients: refined fish oil concentrate (anchovy, sardine, mackerel), gelatin, glycerin, colloidal silicon dioxide, soy lecithin, caramel color, mixed tocopherols, rosemary extract. | |

MITOCHONDRIAL ENERGY OPTIMIZER

Serving Size 4 capsules

Amount Per Serving

| | |
|--|---------|
| Vitamin B6 (as pyridoxal 5'-phosphate) | 100 mg |
| Sodium | 25 mg |
| Carnosine | 1000 mg |
| ArginoCarn® Acetyl-L-carnitine arginate dihydrochloride | 700 mg |
| Benfotiamine | 150 mg |
| R-Lipoic Acid (as microencapsulated Bio-Enhanced® stabilized Na-RALA sodium R-lipoate) | 150 mg |
| Luteolin (high purity luteolin as Pureolin™) | 8 mg |
| Other ingredients: gelatin, vegetable stearate, silica. | |

SUPER BOOSTER SOFTGELS

With Advanced K2 Complex

Serving Size 1 softgel

Amount Per Serving

| | |
|--|---------------|
| Vitamin C (as calcium ascorbate, ascorbyl palmitate) | 90 mg |
| Vitamin E (as D-alpha tocopherol) | 26.8 IU |
| Vitamin K activity | 2100 mcg |
| From: | |
| Vitamin K2 (as menaquinone-7) | 100 mcg |
| Vitamin K2 (as menaquinone-4) | 1000 mcg |
| Vitamin K1 (as phytonadione) | 1000 mcg |
| Folic acid | 800 mcg |
| Vitamin B12 (as cyanocobalamin) | 300 mcg |
| Calcium (as calcium ascorbate) | 10 mg |
| Zinc (as zinc gluconate) | 10 mg |
| Selenium (as sodium selenite, L-selenomethionine, se-methylselenocysteine) | 200 mcg |
| Copper (from copper chlorophyllin) | 4.57 mg |
| Ascorbyl palmitate | 50 mg |
| Chlorophyllin (from copper chlorophyllin) | 100 mg |
| Gamma E Mixed Tocopherols | 359 mg |
| Typical distribution: | |
| Gamma tocopherol | 215-244.2 mg |
| Delta tocopherol | 89.8-125.7 mg |

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|---|------------|
| Alpha tocopherol | 18-35.9 mg |
| Beta tocopherol | 0-7.2 mg |
| <i>Ginkgo biloba</i> (leaf) extract [std. for 24% ginkgoflavonglycosides (28.8 mg), 6% total terpene lactones (7.2 mg), and <1ppm ginkgolic acid] | 120 mg |
| Lutein (from marigold extract) | 2 mg |
| Lycopene (from tomato extract) | 10 mg |
| Sesame seed (<i>Sesamum indicum</i>) lignan extract | 20 mg |
| Other ingredients: flax seed oil, soy lecithin, beeswax, gelatin, glycerin, purified water, carob color. | |

Contains fish (anchovy, sardine, mackerel), peanuts, soybeans and wheat. Contains corn, rice and sesame.

This product contains NO milk, egg, crustacean shellfish (lobster, crab, shrimp), tree nuts, yeast, or gluten. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Super Omega-3 EPA/DHA is certified to contain no detectable levels of mercury, arsenic, lead, cadmium, and other toxic metals by the International Fish Oil Standards. This product meets or exceeds IFOS standards for PCBs, dioxins, and other contaminants.

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Dosage and Use

- Take one packet daily with a meal, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

Caution

If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product. Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with hypercalcemia (high blood calcium levels). Individuals with kidney stones, gout or high uric acid levels should not take this product. Individuals with in-born errors of copper metabolism (e.g. Wilson's disease) should avoid daily, chronic use of this product.

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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