

ageLOC® YOUTH

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PRODUCT DESCRIPTION

ageLOC Youth promotes the youthful expression of key groups of genes that control aging defenses and also delivers enhanced nutritional benefits. It supports healthy aging defense mechanisms and provides the body with powerful, protective anti-aging support to help us age youthfully.*

The power is in ageLOC Youth's innovative ingredient blend. We carefully selected ingredients for their unique health benefits and ability to positively impact gene expression. The result: an innovative formula that strengthens and supports aging defense mechanisms in every cell and system of the body.*

ageLOC Youth is Nu Skin's most advanced anti-aging supplement ever. It is a revolutionary supplement that helps revitalize your aging defense mechanisms and is designed to promote your youth span—the years you can enjoy life being more active, energetic, and healthy.*

ageLOC Youth—The power to defy your age.

PRIMARY BENEFITS

1. Our most advanced anti-aging supplement, ageLOC Youth targets our innate ability to resist aging at its source.*
2. ageLOC Youth positively modulates gene expression with a unique blend of nutrients that are not readily available.*
3. Promotes youthfulness—supporting the years you can enjoy life being more active, energetic, and healthy.*

4. ageLOC Youth influences multiple aging defense mechanisms to provide broad-spectrum wellness benefits and promote:*

- Cellular Health
 - Reinforces the body's protection and repair mechanisms at the cellular level.
 - Helps balance healthy cellular response. Disruption of cellular response can spark a cascade of other aging effects.
 - Positively modulates systemic cytokine responses.
 - Supports DNA damage protection/repair
 - Provides antioxidant protection.
- Brain Health
 - Supports healthy brain structure and function.
 - Promotes youthful cognition and memory.
 - Promotes sense of wellbeing and healthy mood.
- Heart Health
 - Sustains overall cardiovascular health.
 - Promotes blood vessel integrity/elasticity, essential for healthy blood circulation.
 - Supports normal blood glucose control.
 - Supports healthy blood pressure regulation.
- Metabolic Health
 - Supports healthy lipid metabolism.
 - Supports normal glucose metabolism.
- Skin Health
 - Promotes optimal skin barrier function and protection.
 - Maintains optimal skin health.
- Bone Health
 - Boosts bone health and supports bone structure and integrity.
- Joint Health

- Supports healthy joints and promotes healthy joint fluidity.
- Eye Health
 - Provides ingredients important for healthy eye composition and protection.
 - Promotes eye health and supports healthy vision.
- Physical Performance
 - Supports/enables optimal physical performance.
- Immune Health
 - Promotes healthy immune function and response.
 - Supports a healthy immune system.

WHAT MAKES THIS PRODUCT UNIQUE?

- Our most advanced anti-aging supplement, ageLOC Youth targets our innate ability to resist aging at its source.*
- Contains a unique blend of nutrients that is not readily available.*
- Built on more than three decades of scientific knowledge.*
- Created with our scientific understanding of the expression of key groups of genes related to aging defenses, as well as antioxidant and nutritional science.*
- Blend of ingredients positively modulates gene expression to support healthy aging defense mechanisms.*
- Influences multiple aging defense mechanisms to provide broad-spectrum nutritional and youth preservation benefits.*
- SCS certified. Measure the antioxidant difference ageLOC Youth is making in your body.*

WHO SHOULD USE THIS PRODUCT?

Men and women 18 and over who want to maintain their youth and live a healthier, more youthful life.

DIRECTIONS FOR USE

Take two capsules twice daily with morning and evening meals.

COMPLEMENTARY PRODUCTS

ageLOC® R²—helps you renew and recharge with two powerful formulas. ageLOC R² Night optimizes each cell's natural purification process, and ageLOC R² Day optimizes cellular energy production.*

Pharmanex Solutions—provide targeted benefits to complement the anti-aging benefits of ageLOC Youth.* Please read all information and warning labels when combining supplements and consult your physician if you have any questions or concerns about your supplementation regimen.

g3—this gâc superfruit juice is validated by science to support cellular rejuvenation and immune health. Deliciously sweet,

yet slightly tart, g3 provides powerful antioxidant protection while supporting healthy immune function.*

LifePak®—is the perfect companion to ageLOC Youth because LifePak is our most advanced nutritional product, delivering nutrients that many don't get from their diet. Optimal gene expression requires a good level of nutrition and LifePak provides a comprehensive array of vitamins, minerals, and antioxidants. If your daily diet isn't what it should be, LifePak delivers the essential nutrients your body needs for optimal health.

FREQUENTLY ASKED QUESTIONS

What are aging defense mechanisms?

Aging defense mechanisms are the body's way of fighting off and maintaining resistance to aging aggressors. As we age, changes in gene expression cause the body's aging defense mechanisms to decline in function, performance, and ability. ageLOC Youth maintains and supports the activity of aging defense mechanisms by positively modulating gene expression, helping us to live youthfully.*

Can I take LifePak with ageLOC Youth?

It is recommended to take one of the LifePak Nutritional products with ageLOC Youth in order to provide your body with the nutritional building blocks required for optimal health.

Why is the ageLOC Youth ingredient blend difficult to obtain?

ageLOC Youth contains a unique ingredient blend that provides broad-spectrum benefits for everyone regardless of dietary intake or supplement regimen. ageLOC Youth provides a potent blend of anti-aging ingredients—concentrated extracts standardized for active ingredients—that would be difficult to obtain on a regular basis from even a healthy, well-balanced diet. Furthermore, ageLOC Youth delivers efficacious levels of these powerful nutrients and phytochemicals at consistent levels twice per day.

What is different about the ageLOC Youth capsules?

ageLOC Youth takes advantage of a unique technology, called Licap®, that allows delivery of both liquids and solids together in a hard shell capsule.

Will ageLOC Youth increase my skin carotenoid score?

Yes, in fact, ageLOC Youth is SCS certified to increase your scanner score.* What is the scientific substantiation for this product? Many clinical studies have been published documenting the health benefits of the ingredients included in ageLOC Youth. Additionally, there are several ageLOC Youth studies completed or ongoing.

KEY SCIENTIFIC STUDIES

Studies to Support Ingredients Present in U.S. Formula

- a. Bouwens, M., O. van de Rest, N. Dellschaft, et al. (2009) Fish-oil supplementation induces antiinflammatory gene expression profiles in human blood mononuclear cells. *The American journal of clinical nutrition* 90, 415–424.
- b. Chopra, M., P.E. Fitzsimons, J.J. Strain, et al. (2000) Nonalcoholic red wine extract and quercetin inhibit LDL oxidation without affecting plasma antioxidant vitamin and carotenoid concentrations. *Clinical chemistry* 46, 1162–1170.
- c. Earnest, C.P., J.S. Kupper, A.M. Thompson, et al. (2012) Complementary effects of multivitamin and omega-3 fatty acid supplementation on indices of cardiovascular health in individuals with elevated homocysteine. *International journal for vitamin and nutrition research Internationale Zeitschrift für Vitamin- und Ernährungsforschung Journal international de vitaminologie et de nutrition* 82, 41–52.
- d. Heinrich, U., C. Gartner, M. Wiebusch, et al. (2003) Supplementation with beta-carotene or a similar amount of mixed carotenoids protects humans from UV-induced erythema. *The Journal of nutrition* 133, 98–101.
- e. Hubbard, G.P., S. Wolfram, R. de Vos, et al. (2006) Ingestion of onion soup high in quercetin inhibits platelet aggregation and essential components of the collagen-stimulated platelet activation pathway in man: a pilot study. *The British journal of nutrition* 96, 482–488.
- f. Kean, R.J., D.J. Lamport, G.F. Dodd, et al. (2015) Chronic consumption of flavanone-rich orange juice is associated with cognitive benefits: an 8-wk, randomized, double-blind, placebo-controlled trial in healthy older adults. *The American journal of clinical nutrition* 101, 506–514.
- g. Kiecolt-Glaser, J.K., E.S. Epel, M.A. Belury, et al. (2013) Omega-3 fatty acids, oxidative stress, and leukocyte telomere length: A randomized controlled trial. *Brain, behavior, and immunity* 28, 16–24.
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- i. Hossein-nezhad, A., A. Spira, M.F. Holick, (2013) Influence of vitamin D status and vitamin D3 supplementation on genome wide expression of white blood cells: a randomized double-blind clinical trial. *PLoS one* 8, e58725.
- j. Naharci, I., E. Bozoglu, N. Kocak, et al. (2012) Effect of vitamin D on insulin sensitivity in elderly patients with impaired fasting glucose. *Geriatrics & gerontology international* 12, 454–460.
- k. Hakimi IA, Harris RB, Ritenbaugh C (2000) Citrus peel use is associated with reduced risk of squamous cell carcinoma of the skin. *Nutrition and cancer* 37, 161–168.
- l. Pengelly, A., J. Snow, S.Y. Mills, et al. (2012) Short-term study on the effects of rosemary on cognitive function in an elderly population. *Journal of medicinal food* 15, 10–17.
- m. Zhu, H., D. Guo, K. Li, et al. (2012) Increased telomerase activity and vitamin D supplementation in overweight African Americans. *International journal of obesity* 36, 805–809.
- n. Herrero-Barbudo, C., B. Soldevilla, B. Perez-Sacristan, et al. (2013) Modulation of DNA-Induced Damage and Repair Capacity in Humans after Dietary Intervention with Lutein-Enriched Fermented Milk. *PLoS one* 8, e74135.
- o. Huang, B., Z. Wang, J.H. Park, et al. (2015) Anti-diabetic effect of purple corn extract on C57BL/KsJ db/db mice. *Nutr Res Pract* 9, 22–29.
- p. Palombo, P., G. Fabrizi, V. Ruocco, et al. (2007) Beneficial long-term effects of combined oral/topical antioxidant treatment with the carotenoids lutein and zeaxanthin on human skin: a double-blind, placebo-controlled study. *Skin pharmacology and physiology* 20, 199–210.
- q. Park, J.S., J.H. Chyun, Y.K. Kim, et al. (2010) Astaxanthin decreased oxidative stress and inflammation and enhanced immune response in humans. *Nutrition & metabolism* 7, 18.
- r. Sola, S., M.Q. Mir, F.A. Cheema, et al. (2005) Irbesartan and lipoic acid improve endothelial function and reduce markers of inflammation in the metabolic syndrome: results of the Irbesartan and Lipoic Acid in Endothelial Dysfunction (ISLAND) study. *Circulation* 111, 343–348.
- s. Tomasetti, M., R. Alleva, B. Borghi, et al. (2001) In vivo supplementation with coenzyme Q10 enhances the recovery of human lymphocytes from oxidative DNA damage. *FASEB J* 15, 1425–1427.
- t. Tome-Carneiro, J., M. Gonzalez, M. Larrosa, et al. (2012) One-year consumption of a grape nutraceutical containing resveratrol improves the inflammatory and fibrinolytic status of patients in primary prevention of cardiovascular disease. *The American journal of cardiology* 110, 356–363.

- t. Tsuda, T., F. Horio, K. Uchida, et al. (2003) Dietary cyanidin 3-O-beta-D-glucoside-rich purple corn color prevents obesity and ameliorates hyperglycemia in mice. *The Journal of nutrition* 133, 2125–2130.
- u. Wong, R.H., P.R. Howe, J.D. Buckley, et al. (2011) Acute resveratrol supplementation improves flow-mediated dilatation in overweight/obese individuals with mildly elevated blood pressure. *Nutrition, metabolism, and cardiovascular diseases : NMCD* 21, 851–856.
- v. Zahedi, H.S., S. Jazayeri, R. Ghiasvand, et al. (2013) Effects of polygonum cuspidatum containing resveratrol on inflammation in male professional basketball players. *International journal of preventive medicine* 4, S1–4.

SUPPLEMENT FACTS

Serving Size 2 Capsules		Servings Per Container 60
Amount Per Serving		% DV
Vitamin D3 (as cholecalciferol)	500 IU	125%
Vitamin K2 (as menaquinone-7)	20 mcg	25%
Ultra-pure fish oil concentrate:	1055 mg	*
EPA (Eicosapentaenoic acid)	300 mg	*
DHA (Docosahexaenoic acid)	200 mg	*
Citrus Bioflavonoids	100 mg	*
(including hesperidin and naringin)		
Purple corn (<i>Zea mays L.</i>) cob extract including anthocyanins	66.67 mg	*
Alpha Lipoic Acid	50 mg	*
Quercetin (from <i>Dimorphandra mollis</i> fruit extract)	37.5 mg	*
D-Limonene (from <i>Citrus sinensis</i> peel)	25 mg	*
Rosemary (<i>Rosmarinus officinalis L.</i>) leaf extract including carnosic acid	18.75 mg	*
Resveratrol (from <i>Polygonum cuspidatum</i> root)	15 mg	*
Coenzyme Q10	15 mg	*
Lycopene	2.5 mg	*
Lutein (from marigold flower (<i>Tagetes erecta</i>))	2 mg	*
Astaxanthin (from <i>Haematococcus pluvialis</i> algae)	0.5 mg	*

* Daily Value (DV) not established.

Other Ingredients: Capsule (Gelatin, Water), Silicon Dioxide, Sunflower Oil.

WARNINGS

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult a physician prior to using this product. Do not use if safety seal is broken or missing. Contains fish (anchovies, sardines, mackerel). Discontinue use and consult a physician if any adverse reactions occur.