ANTI-AGING IS A HOT TOPIC IN TODAY’S WORLD

As a Naturopathic Doctor, I see many patients come in with concerns related to the aging process including inflammation, heart disease, high blood pressure, hypercholesterolemia, joint pain, terminal disease, depleted immune function, slower recovery from injury or exercise and osteoporosis. Several factors are at play determining the rate at which we age. Firstly, there is genetics. Secondly, we are constantly exposed to environmental factors that accelerate the aging process such as pollution, electromagnetic frequencies, pesticides, medications and food additives. While we have control over the foods we eat, other exposures are hard to avoid.

ENJOYABLE LIVING EXPERIENCE

So, what can you do to slow down the aging process? The answer is to give your body everything it needs to combat these factors. There are certain vitamins, minerals, anti-oxidants and amino acids used daily by the body to repair the results of these harmful exposures. In our youth our body is like a well-oiled machine, very efficient at dealing with environmental exposures. However, as we age our bodies become less efficient at making some of the compounds we require to keep these detoxifying, anti-oxidizing and ultimately anti-aging processes going. But, it is possible to provide the body with much of what it requires to make the compounds it needs and maintain a healthy lifestyle. The following are some of the most important vitamins, minerals, amino acids and compounds required to slow the clock down.
**Setria Glutathione:**
Glutathione is THE MOST IMPORTANT anti-oxidant in the body. It is responsible for turning reactive oxygen species (ROS), which are highly damaging to the body due to their oxidative effects, into water. Our bodies naturally make Glutathione from the amino acids Glutamine, Glycine and Cysteine. Unfortunately, as we age our body becomes less efficient at making it. By age 40 we make 30% less and by 65 as much as 50% less. Studies have found that individuals who live to be 100 years old or greater have significantly higher levels of Glutathione. On the other hand, glutathione deficiency is found in nearly all very ill patients. These include people with chronic fatigue syndrome, heart disease, cancer, chronic infections, autoimmune disease, blood sugar regulation issues, autism, Alzheimer's disease, Parkinson’s disease, joint pain, respiratory illnesses, kidney problems, liver disease and more.

Setria Glutathione is an effective treatment for increasing blood glutathione levels. In order to turn ROS into water, Glutathione needs to be in its reduced form. Most glutathione supplements, even those that are in the reduced form on the bottle, are changed by the digestive process into the oxidized form. This is actually doing the opposite of what we want in that we have now added to the oxidative burden on the body. Setria Glutathione has undergone a patented fermentation process that maintains the glutathione in reduced form through the digestive process.

**Selenium:**
Selenium is an important cofactor for the reaction that Reduced Glutathione undergoes to reduce ROS to water. If we do not get enough Selenium in our diets, our ability to reduce ROS is impaired. Selenium also plays other important roles in the body. It is used to treat thyroid issues like autoimmune thyroiditis and hypothyroidism, blood sugar regulation issues, autism, Alzheimer’s disease, Parkinson’s disease, joint pain, respiratory illnesses, kidney problems, liver disease and more.

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**L-Glutamine:**
This amino acid is best known for its gut healing abilities. It helps to decrease intestinal permeability, which can cause many undesirable symptoms from gas and bloating to joint pain. Glutamine is one of my first recommendations for people who are critically ill as it can help increase absorption of nutrients. Even longevity promoting foods are ineffective if the nutrients are not being absorbed. As mentioned earlier, Glutathione is THE MOST IMPORTANT antioxidant in the body. It is a combination of glutamine, cysteine and glycine. This is another reason to make sure to get a regular dose of glutamine.

**L-threonine:**
This essential amino acid is a precursor to glycine, one of the 3 amino acids that make up Glutathione. Threonine is used to treat neurological disorders like Multiple Sclerosis, Familial Spastic Paraparesis and Spinal Spasticity. While glycine is a major inhibitory amino acid in the central nervous system (CNS), it does not penetrate the CNS very easily unless converted from Threonine.

**L-citrulline:**
Citrulline is a non-essential amino acid that the kidneys convert into arginine. Arginine converts to nitric oxide, which leads to the dilation of blood vessels. Consequently, arginine is helpful for erectile dysfunction and high blood pressure. Studies have found that oral supplementation of L-citrulline is more effective at increasing blood levels of L-arginine than L-arginine directly.

**L-lysine monohydrochloride, L-Proline & Vitamin C (ascorbic acid):**
Lysine, Proline and Vitamin C are all associated with the name Linus Pauling. Linus Pauling is the biochemist that is said to have discovered the cause of heart disease. He won two Nobel prizes for his research in this area. “Pauling Therapy” is the saturation dosing these nutrients prevents LDL cholesterol from building up as plaques in the arteries.

Selenium, Proline and Vitamin C are also all involved in collagen formation. Collagen is essential for maintaining the health of blood vessels and all connective tissue (skin, bone, cartilage, ligaments, tendons, dentin in teeth.) These nutrients also increase the elasticity of blood vessels leading to a reduction in blood pressure. Further, like Glutathione, Vitamin C is a very important multi-functional antioxidant in the body. There is a lot of research that has shown Vitamin C to be helpful in both the treatment and prevention of certain terminal diseases.

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**L-Taurine:**
This is a conditionally essential amino acid. It is found in abundance in meat and fish. Human breast milk contains the highest amount of taurine. Taurine can generally be synthesized in the body; however, when there are long periods without adequate intake, supplementation is required. Taurine is found in the highest concentrations in the heart, brain, retina, blood and platelets. It has been shown to increase exercise capacity in those that suffer from heart disease. Taurine also lowers blood pressure and has been found to be more effective than CoQ10 and placebo for increasing left ventricular function in the heart (the area of the heart that begins to fail first in those suffering from heart failure.)
**N-Acetyl L-carnitine hydrochloride:**
This is an excellent compound for combating loss of cognitive abilities associated with aging. N-acetyl L-Carnitine is the most important form of carnitine. It can be converted to L-carnitine in the body. In those with age related dementia, studies have found an improvement on cognitive tests. There is also evidence that N-acetyl-L-Carnitine may slow the progression of Alzheimer’s disease by improving memory and behavioural performance.

Age related testosterone deficiency, sometimes referred to as “male menopause,” can also become an issue for men as they age. Supplementation with N-acetyl L-Carnitine can help treat sexual dysfunction, lowered mood and fatigue.

**Folic Acid and Vitamin B12:**
Both Folic acid and Vitamin B12 are important methyl donors in the body. They are particularly important in the conversion of homocysteine to methionine. It has been found that people with high homocysteine or hyperhomocysteinemia are more prone to cardiovascular events. These people are also at an increased risk of hip fracture as well as erectile dysfunction. Vitamin B12 is most abundant in animal products; therefore, vegans should be particularly aware of their Vitamin B12 levels, as this population has often been found to have high homocysteine.

**Magnesium:**
This mineral is involved in over 300 biochemical reactions in the body. It is especially important for energy production and is essential for proper muscle function. Magnesium is a natural muscle relaxer and can be used to lower blood pressure, manage arrhythmias, prevent heart attacks, angina, fibromyalgia and muscle spasms.

**Vitamin K2:**
This vitamin is an important factor for bone health as well as prevention of calcification in the arteries. As we age our ability to regulate calcium in the body diminishes. Vitamin K is essential for rebalancing this process. Studies have shown that those with lower levels of K2 often suffer from greater calcification or “hardening” of the arteries.

In terms of bone health, vitamin K2 is the vehicle that delivers the calcium to the bone to make new bone. If Vitamin K was absent from the body, calcium alone in our blood would not contribute to bone health. Vitamin K also stops excess osteoclast activity. Osteoclasts are responsible for bone resorption in the body.

**Hesperidin:**
This is a bioflavonoid that is particularly helpful for maintaining the integrity of the capillaries. As people age, capillaries can become “leaky” and lead to edema (swelling of arms or legs). Some people may also have issues with chronic venous insufficiency (CVI) which causes blood to pool in the lower limbs and can lead to leathery discoloured skin as well as leg pain, cramping and varicose veins. There are also studies that show promise for the use of hesperidin in treating terminal illnesses.

All of the nutrients we have discussed will certainly help to slow the aging process. But the lifestyle choices we make, especially relating to diet exercise and sleep, are the most potent tools for promoting longevity.
Feel stronger, live longer

• Supports cardiovascular health
• Antioxidant protection and immune system fortification
• Helps to maintain proper muscle function

1 SCOOP OF PRO Longevity = 12 CAPS

For improved patient compliance & full therapeutic dosage

Naka Professional
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Nakapro.com 300g Powder
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Formulated with over 35 years clinical experience.

Recommended purpose or use:

- (Vitamin C) Helps the body to metabolize fats, proteins, development and maintenance of bones, cartilage, teeth, gums, connective tissue formation.
- (L-Lysine) Helps in collagen formation.
- (Folate and Vitamin B12) Helps to form red blood cells.
- (Magnesium) Helps in tissue formation and maintain proper muscle function.
- (Grape Seed Extract) Source of antioxidants for the maintenance of good health and helps to relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs.
- (Hawthorn) Used in Herbal Medicine to help maintain and/or support cardiovascular health in adults.

Recommended dose: Adults: (10gm) 1 scoop daily. Take with meals.

Dissolving direction:
Mix 1 scoop powder in 1-2 cups of water or juice and stir until dissolved.

Medicinal ingredients:
Each scoop (10gm) contains:
- L-Lysine (from Lysine monohydrochloride) .......................... 1500 mg
- Ascorbic acid (Vitamin C) .............................................................. 2000 mg

Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place. Close the lid tightly after each use. DO NOT REMOVE MOISTURE ABSORBING DESICCANT.

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L-lysine (de L-lysine Monochlorhydrate)

Chaque mesure (10 mg) contient : et remuer jusqu'à dissolution. Boire immédiatement ou mélanger avec votre repas.

Mode d'emploi :

Usage ou fin recommandé :

Conservez votre produit dans un endroit frais et sec. Bien fermez le couvercle après chaque utilisation. NE PAS RETIRER LE SACHET DÉSHYDRATANT.

Durée d'utilisation :

Consulté un praticien de soins de santé si l'utilisation se prolonge au-delà de 3 mois. Utilisez pendant au moins 2 mois afin de constater les effets bénéfiques.

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Non-médicamentels : Stevia rebaudiana leaf, xylitol, fruit, flavor, natural vanilla flavour. Contains no colours, preservatives, gluten, nuts, eggs, dairy products, fish or shellfish, soy, corn, starch, wheat or yeast.

May cause digestive problems.

Known Adverse Reactions :