

# AgelessWonders™

Your smart choice for healthy living

Do you ever think about the aging process, and what you can do to help yourself age more gracefully?

We all want our health-span to match our age-span... the good news is that there are certain key nutrients and lifestyle strategies that can help us achieve that goal.



## Introducing Ageless Wonders™

**Essentials Formula;** a carefully selected group of nutrients to help support our body and our mind to function at their best!

Loaded with antioxidants, herbs, vitamins, minerals, and essential fatty acids, Ageless Wonders™ Essentials Formula offers support for the **brain**, **heart**, and vibrant **energy** levels.



## The Aging Process

The internal aging process can vary from person to person. We all know people who look much older or younger than their actual age. Lifestyle, food choices, exercise, and nutrition all play a part in how we feel throughout our lives. Some of these are common sense approaches, like eating plenty of organic vegetables and going easy on the sugar, avoiding smoking cigarettes and excessive alcohol, and getting some movement into our lives. These are all helpful. But what about the appropriate nutritional supplements? Most of us are not experts on the science of vitamin supplements, and the information we hear changes all the time. How can we choose what to take? Luckily, Doctor formulated Ageless Wonders™ Essentials Formula has taken the guesswork out of the equation, by creating a targeted approach to healthy aging in 4 easy to take pills a day. This revolutionary system uses the latest breakthroughs in anti-aging science to safely and naturally support your brain, heart, and energy levels every single day!

## Antioxidants

Among the nutrients that our bodies needs for anti-aging and good health are the defenders of our cells, called antioxidants. Antioxidants are often talked about in nutrition. They have the ability to protect our cells and tissues from the damaging effects of free radicals. Free radicals are renegade molecules that are made when various chemical reactions take place in the body. For example, they are created when we breathe, digest food, and detoxify substances through the liver; many metabolic functions create free radicals. The issue is that the more toxins we have in our food and environment, the more free radicals we generate. So everyone has more of these than we did 100 years ago. A free radical is a molecule that only has one electron in its outer circle. It wants to have electrons in pairs in this outer circle, so it is looking for another one. It floats through the body, not attached to anything, that is why it is called free. It comes into contact with a cell membrane, cuts through it and tries to take an electron from a part of our cell, such as DNA, fat, or protein within the cell. This is how free radicals damage us. They can also create a chain reaction of cellular damage in this manner. This action is destructive to our cells can drastically accelerate our rate of internal aging. Antioxidants are basically electron donors, giving the electron to the free radicals, neutralizing them, and preventing them from damaging our cells. Fighting free radical damage with antioxidants is key when it comes to slowing the aging process!







## Energy Blend

Let's take a look at the superstar nutrients that make up Ageless Wonders™ Essentials Formulas

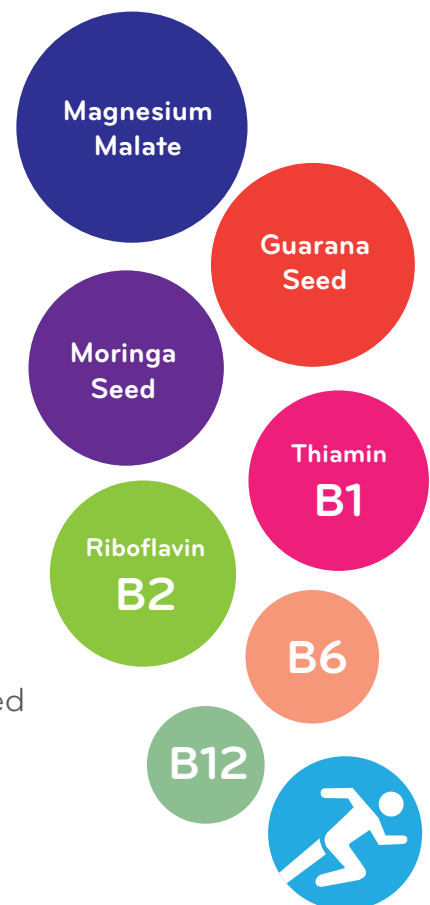


**Energy Blend.** Everyone wants to wake up feeling refreshed, with enough energy for work and for play. In the morning, start with 1 capsule of the **Energy Blend** to be ready to tackle the day!

The importance of the B vitamins for energy and for coping with stress is fully established. They are also needed for the brain, heart, circulation, immune response, and feelings of wellbeing. There are a variety of the B Vitamins that are needed for energy production, and these include B1, B2, B6, and B12, all incorporated in the **Energy Blend**. And of course, Ageless Wonders™ contains the recent improvements in B vitamins, called co-enzymated B vitamins, such as B6 as P-5-P, and B12 as methylcobalamin. These are forms that are easy for everyone to use. Thiamin, Vitamin B1, is essential for the energy producing part of our cells, called mitochondria. They require Thiamin for generating energy, and it is especially needed by the brain, heart, and liver. Riboflavin, or Vitamin B2, is used in a wide variety of energy transfer reactions. It is also involved in utilizing glutathione, our major antioxidant. Vitamin B6 (as pyridoxal-5-phosphate) is essential for at least 112 enzymes that metabolize carbohydrates, amino acids, and fatty acids. It is known for energy production as well as stress management. Vitamin B12 is supplied as Methylcobalamin, an improvement over the old form of cyanocobalamin. B12 is one of the biggest vitamin deficiencies in the United States, and B12 tends to decline with age. While it is considered one of the most important nutrients for energy production, deficiencies in this vital B vitamin can also cause memory loss.

350 mg of Magnesium is included in the **Energy Blend**. They wisely chose Magnesium Malate, one of the most absorbable types. Magnesium is used in over 300 functions in the body, including many involving energy. It is also important for normal heart beat rhythm, cramping, headaches, normal sleep patterns, bone health, and stress management.

The herb Moringa has a long history of use in natural medicine. Loaded with naturally occurring Vitamin C, B vitamins, and minerals, Moringa is known to be supportive for energy, metabolism, mood, memory, and digestion. Guarana seed powder contains some naturally occurring caffeine, providing a gentle lift without the heated hydrocarbons of coffee. The **Energy Blend** of Ageless Wonders™ Essentials Formula is a smart, science based way to fuel energy in the body, working on a variety of different levels for a healthy boost to your day!

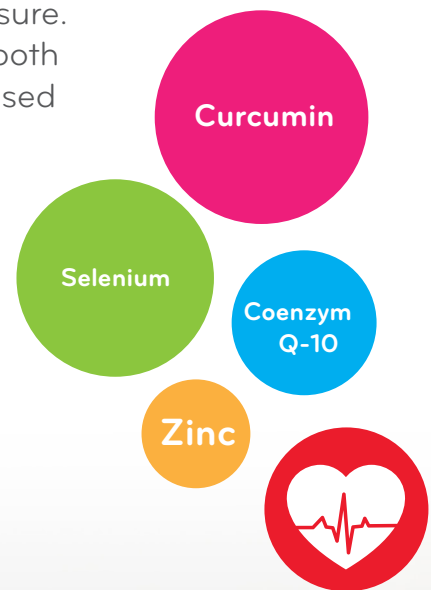




## Heart Blend

The **Heart Blend** combines nutrients that provide energy to the cells, protect from free radicals, and keep inflammation in check. Take 1 capsule every night with or after dinner. Coenzyme Q-10 is a cellular energizer. CoQ10 is made in the liver, and is an essential nutrient for every cell in the body. It is a transport nutrient that delivers fatty acids to the mitochondria of the cell, where they get burned to produce energy. The heart needs more of this cellular energizer than any other area of the body, because the heart uses more energy than other organs. CoQ10 has long been studied for its benefits to heart health, and it also has benefits for gum health. Next in the **Heart Blend**, Curcumin is the active component of the herb Turmeric. It has anti-inflammatory and antioxidant properties.

It is a cell and tissue protector, and is well researched as supportive for the heart, brain, joints, and inflammation management in the body. Curcumin is now regarded as a top antioxidant, protecting every cell against free radicals and chemical exposure. The minerals Zinc and Selenium are also included because both Zinc and Selenium deficiencies are associated with an increased risk of heart disease. Selenium functions as an antioxidant mineral. Zinc is required to manufacture many hormones, Zinc is involved in over 200 enzyme reactions, and plays a part in blood sugar regulation. High blood sugar is being more closely linked to heart disease.







## Mind Blend

The **Mind Blend** in Ageless Wonders™ Essentials Formula gives profound support to the aspects of brain health that we need in today's fast paced world; protecting the cells, enhancing memory, and coping with stress. Take the 2 softgels in the evening with or after dinner. The Mind Blend contains the powerful antioxidant L-Glutathione, which helps to protect against free radical damage and enhance memory. It is the most potent antioxidant made by the body, and as we get older, overall levels decline. Glutathione is used to neutralize toxins and clear them from the body. Supplementing with L-Glutathione can boost our defenses in every cell, including the brain. Next up in the formula, the herbs Ashwagandha and Rhodiola are renowned for their ability to promote calm, clear thought. They can help us cope with stress and get a better night's sleep. They provide powerful support to the adrenal glands, and the adrenal glands are responsible for feelings of wellbeing, energy, stress management, sleep, and hormone production. Also included in the **Mind Blend** is Evening Primrose Oil. This is rich in Gamma Linoleic Acid, one of the essential fatty acids that has been shown to have anti-inflammatory effects and support proper brain function. The **Mind Blend** formula will go a long way to keeping your brain sharp, focused, and able to cope!

Evening  
Primrose Oil

L-Glutathione

Ashwagandha

Rhodiola



As you can see, Ageless Wonders™ Essentials Formula is a scientifically based blend of nutritional supplements designed with you in mind. It is simple and easy to incorporate into your life, with just 4 pills a day. Do yourself a big favor, and take this step to give your body the things it really craves...nutrients to support your **heart**, **brain**, and **energy** levels!



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