



# The **Anti-Aging Cocktail**

**SCIENTISTS PROVE LONG-TERM USE  
OF KEY SUPPLEMENTS ADDS YEARS  
TO YOUR LIFE!**

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### **About Us**

*Aging Defeated* is a weekly newsletter, published by Lee Euler, who is also the publisher of *Cancer Defeated* and *Awakening from Alzheimer's*. *Aging Defeated* reveals breakthroughs and alternative solutions for aging and longevity. Readers learn about various anti-aging tips, trends and therapies as well as cutting edge discoveries and obscure, yet powerful, 'fountain of youth' secrets from around the world. We tell readers, "There are ways you can actually grow younger, you just need to learn about them." Find out how to look and feel younger BEYOND skin deep down to the cellular level...by increasing your telomeres. Discover how to maintain a youthful appearance as well as how to improve your body's form and function. Get access to the latest advancements in anti-aging, age prevention and longevity as well as powerful secrets exposed from the four corners of the world.

## Study Proves Scientifically Designed Nutrient Formula is a Fountain of Youth

It's a key principle that can be traced back 85 years. Everyone working in the field of nutritional medicine is fully aware of this concept and makes use of it.

It's simply this: ***Nutrients work as a team.***

They co-operate and blend together to form new, beneficial compounds. This biological harmony creates a whole that's greater than the sum of its parts. In the body, synergy – where 2+2 really can become 5 – is now a proven fact.

But orthodox scientists won't accept this. So they test single nutrients or small numbers to see the effect on aging. As a result, they get meager or inconsistent results and then claim nutritional supplements don't work.

So imagine how refreshing it was to find a team of scientists from McMaster University in Ontario, Canada willing to work with the synergy principle and run with it. Congrats to the team's leader, Dr. David Rollo.

**Little did he realize they would end up with an anti-aging supplement formula that has the potential to *add eight to ten healthy years to a person's life.***

Yes, these scientists have identified a virtual fountain of youth. And it's been right under our noses all along.

## Impacts all major mechanisms of aging

To create the supplement formula, the researchers looked for nutrients that support each of the 5 accepted major mechanisms that threaten healthy aging and are linked to nearly all chronic diseases. They searched the scientific literature for nutrients that are proven to:

1. Reduce free radicals that damage cells and DNA
2. Dampen the inflammation that wreaks havoc throughout the body
3. Enhance insulin sensitivity so the body responds normally to sugar
4. Maintain integrity and fluidity of cell membranes to preserve cell-to-cell signalling
5. Support the mitochondria to sustain energy

From their findings they came up with **a cocktail of 30 vitamins, minerals and other nutritional factors** - all readily available in stores or online - that individually support one, two or even all five of these mechanisms.

Testing on people would take decades, so they used mice, since these little animals are susceptible to many of the same aging mechanisms and age-related diseases as humans. And most importantly, mice only live a few years, so the effect of supplements on the length of their lives is quickly visible.

## Supplement for life

This is important to note: These mice took the supplements for nearly the whole of their short little lives.

If we want to reap the full benefit, that's what we humans should do. One of the most common comments you hear about supplements is, "Well, I took it for a few weeks and I didn't feel any different."

Sorry, wrong approach. The benefits accrue to those who take them for years, and who take a couple dozen of the most important nutrients – like the mice in the study – not just three or four.

And there's another important thing to learn from the mice: Take high-quality supplements, like the ones these animals were fed. The supplements sold at supermarkets or drugstores seldom qualify.

If you follow these guidelines, there's a good chance you'll see. . .

## A remarkable increase in longevity

When the results of the animal experiment came in, they were dramatic.

Supplemented mice lived 11% longer than the control group that was not fed supplements. **For a human, the equivalent would be an extra eight to ten years of life.** Transgenic mice that are specially bred to age rapidly did even better, scoring a 28% increase in lifespan.<sup>1</sup>

Visible age-related symptoms were also delayed by three months in the normal mice. That's equivalent to a whole decade in human terms. It would mean living to age 70 before experiencing the first symptoms of aging.

The researchers also tested the supplement formula on two other key areas of aging - **mobility** and **cognition**.

In terms of mobility there was a substantial drop in levels of arthritis in two skeletal areas. The improvement ranged from 66% to 87% in supplemented, normal mice.<sup>1</sup> Another study found that after two years, while old, untreated mice lost half their mobility, the supplemented ones “*showed no loss*” of mobility in old age.<sup>2</sup>

For cognition, results were even more striking.

## “...reverses cognitive decline...”

The age-related cognitive decline seen in untreated, normal mice – and the severe decline seen in transgenic mice – was “completely abolished” in those fed the supplement formula.<sup>3,4</sup>

In the 2016 study, the supplemented transgenic group maintained brain size and density of brain cells at youthful levels and saw their cognitive decline reversed.

The researchers wrote: “To our knowledge this is the first dietary supplement to abolish such severe loss of brain cells and maintain function with such efficacy.”<sup>5</sup>

One of the research team said she was “shocked” by the results.

Team leader Dr. Rollo said, “We’re getting better results than we had thought possible. Really profound. This holds great promise for extending the quality of life - of healthspan - of humans.”

“Healthspan” is a wonderful new term to describe not how long you live, but how long you enjoy a high quality of life.

The results of this earthshaking study show what’s possible when a full nutritional toolkit is used to address the multiple aging pathways and mechanisms, as opposed to taking just a handful of vitamins and minerals that address a few of them.

## Some evidence it works in humans

Don’t expect any human studies, similar to the mouse study, involving people who have taken supplements their entire lives. Humans simply live too long. But there is some anecdotal evidence that indicate supplements really can add years to your life.

We recently interviewed Greta Blackburn, an authority on fitness after 50 and the co-author of *The Immortality Edge*. She happens to have a couple of friends who have lived a very long time. This is what she told us. . .

"My best friend is 87, and I have other friends in this anti-aging movement. Guys in their 30s and 40s who are married to 70- and 80-year-old women. And women who are married to either younger or older guys.

"I have a friend, a 98-year-old lady. And my other friends go, 'Oh, you're hanging out with a bunch of old people.' I tell them, 'Not really, these people have got it going on.'

"It's a funny business. The age numbers start to not have a lot of meaning, and we don't want them to. It goes to the point that you want to start taking care of yourself *now*. My 87- and 98-year-old friends are both vitamin nuts. The lady has been a Life Extension member for 35 years. The gentleman was an Adelle Davis devotee and has followed her program since back in the day [the 1960s and '70s].

"These are people who – every day for the past 40, 50, or 60 years – have taken their supplements and done their exercises and they show it.

"My 80-year-old friends who haven't done that are looking a little worse for wear. Now, that's not across the board but it's true for the most part."

## **The Remarkable Anti-Aging Cocktail: 30 Supplements to Live Longer, Healthier and Better**

Fortunately, the Canadian researchers were up front in revealing all the nutrients they used in their study, the ones that extended the lives of the mice by 11% on average. Now you can benefit from their findings and start rolling back the clock today. Here they are:

### **Formulation of a Dietary Supplement Designed to Reduce Oxidative Stress and Inflammation, Maintain Membrane and Mitochondrial Integrity, and Enhance Insulin Sensitivity.**

The dosages are those given mice. Rather than try to convert these to human equivalents, the reader is advised to take each individual supplement in the amount recommended on the label or by a recognized authority on nutrition.

One of the ingredients in the formula is ASA – acetylcyclic acid, i.e. aspirin. Daily use of aspirin is recommended by some doctors to prevent heart disease and other conditions related to inflammation. However, many people experience adverse side effects, some of them very serious, from long-term aspirin use. We hold that natural anti-inflammatories such as turmeric, boswellia, fish oil or proteolytic enzymes (for example, bromelain) are better and safer choices. (The formula below does contain fish oil.)

And by the way, there are other, excellent supplements that didn't make this list. These are just the basics – the ones you *really* need. With just a couple of exceptions (CoQ10 and alpha lipoic acid, for example) most of them are inexpensive vitamins and minerals.

Supplement	Dosage
Vitamin B1 <sup>b</sup>	0.72 mg/day
Vitamin B3 <sup>b</sup>	0.72 mg/day
Vitamin B6 <sup>b</sup>	0.72 mg/day
Vitamin B12 <sup>b</sup>	0.72 mcg/day
Vitamin C <sup>b</sup>	3.6 mg/day
Vitamin D <sup>b</sup>	2.5 IU/day
Vitamin E <sup>b</sup>	1.44 IU/day
Acetyl L-carnitine <sup>c</sup>	14.4 mg/day
Alpha-lipoic acid <sup>e</sup>	0.72 mg/day
ASA <sup>d</sup>	2.5 mg/day
Beta carotene <sup>b</sup>	50.0 IU/day
Bioflavonoids <sup>h</sup>	4.32 mg/day
Chromium picolinate <sup>i</sup>	1.44 mcg/day
Cod liver oil <sup>b</sup>	5.04 IU/day
CoEnzyme Q10 <sup>h</sup>	0.44 mg/day
DHEA <sup>g</sup>	0.15 mg/day

Supplement	Dosage
Flax seed oil <sup>h</sup>	21.6 mg/day
Folic acid <sup>b</sup>	0.01 mg/day
Garlic <sup>b</sup>	21.6 mcg/day
Ginger <sup>h</sup>	7.2 mg/day
Ginkgo biloba <sup>h</sup>	1.44 mg/day
Ginseng (Canadian) <sup>h</sup>	8.64 mg/day
Green tea extracts <sup>f</sup>	7.2 mg/day
L-Glutathione <sup>a</sup>	0.36 mg/day
Magnesium <sup>b</sup>	0.72 mg/day
Melatonin <sup>g</sup>	0.01 mg/day
N-Acetyl cysteine <sup>e</sup>	7.2 mg/day
Potassium <sup>b</sup>	0.36 mg/day
Rutin <sup>h</sup>	0.72 mg/day
Selenium <sup>h</sup>	1.08 mcg/day
Zinc (chelated) <sup>b</sup>	0.14 mg/day

Notes: Vitamin brands used in the studies were as follows: a = Cell Life; b = Jamieson vitamins; c = Jarrow Formulas; d = Lifebrand; e = Natural Factors; f = Naka; g = Promatrix; h = Swiss vitamins; i = Vitamin Power Inc.

ASA = acetylsalicylic acid; DHEA = dehydroepiandrosterone.

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