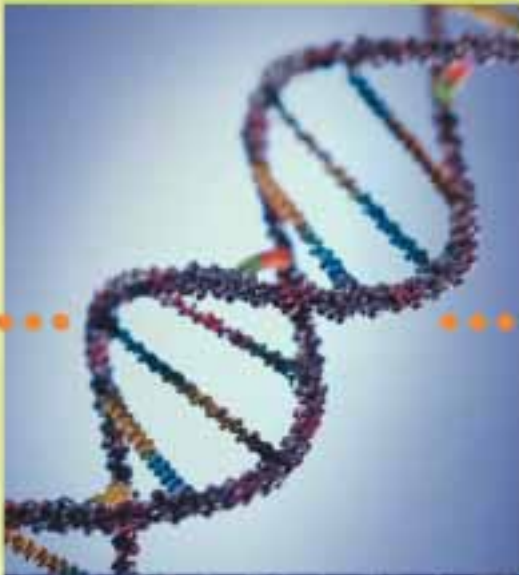
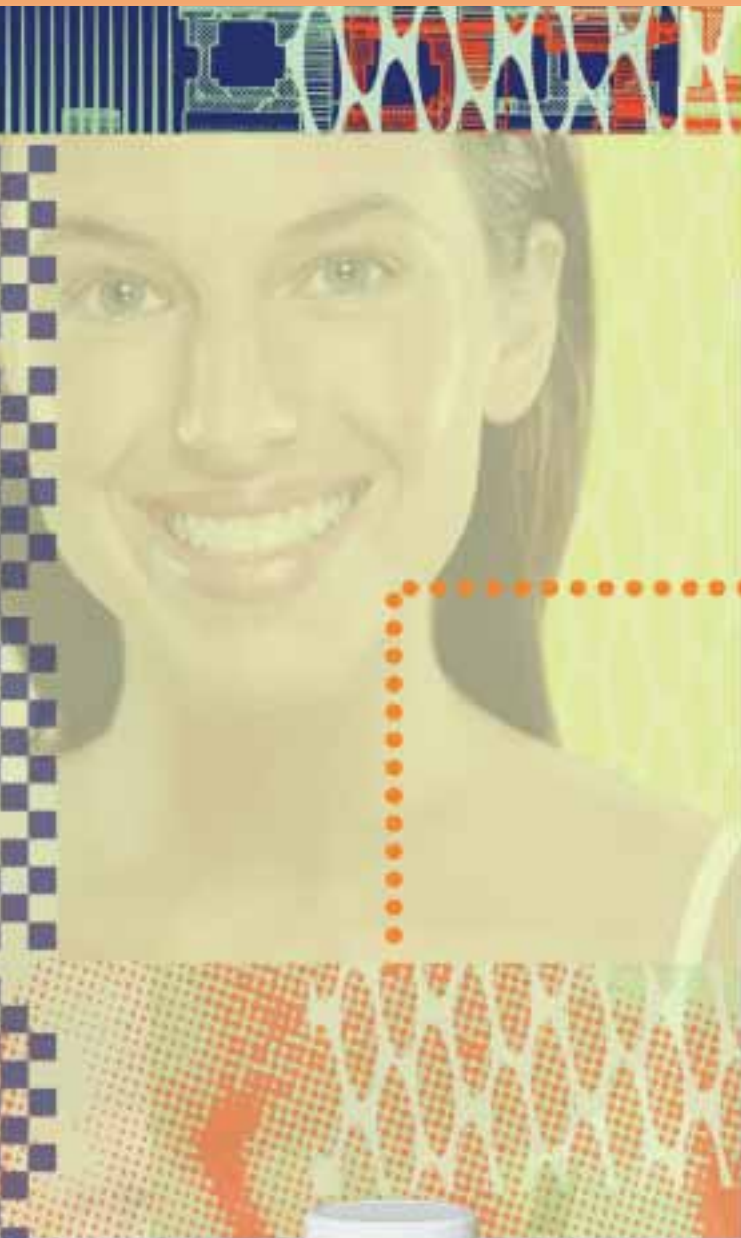


— Antiaging Support —



*The aging process is influenced by factors including diet, lifestyle, genetic make up and the environment. Pure Encapsulations offers a variety of supplements that can be helpful in addressing individual needs for healthy aging, including support for cardiovascular, skin, ocular and sexual function as well as antioxidant protection, stress resistance and hormone balance.**



pure
encapsulations®



Manufacturers of
Hypo-allergenic
Nutritional
Supplements

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.


DHEA 50 mg. (micronized)

*Micronized adrenal hormone**

*DHEA, dehydroepiandrosterone, is the most abundant adrenal steroid hormone in the body. After it is made by the adrenal glands, it travels into cells throughout the body where it is converted into androgens and estrogens. These hormones regulate fat and mineral metabolism, endocrine and reproductive function, and energy levels. The amount of each hormone that DHEA converts to depends on an individual's biochemistry, age, and sex. DHEA levels peak around age 25 and then decline steadily. DHEA supplementation has been associated with increased emotional well-being and immune function.

*Pure Encapsulations DHEA is micronized to increase absorption. It is made with 99.38% pure DHEA.**

REFERENCE: Aoki K, Nakajima A, Mukasa K, Osawa E, Mori Y, Sekihara H. Prevention of diabetes, hepatic injury, and colon cancer with dehydroepiandrosterone. *J Steroid Biochem Mol Biol* 2003 Jun;85(2-5):469-72.

each vegetable capsule contains 		
DHEA (dehydroepiandrosterone, C ₁₉ H ₂₈ O ₂) (micronized)	50 mg.	
vitamin C (as ascorbyl palmitate)	3 mg.	
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
Not to be taken by pregnant or lactating women.		
1 capsule per day, with a meal.		
	quantity	order code
DHEA 50 mg.	180	DH51
	60	DH56


L-Carnosine

*Antioxidant dipeptide for cell protection; maintains healthy advanced glycation end-product (AGE) activity**

*L-Carnosine (beta-alanyl-L-histidine) occurs naturally in the body's muscle and nervous tissues and is formed by the amino acids alanine and histidine. Levels of this dipeptide can decline with age. It is a water-soluble antioxidant with free-radical scavenging activity and is believed to promote cell health and cell longevity. *In vitro*, L-carnosine maintains healthy advanced glycation end-product, or AGE, activity. These end-products are formed when aldehydes (such as aldose and ketose sugars) and lipid peroxidation by-products bind to proteins. L-Carnosine plays a role in maintaining DNA integrity. L-Carnosine may also support superoxide dismutase activity. In addition, L-carnosine may help to maintain healthy peptide metabolism in the brain and its membrane-stabilizing properties support healthy lactate dehydrogenase activity of cardiovascular cells. The concentration of L-carnosine in muscle may prove to be an important factor in high-intensity exercise performance based on a recent human study.

*L-Carnosine provides unique protective mechanisms in the body to maintain healthy protein and cellular function in various tissues. Supplementation may support optimal levels of l-carnosine which can naturally decline with age.**

REFERENCE: Hipkiss AR, Brownson C, Carrier MJ. Carnosine, the anti-ageing, anti-oxidant dipeptide, may react with protein carbonyl groups. *Mech Ageing Dev* 2001 Sep 15;122(13):1431-45.

each vegetable capsule contains 		
L-carnosine (beta-alanyl-L-histidine).....	500 mg.	
Not to be taken by pregnant or lactating women.		
1-3 capsules per day, in divided doses, between meals.		
	quantity	order code
L-Carnosine	120	LCA1
	60	LCA6

ALC arginate


*May promote healthy erectile and sperm function; supports healthy neuron and cognitive function**

*Precursors of carnitine and acetyl-L-carnitine, including the amino acid arginine, may help to enhance the metabolic activities of these compounds. Acetyl-L-carnitine and arginine play roles in healthy male reproductive function, including antioxidant protection. Acetyl-L-carnitine is present in human sperm and seminal fluid and plays an important part in energy metabolism, which may support healthy sperm motility and spermatogenesis, or sperm production. Some but not all research involving L-arginine supplementation for sperm motility has produced positive results. As a nitric oxide precursor, L-arginine may support healthy erectile function in some men. In addition, an acetyl-L-carnitine arginine complex supported healthy neuron viability in a cellular *in vitro* experiment. In the same study, the acetyl-L-carnitine arginine complex was able to help maintain calcium homeostasis in nervous system cells stimulated with glutamate, preserving healthy cerebellar cell function. In a separate study, an acetyl-L-carnitine arginine complex demonstrated potential support for maintaining healthy central nervous system function by promoting healthy neurite function. Neurites are the hair like projections of neurons, or nervous system cells, responsible for proper signal transmission. The acetyl group from acetyl-L-carnitine (ALC) is also responsible for production of acetylcholine, an important neurotransmitter for optimal mental functioning.

*ALC arginate is an innovative acetyl-L-carnitine arginate complex providing potential support for male reproductive health and healthy cognitive function.**

ArginoCarn™ is a registered trademark of Sigma-Tau HealthScience, Inc. U.S. Patent 6,703,042.

REFERENCE: Scorziello A, Meucci O, Calvani M, Schettini G. Acetyl-L-carnitine arginine amide prevents beta 25-35-induced neurotoxicity in cerebellar granule cells. *Neurochem Res* 1997 Mar;22(3):257-65.

each vegetable capsule contains 		
acetyl-L-carnitine arginate dihydrochloride	500 mg.	
2-3 capsules per day, in divided doses, between meals.		
	quantity	order code
ALC arginate	120	ALG1
	60	ALG6

Alpha-GPC

*Choline source for memory, cognitive health and growth hormone support**


*L-Alpha-glycerophosphatidylcholine (GPC-choline, alpha-GPC) is a water-soluble phospholipid metabolite naturally occurring in the body. Alpha-GPC passes through the blood brain barrier providing a source of choline for acetylcholine and phosphatidylcholine biosynthesis. By supporting cell membrane fluidity and integrity, phosphatidylcholine enhances healthy neurotransmitter function and signal transduction. Supplementation with alpha-GPC may maintain healthy phospholipid turnover in the brain, helping to counteract age-related cellular breakdown of membrane phospholipids. Acetylcholine is a key neurotransmitter in the brain supporting memory and learning. Optimal phospholipid and acetylcholine levels support cognitive, mental, and cerebrovascular health. An open multi-center clinical trial involving 2044 subjects indicated that alpha-GPC supports cognitive health. Studies suggest that alpha-GPC plays a role in enhancing mental function, neurological function and memory. In a multi-center, randomized controlled study, 126 subjects supplementing with alpha-GPC demonstrated enhanced neuropsychological parameters in behavioral scales and tests. Additionally, alpha-GPC has the ability to potentiate growth hormone releasing hormone (GHRH), providing potential support for healthy growth hormone (GH) production. The mechanism of support appears to involve increased cholinergic tone.

*Alpha-GPC is an important neurotransmitter and phospholipid precursor providing support for the age-related decline in cognitive function as well as growth hormone production.**

REFERENCE: Parnetti L, et al. Multicentre study of L-alpha-glyceryl-phosphorylcholine vs ST200 among patients with probable senile dementia of Alzheimer's type. *Drugs Aging* 1993 Mar-Apr;3(2):159-64.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Alpha-GPC *continued*

each vegetable capsule contains 		
stabilized alpha-GPC (L-alpha-glycerophosphatidylcholine)	400 mg.	
(providing 50% L-alpha-glycerophosphatidylcholine)	200 mg.	
vitamin C (as ascorbyl palmitate)	20 mg.	
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
other ingredients: calcium phosphate, silicon dioxide		
3 capsules per day, in divided doses, with or between meals.		
	quantity	order code
Alpha-GPC	120	AG1
	60	AG6


Hyaluronic Acid

*Supports synovial fluid, cartilage and skin**

*Hyaluronic acid, or HA, is a naturally occurring polymer found in every tissue of the body. It is particularly concentrated in the skin (almost fifty percent of all HA in the body is found in the skin) and in synovial fluid. The body's hyaluronic acid content decreases with age. Some forms of HA consist of large molecular weight compounds ranging in size from 500,000 to 6,000,000 daltons. Because these forms are too large to be absorbed in the intestines, HA found in Pure Encapsulations formula undergoes a sophisticated, patent-pending enzymatic process that alters the molecular weight of the material without affecting the chemical composition. The final result is an easily absorbed HA polymer with a molecular weight of 5,000 daltons. This polymer's functions include attracting and retaining water in the extracellular matrix of tissues, in the layers of skin, and in synovial fluid. For skin cells, this is essential for proper cell-to-cell communication, hydration, nutrient delivery, and waste and toxin elimination. HA also appears to support the skin by promoting healthy cell turnover and renewal of keratinocytes, moderating the appearance of fine lines and age spots. For joints, HA is especially supportive of healthy lubrication and shock absorption. Furthermore, *in vitro* studies indicate that HA maintains healthy prostaglandin production, providing additional support for joint function. Subjective evaluations conducted by scientists at a Japanese university involved 96 individuals. The reports suggest an enhancement of skin and joint health using low molecular weight HA. A number of anecdotal and preliminary results also indicate a positive effect on skin and joint health.

*Pure Encapsulations low molecular weight Hyaluronic Acid provides support for a healthy and youthful appearance by hydrating and smoothing the skin in addition to moderating the appearance of fine lines and age spots. Hyaluronic acid also supports joint function and comfort by promoting healthy synovial fluid composition and joint lubrication.**

REFERENCE: Ghersetich I, et al. Hyaluronic acid in cutaneous intrinsic aging. *Int J Dermatol* 1994 Feb;33(2):119-22.

each vegetable capsule contains 		
hyaluronic acid powder (low molecular weight).....	70 mg.	
(providing a minimum of 9% hyaluronic acid)		
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
6 capsules per day, in divided doses, with or between meals.		
	quantity	order code
Hyaluronic Acid	180	HYA1
	60	HYA6

Tri-EFA

*A triple combination of essential fatty acids supporting various physiological functions**

*The omega-3 fatty acids alpha-linolenic acid (ALA) and EPA/DHA, derived from flax seed oil and cold water fish oil, respectively, are combined with omega-6 gamma-linolenic acid (GLA), derived from

borage seed oil, to provide enhanced essential fatty acid support. EPA/DHA from fish oil has been shown to support cardiovascular, joint, emotional and skin health. ALA from flax seed oil may be specifically supportive of healthy lipid metabolism and vascular function. GLA is an important precursor of prostaglandin E1, a compound that supports blood flow and vascular health. GLA also promotes healthy immune activity in tissues and maintains healthy arachidonic acid metabolism, actions that provide potential support for joint comfort and skin health.

*Tri-EFA offers a convenient combination of essential fatty acids for broad-spectrum and complementary support of cardiovascular, emotional, joint and skin health.**

REFERENCE: von Schacky C et al. The effect of dietary omega-3 fatty acids on coronary atherosclerosis. A randomized, double-blind, placebo-controlled trial. *Ann Intern Med* 1999 Apr 6;130(7):554-62.

each softgel capsule contains		
flax seed oil.....	400 mg.	
borage seed oil.....	400 mg.	
fish oil (50% omega-3).....	400 mg.	
these oils typically provide:		
alpha linolenic acid (ALA).....	220 mg.	
EPA.....	120 mg.	
DHA.....	80 mg.	
linoleic acid.....	180 mg.	
gamma linolenic acid (GLA).....	96 mg.	
oleic acid.....	152 mg.	
vitamin E (d-alpha tocopherol).....	5 i.u.	
other ingredients: gelatin, glycerin		
2-8 capsules per day, in divided doses, with meals.		
	quantity	order code
Tri-EFA	240	TR2
	120	TR1


Relora

*Maintains healthy cortisol production, moderates occasional stress**

*Relora is a natural, proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and moderates occasional stress. A pilot clinical trial reported that Relora helped promote emotional well being and muscle relaxation as well as moderate occasional stress. An animal study further demonstrated the supplement's ability to support mood and relaxation. A recent pilot clinical trial performed in Cincinnati, Ohio, suggested that magnolia and phellodendron helped to maintain healthy cortisol and DHEA production, supporting lean body mass.

*Relora is a standardized blend of extracts from Phellodendron amurense and Magnolia officinalis, mediating everyday stress-related emotions and muscle tension.**

REFERENCE: LaValle J, Chambliss WG. The effect of Relora on salivary cortisol and DHEA levels in patients with mild to moderate stress. *Living Longer Clinic Cincinnati, Ohio*. 2001.

each vegetable capsule contains 		
Relora®	250 mg.	
proprietary blend of patented extracts from:		
Magnolia officinalis (bark) and Phellodendron amurense (bark)		
vitamin C (as ascorbyl palmitate)	5 mg.	
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
other ingredients: modified food and corn starch, silicon dioxide		
Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.		
3 capsules per day, in divided doses, with or between meals.		
	quantity	order code
Relora®	180	RL1
	60	RL6

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

TO ORDER CALL: 800-753-2277

Secure online ordering and information at www.PureCaps.com


Macular Support Formula™

Antioxidant formula with lutein for healthy eyes*

*Macular Support Formula™ is a combination of powerful antioxidants and botanicals designed to protect and support the macula, the central area of the retina responsible for sharp vision. Since the macula is extremely susceptible to free radicals, current research emphasizes the importance of antioxidant supplementation in maintaining macular health. N-acetyl-l-cysteine is a powerful antioxidant and glutathione precursor. In animal studies, it has been shown to protect against oxidative damage to the lens and to support healthy glutathione levels. Glutathione is one of the natural antioxidants found in retinal tissues. Bilberry, containing anthocyanidins, has been shown to moderate visual fatigue and to improve light to dark adjustments. Grape seed extract is another powerful antioxidant and helps support antioxidant balance in the retina. This formula is also enhanced with lutein, one of only two carotenoids found in macular pigment. Lutein promotes the integrity and density of the macular pigment. The antioxidant activity of lutein also provides optimal protection of the macula from light. In addition, lutein helps to maintain the health of the optical lens. Zeaxanthin promotes healthy macular pigment and the mixed carotenoids provide antioxidant support. Vitamin C has also been shown to support ocular health. It enhances healthy vision by supporting glutathione activity, quenching superoxide molecules, and promoting healthy blood flow.

*This comprehensive formula brings together proanthocyanidins, amino acids, vitamin C and carotenoids to provide exceptional protection against free radicals in retinal tissues.**

REFERENCE: Richer S, Stiles W, Statkute L, Pulido J, Frankowski J, Rudy D, Pei K, Tsiplursky M, Nyland J. Double-masked, placebo-controlled, randomized trial of lutein and antioxidant supplementation in the intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial). *Optometry* 2004 Apr;75(4):216-30.

two vegetable capsules contain 		
n-acetyl-l-cysteine (free-form).....	250 mg.	
reduced glutathione (free-form).....	50 mg.	
bilberry (Vaccinium myrtillus) extract	80 mg.	
(standardized to contain 25% anthocyanosides)		
grape (Vitis vinifera) seed extract	50 mg.	
(standardized to contain 92% oligomeric proanthocyanidins)		
lutein (FloraGLO™)	6 mg.	
(from 120 mg. of marigold flower extract)		
mixed carotenoids (Betatene®).....	25,000 i.u.	
providing:		
beta carotene	14,280 mcg.	
alpha carotene.....	450 mcg.	
zeaxanthin	90 mcg.	
cryptoxanthin.....	110 mcg.	
lutein.....	70 mcg.	
vitamin C (as ascorbic acid).....	800 mg.	
vitamin C (as ascorbyl palmitate)	100 mg.	
2-4 capsules per day, in divided doses, with meals.		
	quantity	order code
Macular Support Formula™	120	MS1
	60	MS6

QUICK FACT:

Results from the Nurses Health Study published in the *American Journal of Clinical Nutrition* suggest that combined vitamin E and vitamin C antioxidant supplementation may help slow cognitive decline associated with aging.*


UltraNutrient®

Multi-vitamin/mineral formula with advanced antioxidants and botanicals*

*UltraNutrient is an advanced multi-nutrient supplement providing exceptional broad-spectrum nutritional support utilizing the most bioavailable forms of vitamins and minerals in addition to powerful antioxidants and botanicals for high capacity daily wellness, liver function and heart health.

*UltraNutrient is an advanced formula designed to provide enhanced nutritional support.**

REFERENCE: Chandra RK. Effect of vitamin and trace-element supplementation on immune responses and infections in elderly subjects. *Lancet* 1992;340:1124-7.

six vegetable capsules contain 		
mixed carotenoids	25,000 i.u.	
providing:		
beta carotene	14,280 mcg.	
alpha carotene.....	450 mcg.	
zeaxanthin.....	90 mcg.	
cryptoxanthin	110 mcg.	
lutein.....	70 mcg.	
vitamin D ₃	400 i.u.	
d-alpha tocopherol succinate (vitamin E)	400 i.u.	
ascorbyl palmitate (fat soluble vitamin C).....	100 mg.	
pantothenic acid	400 mg.	
(calcium pantothenate) (B ₅)		
niacinamide.....	100 mg.	
thiamine HCl (B ₁)	100 mg.	
inositol hexaniacinate (no-flush niacin)	90 mg.	
riboflavin (B ₂).....	50 mg.	
riboflavin 5' phosphate (activated B ₂)	25 mg.	
pyridoxine HCl (B ₆).....	25 mg.	
pyridoxal 5' phosphate (activated B ₆)	25 mg.	
methylcobalamin (B ₁₂).....	1,000 mcg.	
folic acid	800 mcg.**	
biotin	800 mcg.	
calcium (citrate/malate)	300 mg.	
magnesium (aspartate).....	200 mg.	
potassium (aspartate).....	99 mg.	
zinc (picolinate)	25 mg.	
manganese (aspartate)	10 mg.	
boron (glycinate).....	2 mg.	
copper (glycinate)	2 mg.	
chromium (polynicotinate).....	500 mcg.	
selenium (selenomethionine).....	200 mcg.	
vanadium (aspartate).....	200 mcg.	
molybdenum (aspartate).....	100 mcg.	
alpha lipoic acid (thioctic acid)	100 mg.	
Crataegus oxyacantha (hawthorn) extract.....	100 mg.	
(standardized to contain 2% vitexins)		
Zingiber officinale (ginger) extract	100 mg.	
(standardized to contain 5% gingerols)		
Silybum marianum (milk thistle) extract	100 mg.	
(standardized to contain 80% silymarin)		
Curcuma longa (turmeric) extract.....	200 mg.	
(standardized to contain 97% curcuminoids)		
reduced glutathione.....	50 mg.	
coenzyme Q ₁₀ (ubiquinone).....	50 mg.	
**Provides the recommended dose for pregnant or lactating women.		
4-6 capsules per day, in divided doses, with meals.		
	quantity	order code
UltraNutrient®	360	UVC3
	180	UVC1
	90	UVC9