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NATURALS™

Strategies for Wellness™

# ÉLAN VITAL™ MULTIPLE

*“The Vital Essence of Life”*



*What makes ÉLAN VITAL unique is its unprecedented range of nutriment in high potencies and superior forms. Quite simply, it stands alone among multiples: a quantum leap beyond maintenance...into excellence.*

*Not only does it offer unparalleled antioxidant nutrition and a full-spectrum of essential vitamins and minerals, ÉLAN VITAL is also formulated with specific nutrients that support:*

- *structural integrity*
- *energy generation*
- *neurotransmitter production*
- *liver health*



*ÉLAN VITAL brings you the very best from all areas of advanced nutrition for a difference you can feel.*

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**T**oday's inflated levels of stress and pollution give rise to harmful free radicals – unpaired electrons that can damage living cells and compromise the proper function of tissues and organs. Antioxidants serve to protect the body by neutralizing free radicals; in fact, many scientists believe that high levels of antioxidants may prolong the effective working life span of the body's cells. The primary strategy of ÉLAN VITAL is to provide a wide range of antioxidants at exceptional levels, from both botanical and biochemical sources.

### Plantioxidant Protection

ÉLAN VITAL has the powerful advantage of *Plantioxidants*<sup>™</sup>, standardized botanical extracts with unparalleled free radical-scavenging properties. Plantioxidants have the unique quality of providing targeted protection because they tend to be attracted to different organs in the body.

**Grape Seed** extract is rich in potent *proanthocyanidins*, a special class of highly bioavailable, water-soluble bioflavonoids that have the unique ability to cross the blood-brain barrier where they support the health of brain cells. Proanthocyanidins have been shown to efficiently scavenge oxygen radicals, as well as optimize the transport of vitamin C. They also have an affinity for collagen and elastin, the structural proteins that are abundant in vessel linings and other connective tissue.

ÉLAN VITAL contains the most concentrated extract of **Bilberry** available, with at least 25% *anthocyanosides* – compounds which are similar to proanthocyanidins but with an unusually strong attraction to optical tissue. They have been shown to protect cellular integrity in the delicate structures of the eyes.

**Ginkgo biloba** extract is a standardized concentration of prime quality ginkgo leaves, yielding 24% *ginkgoflavoneglycosides*. These active compounds are potent antioxidants that have been associated with superior oxygen transport throughout the body with a special affinity for brain capillaries.

**Silymarin** is the name given to a complex of three bioflavonoid-like compounds — *silybum*,

*silycristin*, and *silymarin* — extracted and concentrated from milk thistle seeds. Silymarin functions in the body as an antioxidant with a special attraction for the liver. It has been researched and used extensively in Europe, where it is prized for its unique ability to nourish the liver and support its natural regeneration process by speeding up DNA synthesis in liver cells.

**Quercetin** is a bioflavonoid present in some foods, such as onions and blue-green algae. A cousin of rutin, quercetin has been shown to stabilize cell membranes and help prevent free radical damage to this vital but vulnerable part of cells.

Bioflavonoids and related compounds do their best antioxidant work when in the presence of **Vitamin C**, the nutrient they are most often paired with in nature. The vitamin C provided in ÉLAN VITAL is both water- and fat-soluble. This combination is crucial because the tissues and membranes richest in fatty acids are most at risk to free radical attack. Fat-soluble vitamin C in the form of ascorbyl palmitate has an affinity for these highly vulnerable structures.

### Antioxidant Nutrients

ÉLAN VITAL not only provides botanical defense plants to combat free radicals, but also contains tried-and-true antioxidant nutrients: Biochemicals known as vitamins, minerals, and amino acids work together for maximum protection to all the body's cells.

The amino acid, **N-Acetyl Cysteine**, is a powerful and highly versatile antioxidant that doubles as a precursor to *glutathione* and *glutathione peroxidase*, two of the most formidable cell-protective compounds manufactured by the body. Studies have shown that supplemental N-acetyl cysteine enhances internal levels of glutathione far better than supplements of glutathione itself. **Methionine** also contributes to the synthesis of glutathione, and is an efficient transporter of certain antioxidant minerals, magnifying their activity.

**Vitamin A** is included in both its fat-soluble *palmitate* form and in its *provitamin* form, **Beta Carotene**. While preformed A has long

been known to play a role in the body's defenses, beta carotene itself has recently been shown to possess a powerful ability to scavenge free radicals and contribute to the youthful function of some tissues.

**Vitamin E** is one of the most important antioxidant compounds in nature. It works to prevent harmful oxidation within each cell and is vital in the protection of red blood cells from free radical-induced rupture.

**Selenium** is an extremely powerful antioxidant shown in studies to work synergistically with Vitamins A, C, and E. In combination with cysteine, selenium helps build the glutathione peroxidase molecule. ÉLAN VITAL offers a 50/50 blend of the two most scientifically supported forms of selenium: *L-selenomethionine* and *sodium selenite*.

In addition to being an antioxidant itself, **Zinc** works closely with fat-soluble vitamin A by facilitating its release from the liver to the rest of the body. In ÉLAN VITAL, Zinc is synergistically bound to methionine for optimal bioavailability.

**Copper sebacate** is a natural compound that can function as the copper-SOD antioxidant system in the body, one of the first lines of defense against free radical attack. Copper sebacate is a highly absorbable form that possesses significant free radical scavenging activity.

### Supporting Structural Integrity

An important adjunct to antioxidant nutrition is the amino sugar **N-Acetyl Glucosamine**, or **N-A-G™**. Amino sugars are essential components of cell membranes and their surface structures, as well as of the "ground substance" that holds body tissues together. They are also a key constituent of the synovial fluid in the joints. Recent research has revealed that amino sugars play an important role in maintaining the integrity of the connective and structural tissues of the body, a property that complements perfectly the actions of antioxidants: where antioxidants may prevent damage from occurring, amino sugars may help the body repair and regenerate damaged tissue.

N-A-G's activity is supported in ÉLAN VITAL

by other nutrients helpful to structural tissue. The mineral **Manganese** is required for building amino sugars into *mucopolysaccharides*, the large molecules that make up the ground substance that holds cells together. **Choline** and **Inositol** are both components of *phospholipids*, principal constituents in cell membranes. Two B vitamins, **Folic Acid** and **Vitamin B12**, are important to cell regeneration and to the development of healthy red blood cells.

### Enhanced Energy to Maximize Metabolism

ÉLAN VITAL is a potent source of coenzymes, metalloenzymes, and metabolites involved in energy production in the body. There are two main energy production cycles in the cells: the glycolytic cycle and the Krebs' cycle. Together, they generate about 90-95% of the body's entire energy supply – using fats, sugars, and amino acids as fuel, with enzymes as facilitators. The enzymes which catalyze energy production function in combination with coenzymes made from vitamins such as **B1**, **B2**, **B3**, **B5** and **Biotin**, plus metalloenzymes made from minerals, including **Magnesium**, **Manganese**, and **Copper**.

**Biotin**, an often overlooked nutrient, may function to help the body maintain a youthful metabolism. The mineral **Magnesium** aids in energy production, not only by acting as a cofactor to some enzymes, but also as a stabilizer of *ATP*, the body's primary energy molecule.

Some of the key connecting enzymes in the energy production process require two additional non-vitamin coenzyme nutrients to maximally convert food into energy: **Lipoic Acid** and **Coenzyme Q10**. Lipoic acid helps convert the end-product of the glycolytic cycle, *pyruvate*, into acetyl-CoA, a principal fuel for the higher energy Krebs' cycle. Coenzyme Q10. is the connecting link for three of the four main enzyme complexes in the Electron Transport System, an off-shoot of the Krebs' cycle, where ATP molecules are "cashed in" for energy.

The muscle-supporting electrolyte mineral **Potassium** is in the form of **Alpha-Ketoglutarate**, a critical Krebs' cycle

metabolite that has additional benefits. It has long been used to improve the efficiency of ammonia-clearance from the body, an indispensable function, as ammonia is both exceedingly harmful and constantly produced through the natural metabolism of proteins. Because alpha-ketoglutarate is an organic compound well-recognized by the cells, it is an excellent transporter of potassium into the cells.

**Succinic Acid**, or succinate, is also a metabolite in the Krebs' cycle. It not only boosts production of ATP energy potential, but also increases the muscle cells' production of *creatine phosphate*, another high energy biochemical.

**Chromium** is the essential mineral component of *glucose tolerance factor*, or *GTF*, which functions to help insulin (one of the two main blood sugar-controlling hormones in the body) draw sugar molecules from the bloodstream into the cells.

### Smart Nutrients

ÉLAN VITAL contains natural substances that sharpen performance beyond just the physical. **N-Acetyl L-Tyrosine** is a highly stable and absorbable form of the conditionally essential amino acid L-tyrosine, a precursor to the major excitatory neurotransmitters *dopamine*, *norepinephrine*, and *epinephrine*. **DMAE** is a precursor to one of the body's main neurotransmitters, *acetylcholine*.

From the Plantioxidants comes standardized **Ginkgo biloba** extract, whose compounds readily cross the blood-brain barrier where they support the integrity of the capillaries in the brain.

### Guarding the Liver

ÉLAN VITAL provides several nutrients which collectively support optimal liver function. This is an essential aspect of a multiple, because the liver is responsible for con-

verting nutrients – from food as well as from supplements – into their usable forms. If liver function is compromised in any way, nutrient supplements may be rendered inert in the body. The liver is especially at risk because it must filter out ingested toxins and is continually exposed to chemicals that generate free radicals.

**N-Acetyl Cysteine** and **Silymarin** have both demonstrated a strong affinity for the liver. N-acetyl cysteine contributes to increased levels of glutathione and glutathione peroxidase, both of which the liver uses in its natural cleansing function. Silymarin provides unparalleled support to the liver's natural regeneration process.

Because of its many vital functions, the liver uses as much as 12% of the body's energy supply, even though it represents only 3% of body weight. The liver therefore uses a greater proportion of energy nutrients, especially **Coenzyme Q10** and **Lipoic Acid**. Both are highly concentrated in the liver; and lipoic acid in particular has been researched and used heavily in Europe where it is prized for its special protective actions in the liver.

**Ascorbyl Palmitate** is a fat-soluble form of Vitamin C, meaning it can provide antioxidant protection for fatty tissue. This is especially valuable to the liver, which tends to develop fatty streaks that are most vulnerable to damage. **Vitamin E** has been researched extensively for its antioxidant properties with regard to the liver.

### The Multiple for the 21st Century

ÉLAN VITAL is truly a one-of-a-kind multi-nutrient supplement: one that leaves no nutritional stone unturned. Based on the biochemical principles of nutrition and metabolism – in context of today's challenges to our health – ÉLAN VITAL approaches optimal nutrition from several directions...all leading to a lifetime of health and vitality.

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