

Feel Younger · Live Better



LONGEVITY ESSENTIALS

NUTRITIONAL
SUPPLEMENT PACKETS

60 Packets

LONGEVITY  MEDICAL CLINIC™

Supplement Facts

Serving Size: 1 packet (containing 5 capsules and 1 softgel)
Servings Per Container: 60

1 Softgel Contains:	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*		
Calories	15	Calories (as Calcium Carbonate)	148mg	15%	Japanese Sophora (Flower Bud) -	75mg	**
Calories from fat	15	Ascorbate, Calcium Hydroxide			Rutin 95%		**
Total fat	1.3g	Citrate, Calcium Malate			Choline Bitartrate	50mg	**
Polyunsaturated fat	1.3g	Iodine (as Potassium Iodide)	200mcg	133%	Grape (seed) extract 5:1	50mg	**
Cholesterol	5mg	Magnesium (as Magnesium Oxide)	73mg	18%	Inositol	50mg	**
Fish Oil (per softgel)	1,400mg	Ascorbate, Aspartate			Milk Thistle (seed)	50mg	**
Provides 980 mg of Total Omega-3	(1.4g)	Zinc (as Zinc Oxide Citrate)	7mg	47%	(standardized to 80% silymarin)		**
Fatty Acids†, comprised of:		Selenium (as Selenium Glycinate)	100mcg	143%	PABA (para-aminobenzoic acid) (B10)	50mg	**
EPA	647mg	Complex			Bitter Orange (Fruit) (standardized to	45mg	**
DHA	253mg	Copper (as Copper Carbonate, Rice Chelate)	1.5mg	75%	98% Hesperidin Complex)		**
And other fatty acids		Manganese (as Manganese Carbonate Citrate)	1mg	50%	Ginkgo (leaf) (standardized to 24%	30mg	**
5 Capsules Contain:	% Daily Value*	Chromium (as Chromium Chloride Picolinate)	250mcg	206%	Ginkgo flavonol glycosides and 6% ginkgo terpene lactones)		**
Vitamin A (100% as Beta Carotene)	5,000IU	Molybdenum (as Sodium Molybdenum, Rice Chelate)	25mcg	33%	Green Tea (Leaf)	25mg	**
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	478mg	N-Acetyl Cysteine	250mg	**	Pomegranate (Hull) - Ellagic Acid 40%	62.5mg	**
Vitamin D3 (Cholecalciferol)	1,000IU	Japanese Sophora (Flower Bud) - Quercetin 95%	85mg	**	Pine (Pinus Massoniana Lamb.) (Bark) 4:1	12.5mg	**
Vitamin E (as mixed Tocopherol)	163.8IU	Bitter Orange (Fruit) (standardized to 25% Bioflavonoids)	75mg	**	Tocotrienols (from rice bran)	12mg	**
Vitamin K-1	400mcg	Dandelion (Whole) (Standardized to 7.5% Total Mixed Carotenoids (Beta-carotene, Alpha-carotene, Cryptoxanthin, Zeaxanthin, Lutein)-Betatene®)	5mg	**	Japanese Fleecflower (Root) (standardized to 50% Resveratrol)	2.5mg	**
Thiamine (Hydrochloride) (B1)	50mg	DMAE Bitartrate (Dimethylaminoethanol)	75mg	**	Boron (as Boric Acid Glycinate)	1mg	**
Riboflavin (B2)	50mg				Tomato (Fruit) (standardized to 5% Lycopene)	5mg	**
Niacinamide (B3)	50mg				Zeaxanthin 5%	60mcg	**
Vitamin B6 (Pyridoxine HCL)	50mg				Speroxide Diamutase (SOD)	50mcg	**
Folate (Folic Acid)	200mcg				Catalase (25,000 units/g)	2mcg	**
Vitamin B12 (Cyanocobalamin)	100mcg						
Biotin	50mcg						
Pantothenic Acid (B5)	100mg						

** US Daily Value not established.
(as Ethyl Esters)

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Maltodextrin, Glycine, Microcrystalline Cellulose, Guar Gum, Rice Protein, Citric Acid, Beta-Cyclodextrin, Gum Arabic, Silicon Dioxide, Hydroxypropylmethylcellulose, Sodium Hydroxide, Gelatin, Sucrose, Soybean Oil, Ascorbyl Palmitate, Corn Starch, Modified

food Starch, Food Glaze, dl-alpha-tocopherols, Sodium Ascorbate, contains <2% of Acetylated Monoglycerides, Mixed Natural Tocopherols, Polysorbate 80, Sodium Alginate, Sugar, Betatene® is a registered trademark of BASF Group

Shell Ingredients: gelatin, vegetable glycerin, purified water. Contains: Soy and fish (anchovy, mackerel, sardine) derived oils. People with sensitive stomachs may prefer to take this product with food.

FINALLY, A CONVENIENT WAY TO GET
THE NUTRIENTS YOUR BODY CRAVES.

This convenient daily supplement is carefully formulated with over 50 ingredients to provide a comprehensive, balanced, potent combination of essential nutrients, antioxidants, and fatty acids for optimal health. Longevity Essentials supplies optimum proportions of vitamins and minerals, the essential enteric-coated omega-3 fatty acids EPA and DHA, the full family of vitamin E compounds, and other powerful, select extracts including bioflavonoids, lycopene, zeaxanthin, N-acetyl-cysteine, grape seed, green tea, and pomegranate extracts for supporting healthy inflammatory balance and promoting longevity.*

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

DIRECTIONS:
TAKE ONE PACKET TWICE DAILY OR AS
DIRECTED BY YOUR LONGEVITY PHYSICIAN

Store in a cool dry place. Tamper evident. Do not use if seal is broken. Keep out of reach of children.

Warning: If you are pregnant, nursing, taking any medications, planning any medical procedures, or have any medical condition, consult your physician before use.

Exclusively manufactured for:

LONGEVITY  MEDICAL CLINIC™

9757 NE Juanita Drive, Kirkland, WA 98034
Order: 866-86-YOUNG or LMClinic.com