

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	15	Calories	15
Calories from fat	15	Calories from fat	15	Calories from fat	15
Total fat	1.3g	25%	Total fat	1.3g	25%
Polyunsaturated fat	1.3g	25%	Polyunsaturated fat	1.3g	25%
Cholesterol	5mg	10%	Cholesterol	5mg	10%
Fish Oil (per softgel)	1,400mg	280%	Fish Oil (per softgel)	1,400mg	280%
Provides 980 mg of Total Omega-3	(1.4g)		Provides 980 mg of Total Omega-3	(1.4g)	
Fatty Acids†, comprised of:			Fatty Acids†, comprised of:		
EPA	647mg	129%	EPA	647mg	129%
DHA	253mg	50%	DHA	253mg	50%
And other fatty acids			And other fatty acids		
5 Capsules Contain:	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (100% as Beta Carotene)	5,000IU	100%	Vitamin A (100% as Beta Carotene)	5,000IU	100%
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	478mg	797%	Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	478mg	797%
Vitamin D3 (Cholecalciferol)	1,000IU	250%	Vitamin D3 (Cholecalciferol)	1,000IU	250%
Vitamin E (as mixed Tocopherol)	163.8IU	545%	Vitamin E (as mixed Tocopherol)	163.8IU	545%
Vitamin K-1	400mcg	500%	Vitamin K-1	400mcg	500%
Thiamine (Hydrochloride) (B1)	50mg	3,333%	Thiamine (Hydrochloride) (B1)	50mg	3,333%
Riboflavin (B2)	50mg	2,941%	Riboflavin (B2)	50mg	2,941%
Niacinamide (B3)	50mg	250%	Niacinamide (B3)	50mg	250%
Vitamin B6 (Pyridoxine HCL)	50mg	2,500%	Vitamin B6 (Pyridoxine HCL)	50mg	2,500%
Folate (Folic Acid)	200mcg	50%	Folate (Folic Acid)	200mcg	50%
Vitamin B12 (Cyanocobalamin)	100mcg	1,667%	Vitamin B12 (Cyanocobalamin)	100mcg	1,667%
Biotin	50mcg	17%	Biotin	50mcg	17%
Pantothenic Acid (B5)	100mg	1,000%	Pantothenic Acid (B5)	100mg	1,000%
Calcium (as Calcium Carbonate Ascorbate, Calcium Hydroxide Citrate, Calcium Malate)	148mg	15%	Calcium (as Calcium Carbonate Ascorbate, Calcium Hydroxide Citrate, Calcium Malate)	148mg	15%
Iodine (as Potassium Iodide)	500mcg	133%	Iodine (as Potassium Iodide)	500mcg	133%
Magnesium (as Magnesium Oxide Ascorbate, Aspartate)	73mg	18%	Magnesium (as Magnesium Oxide Ascorbate, Aspartate)	73mg	18%
Zinc (as Zinc Oxide Citrate)	7mg	47%	Zinc (as Zinc Oxide Citrate)	7mg	47%
Selenium (as Selenium Glycinate Complex)	100mcg	143%	Selenium (as Selenium Glycinate Complex)	100mcg	143%
Copper (as Copper Carbonate, Rice Chelate)	1.5mg	75%	Copper (as Copper Carbonate, Rice Chelate)	1.5mg	75%
Manganese (as Manganese Carbonate Citrate)	1mg	50%	Manganese (as Manganese Carbonate Citrate)	1mg	50%
Chromium (as Chromium Chloride Picolinate)	250mcg	206%	Chromium (as Chromium Chloride Picolinate)	250mcg	206%
Molybdenum (as Sodium Molybdenum, Rice Chelate)	25mcg	33%	Molybdenum (as Sodium Molybdenum, Rice Chelate)	25mcg	33%
N-Acetyl Cysteine	250mg	50%	N-Acetyl Cysteine	250mg	50%
Japanese Sophora (Flower Bud) - Quercetin 95%	85mg	17%	Japanese Sophora (Flower Bud) - Quercetin 95%	85mg	17%
Bitter Orange (Fruit) (standardized to 25% Bioflavonoids)	75mg	15%	Bitter Orange (Fruit) (standardized to 25% Bioflavonoids)	75mg	15%
Dandelion (Whole) (Standardized to 7.5% Total Mixed Carotenoids (Beta-carotene, Alpha-carotene, Cryptoxanthin, Zeaxanthin, Lutein)-Betatene®)	5mg	10%	Dandelion (Whole) (Standardized to 7.5% Total Mixed Carotenoids (Beta-carotene, Alpha-carotene, Cryptoxanthin, Zeaxanthin, Lutein)-Betatene®)	5mg	10%
DMAE Bitartrate (Dimethylaminoethanol)	75mg	15%	DMAE Bitartrate (Dimethylaminoethanol)	75mg	15%
Japanese Sophora (Flower Bud) - Rutin 95%	75mg	15%	Japanese Sophora (Flower Bud) - Rutin 95%	75mg	15%
Choline Bitartrate	50mg	10%	Choline Bitartrate	50mg	10%
Grape (seed) extract 5:1	50mg	10%	Grape (seed) extract 5:1	50mg	10%
Probiotic	50mg	10%	Probiotic	50mg	10%
Milk Thistle (seed) (standardized to 80% silymarin)	50mg	10%	Milk Thistle (seed) (standardized to 80% silymarin)	50mg	10%
PABA (para-aminobenzoic acid) (B10)	50mg	10%	PABA (para-aminobenzoic acid) (B10)	50mg	10%
Bitter Orange (Fruit) (standardized to 98% Hesperidin Complex)	45mg	9%	Bitter Orange (Fruit) (standardized to 98% Hesperidin Complex)	45mg	9%
Ginkgo (leaf) (standardized to 24% ginkgo flavonol glycosides and 6% ginkgo terpene lactones)	30mg	6%	Ginkgo (leaf) (standardized to 24% ginkgo flavonol glycosides and 6% ginkgo terpene lactones)	30mg	6%
Green Tea (Leaf)	25mg	5%	Green Tea (Leaf)	25mg	5%
Pomegranate (Hull) - Ellagic Acid 40%	62.5mg	12.5%	Pomegranate (Hull) - Ellagic Acid 40%	62.5mg	12.5%
Pine (Pinus Massoniana Lamb.) (Bark) 4:1	12.5mg	2.5%	Pine (Pinus Massoniana Lamb.) (Bark) 4:1	12.5mg	2.5%
Tocopherols (from rice bran)	12mg	2.4%	Tocopherols (from rice bran)	12mg	2.4%
Japanese Fleecflower (Root) (standardized to 50% Resveratrol)	2.5mg	0.5%	Japanese Fleecflower (Root) (standardized to 50% Resveratrol)	2.5mg	0.5%
Boron (as Boric Acid Glycinate)	1mg	0.2%	Boron (as Boric Acid Glycinate)	1mg	0.2%
Tomato (Fruit) (standardized to 5% Lycopene)	5mg	1%	Tomato (Fruit) (standardized to 5% Lycopene)	5mg	1%
Zeaxanthin 5%	60mcg	1.2%	Zeaxanthin 5%	60mcg	1.2%
Superoxide Dismutase (SOD)	50mcg	1%	Superoxide Dismutase (SOD)	50mcg	1%
Catalase (25,000 units/g)	2mcg	0.02%	Catalase (25,000 units/g)	2mcg	0.02%

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, Acetyl Palmitate, Corn Starch, Modified

food Starch, Food Glaze, dl-α-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