

 ageLOC®  
YOUTH


The power to defy your age. ageLOC® Youth promotes youthful aging so you can enjoy life being more active, energetic, and healthy.

### MEET AGELOC YOUTH

Every cell in the body is equipped with natural defenses designed to fight the effects of aging. But over time, factors all around us and inside our bodies can weaken these defenses and accelerate aging. However, it doesn't have to be this way. We can invigorate these defenses. The key is to give the body what it needs so it can continue to do what it is designed to do—live young.

This revolutionary supplement—built on over a decade of research—helps revitalize your aging defense mechanisms through a proprietary blend of powerful nutrients. The ingredients in ageLOC Youth were carefully selected because of their verified anti-aging benefits. The result: Nu Skin's premier and most advanced anti-aging supplement designed to promote your youth span—the years you can enjoy life being more active, energetic, and healthy.

### WHY YOU'LL LOVE IT

- Promotes youthfulness—supports youthful aging so you can enjoy life being more active, energetic, and healthy.
- ageLOC Youth influences multiple aging defense mechanisms to provide broad-spectrum wellness benefits and promote:\*
  - Cellular Health
    - Helps reinforce the body's protection and repair mechanisms at the cellular level.
    - Helps balance healthy cellular response. Disruption of cellular response can spark a cascade of other aging effects.
    - Supports DNA damage protection/repair.
    - Provides antioxidant protection.

- Brain Health
  - Supports healthy brain structure and function.
  - Promotes youthful cognition and memory.
  - Promotes sense of wellbeing and healthy mood.
- Heart Health
  - Promotes blood vessel integrity/elasticity, essential for healthy blood circulation.
  - Supports normal blood glucose control.
  - Supports healthy blood pressure regulation.
- Metabolic Health
  - Supports healthy lipid metabolism.
  - Supports normal glucose metabolism.
- Skin Health
- Bone Health
  - Supports bone structure and integrity.
- Joint Health
  - Promotes healthy joint fluidity.
- Eye Health
  - Provides ingredients that support healthy eye composition and protection.
- Physical Performance
- Immune Health
  - Promotes healthy immune function and response.

### WHAT POWERS IT

- ageLOC Youth supports the body's innate ability to resist the appearance of aging at its source\*.
- ageLOC Youth contains a blend of nutrients that is not readily available, even from a healthy diet\*.
- Built on more than a decade of scientific knowledge\*.
- The unique blend of ingredients support healthy aging defense mechanisms\*.

# ageLOC® YOUTH

- SCS certified. Measure the antioxidant difference ageLOC Youth is making in your body.\*

## CONSUMER INSIGHTS

- The aging population is increasing and younger people want to avoid early signs of aging!<sup>1</sup>
- 25–35 year olds take a very hands-on approach to their health care, often turning to the Internet for more information on their health and supplement options.<sup>2</sup>
- Seniors are not accepting traditional “elderly” stereotypes. They want to retain—or regain—their youth. They may have aged in years, but their attitudes are as young as ever.<sup>3</sup>
- Many parents are having children later in life and worry about maintaining their health and energy levels.<sup>4</sup>
- Today’s grandparents don’t feel like they look or act like the grandparents of a generation ago.<sup>3</sup>
- Many seniors are delaying retirement to help them stay active and maintain their current lifestyles.<sup>5</sup>

<sup>1</sup>“Aging Population and Advanced Product Offerings Drive the Global Anti-Aging Products Market,” Prweb, 2014

<sup>2</sup>“Spotlight On Gen Y—Findings from Healthy World Report,” Televox, 2013

<sup>3</sup>“Don’t Call Me Grandma,” Mintel, May 2011

<sup>4</sup>“The Ideal Age to Have a Baby,” Psychology Today, June 2012

<sup>5</sup>“Age of Adventure,” Mintel, October 2010

## HOW TO USE IT

Take two softgels twice daily with morning and evening meals. Store in a cool, dry place.

## COMPLEMENTARY PRODUCTS

ageLOC® R<sup>2</sup>—helps you renew and recharge with two powerful formulas.

g3—this gac superfruit juice is validated by science to support cellular rejuvenation and immune health.

LifePak®—a perfect companion to ageLOC Youth, LifePak is our most advanced nutritional product and is designed to fill nutritional gaps in your diet.

## LEARN MORE ABOUT IT

### What are aging defense mechanisms?

Aging defense mechanisms are the body’s way of fighting off and maintaining resistance to aging aggressors. As we age, changes in gene expression cause the body’s aging defense mechanisms to decline in function, performance,

and ability. ageLOC Youth maintains and supports the activity of aging defense mechanisms by positively modulating gene expression, helping us live youthfully.\*

### Why is the ageLOC Youth ingredient blend difficult, if not impossible, to obtain even from a healthy diet?

ageLOC Youth contains a unique ingredient blend that provides broad-spectrum benefits for everyone, regardless of dietary intake or supplement regimen. ageLOC Youth provides a potent blend of anti-aging ingredients, including concentrated extracts standardized for active compounds that would be difficult, if not impossible, to obtain at the same levels and on a regular basis—even from a healthy, well-balanced diet. Furthermore, ageLOC Youth delivers efficacious levels of these powerful nutrients and phytochemicals at consistent levels twice per day.

### Will ageLOC Youth increase my skin carotenoid score?

Yes, in fact, ageLOC Youth is SCS certified to increase your scanner score.\*

### What is the scientific substantiation for this product?

Many clinical studies have been published documenting the health benefits of the ingredients included in ageLOC Youth. Additionally, there are several ageLOC Youth studies completed or ongoing.

## KEY SCIENTIFIC STUDIES

- a. Bouwens, M., O. van de Rest, N. Dellschaft, et al. (2009) Fish-oil supplementation induces antiinflammatory gene expression profiles in human blood mononuclear cells. *The American journal of clinical nutrition* 90, 415–424.
- b. Chopra, M., P.E. Fitzsimons, J.J. Strain, et al. (2000) Nonalcoholic red wine extract and quercetin inhibit LDL oxidation without affecting plasma antioxidant vitamin and carotenoid concentrations. *Clinical chemistry* 46, 1162–1170.
- c. Earnest, C.P., J.S. Kupper, A.M. Thompson, et al. (2012) Complementary effects of multivitamin and omega-3 fatty acid supplementation on indices of cardiovascular health in individuals with elevated homocysteine. *International journal for vitamin and nutrition research Internationale Zeitschrift für Vitamin- und Ernährungsforschung Journal international de vitaminologie et de nutrition* 82, 41–52.

- d. Wood, S.M.; Mastaloudis, A.F.; Hester, S.N.; Gray, R.; Kern, D.; Namkoong, J. and Draelos, Z.D. Protective effects of a novel nutritional and phytonutrient blend on ultraviolet radiation-induced skin damage and inflammatory response through aging defense mechanisms. *Journal of Cosmetic Dermatology*. 16(4):491-499; 2017.
- e. Hubbard, G.P., S. Wolffram, R. de Vos, et al. (2006) Ingestion of onion soup high in quercetin inhibits platelet aggregation and essential components of the collagen-stimulated platelet activation pathway in man: a pilot study. *The British journal of nutrition* 96, 482–488.
- f. Kean, R.J., D.J. Lamport, G.F. Dodd, et al. (2015) Chronic consumption of flavanone-rich orange juice is associated with cognitive benefits: an 8-wk, randomized, double-blind, placebo-controlled trial in healthy older adults. *The American journal of clinical nutrition* 101, 506–514.
- g. Kiecolt-Glaser, J.K., E.S. Epel, M.A. Belury, et al. (2013) Omega-3 fatty acids, oxidative stress, and leukocyte telomere length: A randomized controlled trial. *Brain, behavior, and immunity* 28, 16–24.
- h. Milenkovic, D., C. Deval, C. Dubray, et al. (2011) Hesperidin displays relevant role in the nutrigenomic effect of orange juice on blood leukocytes in human volunteers: a randomized controlled cross-over study. *PloS one* 6, e26669.

## SUPPLEMENT FACTS

Supplement Facts		
Serving Size 2 Softgels		Servings Per Container 60
Amount Per Serving		% DV
Total Calories	15	
Total Fat	1 g	1%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	
Vitamin D <sub>3</sub> (as cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin K <sub>2</sub> (as menaquinone-7)	20 mcg	17%
Ultra-pure fish oil concentrate:	1055 mg	**
EPA (Eicosapentaenoic acid)	300 mg	**
DHA (Docosahexaenoic acid)	200 mg	**
Citrus Bioflavonoids	100 mg	**
(including hesperidin and naringin)		
Purple corn ( <i>Zea mays L.</i> ) cob extract	66.67 mg	**
including anthocyanins		
Alpha Lipoic Acid	50 mg	**
Quercetin (from <i>Dimorphandra mollis</i> fruit extract)	37.5 mg	**
D-Limonene (from <i>Citrus sinensis</i> peel)	25 mg	**
Rosemary ( <i>Rosmarinus officinalis L.</i> ) leaf extract	18.75 mg	**
including carnosic acid		
Resveratrol (from <i>Polygonum cuspidatum</i> root)	15 mg	**
Coenzyme Q10	15 mg	**
Lycopene	2.5 mg	**
Lutein (from marigold flower ( <i>Tagetes erecta</i> ))	2 mg	**
Astaxanthin (from <i>Haematococcus pluvialis</i> algae)	0.5 mg	**

\* Percent Daily Values are based on a 2,000 Calorie Diet.  
 \*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Gelatin, Glycerin, Beeswax, Sunflower Lecithin, Vanillin.

**CONTAINS:** Fish (anchovies, sardines, mackerel).

## WARNINGS

Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or prior to using prescription medication. Discontinue use 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal is broken or missing.