## Minerals

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TO ORDER, CALL TOLL-FREE 1-800-544-4440
As with most other nutrients, minerals must be transported from the small intestine into the portal vein, there flowing through the liver before becoming available to other tissues and cells throughout the body. The binding of minerals to fiber and other compounds that are ingested with the minerals, (including those within the tablets containing them) can interfere with this assimilation process.1-5

Calcium is the most popular mineral supplement on the market, yet certain forms of calcium tablets are often poorly absorbed by the digestive systems of older people because of insufficient stomach acid.6 The Life Extension Foundation Buyers Club supplies calcium and almost all other mineral supplements only in the form of finely divided mineral powders within capsules that easily disintegrate in the stomach for optimal absorption. Studies have also shown that certain chemical mineral compounds are absorbed better than others.7-10

**Calcium and magnesium**

Calcium is the most abundant mineral in the body where it is primarily found in bones and teeth. In bone formation, calcium forms crystals that provide strength to maturing bone. Peak bone mass is usually achieved when one is in their 20's.

Calcium is needed for more than just healthy bones. A meta-analysis of 56 clinical trials demonstrated a significant impact on heart health resulting from increasing calcium intake by 1,000 to 2,000 mg/day.11 In addition, recent evidence suggests that increased intake of calcium may help in weight control as well.12-15

Magnesium is one of the body's most important minerals. It is required as a cofactor in hundreds of enzymatic processes within cells.16 Magnesium is a major factor in relaxing the smooth muscles within the blood vessels, thereby reducing peripheral vascular resistance and promoting a healthy cardiovascular system.17-18 Magnesium also affects circulating levels of norepinephrine and the synthesis of serotonin and nitric oxide.19-23

In bone mineral health, magnesium (or lack of) influences the bone mineral matrix and its ability to metabolize minerals needed for repair and rebuilding.20,21 The scientific literature documents the need for a wide range of minerals that are vital to maintaining strong, healthy bones.*

Calcium and other minerals are best not taken with fiber, because fiber can interfere with their absorption.2-5 Since calcium will block iron absorption, avoiding taking calcium with meals if you are iron deficient,22 calcium supplements (carbonates, phosphates) are best administered at dinner and/or bedtime. They should always be taken with a full glass of water, juice, or other liquid to enhance solubility.23 If calcium-containing formulas are taken only once daily they may be best taken in the evening.24

**Note:** Total intake of calcium greater than 2000 mg per day provide no added benefit to bone health.

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**Bone Restore™ 811**

150 capsules

A problem overlooked by most doctors is that loss of bone density is associated with deficiencies of not just calcium, but a host of other nutrients including magnesium and vitamin D3.25-26 In order for calcium to prevent bone loss, adequate amounts of vitamin D3, zinc, manganese and other nutrients should be available so that calcium, magnesium, and phosphorus can be incorporated into the bone matrix.27-39 Another issue that many people are not aware of is that many forms of calcium do not absorb particularly well.40,41

In order to overcome the impediments that preclude aging women from achieving optimal calcium status, a mineral formula has been designed that provides 1,200 elemental milligrams from three different forms of calcium per daily dose, along with critically important nutrients needed to promote healthy bones. Bone Restore™ provides calcium along with nutrients like boron and silicon to further boost the body's ability to maintain healthy bone density.42-49

Boron has been identified as one of the most important nutrients to help maintain bone health. As such, Life Extension has incorporated a powerful form of boron, called FruiteX B® OsteoBoron™, which is more bioavailable than boron citrate, the nutrient used in most commercial bone building supplements.

**FruiteX B® OsteoBoron™** is made from a naturally occurring boron complex found in fruits and vegetables. Its unique boron-carbohydrate structure that easily binds to fructose may be one of the reasons for its health benefits.

Boron in general is a crucial mineral in bone/joint health. Numerous studies have shown boron to contribute to the structural integrity of bone.47-49

**5 capsules contain**

| **Calcium** (as dicalcium malate, calcium bis-glycinate, calcium fructoborate) | 1200 mg |
| **Vitamin D3** (as cholecalciferol) | 1000 IU |
| **Magnesium (as magnesium oxide)** | 340 mg |
| **Zinc (as zinc amino acid chelate)** | 3 mg |
| **Manganese (as manganese amino acid chelate)** | 1 mg |
| **Boron (calcium fructoborate as patented FruiteX B® OsteoBoron™)** | 3 mg |
| **Silicon (from horsetail herb, Equisetum arvense)** | 5 mg |

Other ingredients: gelatin, magnesium stearate.

**Dosage and use**

- Take five capsules at dinner or before bedtime, or as recommended by a healthcare practitioner.

**Price**

<table>
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<tr>
<th><strong>Retail</strong></th>
<th><strong>Member</strong></th>
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<td>$19.50</td>
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*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.*
**Bone Assure 439**

180 capsules

Bone Assure is a comprehensive formula designed to help maintain bone density.*

6 capsules contain
Calcium (as calcium bis-glycinate) .......... 1000 mg
Vitamin D3 (as cholecalciferol) .......... 400 IU
Magnesium (as magnesium oxide) .......... 320 mg
Zinc (as zinc citrate) .......... 12 mg
Copper (as cupric sulfate) .......... 1500 mcg
Manganese (as manganese citrate) .......... 1 mg
Boron (as amino acid complex) .......... 2 mg
Vitamin B6 (as pyridoxine HCl) .......... 15 mg
Folate (as folic acid) .......... 200 mcg
Oat straw 10:1 extract .......... 40 mg
(Avena sativa) (aerial part)
Trimethylglycine (as betaine anhydrous) .......... 100 mg
Other ingredients: gelatin, magnesium stearate, silicon dioxide.

Dosage and use
• Take three capsules twice daily with meals or as recommended by a healthcare practitioner.
• Most members now use the Bone Restore™ formula (described on the previous page) because it provides more calcium, in fewer capsules and at a lower cost than Bone Assure.

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**Bone-Up™ 313**

240 capsules

100% of calcium from microcrystalline hydroxyapatite (MCHA) from Australian bovine bone.

6 capsules contain
Calcium .......... 1000 mg
(from microcrystalline hydroxyapatite) .......... 4 g
Protein .......... 1000 mg
Magnesium (as oxide) .......... 600 mg

Dosage and use
• One capsule one to seven times daily in divided doses with meals, or as recommended by a healthcare practitioner.

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<td>$16.88</td>
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</table>

**Calcium Citrate with D3 412**

300 capsules

Calcium is an essential mineral that is often inadequately supplied, inefficiently absorbed, or excreted faster than it is being assimilated. The citrate salt of calcium has been documented to be well absorbed and utilized by the body.

1 capsule contains
Calcium (as calcium citrate) .......... 220 mg
Vitamin D3 .......... 100 IU
Other ingredients: magnesium stearate, gelatin, water.

Dosage and use
• One capsule one to seven times daily in divided doses with meals, or as recommended by a healthcare practitioner.

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<td>$20.00</td>
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</table>

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Magnesium Caps 264

500 mg • 100 capsules

Many Americans do not obtain adequate amounts of magnesium in their diets. As magnesium is so inexpensive, everyone should consider supplementing with at least 500 mg of magnesium daily. This product provides one of the highest concentrations of elemental magnesium per capsule available on the market.

1 capsule contains
Magnesium (elemental) .................. 500 mg
As elemental portions:
Magnesium (oxide) .................. 475 mg
Magnesium (chloride) .................. 6.25 mg
Magnesium (succinate) .................. 6.25 mg
Magnesium (aspartate) .................. 6.25 mg
Magnesium (amino acid chelate) .................. 6.25 mg
Other ingredients: rice flour, magnesium stearate, gelatin, water.

Dosage and use
- One capsule one to five times daily in divided doses with or without food, or as recommended by a healthcare practitioner.
- Reduce dosage if an unwanted laxative effect occurs.

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<tr>
<td>one bottle</td>
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<td>four bottles</td>
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Mineral Formula for Men 623

100 capsules

Magnesium is crucial for maintaining arterial health, normal blood pressure, and normal heart rhythm. Many Americans do not obtain adequate amounts of magnesium in their diets. Although Life Extension Mix contains a high amount of magnesium, many people may wish to take additional magnesium and other minerals as a “booster” to Life Extension Mix.

1 capsule contains
Total elemental magnesium .................. 286.1 mg
Magnesium (oxide) .................. 242.25 mg
Magnesium (chelate) .................. 20 mg
Magnesium (aspartate) .................. 8 mg
Magnesium (succinate) .................. 15.84 mg
Total elemental calcium .................. 31 mg
Calcium (citrate malate) .................. 19.8 mg
Calcium (chelate) .................. 11.2 mg
Potassium (aspartate) .................. 8.05 mg
Manganese (gluconate) .................. 0.5 mg
Other ingredients: gelatin, rice flour, magnesium stearate.

Dosage and use
- Take one capsule, one to four times daily with food in divided doses, or as recommended by a healthcare practitioner.

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<tr>
<td>twelve bottles</td>
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Mineral Formula for Women 624  
100 capsules

Mineral Formula for Women reflects the need of women for more calcium than men. This product should be taken as an addition to Life Extension Mix™. Vitamin D is included to aid in calcium absorption and utilization.

1 capsule contains
Total elemental calcium .................. 123 mg  
Calcium (citrate malate) .................. 100 mg  
Calcium (succinate) ..................... 23 mg  
Total elemental magnesium .......... 100 mg  
Magnesium (oxide) ..................... 85 mg  
Magnesium (chelate) .................. 15 mg  
Potassium (aspartate) ................. 8.05 mg  
Manganese (gluconate) .......... 0.25 mg  
Vitamin D3 ................................ 100 IU  
Other ingredients: gelatin, rice flour, magnesium stearate.

Dosage and use
• Take one capsule, one to seven times daily with food in divided doses, or as recommended by a healthcare practitioner.

Dosage and use
• Take one capsule daily with food, or as recommended by a healthcare practitioner.

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Selenium

As an essential cofactor of glutathione peroxidase™, selenium is an important antioxidant. It is also involved with iodine metabolism, DNA repair, immune function, and the detoxification of heavy metals. High doses of vitamin C (over one gram) may reduce the absorption of selenium. This mineral is best taken one hour before or 20 minutes after taking vitamin C supplements.

Super Selenium Complex 578
200 mcg • 100 capsules

Super Selenium Complex contains the most advanced forms of selenium on the market. Vitamin E has been added because it works synergistically with selenium.

1 capsule contains
Selenium (as Se-methylselenocysteine) ............. 75 mcg  
Selenium (as sodium selenate) ................... 50 mcg  
Selenium (as selenomethionine—Nutrition 21) ... 50 mcg  
Selenium (as selenodiglutathione) ................. 25 mcg  
Vitamin E (as D-alpha tocopheryl succinate) ....... 30 IU  
Other ingredients: rice flour, magnesium stearate, gelatin, water.

Dosage and use
• Take one capsule per day with food, or as recommended by a healthcare practitioner.
• One capsule every second or third day is suggested if taken in addition to Life Extension Mix™ and/or Super Booster.

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<tr>
<td>twelve bottles $9.00</td>
<td>$6.75</td>
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Se-methylselenocysteine (SeMC) is a naturally occurring seleno-amino acid that is synthesized by plants such as garlic and broccoli. Unlike selenomethionine, which is incorporated into proteins in place of methionine, SeMC is not incorporated into any proteins, thereby being fully available for the synthesis of selenium-containing enzymes such as glutathione peroxidase.

1 capsule contains
Selenium (as Se-methylselenocysteine) .......... 200 mcg
Other ingredients: microcrystalline cellulose, gelatin, magnesium stearate.

Dosage and use
• Take one capsule daily with food, or as recommended by a healthcare practitioner.
• One capsule every second or third day is suggested if taken in addition to Life Extension Mix™ and/or Super Booster.

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<td>$8.25</td>
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Sodium selenite liquid provides a convenient form in which to take additional selenium apart from meals. Each bottle contains about 80 drops.

5 drops (0.75 ml) contains
Selenium (as sodium selenite) ............... 250 mcg

Dosage and use
• One to five drops daily with meals are suggested, depending on total selenium daily intake, or as recommended by a healthcare practitioner.

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<td>$6.75</td>
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Chromium, the metallic element once believed to be toxic, is now generally recognized to play an important role in maintaining a healthy blood sugar levels in those within normal levels when used as part of your diet. In addition, supplemental chromium has been shown to promote a healthy cardiovascular system. For many years, Life Extension has included niacin in its chromium supplements. In response to evidence that people may benefit from higher doses of chromium, a formula was developed to provide 500 mcg of chromium along with 60 mg of flush-free niacin in just one capsule.

1 capsule contains
Chromium ........................................... 500 mcg
(as polynicotinate – ChromeMate®)
Vitamin C (as ascorbyl palmitate) ............ 21 mg
Vitamin E (as D-alpha tocopheryl succinate) .. 50 IU
Niacin (vitamin B3) ................................ 60 mg
(flush-free from inositol hexaniocinate)
Folic acid ........................................... 200 mcg
Vitamin B12 (as cyanocobalamin) .............. 50 mcg
Ascorbyl palmitate ................................. 50 mg
Curcumin C3 Complex® Tumeric extract ........ 50 mg
Green tea (decaf. extract; 90%+ polyphenols) .. 50 mg
Inositol ............................................ 15 mg
Whole grape extract ............................... 10 mg
(standardized for minimum 1 mg Resveratrol)
Other ingredients: rice flour, gelatin, magnesium stearate, silicon dioxide.

ChromeMate® is a registered trademark of InterHealth Nutrionals, Inc.

Dosage and use
• Take one capsule one to two times per day with food, or as recommended by a healthcare practitioner.

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<th>Retail Price Each</th>
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<td>four bottles</td>
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Chromium
Capsules 169
200 mcg • 365 capsules

Chromium is an essential trace mineral that has been shown to promote cardiovascular health. Along with regular exercise, 400-600 mcg of chromium polynicotinate has been shown to support healthy weight control. Supplement to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

1 capsule contains
Chromium ........................................200 mcg
(as polynicotinate – ChromeMate®)
Niacin (vitamin B3) .............................30 mg
(flush-free from inositol hexanicotinate)
Inositol (as inositol hexanicotinate) .......7.5 mg
Other ingredients: rice flour, gelatin, water.

ChromeMate® is a registered trademark of InterHealth Nutritionals, Inc.

Dosage and use
• Take one capsule once or twice daily with food, or as recommended by a healthcare practitioner.

Retail
Price Each
one bottle $28.00
four bottles $26.00

Member
Price Each
one bottle $21.00
four bottles $19.50

Zinc
Zinc is a mineral essential for formation of superoxide dismutase, one of the body's most important free radical scavengers and one that cannot be directly supplemented. Zinc also promotes wound healing, immune function, taste sensitivity, protein synthesis, insulin production, and reproduction including organ development and sperm motility.

Caution: Supplemental zinc can inhibit the absorption and availability of copper. If more than 50 mg of supplemental zinc is taken daily, 2 mg of supplemental copper should also be taken to prevent deficiency. Chronic ingestion of more than 100 mg of zinc daily may be toxic.

Zinc (OptiZinc®) 232
30 mg • 90 capsules

OptiZinc® is a superior bioavailable form of zinc.

1 capsule supplies
Elemental zinc ..................................30 mg
(in the form of zinc methionate)
Other ingredients: rice flour, gelatin, water.

Dosage and use
• Take one capsule one to two times daily with food, or as recommended by a healthcare practitioner.
• Do not exceed 90 mg of zinc daily.

Retail
Price Each
one bottle $5.95
four bottles $5.00

Member
Price Each
one bottle $4.46
four bottles $3.75

Zinc/Vitamin C Lozenges 061
75 lozenges

Zinc lozenges with Vitamin C can provide immune support during the winter season. These lozenges are sweetened with pure crystalline fructose and mannitol and have a natural orange flavor.

1 lozenge contains
Zinc (elemental) .............................24 mg
Vitamin C ......................................100 mg
Other ingredients: sucrose, fructose, maltodextrin, mannitol, natural orange flavor, stearic acid, magnesium stearate.

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**Dosage and use**

- Dissolve one lozenge in mouth then swallow daily, or as recommended by a healthcare practitioner.

**Caution:** Do not exceed five lozenges daily. Chronic intake of zinc over 115 mg a day could produce toxicity.

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<td>$6.75</td>
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**Iron Protein Plus**

300 mg • 100 capsules

Supplementation with iron protein succinylate has shown the following:

- Promotes healthy red blood cell formation
- Supports healthy oxygen carrying capacity of blood (hemoglobin)

Iron protein succinylate is a highly absorbable form of iron and is easier on the stomach than other forms of iron.

**Dosage and use**

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

**Note:** Do not take this product unless you are deficient in iron.

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<td>four bottles</td>
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**BioSil™ (orthosilicic acid 2%)**

30 ml bottle (600 drops)

Silicon is an essential trace element required for the normal growth, development, and integrity of hair, skin, nails, mucous membranes, arteries, bones, cartilage and connective tissue. Silicon is also involved in collagen formation, the fibrous protein matrix that provides support for tendons, ligaments, cartilage and bones. The best-documented function of silicon is its action infacilitating bone mineralization. While silicon is exceptionally well tolerated at high doses, scientists currently estimate the human requirement for silicon to be from five to twenty mg per day.

**Silicon supplementation is useful for:**

- **Bones:** Silicon helps maintain bone density and strength by facilitating the deposit of calcium and other minerals into bone tissue.
- **Joints:** Silicon is vital for cartilage development and the integrity of joints and ligaments.
- **Cardiovascular health:** Silicon is essential for the strength and integrity of the arteries.
- **Nails:** Silicon helps nails grow faster and harder.
- **Hair:** Silicon helps hair grow thicker and stronger.

Jarrow Formulas® BioSil™ is a 2% silicon solution in the form of stabilized orthosilicic acid.

**1 drop (0.05 mL) contains**

Silicon (elemental from orthosilicic acid) .1 mg

In a solution of:

- Choline chloride .47 %
- Glycerine .33 %
- Water .18 %

**Dosage and use**

- Six to twenty drops daily with or without food are suggested, or as recommended by a healthcare practitioner.
- Stir drops into at least 1/4 cup of water or beverage and drink immediately.

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**Boron Caps 621**

*Boron is an essential nutrient for optimal calcium metabolism and healthy bones and joints.*

1 softgel contains
- Elemental boron: 3 mg (from citrate, aspartate and glycinate chelate)
- Riboflavin (vitamin B12): 25 mg

Other ingredients: gelatin, rice flour.

**Dosage and use**
- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

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**Copper Caps 119**

Most people receive sufficient amounts of the mineral copper in their diet, and too much copper can produce free radicals in a similar manner to iron. However, individuals consuming over 50 mg of zinc daily and/or a high level of fructose are advised to supplement their diet with 2 mg copper several times per week. Copper is required by the body to convert iron into hemoglobin, and is an essential constituent of many important body enzymes including a form of superoxide dismutase, a major cellular antioxidant that cannot be supplemented directly.

1 capsule contains
- Elemental copper: 2 mg (as a chelated mineral)

**Dosage and use**
- Take one capsule every other day with or without food, or as recommended by a healthcare practitioner.
- One capsule daily is recommended for those consuming large daily amounts of fructose or with daily intake of zinc greater than 50 mg.

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<td>four bottles</td>
<td>$12.50</td>
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**Vanadyl Sulfate 213**

Vanadyl sulfate is an effective form of the trace mineral vanadium. Research indicates vanadyl sulfate may promote healthy glucose metabolism.

1 tablet contains
- Vanadyl sulfate hydrate: 7.5 mg (providing 1.5 mg Vanadium)

Other ingredients: dicalcium phosphate, cellulose, stearic acid, magnesium stearate, croscarmellose sodium, and pharmaceutical glaze.

**Dosage and use**
- Take one tablet every other day with or without food, or as recommended by a healthcare practitioner.

Caution: Reproductive toxicity studies in animals suggest that no more than 7.5 mg every other day should be consumed. In diabetics, frequent blood glucose monitoring should be performed under strict physician supervision.