

# BODYSMART SOLUTIONS MEN'S GOLD FORMULA

Vitamins, Minerals and Herbs to Support Wellness<sup>◇</sup>



The Bodysmart Solutions Gold Formula is specially formulated for men to complement and be synergistic with the Bodysmart Solutions Triple Protein Shakes. These two products combined provide over 100 percent of the Daily Values of nearly all the essential vitamins and minerals. Designed by university nutrition research scientists, physicians and food and flavor specialists, Bodysmart Solutions is an integrated system designed for sex, body type and amount of body fat vs. lean body mass. It's unlike anything that has ever been on the market. The Bodysmart Solutions Lifestyle Management Program is designed to provide the nutritionally important macrominerals (calcium, magnesium and potassium) in the Triple Protein Shake and all the micronutrients in the Men's Gold Formula tablets.

## **Iodine and Selenium for Healthy Thyroid Function<sup>◇</sup>**

Iodine is necessary for the body to make thyroid hormone, while selenium is necessary for proper function of the enzyme that converts thyroid hormone to its biologically active form.<sup>◇</sup>

Selenium is a mineral with antioxidant functions due to its role in promoting the proper function of enzymes that perform an antioxidant function, such as glutathione peroxidase. Selenium is also essential for healthy immune function.<sup>◇</sup>

The Bodysmart Solutions Men's Gold Formula contains more than the Daily Value for selenium but does not exceed the Tolerable Upper Intake Level established by the National Academy of Sciences/ Institute of Medicine. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined this evidence is limited and not conclusive.

## **Chromium and Healthy Weight Management**

The trace mineral chromium plays an essential role in the metabolism of carbohydrates and fats.<sup>◇</sup> Weight loss studies profiling body fat and lean body composition have shown that lean body mass lost during a weight-loss diet was restored by continuing to supplement chromium in the diet's maintenance phase. Suboptimal intakes of chromium, and increased losses of it due to high refined carbohydrate diets, are widespread in Western societies. A diet high in starch and sugar puts a heavy demand on the insulin system to handle the incoming carbohydrate load. That high insulin demand depletes chromium from the body.

## **Boron: Little-Known Trace Mineral of High Importance to Health**

Boron is involved in the metabolic functions of many key nutrients, including calcium, copper, mag-

nesium, phosphorus, potassium and vitamin D. Boron exerts much of its influence by playing an integrative role in the areas of bone metabolism, joint health, mental acuity and proper functioning of hormones.<sup>◇</sup>

Dried fruits and nuts are the richest dietary sources of boron, but their content depends on the amount of boron in the soil where they were grown. Joint health is substantially better in areas of the world where boron intakes are between 3-10 mg per day than in areas of the world where boron intakes usually are 1.0 mg or less per day. The Men's Gold Formula provides 5 mg of boron in a daily serving. Boron appears to support bone health, as well as joint health.<sup>◇</sup>

## **Folic Acid, Vitamin B12 and Vitamin B6: The "Homocysteine Trio"**

Folic acid, vitamin B12 and vitamin B6 help lower homocysteine levels.<sup>◇</sup>

The Men's Gold Formula provides more than the Daily Value for folic acid, vitamin B12 and vitamin B6.

Folic acid, vitamin B12 and betaine are included in the Bodysmart Solutions Gold Formulas for their role in methylation reactions (essential to maintain healthy DNA), and for the role folic acid plays in maintaining and strengthening healthy chromosomes. Vitamin B6 also supports amino acid metabolism in general. Vitamin B12 and folic acid support healthy DNA synthesis and cell division as well.◊

### **Biotin: Little-Known Member of the B-Vitamin Family**

Every cell of the body contains biotin which supports the health of hair, skin, nerves, sex glands and sebaceous glands. It is essential for carbohydrate metabolism and the synthesis of fatty acids.◊

### **Protection from Oxidative Stress: Supporting Healthy Mental Focus**

Nicotinamide, folic acid, ascorbic acid (vitamin C), beta-carotene, vitamin A and vitamin E are major protectors against oxidative stress. Studies indicate that, by maintaining diets high in such antioxidants, individuals can protect their brain cells against free radical attack, thus helping to retain mental focus, sharpness and acuity as they age.◊

The Bodysmart Solutions Gold Formulas contain high levels of antioxidant vitamins. Some scientific evidence suggests consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

### **Powerful Phytonutrients From Green Tea and Weight Management**

Green tea has been used in traditional Chinese medicine for thousands of years. Green tea extract is rich in polyphenols (epigallocatechin

gallate, or EGCG being the most important of these), as well as caffeine, and may be useful in supporting a weight-loss program by increasing energy expenditure.◊ A clinical study of healthy young men who routinely took two green tea capsules (containing 50 mg of caffeine and 90 mg of EGCG) three times a day showed a significantly greater oxidation of fat and energy expenditure compared to those who took the same amount of caffeine alone or a placebo. The Bodysmart Solutions Men's Gold Formula supplies 75 mg of green tea polyphenols per serving, within 187 mg of the highest quality water extract of green tea. The companion Bodysmart Solutions EnerXan® tablets, supply an additional 200 mg of green tea polyphenols per serving, along with 94 mg of caffeine as part of natural extracts of green tea, guarana, yerba mate, and cocoa beans.

### **Phosphatidylserine: Supports Healthy Brain Function as we Age◊**

Very limited and preliminary scientific research suggests that phosphatidylserine may reduce the risk of dementia in the elderly. The FDA concludes there is little scientific evidence supporting this claim. However, it does specify that the soy-derived phosphatidylserine used must be of very high purity, and Lifeplus uses the purest that is commercially available.

### **Alpha Lipoic Acid: Premier Protection from Oxidative Stress in all Body Tissues◊**

Alpha-lipoic Acid (ALA) is the most effective nutritional antioxidant in bolstering cellular and tissue levels of glutathione, a master physiological antioxidant that orchestrates the biological interaction of many other antioxidants.◊

ALA supports liver and brain health.◊ Animal studies led by Dr. Bruce Ames at the University of California, Berkeley, suggest that, in combination with L-carnitine, ALA can support youthful memory function in aged animals. Alpha-

lipoic acid is unique amongst antioxidants because it is equally soluble in water and fat, and is able to move freely throughout the body's tissues, neutralizing free radicals that cause oxidative stress.

### **Increased Energy with L-carnitine◊**

L-carnitine is an amino acid-derived compound necessary for transport of fatty acids as fuel into mitochondria, the "furnaces" of the cell. L-carnitine's central role in muscle function and fat metabolism has drawn the attention of clinicians and researchers to clinical applications related to these roles. L-carnitine also helps support healthy immune function as we get older.◊

### **Healthy Prostate◊**

Pumpkin seed oil is a rich source of zinc, fatty acids, and plant sterols, and has a long history of traditional use to maintain urinary tract and prostate health. Pumpkin seed is also a particularly rich source of beta-sitosterol, which is found in almost all plants. Several double-blind placebo controlled studies have documented the ability of beta-sitosterol to support prostate health.◊

Lycopene, the red colored carotenoid found in tomatoes, watermelon and guava, has also been strongly implicated in supporting prostate health, and so is included in this comprehensive formulation.

### **Lutein for Healthy Vision◊**

Lutein is a specific carotenoid recently highlighted in eye research and found to be particularly important to eye health as we get older.◊ Lutein is the only carotenoid found both in the lens of the eye and in the macula, the most sensitive and dense nerve network of the retina. Many diets are lacking in lutein which is most abundant in spinach, kale, collard greens, romaine lettuce, peas, egg yolks and leeks.

Lutein is highly concentrated in

the macula of healthy retinas and appears to neutralize free radicals generated when ultraviolet light strikes the retina.

### **Policosanol/Octacosanol: Cholesterol and Circulation**

This mixture of long chain lipid alcohols is present in a variety of plants, but is most often commercially derived from the waxy coating of sugar cane stalks (*Saccharum officinarum* L.) from which the sugar has been extracted. Making up approximately 80% of these long chain lipid alcohols in policosanol is the 28 carbon alcohol known as Octacosanol. A great deal of clinical trial evidence suggests that policosanol/ octocosanol supports heart health in a variety of ways, including potent antioxidant activity, and maintaining cholesterol levels already in the normal range.<sup>o</sup>

### **General:**

Some diets may not include sufficient amounts of one or more nutrients for a variety of reasons. Special diets such as weight-loss, pure vegetarian and macrobiotic, as well as several others, can be lacking in certain nutrients. The "typical Western diet" often provides less than optimal amounts of several essential vitamins and minerals. This can be illustrated by the fact that recent nutrition surveys in the United States and Europe have found that large numbers of people do not consume sufficient amounts of minerals such as calcium, magnesium, zinc, copper, chromium and manganese.

Studies have also found that many older people living in their own homes, often need additional nutrients in their diets, including vitamins A and E, calcium and

zinc, and sometimes vitamins D, B1 and B2.

### **Additional Support for Foods in a Diet that may Lack in Nutrients**

By taking the Bodysmart Solutions Men's Gold Formula in conjunction with your Bodysmart Solutions Triple Protein Shakes, you can be assured that, not only are you receiving all the nutrients classified as "essential," but also a spectrum of nutrition that goes far beyond that. No supplement can replace healthy eating habits. But many people who need certain nutrients at higher levels during specific situations and stages of their life, such as those on calorie-restricted diets, as well as older people, may not be getting adequate amounts from today's diets. Be Bodysmart, and be sure!

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#### **REFERENCES:**

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5. Liu J, Head E, Gharib AM, et al. Memory loss in old rats is associated with brain mitochondrial decay and RNA/DNA oxidation: partial reversal by feeding acetyl-L-carnitine and/or R-alpha -lipoic acid. *Proc Natl Acad Sci U S A* 2002 Feb 19; 99(4): 2356-61.
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7. Gindin J, Nouikov D, Kedar A, et al. The effect of plant phosphatidylserine on age-associated memory impairment and mood in the functional elderly. Paper from: The Geriatric Institute for Education and Research, Dept. of Geriatrics; Oct. 1995; Revohat, Israel.

**Supplement Facts**  
**Serving Size / 2 Tablets**  
**Servings Per Container / 30**

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Vitamin A	800 mcg RAE	89%	Iodine	100 mcg	67%
Retinyl Acetate	750 mcg RAE	83%	Zinc	15 mg	136%
Beta-Carotene	50 mcg RAE	6%	Selenium	120 mcg	218%
Vitamin C	300 mg	333%	Copper	1 mg	111%
Vitamin D	10 mcg	50%	Manganese	2 mg	87%
Vitamin E	41 mcg	273%	Chromium	100 mcg	286%
Vitamin K	65 mcg	54%	Molybdenum	180 mcg	400%
Thiamin HCl (Vitamin B1)	4 mg	333%	Boron	5 mg	*
Riboflavin (Vitamin B2)	5 mg	385%	Green Tea Leaf Extract	187 mg	*
Niacin	54 mg	338%	Lutein	2 mg	*
Vitamin B6	6 mg	353%	Pumpkin Seed Extract	40 mg	*
Folate (600 mcg Folic Acid)	1000 mcg DFE	250%	Alpha Lipoic Acid	50 mg	*
Vitamin B12	12 mcg	500%	L-Carnitine	75 mg	*
D-Biotin	450 mcg	1500%	Policosanol	14 mg	*
Pantothenic Acid	20 mg	400%	Phosphatidylserines	15 mg	*
Calcium	72 mg	6%	*Daily Value not established.		
Phosphorus	36 mg	3%			

INGREDIENTS: Vitamin C (L-Ascorbic Acid), Dicalcium Phosphate, Green Tea Leaf Extract (40% Polyphenols), Microcrystalline Cellulose, L-Carnitine L-Tartrate, Niacin (Nicotinamide), Vitamin E (D-Alpha-Tocopheryl Acid Succinate (Soy)), Alpha Lipoic Acid, Sodium Borate Decahydrate, Zinc Sulfate, Lutein Extract, Lycopene Extract, Pumpkin Seed Extract, Croscarmellose Sodium, Soy Phospholipid Complex, Stearic Acid, Calcium D-Pantothenate, Policosanol, Magnesium Stearate, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Manganese Sulfate, Vitamin B6 (Pyridoxine HCl), Vitamin A (Retinyl Acetate), Riboflavin (Vitamin B2), Thiamin HCl (Vitamin B1), Silica, Cupric Sulfate, Vitamin A (Beta-Carotene), Chromium Picolinate, Folic Acid, Sodium Molybdate, D-Biotin, Vitamin K1 (Phytomenadione), Sodium Selenite, Potassium Iodide, Vitamin B12 (Cyanocobalamin), and Vitamin D3 (Cholecalciferol).

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CAUTION: Contains 750 mcg RAE of preformed Vitamin A. Women trying to conceive or those pregnant should not consume more than 3,000 mcg RAE of preformed Vitamin A per day from both supplements and the diet together. Keep out of reach of children. As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Allergy Information: This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

Not tested on animals.

Suitable for Vegetarians.

**DIRECTIONS:** Two tablets a day.

⚠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.

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