

# BODYSMART SOLUTIONS

## WOMEN'S GOLD FORMULA

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



The Bodysmart Solutions Gold Formula is specially formulated for women 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 your age, 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 vitamins, microminerals and other important nutrients and botanicals in the Women'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>

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.

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

Boron is involved in the metabolic functions of many key nutrients, including calcium, copper, magnesium, 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> The Bodysmart Solutions Women'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 B-12 and Vitamin B-6: The "Homocysteine Trio"**

Folic acid, vitamin B-12 and vitamin B-6 help lower homocysteine levels.<sup>◇</sup> The Women's Gold Formula provides more than the Daily Value for folic acid, vitamin B-12 and vitamin B-6.

### **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.<sup>◇</sup>

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

Nicotinamide, folic acid, ascorbic acid (vitamin C), beta-carotene, vitamin A, vitamin D and vitamin E are major protectors against oxidative stress. Studies indicate that, by maintaining diets high in

<sup>◇</sup>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.

such antioxidants, individuals can protect their brain cells against free radical attack, thus helping to retain mental focus, sharpness and acuity as they get older.◊

The Bodysmart Solutions Women's Gold Formula contains 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 Women'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.

### **Iron is a complex issue**

Blood loss in the monthly menstrual flow leads to increased need for iron in a woman's diet, as compared to men, yet very few women over 60 have ongoing menstrual blood loss,

and hence a much lower need for this mineral. Iron is a nutrient that is essential, and yet one that can lead to increased oxidative stress (free radical production) if supplemented when it isn't needed. Women who do have regular menstrual periods, however, have increased dietary need for iron, with an average requirement of 18 mg per day. For middle aged women who are not having abnormally heavy or frequent menstrual flows, iron requirements generally decrease as they get older. By the age of 60, they are the same as for men.

The Women's Gold Formula supplies 2.5 mg of iron, and the Bodysmart Solutions Triple Protein Shakes provide several milligrams of iron daily, which, in the absence of blood loss, is enough to replace the small daily losses of iron in men and older women. Most diets, especially if they contain animal protein, also contribute some dietary iron.

Women of any age who have menstrual flows more often than once a month, or who have heavy or prolonged flow, should consult a physician for laboratory testing to determine their iron status and whether or not they might need therapeutic levels of iron supplementation.

### **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◊**

ALA supports liver and brain health.◊ Animal studies led by Dr. Bruce Ames at the University of California,

Berkeley, suggest, in combination with L-carnitine, ALA can support youthful memory function in aged animals. Alpha-lipoic acid is unique among antioxidants because it is equally soluble in water and fat, and it is able to move freely throughout the body's tissues, neutralizing the 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.◊

### **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 in the lens of the eye and in the macula, the most sensitive and dense nerve network of the retina.

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/octacosanol sup-

ports heart health in a variety of ways, including potent antioxidant activity and maintaining cholesterol levels already in the normal range.<sup>◊</sup>

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

Studies indicate that premenopausal women often need additional calcium, magnesium, vitamin A and vitamin C in their diets as well. With the combination of the Gold Formula for women and the Bodysmart Solutions Triple Protein Shakes, your

diet will contain a significant amount of the Daily Value for these important nutrients. Studies have also found 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.

By taking the Bodysmart Solutions Women'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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## Supplement Facts

Serving Size / 2 Tablets

Servings Per Container / 30

Amount Per Serving		% Daily Value		Amount Per Serving		% Daily Value	
Vitamin A (Retinyl Acetate 750 mcg, Beta Carotene 50 mcg)		800 mcg RAE	89%	Iodine	100 mcg	67%	
Vitamin C (Ascorbic Acid)		300 mg	333%	Zinc	15 mg	136%	
Vitamin D		10 mcg	50%	Selenium	67 mcg	122%	
Vitamin E		33 mg $\alpha$ -TE	220%	Copper	2 mg	222%	
Vitamin K		65 mcg	54%	Manganese	3 mg	130%	
Thiamin (Vitamin B-1)		3 mg	250%	Chromium	100 mcg	286%	
Riboflavin (Vitamin B-2)		4 mg	308%	Molybdenum	120 mcg	267%	
Niacin		90 mg NE	563%	Boron	5 mg	*	
Vitamin B-6		9 mg	529%	Green Tea Leaf Extract	187 mg	*	
Folate		1500 mcg DFE	375%	Lutein	2 mg	*	
Vitamin B-12		12 mcg	500%	Alpha Lipoic Acid	50 mg	*	
Biotin		600 mcg	2000%	L-Carnitine	75 mg	*	
Pantothenic Acid		45 mg	900%	Policosanols	14 mg	*	
Calcium		72 mg	6%	Phosphatidylserines	15 mg	*	
Iron		2.5 mg	14%	Isoflavones	50 mg	*	
Phosphorus		36 mg	3%	*Daily Value not established.			

INGREDIENTS: Vitamin C (L-Ascorbic Acid), Green Tea Leaf Extract (40% Polyphenols), Microcrystalline Cellulose, Dicalcium Phosphate, Soy Isoflavones Extract, L-Carnitine L-Tartrate, Niacin (Nicotinamide), Vitamin E (D-Alpha-Tocopheryl Acid Succinate; from Soy), Alpha Lipoic Acid, Calcium D-Pantothenate, Sodium Borate Decahydrate, Croscarmellose Sodium, Zinc Sulfate, Lutein Extract, Stearic Acid, Ferrous Gluconate, Soy Phospholipid Complex, Policosanols, Vitamin B-6 (Pyridoxine HCl), 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 A (Retinyl Acetate), Cupric Sulphate, Riboflavin (Vitamin B-2), Silica, Thiamin HCl (Vitamin B-1), Beta-Carotene, Calcium L-Methylfolate, Chromium Picolinate, Biotin, Sodium Molybdate, Sodium Selenite, Potassium Iodide, Vitamin K-1 (Phytomenadione), Vitamin B-12 (Cyanocobalamin), and Vitamin D-3 (Cholecalciferol).

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As with all supplements, 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.

Contains 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.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

This product contains soy-derived phosphatidylserines, isoflavones, and vitamin E, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

**DIRECTIONS:** Two tablets a day.

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