

RENEWAL ANTIOXIDANTS™



The Most
Comprehensive
Antioxidant
Formula Available

The average American's life expectancy has risen dramatically over the last 100 years. Ideally those extra years will be quality ones. High levels of stress and exposure to environmental and dietary toxins can deplete our antioxidant stores, leaving us more susceptible to chronic health challenges. When we are young and healthy the body unleashes its own antioxidants, but as we age this internal antioxidant producing system declines and the body needs help.

Free radicals cause oxidative stress, which is a major cause of accelerated aging. Source Naturals presents the science of RENEWAL ANTIOXIDANTS. This Bio-Aligned Formula™ is a significant advancement over other products currently available. No other formula provides the broad range of high potency, established and newly discovered water and fat-soluble antioxidants that RENEWAL ANTIOXIDANTS delivers.



Strategies for Wellness™

Bio-Aligned Antioxidant Support

RENEWAL ANTIOXIDANTS™ supports multiple body systems with a balanced spectrum of plantioxidants™ (botanical extracts with unparalleled ability to combat free radicals), vitamins and specialty nutrients that have powerful antioxidant properties. Research suggests dietary antioxidants help balance and modulate free radical activity and help maintain structure and function of important components of cells such as lipids, proteins, and DNA.

Oxygen is required by your cells to generate energy, but it also contributes to oxidative stress or free radical damage, which is one of the primary causes of age-related damage to cells and tissues. Free radicals are unpaired electrons that can damage cells and compromise the function of tissues and organs. Antioxidants make free radicals stable by providing them with an additional electron. Unfortunately, now the antioxidant is missing an electron so, ironically, it becomes a free radical, which requires another antioxidant to donate an electron. Because this process starts a cascade of free radicals, scientists strongly recommend a broad range of lipid and water soluble antioxidants to minimize this negative effect. No other antioxidant formula follows the science better than RENEWAL ANTIOXIDANTS to defend against the widest spectrum of destructive free radicals, including peroxy, hydroxyl, and superoxide radicals, and singlet oxygen.

Healthy Heart

Antioxidants neutralize destructive free radicals and support cardiovascular health by halting the oxidation of cholesterol. Cholesterol is only harmful to us if it becomes oxidized. Oxidized cholesterol is an unstable molecule that damages arteries.

RENEWAL ANTIOXIDANTS contains heart-healthy antioxidants including gamma E and tocotrienols, which are major lipid-soluble antioxidants that help maintain the integrity of cell membranes by preventing lipid oxidation. The formula includes

hawthorn berry and grape seed, CoQ10, lycopene and other powerful antioxidants for heart support.

Nourishing the Brain

Antioxidants are critical for brain and nerve tissue because the brain is mostly composed of fats, which are very sensitive to free radical damage. Research has shown that stress can directly set in motion mechanisms that promote aging, which affects brain and nerve tissue. Ginkgo has been shown to increase memory performance and learning capacity as well as improve blood flow. It is also a free radical scavenger.

RENEWAL ANTIOXIDANTS also contains DMAE, bilberry, CoQ10, grape seed, lipoic acid, vitamin B-2 and lutein for broad spectrum support.

Liver Support

Powerful antioxidants help minimize stress damage to liver cells and tissues, thereby supporting detoxification. N-acetyl cysteine is a powerful antioxidant. It is also a precursor to glutathione, a critical antioxidant and detoxifying substance produced in the liver. Silymarin is known for supporting the regeneration of the liver. Since the liver is prone to fat incursion, which makes it vulnerable to oxidative damage, the following fat soluble antioxidants provide critical protection: CoQ10, lipoic acid, ascorbyl palmitate, and gamma E.

Immune Defense

The immune system is unlike other body systems in that it is not a group of physical structures but a system of complex interactions involving many different organs. White blood cells generate enormous amounts of destructive free radicals in order to kill invading organisms. Vitamin C, a free radical scavenger, is concentrated in these white blood cells at a much higher level than in surrounding fluid. This extends their life and effectiveness by providing them with a built in defense mechanism against their

own free radicals. RENEWAL ANTIOXIDANTS provides water and fat-soluble vitamin C (ascorbyl palmitate and ascorbic acid) along with vitamin A, beta carotene, CoQ10, lipoic acid, quercetin, selenium, gamma vitamin E, tocotrienols, zinc and turmeric, for added immune defense.

Skin & Connective Tissue

Skin is rich in lipids, proteins, and DNA, which are extremely sensitive to oxidation. Age-related changes due to oxidation, loss of elastic fibers and thickening of collagen fibers, cause skin to become fragile and less supple. A broad array of antioxidants protects skin and helps maintain its structure and tone. These include beta carotene, vitamin C, vitamin E, grape seed, zinc, amla (*Phyllanthus emblica*), quercetin, DMAE, manganese and myricetin. Amla is a very effective herbal tonic. It is rich in polyphenols and vitamin C.

Clear Vision

Eye tissue is particularly prone to the effect of free radicals. Vision involves light being focused through the lens onto the retina. The macula, or center of the retina, receives the most light. However, sunlight is a powerful free radical generator. Lutein, a potent, fat-soluble antioxidant concentrated in the macula, helps maintain the integrity of the macula and the blood vessels that supply the macular region. The eye also has aqueous tissue that is better protected by water-soluble antioxidants, such as bilberry and grape seed. RENEWAL ANTIOXIDANTS provides these ingredients, along with lycopene, zeaxanthin, lipoic acid, vitamin A, beta carotene and ascorbyl palmitate to support healthy eyes.

Energy Generation

Mitochondria, the tiny energy factories within the cells, are the major source of free radicals produced by our own bodies. These components of cells produce ATP (the energy molecule) and provide energy for all cellular activity; therefore, antioxidants are crucial to keep the levels of oxidants they pro-

duce in check. RENEWAL ANTIOXIDANTS provides the antioxidant power of green tea, lipoic acid, zinc, vitamin B-2, CoQ10 and Mega H-, a source of electron rich hydrogen ions. Coenzyme Q10 is fat-soluble and its primary functions include activity as an antioxidant and as a cofactor in many metabolic pathways, particularly in the production of ATP in oxidative respiration.

DNA Protection

DNA, the blueprint for all molecules in the body, can be altered or damaged by oxidation. Protecting DNA is important for optimal health of all cells and tissues. According to *in-vitro* research, certain compounds, such as curcumin (from turmeric) and quercetin, can directly protect against strand-breakage and base oxidation. RENEWAL ANTIOXIDANTS contains these ingredients along with rosemary, pomegranate, raspberry, blueberry leaf, and carnosine. In *in-vitro* studies, L-carnosine reduced glycation, a process in which DNA and protein are damaged by glucose.

Living Longer, Living Better Strategies for Wellness

- **Eat Well:** Include plenty of fresh fruits and vegetables. Antioxidants in foods exist as vitamins C and E, beta-carotene, selenium and as flavonoids (tea), lycopene (tomatoes) and anthocyanins (berries). The highest concentrations of antioxidants are found in deeply colored fruits and vegetables such as dark leafy greens, artichokes, blueberries, cranberries, plums, blackberries and cherries. Spicing up food with cinnamon, turmeric, cloves and oregano can also boost antioxidant power.
- **Stay Active:** Exercise benefits the heart, helps regulate weight and slows the aging process by increasing the amount of oxygen available to body tissues.
- **Reduce Stress:** Deep breathing improves your blood's oxygenation and circulation.
- **Stop Smoking:** Smoking depletes the body of vitamins C and E along with other antioxidants.

Wellness Revolution

Taking personal responsibility for your health and exploring safe alternatives to support prevention is the basis for the wellness revolution. Your health food outlet is leading the way with education and quality products to help you take control of your well-being. Source Naturals is pleased to partner with these outlets to bring you the cutting edge nutritional science of RENEWAL ANTIOXIDANTS. Antioxidant protection is a fundamental part of the holistic healing system. Make this profound formula the cornerstone of your anti-aging program today.

References

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Borgstrom, L. Pharmacokinetics of N-acetylcysteine in *Man. Eur J Clin Pharmacol* (1986) 31:217-222.

Hipkiss, A.R., et al. Carnosine, a protective, anti-aging peptide? *Int J Biochem & Cell Biol.* 30, May 1998, 863-868.

RENEWAL ANTIOXIDANTS™ is a Bio-Aligned Formula™ Multi-System Antioxidant Support

Heart and Blood Vessels	Resveratrol, Gamma E, Tocotrienols, Vit C, Hawthorn Berry, Grapeseed, Myricetin, CoQ10, Ginkgo, Beta & Alpha Carotene, Zeaxanthin, Lycopene, Lutein, Astaxanthin, Lipoic acid, Green Tea, Bilberry, Ginger, Turmeric, Blueberry Leaf
Brain and Nervous System	DMAE, Ginkgo, Carnosine, Bilberry, CoQ10, Grapeseed, Lipoic Acid, Vit B-2, Lutein
Liver	Lipoic Acid, N-Acetyl Cysteine, Vit A, B-2, and C, Beta Carotene, Silymarin, CoQ10, Selenium, Zinc, Gamma E, Tocotrienols, Turmeric, Ginger Glutathione, Wheat Sprouts
Immune System	Vit A & C, Beta Carotene, CoQ10, Lipoic Acid, Quercetin, Selenium, Gamma E, Tocotrienols, Zinc, Turmeric
Skin & Connective Tissue	Beta Carotene, Vit B-2, C & E, Grapeseed, Lutein, Lycopene, Zeaxanthin, Zinc, Amla, Quercetin, Manganese, DMAE
Eyes and Vision	Lutein, Beta Carotene, Vit A & C, Bilberry, Lycopene, Zeaxanthin, Lipoic Acid, Quercetin, Gamma E, N-Acetyl Cysteine, Selenium, Zinc
Energy Production and Metabolism	Green Tea, Ginger, Mega H-, Ginkgo, CoQ10, Lipoic Acid, Zinc, Vit B-2, Carnosine
DNA Protection	Turmeric, Quercetin, Rosemary, Grapeseed, Resveratrol, Lycopene, Lutein, Tocotrienols, GliSODin®, Carnosine, Zinc, Manganese, Amla, Pomegranate, Raspberry leaf, Blueberry leaf



Strategies for Wellnesssm

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