

ageLOC® Y-SPAN



POSITIONING STATEMENT

Introducing ageLOC® Y-Span®, a revolutionary supplement that helps revitalise your ageing defence mechanisms. Nu Skin®'s most advanced anti-ageing supplement ever, ageLOC® Y-Span® is designed to promote your youth span—the years you can enjoy life being more active, energetic, and healthy.

ageLOC® Y-Span®—The power to defy your age.

CONCEPT

The human body is a miracle. It naturally learns, evolves, and repairs itself. In fact, it is designed to live young.

We are all born with internal ageing defence mechanisms designed to resist the effects of ageing. But over time, external and internal influences can disrupt natural youthful activity of these ageing defence mechanisms and accelerate ageing effects in the body.

No one wants to look or feel old. Even as we age, we all want our bodies and minds to continue feeling youthful and healthy. The key is to give the body what it needs so it can continue to do what it is designed to do—live young.

At Nu Skin®, we have a unique understanding of how gene expression affects our ageing defence mechanisms. This enables us to create products that target the sources of ageing. ageLOC® Y-Span® promotes the optimal expression of key groups of genes and delivers enhanced nutritional benefits. It supports healthy ageing defence mechanisms by helping to reduce free radical damage to body cells.

The power is in ageLOC® Y-Span®'s innovative ingredient blend that provides nutrients not readily available even from a healthy diet. We carefully selected ingredients for their unique health benefits and ability to positively impact gene expression. The result: an innovative formula that strengthens and

supports our ageing defence mechanisms.

ageLOC® Y-Span® gives you the power to defy your age.

AGEING INSIGHTS

- The ageing population is increasing and younger people want to avoid early signs of ageing.¹
- 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.²
- Today’s grandparents don’t feel like they look or act like the grandparents of a generation ago.²
- Many seniors are delaying retirement to help them stay active and maintain their current lifestyles.³
- 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.⁴
- Many parents are having children later in life and worry about maintaining their health and energy levels.⁵

1 “Ageing Population and Advanced Product Offerings Drive the Global Anti-Ageing Products Market,” Prweb, 2014

2 “Don’t Call Me Grandma,” Mintel, May 2011

3 “Age of Adventure,” Mintel, October 2010

4 “Spotlight On Gen Y—Findings from Healthy World Report,” Televox, 2013

5 “The Ideal Age to Have a Baby,” Psychology Today, June 2012.

WHAT MAKES THE PRODUCT UNIQUE?

- Our most advanced anti-ageing supplement ever, ageLOC® Y-Span® targets our innate ability to resist ageing at its source.
- Contains a unique blend of nutrients that is not readily available from even a healthy diet.
- Built on more than three decades of scientific knowledge.
- Created with our scientific understanding of the expression of key groups of genes related to the ageing process, as well as antioxidant and nutritional science.
- Positively modulates gene expression to support healthy ageing defence mechanisms.

ageLOC® Y-SPAN

- Influences multiple ageing defence mechanisms to provide broad-spectrum nutritional benefits.
- It is SCS certified. Measure the antioxidant difference ageLOC® Y-Span® is making in your body.

PRIMARY BENEFITS

1. Our most advanced anti-ageing supplement ever, ageLOC® Y-Span® targets our innate ability to resist ageing at its source.
2. ageLOC® Y-Span® positively modulates gene expression with a unique blend of nutrients that are not readily available from even a healthy diet.
3. ageLOC® Y-Span® influences multiple ageing defence mechanisms to provide broad-spectrum nutritional benefits and to promote:
 - Cellular Health:**
 - Helps to reduce free radical damage to body cells.
 - Brain Health:**
 - Helps to support memory recall & mental concentration in ageing individuals.
 - Heart Health:**
 - Helps in the maintenance of healthy blood lipids.
 - Helps to maintain cardiovascular system health.
 - Bone Health:**
 - Supports bone health, mass, and strength.
 - Eye Health:**
 - Supports eye health, healthy eye function, & healthy eyesight.
 - Physical Performance:**
 - Helps to support muscle performance in post-menopausal women & older females.
 - Immune Health:**
 - Supports immune system health & healthy immune system function.

WHO SHOULD USE THIS PRODUCT?

Men and women 18 and over who want to maintain their youth and live a healthier, more youthful life.

COMPLEMENTARY PRODUCTS

ageLOC® R2—helps you renew and recharge with two powerful formulas. ageLOC® R2 Night supports the body's ability to neutralise and remove cellular waste and toxic byproducts, and ageLOC® R2 Day helps improve physical endurance, stamina and resistance to fatigue.

Pharmanex® Solutions—provide targeted benefits to complement the anti-ageing benefits of ageLOC® Y-Span®. Please read all information and warning labels when combining supplements and consult your physician if you have any

questions or concerns about your supplementation regimen. g3®—this gâc superfruit juice is validated by science to support cellular rejuvenation and immune health. Deliciously sweet, yet slightly tart, g3® provides powerful antioxidant protection while supporting healthy immune function.

FREQUENTLY ASKED QUESTIONS

What are ageing defence mechanisms?

Ageing defence mechanisms are the body's way of fighting off and maintaining resistance to ageing aggressors. As we age, changes in gene expression cause the body's ageing defence mechanisms to decline in function, performance, and ability. ageLOC® Y-Span® maintains and supports the activity of ageing defence mechanisms by positively modulating gene expression, helping us to live youthfully.

What is contained in the ageLOC® Y-Span® ingredient blend that is hard to find in a regular diet?

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

What is different about the ageLOC® Y-Span® capsules?

ageLOC® Y-Span® takes advantage of a unique technology, called Licap®, that allows delivery of both liquids and solids together in a hard shell capsule. Delivering ageLOC® Y-Span® through this technology improves the bioavailability of fat-soluble ingredients, which helps ensure the delivery of anti-ageing benefits.

How is ageLOC® Y-Span® different from LifePak®?

ageLOC® Y-Span® and LifePak® were designed in different ways, with different science. We designed LifePak® with the best nutritional and antioxidant science. We formulated ageLOC® Y-Span® using all three anti-ageing sciences: our proprietary gene expression science combined with key antioxidant and nutritional elements for the most advanced anti-ageing product possible.

If I can only take one product, should I take ageLOC® Y-Span® or LifePak®?

For advanced anti-ageing effects, you should take ageLOC® Y-Span®. The ageLOC® Y-Span® formula is based on our most advanced scientific knowledge and understanding.

ageLOC® Y-SPAN

Can I take ageLOC® Y-Span® with ageLOC® R2?

Yes, you can take ageLOC® Y-Span® and ageLOC® R2 together. Gene expression science guided the development of both products. We formulated ageLOC R2 to provide targeted benefits, specifically cellular energy and cellular purification. We formulated ageLOC® Y-Span® to provide foundational, comprehensive youth preservation benefits by supporting key ageing defense mechanisms, in order to provide broad-spectrum health and wellness benefits.

Can I take ageLOC® Y-Span® with other Pharmanex® products?

Yes, ageLOC® Y-Span®'s gene expression science and ability to remind our bodies how to be young complement our many other supplements. ageLOC® Y-Span® targets the sources of ageing by influencing gene expression that impacts your ageing defence mechanisms. It does this with a unique ingredient blend not easily found even in a healthy diet. These unique ingredients and their ability to positively modulate gene expression make ageLOC® Y-Span® an excellent core product and a powerful companion to your daily supplement regimen. Please consult your physician if you have any questions about your supplementation regimen. ageLOC® Y-Span® also contains the impressive ageing defence properties provided by omega-3 fatty acids from fish oil.

Will ageLOC® Y-Span® increase my skin carotenoid score?

Yes, in fact, ageLOC® Y-Span® is SCS certified to increase your scanner score.

What is the scientific substantiation for ageLOC® Y-Span®?

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

DIRECTIONS FOR USE

Take two soft gels twice daily with morning and evening meals.

KEY SCIENTIFIC STUDIES

1. Garg, A., S. Garg, L. J. Zaneveld and A. K. Singla (2001). "Chemistry and pharmacology of the Citrus bioflavonoid hesperidin." *Phytother Res* 15(8): 655-669.
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3. Morrow, D. M., P. E. Fitzsimmons, M. Chopra and H. McGlynn (2001). "Dietary supplementation with the anti-tumour promoter

quercetin: its effects on matrix metalloproteinase gene regulation." *Mutat Res* 480- 481: 269-276.

4. Devaraj, S., S. Mathur, A. Basu, H. H. Aung, V. T. Vasu, S. Meyers and I. Jialal (2008). "A dose-response study on the effects of purified lycopene supplementation on biomarkers of oxidative stress." *J Am Coll Nutr* 27(2): 267-273.
5. Yoon, W. J., N. H. Lee and C. G. Hyun (2010). "Limonene suppresses lipopolysaccharide-induced production of nitric oxide, prostaglandin E2, and proinflammatory cytokines in RAW 264.7 macrophages." *J Oleo Sci* 59(8): 415-421.
6. Lean, M. Punab, A. J. Silman, D. Vanderschueren, F. C. Wu and E. s. group (2009). "Association between 25-hydroxyvitamin D levels and cognitive performance in middle-aged and older European men." *J Neurol Neurosurg Psychiatry* 80(7): 722-729.
7. Zhu, H., D. Guo, K. Li, J. Pedersen-White, I. S. Stallmann-Jorgensen, Y. Huang, S. Parikh, K. Liu and Y. Dong (2012). "Increased telomerase activity and vitamin D supplementation in overweight African Americans." *Int J Obes (Lond)* 36(6): 805-809.
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9. 1. Villalba, I. Tunez, F. Perez-Jimenez and J. Lopez-Miranda (2013). "Postprandial antioxidant gene expression is modified by Mediterranean diet supplemented with coenzyme Q(10) in elderly men and women." *Age (Dord)* 35(1): 159-170.
10. Li, J., M. K. Kang, J. K. Kim, J. L. Kim, S. W. Kang, S. S. Lim and Y. H. Kang (2012). "Purple corn anthocyanins retard diabetes-associated glomerulosclerosis in mesangial cells and db/db mice." *Eur J Nutr* 51(8): 961-973.
11. Tsuda, T., F. Horio, K. Uchida, H. Aoki and T. Osawa (2003). "Dietary cyanidin 3-O-beta-D-glucoside-rich purple corn color prevents obesity and ameliorates hyperglycemia in mice." *J Nutr* 133(7): 2125-2130.
12. Stoll, S., H. Hartmann, S. A. Cohen and W. E. Muller (1993). "The potent free radical scavenger alpha-lipoic acid improves memory in aged mice: putative relationship to NMDA receptor deficits." *Pharmacol Biochem Behav* 46(4): 799-805.
13. Liu, J. (2008). "The effects and mechanisms of mitochondrial nutrient alpha-lipoic acid on improving age-associated mitochondrial and cognitive dysfunction: an overview." *Neurochem Res* 33(1): 194- 203.
14. Errero-Barbudo, C., B. Soldevilla, B. Perez-Sacristan, I. Blanco-Navarro, M. Herrera, F. Granada-Lorencio and G. Dominguez (2013). "Modulation of DNA Induced Damage and Repair Capacity in Humans after Dietary Intervention with Lutein-Enriched Fermented Milk." *PLoS One* 8(9): e74135.

SUPPLEMENT FACTS

Supplement Facts

Service size 2 Soft Gels	Servings Per Container 60	
Each capsule contains:		% RDI
Vitamin D ₃	250 IU	63%
Vitamin K ₂	10 mcg	*
Concentrated Omega-3 Triglycerides – Fish:	527.5 mg	*
EPA	150 mg	*
DHA	100 mg	*
Citrus Bioflavonoids extract	76.95 mg	*
R,S-Alpha-Lipoic Acid	25 mg	*
Quercetin	18.75 mg	*
Orange Oil (<i>Citrus sinensis</i>)	13.16 mg	*
Ubidecarenone (CoQ ₁₀)	7.5 mg	*
Rosemary Oil (<i>Rosemarinus officinalis</i> L.)	2.344 mg	*
Lutein	1 mg	*
Lycopene	1.25 mg	*
Astaxanthin	0.25 mg	*
Extracts Equivalent to:		
<i>Reynoutria japonica</i> dry root	1.2 g	*
<i>Zea mays</i> L. (Purple Corn) dry flower stalk (cob)	1.133 g	*

* Daily Value (DV) not established.

WARNINGS

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult with a physician prior to use. Discontinue use and consult a physician if any adverse reactions occur. Vitamins should not replace a balanced diet. Do not take while on warfarin therapy without medical advice.