This document is an addendum to the Anti-Aging Science Compendium which is available upon request.

Other downloads related primarily to ageLOC R² Day can be found at Nu Skin’s official ageLOC Science webpage at the following link:

1. Nu Skin Nutritional Science Downloads

The following four abstracts also pertain to ageLOC R² Day (note: ageLOC Vitality and ageLOC Recharge are both synonymous for ageLOC R² Day):

1. ageLOC Vitality enhances sexual functions in normal and impotent models
2. ageLOC Vitality improves endurance exercise, exercise glucose metabolism and antioxidant capacity in an aging model
3. An ageLOC Vitality formula improves endurance exercise in aged mice and energy metabolism in muscle mitochondria
4. ageLOC Recharge improves memory and learning ability in memory impairment models

Presently, there are two full-length articles and two posters which discuss the research associated with ageLOC R² Night.

ageLOC R² Night related articles:

1. A Unique Nutritional Formulation to Promote Cellular Protection and Purification via Induction of the Nrf2-mediated ARE/Phase II Detoxification Pathways
   Available for purchase at the link below:
   http://www.medimond.com/proceedings/moreinfo/20111005.htm
   Article by Pharmanex scientist: Angela Mastaloudis

   Abstract may be viewed and full-length article may be purchased at the link below:
   Article by Pharmanex scientists: Angela Mastaloudis and Steve Wood

ageLOC R² Night related poster:

Updated: May 2015
1. A scientific poster which pertains to ageLOC R² Night and was presented at the 2011 Gordon Conference in Ventura California (USA):
   Available as a PDF at the link below:
   **A PCR-based screen to identify natural compounds with the ability to influence Nrf2-mediated transcriptional induction of detoxification / antioxidant genes**

2. A scientific poster which pertains to ageLOC R² Night and was presented at the 16th Society for Free Radical Research International biennial meeting in London (UK):
   Available as a PDF at the link below:
   **A unique blend of natural compounds opposes age-related changes in gene expression related to dysregulation of cellular detoxification and antioxidant protection**

The article available at the link below by Pharmanex scientist Dr. Mark Bartlett provides a general overview of the ageLOC approach used to formulate our ageLOC dietary supplements.

   Article available at the link below:
   **Nutritional and Genetic Strategies for Longevity**

The peer-reviewed article available at the link below was co-authored by LifeGen scientists Rick Weindruch and Tomas Prolla—published in the scientific journal ‘Aging Cell’—and provides a more scientific explanation of the approach described in Dr. Bartlett’s article:

   Full-length article available at the link below:
   **Gene expression profiling of aging in multiple mouse strains: identification of aging biomarkers and impact of dietary antioxidants**