

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
2. Age-related changes in cellular protection, purification, and inflammation-related gene expression: role of dietary phytonutrients. *Ann N Y Acad Sci.* 2012 Jul;1259:112-20.
Abstract may be viewed and full-length article may be purchased at the link below:
<http://onlinelibrary.wiley.com/doi/10.1111/j.1749-6632.2012.06610.x/abstract>
Article by Pharmanex scientists: Angela Mastaloudis and Steve Wood

ageLOC R² Night related poster:

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](#)