



PRODUCT DESCRIPTION

ageLOC Y-Span promotes the youthful expression of key groups of genes that control aging defenses and also delivers enhanced nutritional benefits. It supports healthy aging defense mechanisms and provides the body with powerful, protective anti-aging support to help us age youthfully.*

The power is in ageLOC Y-Span's innovative ingredient blend. 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 aging defense mechanisms in every cell and system of the body.*

ageLOC Y-Span is Nu Skin's most advanced anti-aging supplement ever. It is a revolutionary supplement that helps revitalize your aging defense mechanisms and 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.

PRIMARY BENEFITS

1. Our most advanced anti-aging supplement, ageLOC Y-Span targets our innate ability to resist aging at its source.*
2. ageLOC Y-Span positively modulates gene expression with a unique blend of nutrients that are not readily available.*
3. Promotes youthfulness—supporting the years you can enjoy life being more active, energetic, and healthy.*

4. ageLOC Y-Span influences multiple aging defense mechanisms to provide broad-spectrum wellness benefits and promote:*

- Cellular Health
 - Reinforces the body's protection and repair mechanisms at the cellular level.
 - Helps balance healthy cellular response. Disruption of cellular response can spark a cascade of other aging effects.
 - Positively modulates systemic cytokine responses.
 - Supports DNA damage protection/repair.
 - Provides antioxidant protection.
- Brain Health
 - Supports healthy brain structure and function.
 - Promotes youthful cognition and memory.
 - Promotes sense of wellbeing and healthy mood.
- Heart Health
 - Sustains overall cardiovascular health.
 - Promotes blood vessel integrity/elasticity, essential for healthy blood circulation.
 - Supports normal blood glucose control.
 - Supports healthy blood pressure regulation.
- Metabolic Health
 - Supports healthy lipid metabolism.
 - Supports normal glucose metabolism.
- Skin Health
 - Promotes optimal skin barrier function and protection.
 - Maintains optimal skin health.
- Bone Health
 - Boosts bone health and supports bone structure and integrity.

- Joint Health
 - Supports healthy joints and promotes healthy joint fluidity.
- Eye Health
 - Provides ingredients important for healthy eye composition and protection.
 - Promotes eye health and supports healthy vision.
- Physical Performance
 - Supports/enables optimal physical performance.
- Immune Health
 - Promotes healthy immune function and response.
 - Supports a healthy immune system.

WHAT MAKES THIS PRODUCT UNIQUE?

- Our most advanced anti-aging supplement, ageLOC Y-Span targets our innate ability to resist aging at its source.*
- Contains a unique blend of nutrients that is not readily available.*
- Built on more than three decades of scientific knowledge.*
- Created with our scientific understanding of the expression of key groups of genes related to aging defenses, as well as antioxidant and nutritional science.*
- Blend of ingredients positively modulates gene expression to support healthy aging defense mechanisms.*
- Influences multiple aging defense mechanisms to provide broad-spectrum nutritional and youth preservation benefits.*
- SCS certified. Measure the antioxidant difference ageLOC Y-Span is making in your body.*

WHO SHOULD USE THIS PRODUCT?

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

DIRECTIONS FOR USE

Take two capsules twice daily with morning and evening meals.

COMPLEMENTARY PRODUCTS

ageLOC® R²—helps you renew and recharge with two powerful formulas. ageLOC R² Night optimizes each cell's natural purification process, and ageLOC R² Day optimizes cellular energy production.*

Pharmanex Solutions—provide targeted benefits to complement the anti-aging 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 gac 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.*

LifePak®—is the perfect companion to ageLOC Y-Span because LifePak is our most advanced nutritional product, delivering nutrients that many don't get from their diet. Optimal gene expression requires a good level of nutrition and LifePak provides a comprehensive array of vitamins, minerals, and antioxidants. If your daily diet isn't what it should be, LifePak delivers the essential nutrients your body needs for optimal health.

FREQUENTLY ASKED QUESTIONS

What are aging defense mechanisms?

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

Can I take LifePak with ageLOC Y-Span?

It is recommended to take one of the LifePak Nutritional products with ageLOC Y-Span in order to provide your body with the nutritional building blocks required for optimal health.

Why is the ageLOC Y-Span ingredient blend difficult to obtain?

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-aging ingredients—concentrated extracts standardized for active ingredients—that would be difficult to obtain 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.

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 this product? 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.

KEY SCIENTIFIC STUDIES

Studies to Support Ingredients Present in U.S. Formula

- a. Bouwens, M., O. van de Rest, N. Dellschaft, et al. (2009) Fish-oil supplementation induces antiinflammatory gene expression profiles in human blood mononuclear cells. *The American journal of clinical nutrition* 90, 415–424.
- b. Chopra, M., P.E. Fitzsimons, J.J. Strain, et al. (2000) Nonalcoholic red wine extract and quercetin inhibit LDL oxidation without affecting plasma antioxidant vitamin and carotenoid concentrations. *Clinical chemistry* 46, 1162–1170.
- c. Earnest, C.P., J.S. Kupper, A.M. Thompson, et al. (2012) Complementary effects of multivitamin and omega-3 fatty acid supplementation on indices of cardiovascular health in individuals with elevated homocysteine. *International journal for vitamin and nutrition research Internationale Zeitschrift für Vitamin- und Ernährungsforschung Journal international de vitaminologie et de nutrition* 82, 41–52.
- d. Heinrich, U., C. Gartner, M. Wiebusch, et al. (2003) Supplementation with beta-carotene or a similar amount of mixed carotenoids protects humans from UV-induced erythema. *The Journal of nutrition* 133, 98–101.
- e. Hubbard, G.P., S. Wolfram, R. de Vos, et al. (2006) Ingestion of onion soup high in quercetin inhibits platelet aggregation and essential components of the collagen-stimulated platelet activation pathway in man: a pilot study. *The British journal of nutrition* 96, 482–488.
- f. Kean, R.J., D.J. Lamport, G.F. Dodd, et al. (2015) Chronic consumption of flavanone-rich orange juice is associated with cognitive benefits: an 8-wk, random-ized, double-blind, placebo-controlled trial in healthy older adults. *The American journal of clinical nutrition* 101, 506–514.
- g. Kiecolt-Glaser, J.K., E.S. Epel, M.A. Belury, et al. (2013) Omega-3 fatty acids, oxidative stress, and leukocyte telomere length: A randomized controlled trial. *Brain, behavior, and immunity* 28, 16–24.
- h. Milenkovic, D., C. Deval, C. Dubray, et al. (2011) Hesperidin displays relevant role in the nutrigenomic effect of orange juice on blood leukocytes in human volunteers: a randomized controlled cross-over study. *PloS one* 6, e26669.
- i. Hossein-nezhad, A., A. Spira, M.F. Holick, (2013) Influence of vitamin D status and vitamin D3 supplementation on genome wide expression of white blood cells: a randomized double-blind clinical trial. *PloS one* 8, e58725.
- j. Naharci, I., E. Bozoglu, N. Kocak, et al. (2012) Effect of vitamin D on insulin sensitivity in elderly patients with impaired fasting glucose. *Geriatrics & gerontology international* 12, 454–460.
- k. Hakim IA, Harris RB, Ritenbaugh C (2000) Citrus peel use is associated with reduced risk of squamous cell carcinoma of the skin. *Nutrition and cancer* 37, 161–168.
- k. Pengelly, A., J. Snow, S.Y. Mills, et al. (2012) Short-term study on the effects of rosemary on cognitive function in an elderly population. *Journal of medicinal food* 15, 10–17.
- l. Zhu, H., D. Guo, K. Li, et al. (2012) Increased telomerase activity and vitamin D supplementation in overweight African Americans. *International journal of obesity* 36, 805–809.
- m. Herrero-Barbudo, C., B. Soldevilla, B. Perez-Sacristan, et al. (2013) Modulation of DNA-Induced Damage and Repair Capacity in Humans after Dietary Intervention with Lutein-Enriched Fermented Milk. *PloS one* 8, e74135.
- n. Huang, B., Z. Wang, J.H. Park, et al. (2015) Anti-diabetic effect of purple corn extract on C57BL/KsJ db/db mice. *Nutr Res Pract* 9, 22–29.
- o. Palombo, P., G. Fabrizi, V. Ruocco, et al. (2007) Beneficial long-term effects of combined oral/topical antioxidant treatment with the carotenoids lutein and zeaxanthin on human skin: a double-blind, placebo-controlled study. *Skin pharmacology and physiology* 20, 199–210.
- p. Park, J.S., J.H. Chyun, Y.K. Kim, et al. (2010) Astaxanthin decreased oxidative stress and inflammation and enhanced immune response in humans. *Nutrition & metabolism* 7, 18.
- q. Sola, S., M.Q. Mir, F.A. Cheema, et al. (2005) Irbesartan and lipoic acid improve endothelial function and reduce markers of inflammation in the metabolic syndrome: results of the Irbesartan and Lipoic Acid in Endothelial Dysfunction (ISLAND) study. *Circulation* 111, 343–348.
- r. Tomasetti, M., R. Alleva, B. Borghi, et al. (2001) In vivo supplementation with coenzyme Q10 enhances the recovery of human lymphocytes from oxidative DNA damage. *FASEB J* 15, 1425–1427.
- s. Tome-Carneiro, J., M. Gonzalez, M. Larrosa, et al. (2012) One-year consumption of a grape nutraceutical containing resveratrol improves the inflammatory and fibrinolytic status of patients in primary prevention of cardiovascular disease. *The American journal of cardiology* 110, 356–363.

- t. Tsuda, T., F. Horio, K. Uchida, et al. (2003) Dietary cyanidin 3-O-beta-D-glucoside-rich purple corn color prevents obesity and ameliorates hyperglycemia in mice. *The Journal of nutrition* 133, 2125–2130.
- u. Wong, R.H., P.R. Howe, J.D. Buckley, et al. (2011) Acute resveratrol supplementation improves flow-mediated dilatation in overweight/obese individuals with mildly elevated blood pressure. *Nutrition, metabolism, and cardiovascular diseases : NMCD* 21, 851–856.
- v. Zahedi, H.S., S. Jazayeri, R. Ghiasvand, et al. (2013) Effects of polygonum cuspidatum containing resveratrol on inflammation in male professional basketball players. *International journal of preventive medicine* 4, S1–4.

SUPPLEMENT FACTS

TWO (2) CAPSULES CONTAIN / DEUX (2) GÉLULES RENFERMENT :

Vitamin D (Cholecalciferol) / Vitamine D (cholécalférol)	12.5 mcg (500 IU)
Vitamin K2 / Vitamine K2	20 mcg
Fish Oil (from <i>Engraulidae</i> , <i>Scombridae</i> , <i>Clupeidae</i>) / Huile de poisson (provenant des anchois [<i>Engraulidae</i>], du thon rouge de l'Atlantique [<i>Scombridae</i>] et de la famille des <i>Clupeidae</i>) providing Omega-3 Fatty Acids / fournissant des acides gras oméga-3 :	1055 mg
EPA / Acide eicosapentanoïque	300 mg
DHA / Acide docosahexanoïque	200 mg
Citrus Bioflavonoids / Bioflavonoïdes d'agrumes	100 mg
Purple Corn (<i>Zea mays</i>) extract / Extrait de maïs pourpre (<i>Zea mays</i>)	66.67 mg
Alpha Lipoic Acid / Acide alpha-lipoïque	50 mg
Quercetin / Quercétine	37.5 mg
Rosemary (<i>Rosmarinus officinalis</i> L.) leaf extract / Extrait de feuille de romarin (<i>Rosmarinus officinalis</i> L.)	18.75 mg
Resveratrol (from <i>Polygonum cuspidatum</i> , root) / Resvératrol (de la racine de la renouée du Japon [<i>Polygonum cuspidatum</i>])	15 mg
CoEnzyme Q10 / Coenzyme Q10	15 mg
Lycopene / Lycopène	2.5 mg
Lutein (from Oleoresin of <i>Tagetes erecta</i>) / Lutéine (de l'extrait de l'oléorésine du tagète rose d'Inde [<i>Tagetes erecta</i>])	2 mg
Astaxanthin (from <i>Haematococcus pluvialis</i>) / Astaxanthine (provenant de l'algue <i>Haematococcus pluvialis</i>)	0.5 mg

Non-medicinal ingredients: Gelatin, silicon dioxide, d-limonene, sunflower oil. / **Ingrédients non médicinaux :** Gélatine, dioxyde de silicium, d-limonène, huile de tournesol.

WARNINGS: Keep out of reach of children. Do not use if you are pregnant or breastfeeding or if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Consult a health care practitioner prior to use if you have diabetes, are taking blood pressure medication or if you are taking other prescription medications as citrus bioflavonoids and resveratrol may alter the effectiveness of these medications. / **MISE EN GARDE :** Tenir hors de la portée des enfants. Les femmes enceintes et les femmes qui allaitent, tout comme les personnes qui sont allergiques aux plantes de la famille des Astéracées/Composées/Marguerites ne doivent pas utiliser ce produit. Consulter un professionnel de la santé avant d'en faire l'usage si vous souffrez de diabète, si vous prenez des médicaments pour l'hypertension ou si vous prenez d'autres médicaments sur ordonnance étant donné que les bioflavonoïdes d'agrumes et le resvératrol pourraient altérer l'efficacité de ces médicaments.

DIRECTIONS FOR USE: Take two (2) capsules twice daily with meals. Consult a health care practitioner for use beyond 3 months. / **MODE D'EMPLOI :** Prendre deux gélules deux fois par jour avec les repas. Si l'utilisation se prolonge au-delà de trois mois, consulter un professionnel de la santé.