A growing number of scientific research studies is showing that a powerful group of nutrients known as antioxidants appear to slow the aging process, while offering protection against many age related degendents. nesses. These include heart disea cer, brain and immune system damage, arthritis and

Antioxidants have a protective effect on health because they reduce the number of free radicals in the body. As their name suggests, free radicals act like destructive ter-

rorists in the body attacking healthy cells, making them more vulnerable to disease and causing them to age faster. They also wor lime to improve the improvement of rorists in the body attacking

on the track has become dried up and brittle from lying in the sun? The same thing happens over time to the collagen in our bodies as a result of free radi-

stances and in this way may offer protection to all of our

Designer

oodies as a result of free radicals.

Free radical Scavengers

Antioxidants protect against this type of damage by acting as free radicals scavengers. They change free radicals into harmless substances and in this way may offer protection to all of the product say that the condition of their skin and hair quickly improved and they become mentally alert.

Bob says:

stances and in this way may offer protection to all of our tissues.

While antioxidants are abundant in fruit, vegetables and other foods they occur in levels too low to make a difference.

"One of my secrets of Lifetong Fitness is to take antioxidants. I believe that Life abundance of antioxidant available." levels too low to make a difference.



HEALTHCARE: 'The doctor of the future will give no medicine but will interest their patients in the care of the human frame, in diet and in the cause and prevention of

<u> Working long hours...</u>

BEING owners of a city centre bar can sometimes be very demanding with long hours and being in a smoky environment. On the recommendation of a personal trainer both of us took Life Extension Mix.

In a very short period of time we both noticed an amazing improvement in our energy levels and our overall wellbeing.

We would highly recommend Life Extension Mix to anybody, especially anyone with a demanding lifestyle.

Helen & Michael McCarthy Cork.



AFTER 3 days of Life Extension Mix there was a remarkable in my general health. Hot flushes (up to 20 per day) ceased Energy levels soared 20%

C.G Co. Dublin

Caring for health...

IN MAY 1995, I was admitted to hospital with retinal detachment in my left eye and the right one following suit. My doctors told me that unless I underwent emergency surgery for re-attachment I would lose my sight in both eyes. After very painful surgery and being out of work for several months, I decided to never let my health take second place again and subsequently decided on a Holistic diet plan, with supplements especially designed to improve my wellbeing. I found myself very interested in "Life Extension Mix", after reading about nutrients known as Antioxidants which appeared to offer protection against degenerative illnesses, so I treated myself

to a course of supplements.

I must say that straight away I found fantastic benefits, especially with my eyes. I had read about Bilberry Extract but could never have imagined its benefits in the reduction of the visual fatigue I had often experienced. This was a huge benefit and it came from only one of the many extracts in the "Life Extension Mix."

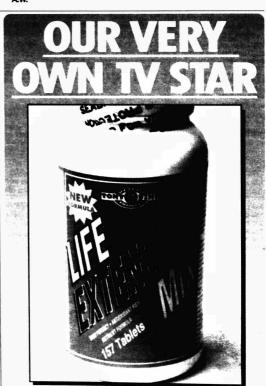
I have noticed beneficial improvements to my skin and my hair. I have also noticed that I am much more mentally alert and full of vitality. People have actually commented this to me and this makes me feel even better!

John O'Connor, Cork.

An excellent product

Earlier this year I was in hospital for treatment for asthma and was very debilitated. As well as medical treatment, the consultant recommended vitamins. Subsequently, I purchased the Life Extension Mix. I have made an excellent recovery and I attribute much of this to your excellent product. On a recent check up at the hospital, the consultant was most impressed with my recovery. And I fee great! Keep up the

Yours faithfully,



As featured on a BBC TV programme on Life Extension And Ageing.

In a BBC documentary on ageing, some experts in the field suggested it was the most advanced product of its kind available.

This is no ordinary multi-vitamin. It contains almost 60 powerful Antioxidants (some only recently discovered) in very generous amounts

The beneficial affects of the nutrients have been endorsed in a number of studies published in prestigious journals.

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Price £34.95

For 10 weeks supply (approx) 157 Tablets