

Mature Essentials

Comprehensive nutrition to meet the extra nutrient requirements of older adults

- **Bone Complex and Metabolism & Circadian:**
Nutrition for the extra demands of aging bones and rhythms
- **Comprehensive Nutrient Support:**
AM and PM foundational vitamin and mineral support
- **Extra Antioxidant Protection:** Food and nutrient antioxidant blend
- **Chronobiologically Designed:** The right nutrient at the right time
- **Cod Liver Oil:** Delivers fat-soluble nutrients and essential fats
- **GI Flora:** Probiotic support to optimize GI function and absorption

Comprehensive nutritional support improves:

- Work and Academic Performance
- Memory and Mood
- Resistance to Stress
- Digestive Function
- Bone Mineralization and Density
- Antioxidant Defenses
- Cardiovascular Health
- Resistance Against Infections
- Biological Rhythms

Nutrients are supplied in packets:

- Tamper-proof
- Convenient and simple
- Ideal for travel
- Eliminates bulky bottles

Aging adults have unique nutritional challenges. As we age, predictable changes in our body's functions occur. Common changes in physiology that begin to result in changes in health status include a loss of variability in circadian and other rhythmic biological functions (such as heart rate variability, pulse rate, blood pressure, pH and body temperature), decreased immune system performance, loss of bone and skeletal mass and density, decline in skin function and thickness, worsening of cardiovascular system performance and integrity, declines in antioxidant defenses, and decreases in detoxification capabilities.

Common results of the age-related loss of variability and rhythm include declines in mood, memory, cognitive function, heart health, immune performance, bone integrity, and sleep quality. Increases in abdominal body fat, blood pressure, and cholesterol also accompany this age-related decline in rhythm function. Functional deficiency in several B vitamins and vitamin C, which is common in this age range, accelerates and exacerbates these unhealthful changes in variability, adaptation, and rhythm.

Immune system function typically declines linearly with age. Functional measurements such as natural killer cell activity, secretory IgA, seroconversion to vaccines, and delayed skin hypersensitivity response reflect these changes. Improvements in all of these functional aspects of immunity can be achieved in your age group with appropriate nutritional and lifestyle strategies.

Bone challenges are common as we age. Bone function is regulated in a complex manner. As we age, unless we take nutritional and lifestyle measures to prevent it, this regulation results in progressive declines in bone density and mineralization. The eventual result is osteoporosis and bone fractures. Providing an adequate amount of minerals and other nutrients to optimize bone potential allows for preservation of as much bone density as possible as we move into middle age and beyond.

Cardiovascular function typically accompanies aging and is usually reflected by increased blood pressures and pulse rates, as well as changes in cholesterol metabolism and platelet function that favor atherosclerosis. Increased intake of B-vitamins, minerals, and essential fats is required to counter these age-related changes to the cardiovascular system.

Skin thickness and function begin to decline during this stage of the life cycle resulting in a greater need to supplement the diet with vitamin D, since the ability of the skin to synthesize this vitamin from sunlight exposure decreases.

Increased oxidative stress – cellular damage to cells and tissues from free radicals – is among the most well known physiological changes that accompanies aging. If left unchecked, the result will be degeneration and premature aging. This decline is reflected in glutathione (sulfhydryl status), other antioxidant defenses, and detoxification processes. The result is lowered immunity, decreased ability to detoxify chemicals, metals, and medications, and accelerated cell aging. Increased attention to antioxidant nutrients is needed to improve antioxidant defenses as we age.

By combining cutting edge *Chrononutritional Science* (the appropriate dosing and timing of nutrition) with the most evidence-based nutrients, “Mature Essentials” not only delivers the foundational nutrition needed to optimize health during the aging process, it delivers the nutrition when you need it most.

AM and PM Foundational Nutrients

The backbone of “Mature Essentials” is an AM and PM nutrient delivery system that supplies chronobiologically favorable comprehensive vitamin and mineral support. By delivering the right nutrient at the right time, nutrition works better – more benefits are gained and lower doses of vitamins and minerals are needed.

Health and physiological function are a result of the information provided to each and every cell. In the body this information is supplied largely by pulsed changes in nutrient delivery. As we age, because most rhythms lose some to all of their robustness, the appropriate pulsed changes diminish or are lost completely. The result is poor cellular communication even should the nutrient be present in what would appear to be an adequate amount. The consequence of this poor communication is sub-optimal health and numerous functional nutrient insufficiencies.

Better health and improved function result by delivering nutrition in the pulsed manner needed to maximize cellular communication. No other vitamin and mineral support available today communicates the message of health to your body as effectively as “Mature Essentials”.

Comprehensive Antioxidant

Today's world can leave our antioxidant defenses out-manned and under-supplied -- the result is premature cellular aging and degeneration of health. This is especially true as we age. "Mature Essentials" supplies antioxidant foods like blueberry, broccoli, green tea, and miso, along with a synergistic blend of the antioxidant nutrients needed to nourish and support antioxidant defenses.

Cod Liver Oil Capsule

As we age compromised fat-soluble nutrient and essential fat status is the norm. Vitamin D status is a perfect example of this age-related decline in nutrient status. With the loss of skin thickness that accompanies aging, the skin's ability to make vitamin D from sunlight decreases – the result is marginal to deficient vitamin D status in many middle age and older adults.

The result of poor fat-soluble nutrient and essential fat status is lowered immunity, higher cardiovascular risk, decreased bone health, and poor mood and memory. Cod liver oil is the best food for improving the status of these crucial areas.

GI Flora

It has been estimated that we consume 1 million times LESS *probiotic* bacteria in our diet today than did our ancestors. The result is chronically poor digestive function and decreased nutrient absorption. The consequences of poor digestive function are more than simply the symptoms we experience in our stomach and intestines – the consequences affect every aspect of our health from immunity to heart function and result in failure to meet our health potential. Our proprietary *probiotic* product consists of 8 health-promoting strains of *probiotic* bacteria. These specially selected 8 strains are used to ferment soy. The food that results from this nutritional alchemy is uniquely effective in supporting digestive function.

Bone Complex and Metabolism

Consuming adequate amounts of calcium and other minerals (like magnesium, boron, manganese, copper, and zinc) needed to optimize bone density and integrity is a core nutritional priority in aging adults. In study after study, providing additional minerals to make up for the deficits found in a typical diet results in positive changes in bone density and integrity. These changes are not experienced in persons attempting to meet their mineral needs by relying exclusively on dietary sources such as dairy products. These same minerals and nutrients are absolutely essential to optimize cardiovascular function, promote appropriate sleep cycles, and supporting muscle strength and contraction as we age.

NOTE: Calcium is supplied as hydroxyapatite and citrate since these forms of calcium consistently outperform calcium carbonate and result in excellent bone health outcomes at lower supplementation doses.

Circadian Rhythm Support

Optimizing intake of the nutrients needed for appropriate circadian rhythm function improves the robustness, amplitude, and timing of circadian function. Key nutrients needed in amounts above RDA for proper circadian as we age include vitamins B1, B2, B5, B6, B12 (methylcobalamin), vitamin C and pantethine. The benefits in function that can occur because of this include improved circadian temperature and pH patterns, circadian blood pressure, pulse rate, and pulse-pressure readings, improved appetite, body composition, energy and activity levels and enhanced feelings of general well-being. Improving circadian function tends to lessen daytime fatigue (improve daytime vigilance) and sleepiness while improving evening sleep patterns. This is an essential area in need of nutritional support in order to experience our health potential as we age.

Mature Essentials Supplies

Vitamin A from Cod Liver Oil	1250 IU	Copper	1.75mg
Vitamin C (as acerola blend)	320mg	Chromium (as GTF yeast)	100mcg
Vitamin D3	200 IU	Molybdenum	75mcg
Vitamin D from Cod Liver Oil	135 IU	Potassium Citrate	50mg
Vitamin E (mixed tocopherols)	60 IU	Alpha-Lipoic Acid	12mg
Vitamin B1 (as thiamin HCL)	9.5mg	Blueberry Powder	125mg
Riboflavin	4mg	Boron (as citrate)	1.25mg
Niacin	18mg	Broccoli Powder	95mg
Vitamin B6	1.7mg	Co-Enzyme Q10	1mg
Folic Acid	800mcg	Ginger (root)	50mg
Vitamin B12	37mcg	Grape Seed Extract	10mg
Biotin	25mcg	Green Tea Powder	150mg
Calcium (as hydroxyapatite)	475mg	Horsetail Extract (7% Silica)	50mg
Calcium citrate	100mg	L-Glutathione	10mg
Pantothenic Acid	56.25mg	Liver (desiccated)	100mg
Iodine (from kelp)	150mcg	Miso	30mg
Magnesium (as glycinate)	250mg	Nutriscan Proprietary Probiotic Blend	700mg
Zinc (as monosulfate)	12mg	Pantethine	25mg
Selenium	172.5mcg	Rice Bran Powder	145mg
Maganese (as gluconate)	2mg	Tumeric Powder	30mg

References available on request

For more information contact this office:

Call 866-887-4633 for customer service, product information, or additional information on ordering this and other nutritional products and services. Visit our website www.healthcoach.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.