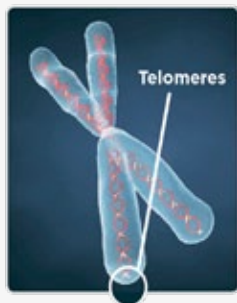




# 12 Ways to Enhance Telomere Protection

Certain nutrients and bioactives help protect telomere length, according to a recent review.



With the recent surge of interest in telomere shortening as an underlying cause of aging, it's no wonder scientists are enthusiastically researching how diet and lifestyle can influence telomere length. Now, Ligi Paul, Ph.D., of the USDA Human Nutrition Research Center on Aging at Tufts University, has reviewed the latest literature associating telomere length with nutrients, bioactive compounds, and lifestyle factors.

Telomeres protect the ends of chromosomes from fusing with each other, Dr. Paul reminds us, and their length is an indicator of biological aging. Although shortening is a normal part of aging, oxidative stress and inflammation can speed up the process of telomere shortening.

“Of interest to nutritionists, telomere length has been shown to be associated with nutritional status in human and animal studies. Healthy lifestyles and diets are positively correlated with telomere length,” Dr. Paul wrote. And according to his review, the most recent studies have found that the following 12 nutrients may influence telomere length:

Folate , Vitamin B12, Vitamin A, Niacin, Vitamin D, Vitamins C and E, Magnesium, Zinc, Iron, Curcumin and turmeric, Long-chain omega-3 fatty acids (fish oil), Polyphenols

Each of the mechanisms by which these nutrients and bioactives work may help explain why taking multivitamins is associated with longer telomere length. Those who take multivitamins, Dr. Paul notes, are also more likely to follow a healthy lifestyle. For

example, they are more likely to combine a diet high in fruits and vegetables with exercise, to not smoke, and to maintain a healthy weight—factors all associated with longer telomeres.

“Since diet and lifestyle can influence inflammation, oxidative stress and psychological stress, all of which cause telomere attrition [shortening], they could also influence telomere length,” Dr. Paul wrote.

The Isagenix system for managing a healthy weight, along with the [Ageless Essential Daily Pack](#), provides a solid foundation for maintaining telomere health.



This combination of products contain high concentrations of all the telomere supporting nutrients and bioactives described by Dr. Paul and will help customers defy aging and preserve health and vitality. With Ageless Essentials Daily Pack you can forget about the different supplement bottles and oversized pill boxes—you have all the necessary nutrients listed above in convenient, individually wrapped A.M. and P.M. daily packets.

Add [Product B](#) to the mix for enhanced telomere protection and greater stimulation of antioxidant enzyme defenses. The ingredients in Ageless Essentials Daily Pack in combination with Product B are based on science, offering the ultimate telomere protection from harmful free radicals and the effects of accelerated aging that contribute to poor health.

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