

# PATIENT INFORMATION

## REQ49+™

Required micronutrients for the senior adult

The formula of REQ49+ is based on the results of controlled trials involving *millions* of people that have been published in *thousands* of peer-reviewed, scientific journals.

The Office of Dietary Supplements Division of the National Institutes of Health have spent **billions of dollars** studying the actions of these micronutrients on major ailments of the aging adult, and reports of these studies have been published in peer-reviewed, scientific journals. These studies include the prevention of:

- Immune dysfunction
- Muscle weakness
- Inordinate fatigue
- Cardiovascular disease
- Cognitive dysfunction (*Alzheimer's type*)
- Depression
- Metabolic syndrome
- Cancer
- Arthritis
- Osteoporosis
- Vision disabilities

As we approach 50 years of age, deficiencies that are already present in virtually all people are worsened by a natural decline in the ability to utilize these essential micronutrients due to less efficient metabolic processes.

The micronutrient deficiencies alleviated by the amounts and ratios in REQ49+ can cause levels in blood and tissues to change, followed by intracellular changes in biochemical functions and structure with each stage occurring over a considerable period of time. Ultimately, symptoms of inordinate fatigue, deterioration of the immune function, depression, muscle weakness and pain, cancer, cognitive dysfunction, such as Alzheimer's disease, cardiovascular ailments, skeletal disabilities, arthritis and poor vision, can occur.

Because the onset of these symptoms is gradual over a period of many months or even years, they can easily be dismissed as the normal result of aging.

Scientists now know that these essential micronutrients stabilize tissue components (proteins, membranes and DNA-containing genetic codes). They participate in the formation and activation of enzymes critical to keeping our heart pumping, energy production efficient, brain function active, our immune system functioning properly and virtually all other functions of our body at their peak efficiency.

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### Patient Instructions:

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**You are advised to avoid taking substantial amounts of the following vitamins or minerals *in addition to* REQ49+™ without consulting your physician: Vitamin A, Vitamin E, Vitamin K, Chromium, Selenium, Manganese, Zinc.**

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### Each 4 Scored Tablets Contain:

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Vitamin A (50% from beta-carotene, 50% from palmitate) ..	3000 IU	Iodine (potassium iodide) .....	120 mcg
Vitamin C (ascorbic acid) .....	400 mg	Magnesium (magnesium oxide) .....	100 mg
Vitamin D-3 (cholecalciferol) .....	800 IU	Zinc (zinc oxide, 75% delay release).....	40 mg
Vitamin E (d-alpha tocopheryl succinate) .....	400 IU	Selenium (sodium selenite) .....	200 mcg
Vitamin K (phytonadione) .....	120 mcg	Copper (copper gluconate) .....	2.8 mg
Vitamin B-1 (thiamine hydrochloride) .....	2 mg	Manganese (manganese gluconate).....	2 mg
Vitamin B-2 (riboflavin).....	4 mg	Chromium (amino acid chelate) .....	200 mcg
Niacin .....	20 mg	Molybdenum (amino acid chelate) .....	60 mcg
Vitamin B-6 (pyridoxine hydrochloride) .....	4 mg	Vanadium (vanadium citrate) .....	10 mcg
Folic .....	800 mcg	Boron (amino acid chelate) .....	3.2 mg
Vitamin B-12 (cyanocobalamin) .....	600 mcg	Nickel (amino acid chelate).....	160 mcg
Biotin .....	80 mcg	Zeaxanthin .....	10 mg
Pantothenic Acid (d-calcium pantothenate) .....	8 mg	Lutein.....	6 mg
Calcium (calcium carbonate).....	760 mg	Lycopene.....	6 mg