



# Growing Old Gracefully



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*With the average life expectancy increasing, the quality of your later years depends on the lifestyle habits you choose. Positive changes in your lifestyle, such as improving diet and nutrition, getting regular exercise and activity, maintaining an appropriate weight, and keeping mentally active, can help delay or prevent the onset of disease and disability that is usually associated with aging. It is never too late to implement a healthy lifestyle to improve the quality of your life. Health, happiness, and longevity can be as simple as implementing healthy actions and a positive attitude. Standard Process has several whole food supplements available to help keep you healthy in your later years.*

**Senaplex**<sup>®</sup> contains a unique blend of whole food ingredients such as nutritional yeast (a source of B vitamins and their cofactors), amino acids, and over a dozen different minerals. The wheat germ in Senaplex provides vitamin E plus the minerals selenium, calcium, magnesium, phosphorus, and several trace elements. Tillandsia contains phytochemical compounds and is known for its ability to help maintain general well-being.\*

**Betacol**<sup>®</sup> is a member of the liver, gall bladder, and digestive family of products. It enhances the cleansing function of these systems and supports their roles in the delicate balance between acid and alkaline maintenance. The connective tissue that supports joints and the articulating surfaces of bones requires the same consistent attention to proper pH balance as that of the rest of the body. Preserving this delicate balance at the cellular level helps maintain healthy joints. Betacol contains tillandsia to help maintain general well-being.\*

**OPC Synergy**<sup>®</sup> contains oligomeric proanthocyanidins (OPCs) which are the strongest and most effective of all the antioxidants, helping to maintain cellular stability even with free radical assault. OPC Synergy helps maintain a healthy cardiovascular system, supports healthy brain tissue, helps maintain capillary integrity, and supports collagen and elastin tissues.\*

**Zypan**<sup>®</sup> contains a unique blend of proteolytic enzymes, plus betaine hydrochloride, bovine pancreas Cytosol™ extract, and ammonium chloride to help support proper digestion of proteins. As we age, we face a greater challenge in absorbing nutrients and proteins as efficiently as we did when we were younger—putting an increased demand on our need for additional enzymes to help us get the most out of what we eat.\*

**For-Til B<sub>12</sub>**<sup>®</sup> contains tillandsia. Recent experiments performed on animals support the historical claim made by traditional practitioners that certain properties in tillandsia can help maintain general well-being. Tillandsia tea has been used for years to help support healthy blood. Tillandsia contains at least 26 different compounds from the family of phytochemicals known as cyloartanes. Compounds from this family help support joint health.\*

**Protefood**<sup>®</sup> is a unique supplement that supplies amino acids and enzymes that are supportive, primarily, of proper protein metabolism as we age. Working together, the amino acids, minerals, enzymes, and vitamin C contained in Protefood interact throughout the human body to also support healthy cardiovascular function, immune response, and bone health—very important for the aging individual.\*