Anti-Aging Ultimate Health Formula

Achieving optimal health and sustaining your Youth has never been easier. Avisae™ Sustain™ is a powerful formula of scientifically validated vitamins, minerals, antioxidants, and other nutrients, which help support and maintain vital body organs and systems, protect against cellular oxidation, and maintain DNA telomeres. This incredible product also includes a fusion of over 21 body-beneficial fruits and vegetables rich in phytonutrients for added benefit. Promote overall health today and SUSTAIN your already active lifestyle.*

Key Benefits

• OptimALL Nutrition’s AviHeart™ encourages a healthy heart*
• OptimALL Nutrition’s Immunguard™ encourages a healthy immune system*
• OptimALL Nutrition’s Antioxidant Powerhouse™ fights oxidative damage*
• OptimALL Nutrition’s BrainBoost™ encourages a healthy brain and nervous system*
• OptimALL Nutrition’s Bio-accelerate™ increases bio-availability by providing quick and efficient delivery of sustain’s nutrient-rich formula directly to your cells*
• OptimALL Nutrition’s Telomere Support helps support chromosomal telomere repair to help maintain your youth*

DNA Telomeres and Aging

Telomeres, a key part of your DNA, are found in every cell in your body. Telomeres are like a protective cap to our chromosomes, which contain genetic information. Throughout life your cells duplicate and produce new cells. This process happens continuously. Each time this process happens, the length of the telomere shortens. Science is now showing that the length of your telomeres is directly related to how fast you age. The shorter the telomeres, the faster you age.

*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.
Vitamin A is commonly known as the “anti-infective,”* it will convert beta-carotene into vitamin A. Beta carotene also acts as an antioxidant.1 If your body does not receive enough preformed vitamin A, it will convert beta-carotene into vitamin A. Beta carotene also acts as an effective antioxidant.*

Vitamin C
Vitamin C, also known as ascorbic acid, is a water-soluble nutrient found in some foods. In the body, acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy. People are also exposed to free radicals in the environment from cigarette smoke, air pollution, and ultraviolet light from the sun.*

There are things we can do nutritionally to support, protect, and lengthen our telomeres. According to the latest research individuals with longer telomeres consumed certain nutrients. Many of these nutrients are found in Sustain. This product is packed with specific nutrients, which have been shown in research to support healthy telomeres. Certain vitamins and other anti-aging nutrients are critical to support and maintain this normal process and Avisae OptimALL Nutrition Sustain™ has them.

References
2. http://jpm.ajpmrc.org/content/v20/suppl/1-1.full.pdf
The body also needs vitamin C to make collagen, a protein required to help wounds heal. In addition, vitamin C improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body. Vitamin C is also an important physiological antioxidant and has been shown to regenerate other antioxidants within the body, including alpha-tocopherol (vitamin E). It is necessary for the biosynthesis of neurotransmitters and for the metabolism of protein. Getting adequate amounts of vitamin C may also support a healthy cardiovascular system. Among women, higher intakes of vitamin C were associated with longer telomere lengths. *

**Calcium**

The body needs calcium to maintain strong bones and to carry out many important functions. The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part. In addition, calcium is used to help blood vessels move blood throughout the body and to help release hormones and enzymes that affect almost every function in the human body. Some studies have shown calcium to help maintain a healthy colon. *

**Iron**

Iron, one of the most abundant metals on Earth, is essential to most life forms and to normal human physiology. Iron is an integral part of many proteins and enzymes that maintain good health. In humans, iron is an essential component of proteins involved in oxygen transport. It is also essential for the regulation of cell growth and differentiation. A deficiency of iron limits oxygen delivery to cells, resulting in fatigue, poor work performance, and decreased immunity. 

**Vitamin D**

Vitamin D is a nutrient that is needed for health and to maintain strong bones. It does so by helping the body absorb calcium (one of bone’s main building blocks). Vitamin D is important to the body in many other ways as well. Muscles need it to move, for example, nerves need it to carry messages between the brain and every body part, and the immune system needs vitamin D to fight off invading bacteria and viruses. Together with calcium, vitamin D also helps protect older adults from osteoporosis. In one study published in a 2007 edition of American Journal of Clinical Nutrition, there is a widespread issue of insufficient intake of vitamin D. Higher intakes of vitamin D is associated with longer telomeres among women. 

**Vitamin E**

Naturally occurring vitamin E exists in eight chemical forms (alpha-, beta-, gamma-, and delta-tocopherol) that have varying levels of biological activity. Alpha- (or -) tocopherol is the only form that is recognized to meet human requirements. In the body, vitamin E also acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy. People are also exposed to free radicals in the environment from cigarette smoke, air pollution, and ultraviolet light from the sun. Vitamin E has been shown to reduce oxidation (caused by free radicals) of LDL cholesterol. The body also needs vitamin E to boost its immune system so that it can fight off invading bacteria and viruses. It helps to maintain healthy blood vessels and keeps blood flowing easily within the cardiovascular system. In addition, cells use vitamin E to interact with each other and to carry out many important functions. Vitamin E may delay cognitive decline associated with aging. Among women, higher intakes of vitamin E were associated with longer telomere lengths. *

---

*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.
Vitamin K

Vitamin K, a fat soluble vitamin, helps the blood properly clot or coagulate, which is an important factor in wound healing. It is also used to help the body utilize calcium necessary to build bone. Studies have demonstrated that people with higher levels of vitamin K have more bone density. Some research suggests vitamin K may play a role in the body’s ability to manage glucose. Epidemiological studies have shown people with higher intakes of the vitamin have increased insulin sensitivity. An adequate intake of Vitamin K may also help maintain a healthy cardiovascular system.*

Thiamin (Vitamin B1)

Thiamine, a water soluble vitamin, is involved in numerous body functions, including nervous system and muscle functioning. It assists with the flow of electrolytes in and out of nerve and muscle cells, helps with multiple enzyme processes, and is involved with carbohydrate metabolism. It also aids in the production of hydrochloric acid (which is necessary for proper digestion). Because there is very little thiamine stored in the body, depletion can occur quickly, within 14 days.*

Riboflavin (Vitamin B2)

Riboflavin or vitamin B2 is one of eight essential B vitamins. All of the B vitamins including riboflavin help convert the food you eat into usable energy. They breakdown carbohydrates into glucose, which is the body’s primary source of energy. B vitamins also help you metabolize fats and protein. Healthy eyes, skin, hair, and nervous system need B vitamins to function properly. Riboflavin is required in order for folate and vitamin B6 to be used by the body. Interestingly, riboflavin also has antioxidant capabilities to help your body fight off cell and DNA damaging free radicals.*

Niacin (Vitamin B3)

Niacin like riboflavin and the other B vitamins are necessary to foods you eat into fuel or useable energy. It is also needed to metabolize fat and protein. Sex and stress-related hormones are made with help of niacin. It also promotes healthy circulation. Niacin may also promote a healthy heart and cardiovascular system. Preliminary research suggests niacin may help with joint mobility while reducing the need for higher levels of pain medication. While there are no studies showing a direct benefit by taking a niacin supplement, research has shown that people who consumer higher levels of niacin have a lower risk of developing age-related dementia.*

Vitamin B6

The body needs vitamin B6 for more than 100 enzyme reactions involved in metabolism. Vitamin B6 also participates in brain development during adolescence as well as immune function. Some research indicates that elderly people who have higher blood levels of vitamin B6 have better memory. Research has shown that vitamin B6 supplements could reduce PMS symptoms, including moodiness, irritability, forgetfulness, bloating, and nervousness.*

Folate (Vitamin B9)

Folate helps the body convert carbohydrates, fat, and protein into either energy or usable subcomponents like essential fatty acids and amino acids. These nutrients are critical for good health. Folate is essential for normal brain function. It also needed for good mental and emotional health. Folate helps make DNA, the body’s genetic material. This nutrient is essential when cells are rapidly dividing during growth like in pregnancy, infancy, or adolescence. Pregnant women or a woman wanting to become pregnant should consume adequate folate to help prevent neural tube birth defects. It along with vitamins B6 and B12 help manage homocy steine levels, which

*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.
when high are associated with inflammation and poorer cardiovascular health.*

**Vitamin B12**

Vitamin B12 is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement and a prescription medication. Vitamin B12 is required for proper red blood cell formation, neurological function, and DNA synthesis.*

Elevated homocysteine levels have been identified as an independent risk factor for diminished cardiovascular health. Elevated homocysteine levels are thought to impair endothelial vasomotor function, promote lipid peroxidation, and induce vascular smooth muscle proliferation. Evidence from retrospective, cross-sectional, and prospective studies links reduced homocysteine levels with improved cardiovascular health. Vitamin B12, folate, and vitamin B6 are involved in homocysteine metabolism. In the presence of insufficient vitamin B12, homocysteine levels can rise. Results from several randomized controlled trials indicate that combinations of vitamin B12 and folic acid supplements with or without vitamin B6 decrease homocysteine levels in people who are at greater risk of developing cardiovascular and metabolic disorders and in young adult women. In another study, older men and women who took a multivitamin/minimal supplement for 8 weeks experienced a significant decrease in homocysteine levels.*

**Biotin (Vitamin B7)**

Biotin, which is also a B vitamin, plays a critical role in health and acts as a coenzyme. As a coenzyme, biotin aids the process if necessary of creating glucose (energy) from non-carbohydrate sources like fat and protein. Biotin is necessary for the functioning and maintaining of a healthy immune system. It is essential for healthy skin, nerves and digestive system. Biotin may also be helpful with individuals with impaired metabolic function by helping conditions of nerve pathology. It may also help this population manage blood sugar levels and improve their cardiovascular health. It has been taken for years for the benefit of building strong, healthy nails and hair.*

**Pantothenic Acid (Vitamin B5)**

Pantothenic acid is one of eight B vitamins and is also sometimes referred to as vitamin B5. Like the other B vitamins, pantothenic acid helps the body metabolize carbohydrate, fat and protein. The word pantothenic comes from the Greek word pantos, which means “everywhere.” This vitamin is widely distributed in most plants and animals. Pantothenic acid is also used by the body to make stress and sex-related hormones in the adrenal glands. It is sometimes called the “anti-stress” vitamin. Some studies suggest vitamin B5 may promote healthier levels of triglycerides and LDL cholesterol in certain individuals. Pantothenic acid may also promote more rapid wound healing when combined with vitamin C and that it may help with joint mobility.*

**Iodine**

Iodine is a trace element necessary to produce thyroid hormones. It may be necessary for the proper function of several body systems, including lactation, gastric and oral mucosa, salivary glands, and epidermis of the skin. Used topically, iodine has antiseptic properties. It also has antimicrobial properties when used to purify water. Vegetarians have lower intakes of iodine than nonvegetarians. A mild to moderate deficiency of iodine has been associated with an increased risk for attention disorders in children. Many people get iodine from iodized salt; however, in recent years people following a low sodium diet may be at risk of inadequate intake.*

---

*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.
Magnesium
Magnesium is the fourth most abundant mineral in the body and half of it is found in the bone. The remaining magnesium is found inside the cells of body tissue and organs. This mineral is essential for more than 300 biochemical processes in the body, including helping to maintain healthy muscle and nerve function, keeps the heart’s rhythm steady, supports a healthy immune system, and keeps the bones strong. It also helps maintain healthy blood sugar levels, promotes normal blood pressure levels, and it is known to in energy metabolism and protein synthesis.*

Zinc
Zinc is an essential mineral that helps an individual to stay healthy. Zinc is involved in various aspects of cellular metabolism. This mineral is needed for the catalytic (causes or accelerates a chemical reaction) activity of about 100 enzymes. It is found in cells throughout the body and supports the immune system by fighting off invading bacteria and viruses. Zinc participates in wound healing and is necessary for the body to make proteins and DNA, which is the body’s genetic material found in all cells.*

Selenium
Selenium is essential to good health and is required in small amounts. Selenium is incorporated in to proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals, which may contribute to the development of chronic diseases such as heart disease and cancer. These proteins also play a role in supporting the immune system*

Copper
Copper is an essential mineral, which occurs naturally in many foods, such as vegetables, nuts, legumes, grains, fruits, shellfish, and beef. It is involved in multiple enzyme functions and the regulation of gene expression. Copper supports mitochondrial (participates in cellular energy production) function and cellular metabolism. It also has a role in red blood cell formation and wound healing. Red blood cells carry oxygen to tissues and organs and carry carbon dioxide to the respiratory system to expel it from the body.*

Manganese
Manganese is an essential mineral found mostly in the bones, the liver, kidneys, and pancreas. It is involved in various chemical processes in the body, including processing of cholesterol, carbohydrates, protein, and plays a role in blood sugar regulation. Manganese helps the body form connective tissue and sex hormones. It may also be involved in bone formation. It has been used for anemia and PMS. It is sometimes included with glucosamine and chondroitin and promoted for joint mobility and flexibility. Manganese when consumed with zinc, copper, and calcium may reduce the risk of spinal bone loss in postmenopausal women.*

Chromium
Chromium, an essential mineral, is known to enhance the action of insulin, which is a hormone critical to the metabolism and storage of carbohydrate, fat, and protein in the body. Insulin is used by the body to change sugar, starches, and other foods into energy. In 1957, a compound in brewer’s yeast was found to prevent an age-related decline in the ability of rats to maintain normal blood sugar levels. As much as 90% of Americans do not get enough chromium in their diet; however, very few are truly chromium deficient. There is some evidence that chromium supplements may help people with diabetes lower their blood sugar levels. Some studies show chromium may help people lose weight, while other studies do not show a weight loss benefit.*
Molybdenum

Açaí (Euterpe oleracea)

Açaí is known for its ability to increase energy levels, improve digestive functioning, enhancing mental clarity, detoxifying and cleansing the system, slowing the natural process of aging and increasing the skin’s vitality, açaí is considered one of the most nutrient dense foods.*

Noni (Morinda citrifolia)

Noni has been used by Polynesians as a traditional folk medicinal plant for more than 2,000 years. Traditionally, it has been used for various maladies including GI upset and minor aches and pains. Research has validated noni’s antioxidant properties.*

Goji (Lycium spp.)

Goji berry has been used in China dated as far back as 2800 B.C. Shen Nung, the legendary First Emperor, who was an herbalist, used the goji berry for its health properties. It is used in traditional Chinese Medicine (TCM) to support kidney and lung health. Goji is also rich in vitamins A, C, and E as well as the antioxidant carotenoids beta-carotene, lutein, and zeaxanthin.*

Maqui (Aristeroloma chilensis)

Maqui is a berry found in South America. This berry has been shown to have antioxidant and anti-inflammatory properties. It is used as a natural remedy for joint and cardiovascular health. It is rich in phytonutrients called anthocyanins. Preliminary research suggests the maqui berry’s anthocyanins may help promote healthy cholesterol levels and relieve joint pain.*

Bilberry (Vaccinium myrtillus)

Bilberry is a close relative to blueberry. Bilberry has been used historically for many ailments. It has been used for topical relief of minor inflammation, gastrointestinal issues, and for various eye maladies, including poor night vision and eyestrain. It is also rich in anthocyanins, which have antioxidant, vascular protective, and anti-inflammatory properties.*

---

*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.