

Shawn M. Talbott, PhD

CNS, LDN, FACSM, FAIS, FACN

Chief Science Officer

What is LifeVantage?

A Lifestyle Development Company.

Our Vision

To help people around the world to develop their best selves and live their best lives.

Our Mission

Bring innovation and inspiration through a compelling global business opportunity offering science-based products that help everyone feel, look, and perform their best.





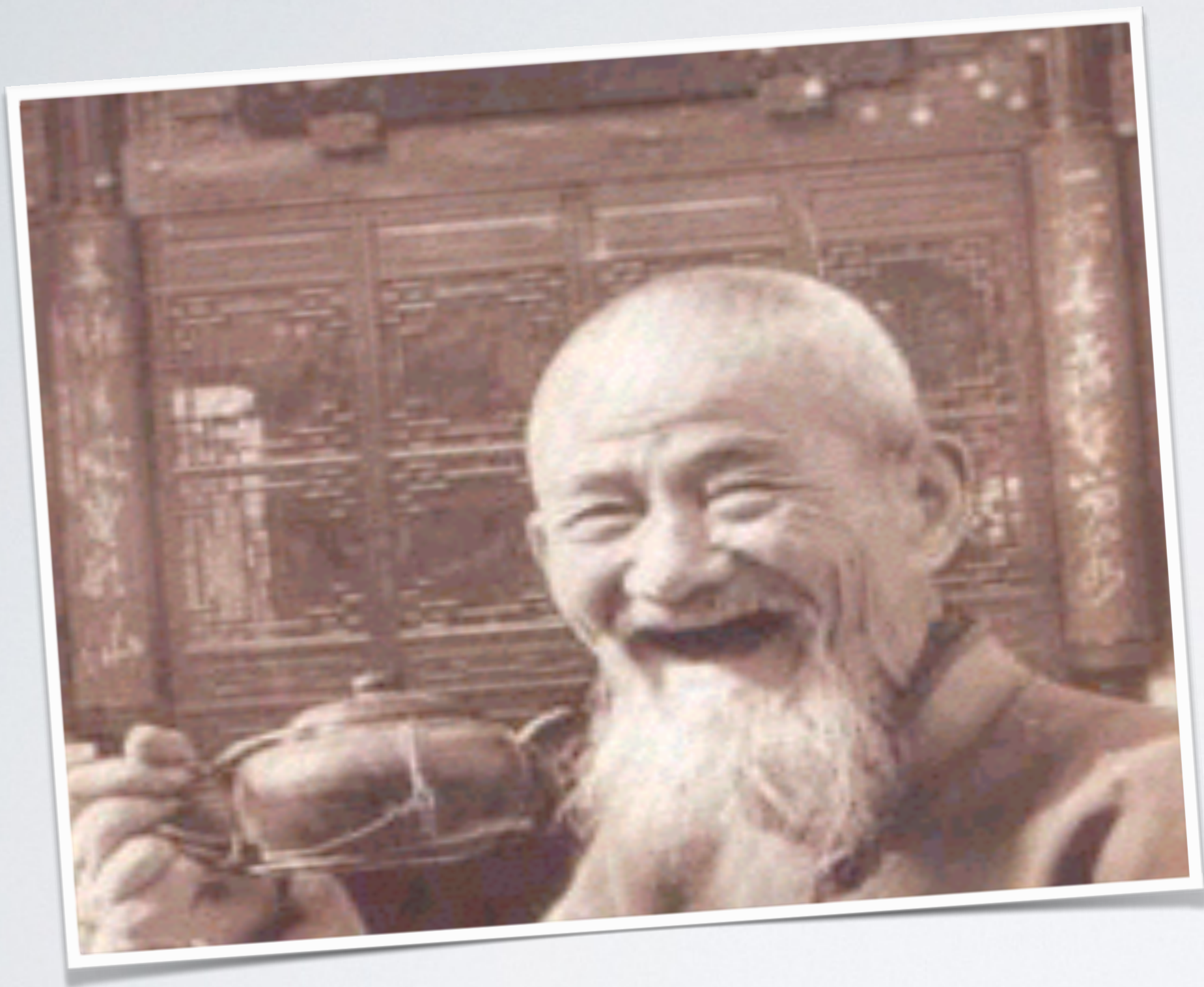


Causes of “Imbalance” (Stress)

- Emotional stress (deadlines, bills, traffic...)
- Physical stress (aging, sleep deprivation, exercise...)
- Environmental stress (air/water pollution, heat, cold...)
- Non-Optimal Diet (processed foods, inadequate nutrients/phytonutrients...)

- Athletes / Dieters / Short-Sleepers / Stressed
 - Share the SAME *biochemical* disruptions
 - Share the SAME *psychological* outcomes
 - Exhibit the SAME benefits to *restored biochemical balance*





Vigor

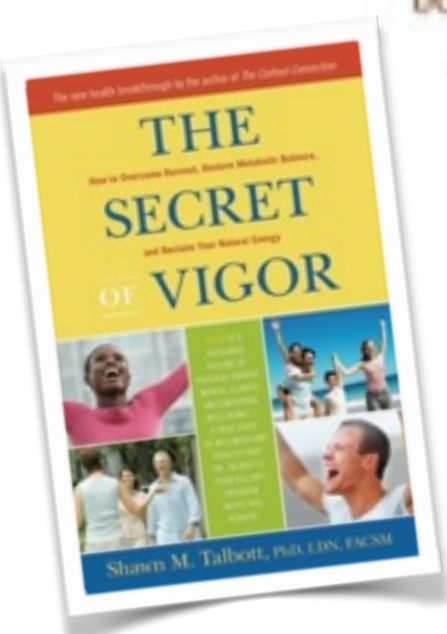
3-tiered mood state...
characterized by:

Physical Energy

Mental Acuity

Emotional Well-Being





Zone

Prana

Mood

Mana

Qi

Swing

“Energy”

Vigor

Focus

Ki

Flow

Edge

Motivation

Runner's High

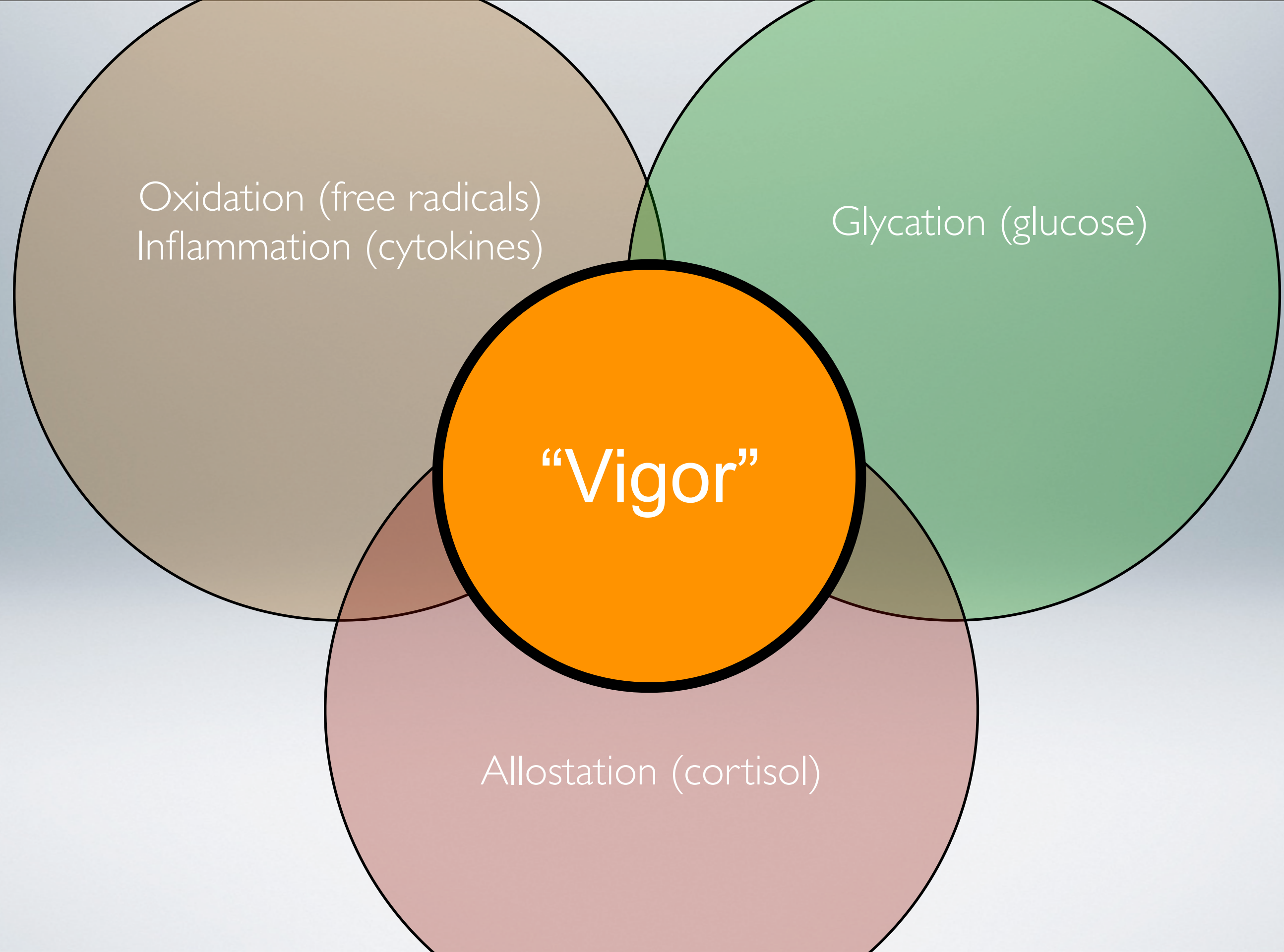
What does

Energy

mean to

YOU?







Just an Antioxidant?



LifeVantage.
FREEDOM

Vitamin E and the Risk of Prostate Cancer

The Selenium and Vitamin E Cancer Prevention Trial (SELECT)

Eric A. Klein, MD
Ian M. Thompson Jr, MD
Catherine M. Tangen, DrPH
John J. Crowley, PhD
M. Scott Lucia, MD
Phyllis J. Goodman, MS
Lori M. Minasian, MD
Leslie G. Ford, MD
Howard L. Parnes, MD
J. Michael Gaziano, MD, MPH
Daniel D. Karp, MD
Michael M. Lieber, MD
Philip J. Walther, MD, PhD
Laurence Klotz, MD
J. Kelllogg Parsons, MD, MH
Joseph L. Chin, MD
Amy K. Darke, MS
Scott M. Lippman, MD
Gary E. Goodman, MD
Frank L. Meyskens Jr, MD
Laurence H. Baker, DO

LIFETIME RISK OF PROSTATE cancer in the United States is recently estimated to be through most cases as an early, curable stage, the costly and urinary, sexual, and related adverse effects are even men who choose active surveillance as an initial management face anxiety, uncertainty, and a measurable risk of repeat low-up biopsies,¹ and more than half of those who initially decline are ultimately treated.^{2,3} With

Author Video Interview available at www.jama.com.

©2011 American Medical Association

Downloaded From: <http://jama.ama-assn.org/>

1350

THE NEW ENGLAND JOURNAL OF MEDICINE

EFFECTS OF A COMBINATION OF BETA CAROTENE AND VITAMIN A ON CARDIOVASCULAR DISEASE

GILBERT S. OMENN, M.D., PH.D., GARY E. GOODMAN, M.D., M.S., MARK JOHN BALMES, M.D., MARK R. CULLEN, M.D., ANDREW GLASS, M.D., JAMES FRANK L. MEYSKENS, JR., M.D., BARBARA VALANIS, DR.P.H., JAMES H. SCOTT BARNHART, M.D., M.P.H., AND SAMUEL HAMMAR,

Abstract *Background.* Lung cancer and cardiovascular disease are major causes of death in the United States. It has been proposed that carotenoids and retinoids are agents that may prevent these disorders.

Methods. We conducted a multicenter, randomized, double-blind, placebo-controlled primary prevention trial—the Beta-Carotene and Retinol Efficacy Trial—involving a total of 18,314 smokers, former smokers, and workers exposed to asbestos. The effects of a combination of 30 mg of beta carotene per day and 25,000 IU of retinol (vitamin A) in the form of retinyl palmitate per day on the primary end point, the incidence of lung cancer, were compared with those of placebo.

Results. A total of 388 new cases of lung cancer were diagnosed during the 73,135 person-years of follow-up (mean length of follow-up, 4.0 years). The active-treatment group had a relative risk of lung cancer of 1.28 (95 percent confidence interval, 1.04 to 1.57; $P=0.02$), as

compared with the placebo group. The incidence of cardiovascular disease was not significantly different between the two groups.

Conclusions. After an 8-year follow-up, the combination of beta carotene and retinol did not reduce the incidence of lung cancer or cardiovascular disease in smokers and workers exposed to asbestos.

Results. A total of 388 new cases of lung cancer were diagnosed during the 73,135 person-years of follow-up (mean length of follow-up, 4.0 years). The active-treatment group had a relative risk of lung cancer of 1.28 (95 percent confidence interval, 1.04 to 1.57; $P=0.02$), as

chemopreventive efficacy and related agents.¹⁰⁻¹³ This report presents the results of the Beta-Carotene and Retinol Efficacy Trial (CARET), which was designed to test the hypothesis that a combination of beta carotene and retinol would reduce the risk of lung cancer in persons who have smoked cigarettes or who have had occupational exposure to asbestos. Twenty-nine percent of men and 25 percent of women who are 45 to 64 years of age currently smoke,¹ and at least 40 percent of men and 20 percent of women in this age group are former smokers.¹ An estimated 4000 to 6000 deaths from lung cancer per year are attributed to exposure to asbestos.^{1,2}

On the basis of epidemiologic observations and laboratory studies, beta carotene and vitamin A have attracted wide interest as agents that may prevent lung cancer.⁴⁻⁶ The Beta-Carotene and Retinol Efficacy Trial (CARET) is one of several recent trials to assess the

Study Design

The study's strategy, design, findings, and conclusions were reported previously.¹⁴⁻¹⁶ Briefly, CARET was a randomized, double-blind, placebo-controlled, primary prevention trial testing the efficacy of nutritional doses of antioxidants in reducing incidence of cancer and ischemic heart disease in the general population. French adults (7876 women and 5141 men) were randomized to take an oral daily capsule of antioxidants (120 mg vitamin C, 30 mg vitamin E, 6 mg β -carotene, 100 μ g selenium, and 20 mg zinc) or a matching placebo. The median time of follow-up was 7.5 y. A total of 157 cases of all types of SC were reported, from which 25 were melanomas. Because the effect of antioxidants on SC incidence varied according to gender, men and women were analyzed separately. In women, the incidence of SC was higher in the antioxidant group (adjusted hazard ratio [adjusted HR] = 1.88; $P=0.03$). Conversely, in men, incidence did not differ between the 2 treatment groups (adjusted HR = 0.69; $P=0.11$). Despite the small number of events, the incidence of melanoma was also higher in the antioxidant group for women (adjusted HR = 4.31; $P=0.02$). The incidence of nonmelanoma SC did not differ between the antioxidant and placebo groups (adjusted HR = 1.37; $P=0.22$ for women and adjusted HR = 0.72; $P=0.19$ for men). Our findings suggest that antioxidant supplementation affects the incidence of SC differentially in men and women. *J. Nutr.* 137: 2099-2105, 2007.

Eligibility, Recruitment, and Randomization

Workers exposed to asbestos were men 45 to 74 years of age in the pilot study and 45 to 69 years of age in the later pilot.

Background suggest that of vitamin E, other foods precursor of dark-green, the risk of c... **Prevention** lung cancer who receive were recent efficacy Trial carotene an of α -tocopherol incidence of the ATBC age, number status, and in relation to biologic type whether the could facilitate Study results and a total of 29 or more c receive α -tocopherol (median, 6.1 factors for study entry, tocopherol = 894) were and death independently able for 9 evaluated hazards mo

1560 ARTICLES

2098

Manuscript received 28 February 2007. Initial review completed 21 March 2007. Revision accepted 22 June 2007.

α -Tocopherol and β -Carotene Supplements and Lung Cancer Incidence in the Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study: Effects of Base-line Characteristics and Study Compliance

Demetrius Albanes, Olli P. Heinonen, Philip R. Taylor, Jarmo Virtamo, Brenda K. Edwards, Matti Rautalahti, Anne M. Hartman, Juni Palmgren, Laurence S. Freedman, Jaason Haapakoski, Michael J. Barrett, Pirjo Pietinen, Nea Malila, Eero Tala, Kari Liippo, Eija-Riitta Salomaa, Joseph A. Tangrea, Lyly Teppo, Frederic B. Askin, Eero Taskinen, Yener Erozan, Peter Greenwald, Jussi K. Huttunen*

The Journal of Nutrition
Nutritional Epidemiology

Antioxidant Supplementation Increases the Risk of Skin Cancers in Women but Not in Men¹

Serge Hercberg,^{2,3,4} Khaled Ezzedine,^{2,4} Christiane Guisot,^{2,4} Paul Preziosi,² Pilar Galan,² Sandrine Bertrai,² Carla Estayco,² Serge Briançon,² Alain Favier,⁴ Julie Latreille,⁴ and Denis Malvy⁵

¹UMR U157 Inserm/UE1125 Insa/IA3200 Caan/Univ Paris 13, Bobigny, France 93017; ²Unité de Surveillance et d'Epidémiologie Nutritionnelle, Centre de Recherche en Nutrition Humaine Ile-de-France UFR SMH Paris 13, Bobigny, France 93017; ³Department of Dermatology, University Hospital Erasme, Université Libre de Bruxelles, Bruxelles, Belgium 1070; ⁴Biometrics and Epidemiology Unit, CERLES, Neuilly sur Seine, France 92121; ⁵Computer Science Laboratory, Ecole Polytechnique, Université de Tours, Tours, France 37200; ⁶EA 3444, Ecole de Santé Publique, Epidémiologie clinique, Faculté de Médecine, CHU Nancy, France 54035; ⁷Laboratoire Léonidas des Acides Nucléiques, UMR CNRS-CEA-UFR 3046, Grenoble, France 38000; and ⁸EA 3677 and Centre René-Labanquère (Tropical Medicine and International Health Branch), Université Victor Segalen Bordeaux 2 and Department of Internal Medicine and Tropical Diseases, University Hospital Centre, Bordeaux, France 33076

Abstract

This research aimed to test whether supplementation with a combination of antioxidant vitamins and minerals could reduce the risk of skin cancers (SC). It was performed within the framework of the Supplementation in Vitamins and Mineral Antioxidants study, a randomized, double-blind, placebo-controlled, primary prevention trial testing the efficacy of nutritional doses of antioxidants in reducing incidence of cancer and ischemic heart disease in the general population. French adults (7876 women and 5141 men) were randomized to take an oral daily capsule of antioxidants (120 mg vitamin C, 30 mg vitamin E, 6 mg β -carotene, 100 μ g selenium, and 20 mg zinc) or a matching placebo. The median time of follow-up was 7.5 y. A total of 157 cases of all types of SC were reported, from which 25 were melanomas. Because the effect of antioxidants on SC incidence varied according to gender, men and women were analyzed separately. In women, the incidence of SC was higher in the antioxidant group (adjusted hazard ratio [adjusted HR] = 1.88; $P=0.03$). Conversely, in men, incidence did not differ between the 2 treatment groups (adjusted HR = 0.69; $P=0.11$). Despite the small number of events, the incidence of melanoma was also higher in the antioxidant group for women (adjusted HR = 4.31; $P=0.02$). The incidence of nonmelanoma SC did not differ between the antioxidant and placebo groups (adjusted HR = 1.37; $P=0.22$ for women and adjusted HR = 0.72; $P=0.19$ for men). Our findings suggest that antioxidant supplementation affects the incidence of SC differentially in men and women. *J. Nutr.* 137: 2099-2105, 2007.

Introduction

Melanoma and nonmelanoma skin cancers (SC),^{1,2} namely squamous cell carcinoma (SCC) and basal cell carcinoma (BCC), are the most common forms of malignancy in the Caucasian population (1) and sun exposure is thought to be the main established risk factor for all 3 types of tumor (2). An aging population, more intense exposure to UV rays due to depletion of the ozone layer, and sun exposure habits would appear to favor a higher incidence of skin malignancy (3).

Numerous studies have demonstrated the role of reactive oxygen species, also called free radicals, in skin carcinogenesis and the potential protective effect of antioxidants (4). Formation

of free radicals in the skin can be enhanced by UV radiation. The cutaneous system has a very efficient interlinked defense system for counteracting UV-induced oxidative damage. However, excessive exposure to sunlight or other sources of light can overwhelm the skin's antioxidant capacity. A potentially interesting strategy for preventing UV exposure damage could be to boost the endogenous antioxidant system by oral intake of antioxidant vitamins and minerals. Although clinical trials have showed contradictory findings (5-7), oral antioxidant pills have been recommended for the prevention of sunburn and for their supposed photoprotective properties.

In particular, it has been suggested that nutrients such as β -carotene, ascorbic acid, vitamin E, selenium, and zinc may prevent such harmful effects of UV exposure because of their antioxidant ability (8). Clinical trials testing the impact of supplementation with high doses of antioxidants over long periods have, however, failed to reveal beneficial effects on the incidence of SC (9,10). For example, the Nutritional Prevention of Cancer trial, a double-blind, randomized clinical trial, was designed to test whether selenium (200 μ g/d) could prevent nonmelanoma SC (NMSC) in 1312 individuals with an individual

¹ Author disclosures of S. Hercberg, K. Ezzedine, P. Preziosi, P. Galan, S. Bertrai, C. Estayco, S. Briançon, A. Favier, and D. Malvy, no conflicts of interest. C. Guisot and J. Latreille, the CERLES-E.S. is a research center on human skin funded by CHANEL.

² Abbreviations used: BCC, basal cell carcinoma; HR, hazard ratio; MNC, melanoma skin cancer; NMSC, nonmelanoma skin cancer; SC, skin cancer; SCC, squamous cell carcinoma; SU-Vi-MAX, Supplementation in Vitamins and Mineral Antioxidants study.

* To whom correspondence should be addressed. E-mail: hercberg@univ-paris13.fr.

Annals of Internal Medicine

The Efficacy and Safety of Multivitamin and Mineral Supplement Use To Prevent Cancer and Chronic Disease in Adults: A Systematic Review for a National Institutes of Health State-of-the-Science Conference

Han-Yao Huang, PhD, MPH; Benjamin Caballero, MD, PhD; Stephanie Chang, MD; Anthony J. Alberg, PhD, MPH; Richard D. Semba, MD, MPH; Christine R. Schreyer, MD; Renee F. Wilson, MSc; Ting-Yuan Cheng, MSc; Jason Vassy, MPH; Gregory Prokopowicz, MD, MPH; George J. Barnes II, BA; and Eric B. Bass, MD, MPH

Background: Multivitamin and mineral supplements are the most commonly used dietary supplements in the United States.

Purpose: To synthesize studies on the efficacy and safety of multivitamin/mineral supplement use in primary prevention of cancer and chronic

gastric cancer and the overall mortality rate from cancer by 13% to 21%. In a French trial, combined supplementation with vitamin C, vitamin E, β -carotene, selenium, and zinc reduced the rate of cancer by 31% in men but not in women. Multivitamin and mineral supplements had no significant effect on cardiovascular disease

Data Source
EMBASE, a
hand-search

Study Selection
viewed to
observation
study.

Data Extraction
dently assess

Data Synthesis
that assess
trial and 3
quality was
disease, cat
for the stu
population,
enrol, and se

Multi-con
States (1).
Examination
recent use
use multiple
quasi-intervention
mostly use
supplement
Many
cluding ci
style, and
these factors
damage, i

Annals

379

Spon

Downloaded From: <http://jama.ama-assn.org/>

Author Affiliations: Department of Health Sciences, Institute of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio Campus, Kuopio, Finland (Dr Mursu); Division of Epidemiology and Community Health, School of Public Health, University of Minnesota, Minneapolis (Dr Mursu); Department of Food and Nutrition, Yonsei University, Seoul, Republic of Korea (Dr Park); and Department of Nutrition, School of Medicine, University of Oslo, Oslo, Norway (Dr Jacobs).

IN THE UNITED STATES, THE USE OF dietary supplements has increased substantially during the past several decades,¹⁻³ reaching approximately one-half of adults in 2000, with annual sales of more than \$20 billion.^{1,2} Sixty-six percent of women participating in the Iowa Women's Health Study⁴ used at least 1 dietary supplement daily in 1986 at an average age of 62 years; in 2004, the proportion increased to 83%. Moreover, 27% of women reported using 4 or more supplemental products in 2004.⁵ At the population level, dietary supplements contributed substantially to the total intake of several nutrients, particularly in elderly individuals.^{1,2}

Supplemental nutrient intake clearly is beneficial in deficiency conditions.⁶ However, in well-nourished populations, supplements often are intended to yield benefits by preventing chronic diseases. Results of

epidemiologic studies⁷⁻⁹ assessing supplement use and total mortality risk have been inconsistent. Several randomized controlled trials (RCTs),^{10,11} concentrating mainly on calcium and vitamins B, C, D, and E, have not shown beneficial effects of

See Invited Commentary and Editor's Note at end of article

dietary supplements on total mortality rate; in contrast, some^{12,13} have suggested the possibility of harm. Meta-analyses^{14,15} concur in finding no decreased risk and potential harm. Supplements are widely used, and further studies regarding their health effects are needed. Also, little is known about the long-term effects of multivitamin use and less commonly used supplements, such as iron and other minerals.

ORIGINAL INVESTIGATION

LESS IS MORE

Dietary Supplements and Mortality Rate in Older Women

The Iowa Women's Health Study

Jaakko Mursu, PhD; Kim Robien, PhD; Lisa J. Harnack, DrPH, MPH; Kyong Park, PhD; David R. Jacobs Jr, PhD

Background: Although dietary supplements are commonly taken to prevent chronic disease, the long-term health consequences of many compounds are unknown.

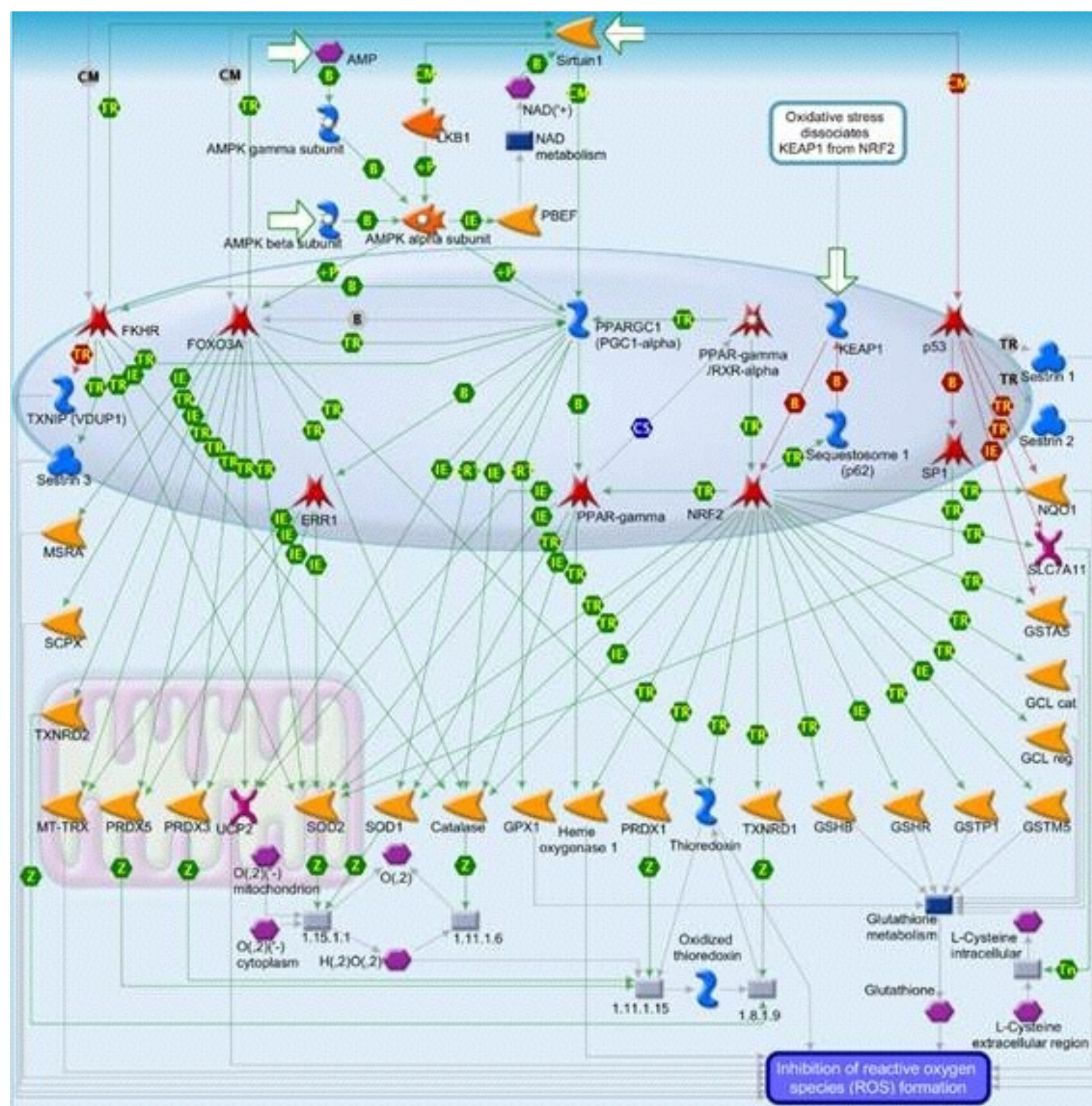
Methods: We assessed the use of vitamin and mineral supplements in relation to total mortality in 38 772 older women in the Iowa Women's Health Study; mean age was 61.6 years at baseline in 1986. Supplement use was self-reported in 1986, 1997, and 2004. Through December 31, 2008, a total of 15 594 deaths (40.2%) were identified through the State Health Registry of Iowa and the National Death Index.

Results: In multivariable adjusted proportional hazards regression models, the use of multivitamins (hazard ratio, 1.06; 95% CI, 1.02-1.10; absolute risk increase, 2.4%), vitamin B₆ (1.10; 1.01-1.21; 4.1%), folic acid (1.15; 1.00-1.32; 5.9%), iron (1.10; 1.03-1.17; 3.9%), magnesium (1.08; 1.01-1.15; 3.6%), zinc (1.08; 1.01-1.15; 3.0%), and cop-

per (1.45; 1.20-1.75; 18.0%) were associated with increased risk of total mortality when compared with corresponding nonuse. Use of calcium was inversely related (hazard ratio, 0.91; 95% confidence interval, 0.88-0.94; absolute risk reduction, 3.8%). Findings for iron and calcium were replicated in separate, shorter-term analyses (10-year, 6-year, and 4-year follow-up), each with approximately 15% of the original participants having died, starting in 1986, 1997, and 2004.

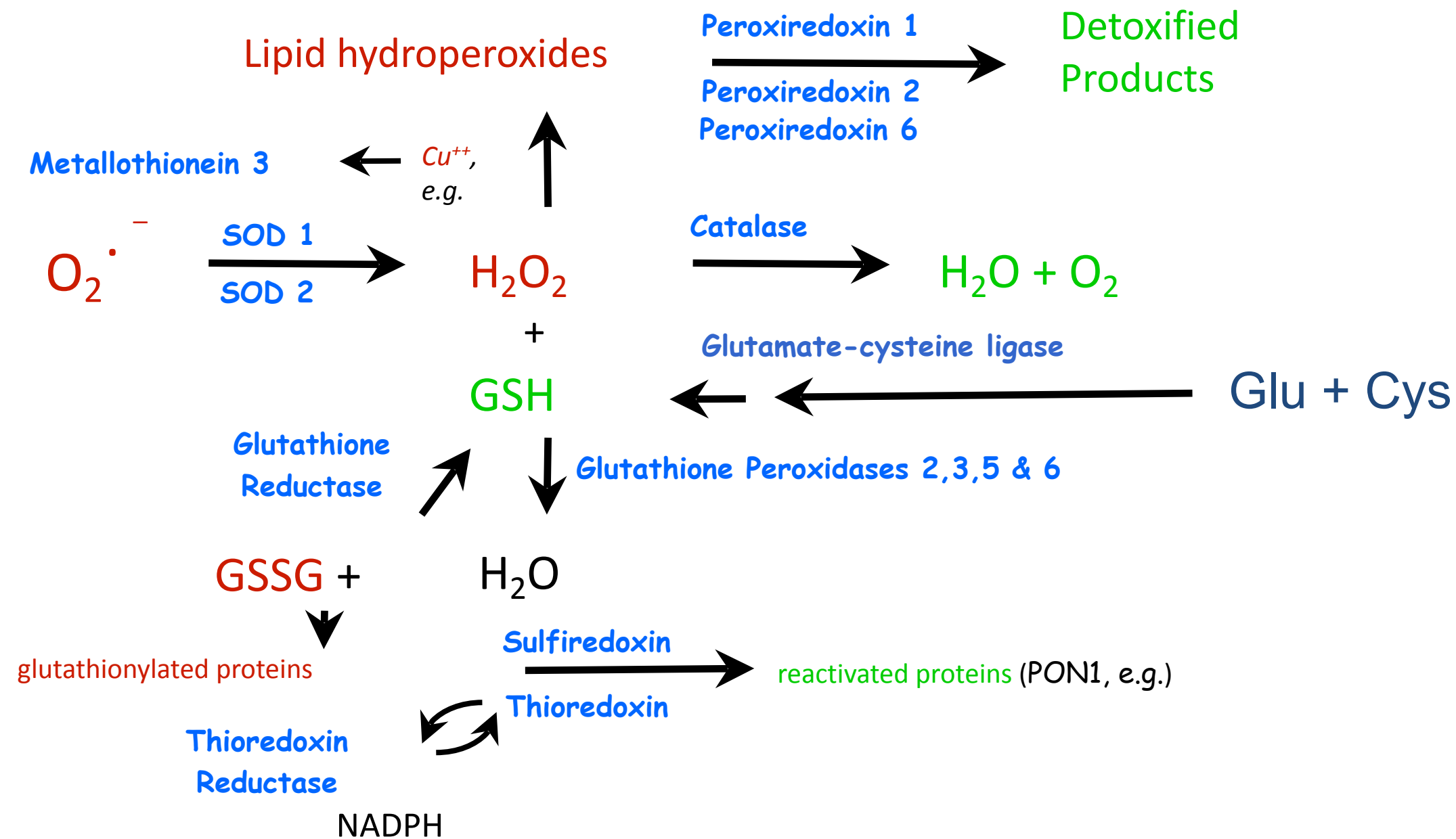
Conclusions: In older women, several commonly used dietary vitamin and mineral supplements may be associated with increased total mortality risk; this association is strongest with supplemental iron. In contrast to the findings of many studies, calcium is associated with decreased risk.

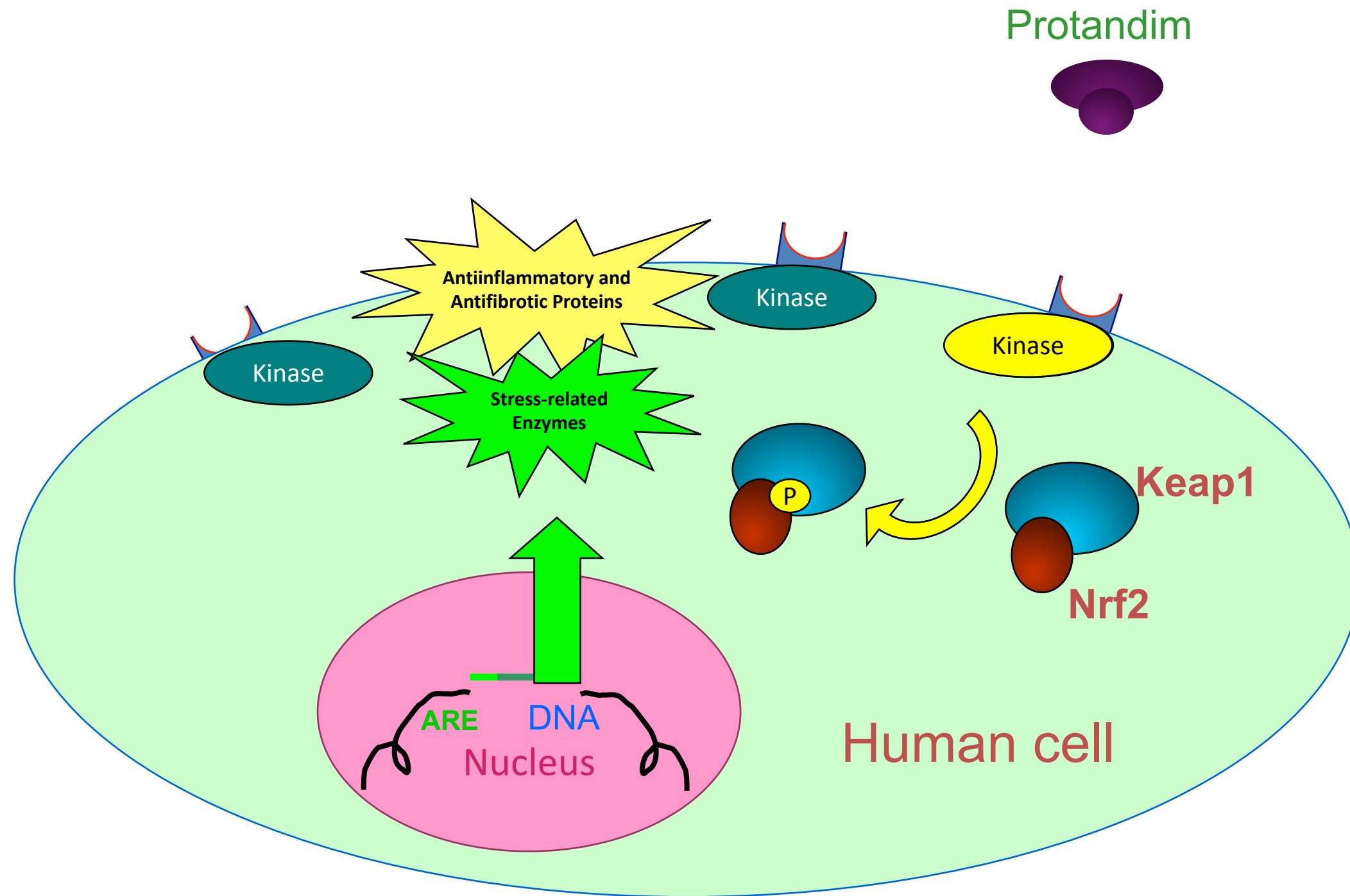
Arch Intern Med. 2011;171(18):1625-1633



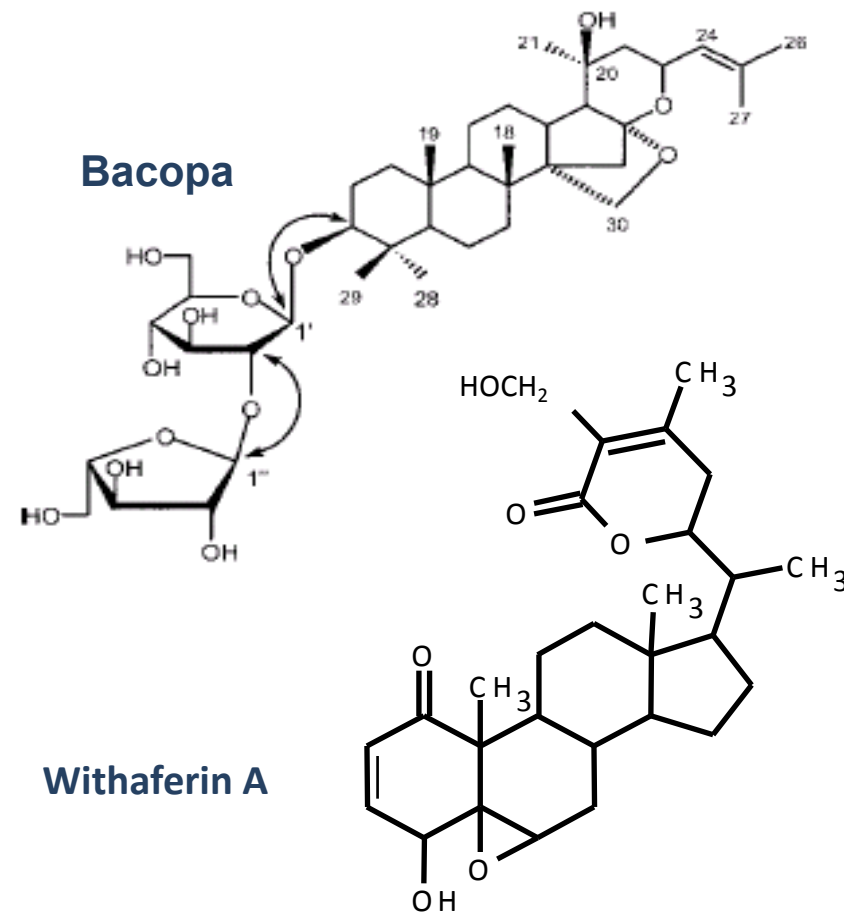
The Internal System of Protective Antioxidant Enzymes

Activated/Triggered by Nr2 Pathway

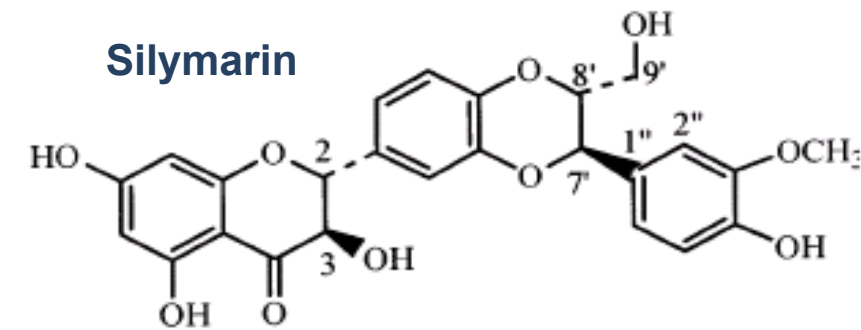
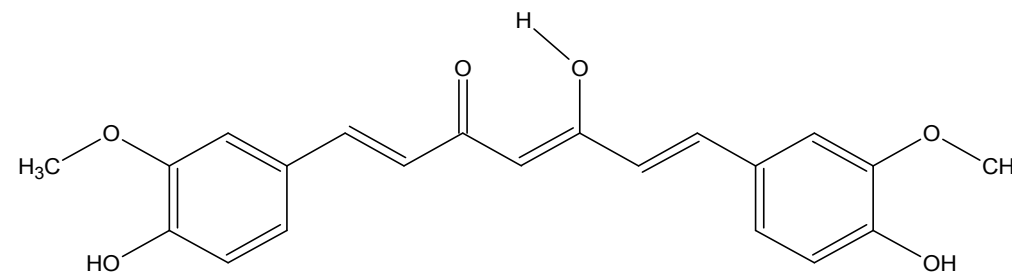




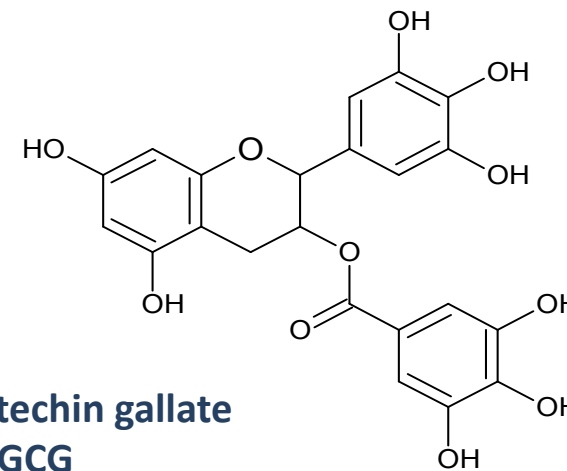
Nrf2 = a powerful “master regulator” of antioxidant enzymes and survival genes



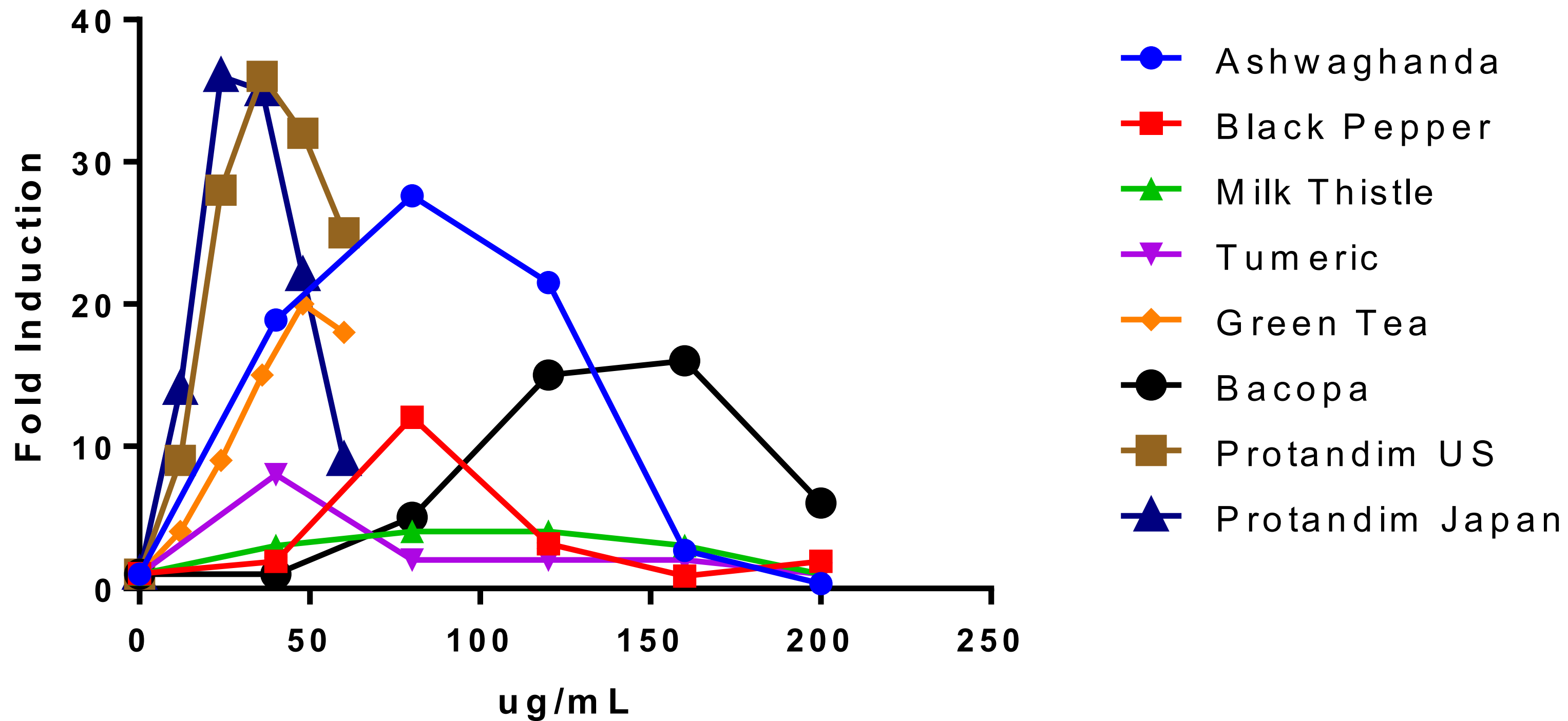
Curcumin



**Epigallocatechin gallate
EGCG**



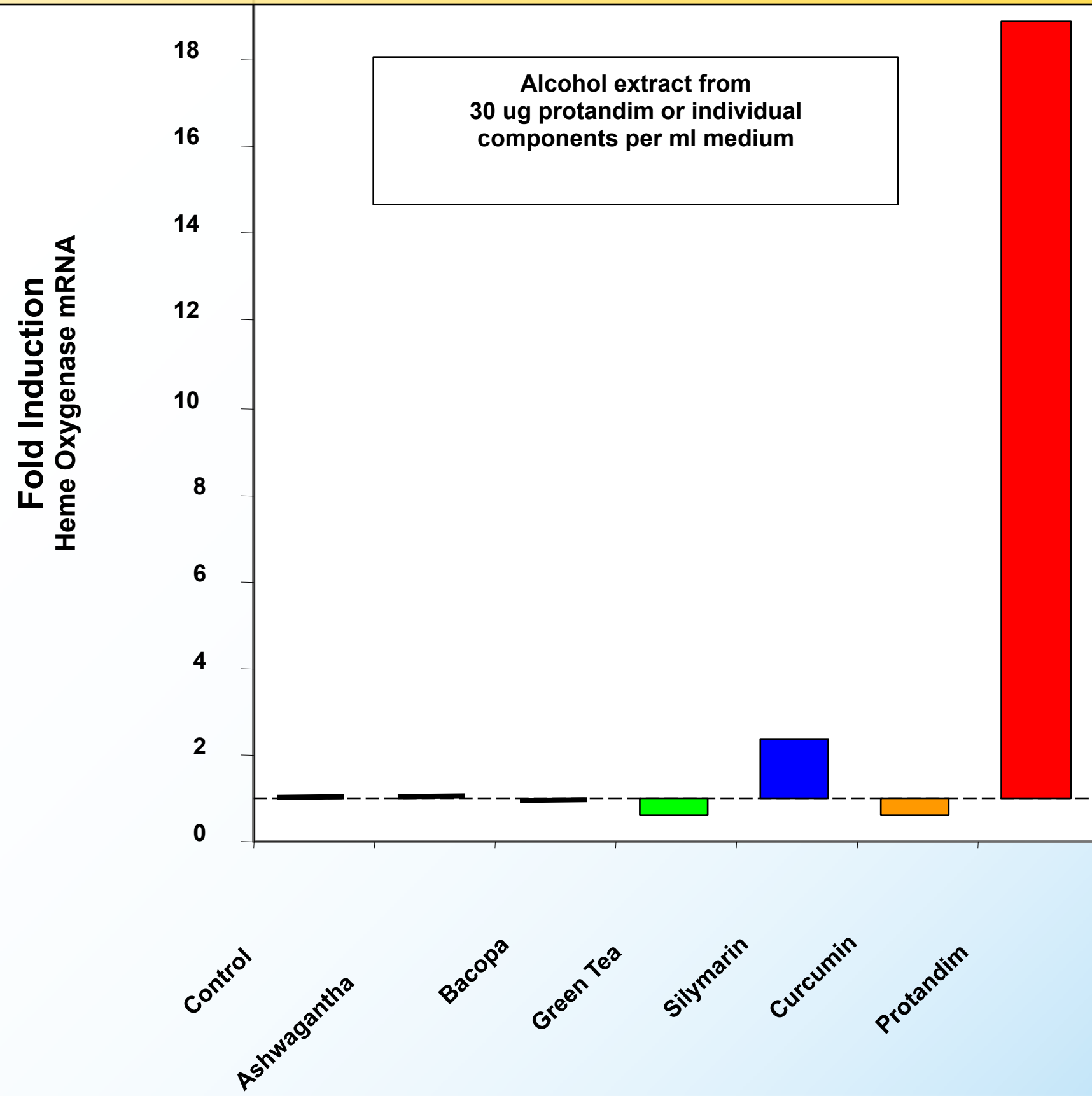
ARE reporter assay



SYNERGY = Action greater than the sum of the parts

All five ingredients together produced an **18-fold increase** in the expression of this antioxidant gene.

Protandim BLEND works *18 times more effectively than the sum of its parts.*



Protandim, a Fundamentally New Antioxidant Approach in Chemoprevention Using Mouse Two-Stage Skin Carcinogenesis as a Model

Jianfeng Liu¹, Xin Gu², Delira Robbins¹, Guohong Li³, Runhua Shi⁴, Joe M. McCord⁵, Yunfeng Zhao^{1*}

1 Department of Pharmacology, Toxicology & Neuroscience, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America, **2** Department of Pathology, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America, **3** Department of Neurosurgery, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America, **4** Fels-Waller Cancer Center, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America, **5** Department of Medicine, University of Colorado Health Sciences Center, Denver, Colorado, United States of America

Abstract

Oxidative stress is an important contributor to cancer development. Consistent with that, antioxidant enzymes have been demonstrated to suppress tumorigenesis when being elevated both in vitro and in vivo, making induction of these enzymes a more potent approach for cancer prevention. Protandim, a well-defined combination of widely studied medicinal plants, has been shown to induce superoxide dismutase (SOD) and catalase activities and reduce superoxide generation and lipid peroxidation in healthy human subjects. To investigate whether Protandim can suppress tumor formation by a dietary approach, a two-stage mouse skin carcinogenesis study was performed. At the end of the study, the mice on a Protandim-containing basal diet had similar body weight compared with those on the basal diet, which indicated no overt toxicity by Protandim. After three weeks on the diet, there was a significant increase in the expression levels of SOD and catalase, in addition to the increases in SOD activities. Importantly, at the end of the carcinogenesis study, both skin tumor incidence and multiplicity were reduced in the mice on the Protandim diet by 33% and 57% respectively, compared with those on basal diet. Biochemical and histological studies revealed that the Protandim diet suppressed tumor promoter-induced oxidative stress (evidenced by reduction of protein carbonyl levels), cell proliferation (evidenced by reduction of skin hyperplasia and suppression of PKC/RNK/Jun pathway), and inflammation (evidenced by reduction of ICAM-1/VCAM-1 expression, NF- κ B binding activity, and nuclear p65/p50 levels). Overall, induction of antioxidant enzymes by Protandim may serve as a practical and potent approach for cancer prevention.

Journal of the American College of Cardiology
© 2004 by the American College of Cardiology Foundation
Published by Elsevier Inc.

Serum Levels of Thiobarbituric Acid Reactive Substances Predict Cardiovascular Events in Patients With Stable Coronary Artery Disease

A Longitudinal Analysis of the PREVENT Study

Mary F. Walter, PhD,* Robert F. Jacob, PhD,* Barrett Jeffers, PhD,† Mathieu M. Ghadanfar, M Gregory M. Preston, PhD,§ Jan Buch, MD,‡ R. Preston Mason, PhD*†

Beverly and Boston, Massachusetts; New York, New York; and Groton, Connecticut

The Dietary Supplement Plasma Osteopontin and Oxidative Stress in Mus

Muhammad Mudda

Warren C. McClure, MS
Nicole L. Arevalo, MA
Rick E. Rabon, BA
Benjamin Mohr
Swapan K. Bose, BS, BPharm
Joe M. McCord, PhD
Brian S. Tseng, MD, PhD

ABSTRACT. Therapeutic options for Duchenne muscular dystrophy (DMD), a common and lethal neuromuscular disorder in children, remain elusive. Oxidative damage is implicated as a pertinent factor involved in its pathogenesis. Protandim is an over-the-counter supplement with the ability to induce antioxidant enzymes

ARTICLE INFO

Article history:
Received 26 August 2010
Revised 7 December 2010
Accepted 8 December 2010
Available online 15 December 2010

Keywords:
Free radicals
Scavenging enzymes
Catalase
Human saphenous veins
Ex vivo culture
Protandim

Hum
patency. To evaluate the role of reactive oxygen species (ROS) signaling in intima hyperplasia (IH), an early stage pathology of vein-graft disease, and to explore the potential therapeutic effects of up-regulating endogenous antioxidant enzymes, we used a murine model of IH. In this model, the expression of ROS was increased 3.6-fold in the presence of Protandim, a multi-herb extract. Protandim also increased the expression of antioxidant enzymes in several tissues, including the isolated IH. Protandim also increased catalase activity in the cultured IH and proliferation of cultured IH and

The Chemopreventive Effects of Protandim: Modulation of p53 Mitochondrial Translocation and Apoptosis during Skin Carcinogenesis

Delira Robbins¹, Xin Gu², Runhua Shi⁴, Jianfeng Liu¹, Fei Wang³, Jacquelyne Ponville⁴, Joe M. McCord⁵, Yunfeng Zhao^{1*}

1 Department of Pharmacology, Toxicology and Neuroscience, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America, **2** Department of Pathology, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America, **3** College of Life Science, Jilin University, Changchun, Jilin Province, China, **4** Department of Chemistry, Nicholls State University, Thibodaux, Louisiana, United States of America, **5** Department of Medicine, University of Colorado at Denver and Health Sciences Center, Aurora, Colorado, United States of America, **6** Fels-Waller Cancer Center, Louisiana State University Health Sciences Center, Shreveport, Louisiana, United States of America

Abstract

Protandim, a well defined dietary combination of 5 well-established medicinal plants, is known to induce endogenous antioxidant enzymes, such as manganese superoxide dismutase (MnSOD). Our previous studies have shown through the induction of various antioxidant enzymes, products of oxidative damage can be decreased. In addition, we have shown that tumor multiplicity and incidence can be decreased through the dietary administration of Protandim in the two-stage skin carcinogenesis mouse model. It has been demonstrated that cell proliferation is accommodated by cell death during DMBA/TPA treatment in the two-stage skin carcinogenesis model. Therefore, we investigated the effects of the Protandim diet on apoptosis and proposed a novel mechanism of chemoprevention utilized by the Protandim dietary combination. Interestingly, Protandim suppressed DMBA/TPA induced cutaneous apoptosis. Recently, more attention has been focused on transcription-independent mechanisms of the tumor suppressor, p53, that mediate apoptosis. It is known that cytoplasmic p53 rapidly translocates to the mitochondria in response to pro-apoptotic stress. Our results showed that Protandim suppressed the mitochondrial translocation of p53 and mitochondrial outer membrane proteins such as Bax. We examined the levels of p53 and MnSOD expression/activity in murine skin JB6 promotion sensitive (P+) and promotion-resistant (P-) epidermal cells. Interestingly, p53 was induced only in P+ cells, not P- cells; whereas MnSOD is highly expressed in P- cells when compared to P+ cells. In addition, wild-type p53 was transfected into JB6 P- cells. We found that the introduction of wild-type p53 promoted transformation in JB6 P- cells. Our results suggest that suppression of p53 and induction of MnSOD may play an important role in the tumor suppressive activity of Protandim.



Contents lists available at ScienceDirect

Free Radical Biology & Medicine

journal homepage: www.elsevier.com/locate/freeradbiomed



Original Contribution

Synergistic induction of heme oxygenase-1 by the components of the antioxidant supplement Protandim

Kalpana Velmurugan^{a,b}, Jawed Alam^c, Joe M. McCord^d, Subbiah Pugazhenthir^{a,b,*}

a Division of Endocrinology, Department of Medicine,
b Section of Endocrinology, Veterans Affairs Medical Center,
c Department of Molecular Genetics, Ochsner Medical Center,
d Division of Pulmonary Sciences, Department of Medicine



Available online at www.sciencedirect.com

SCIENCE @ DIRECT®

Free Radical Biology & Medicine 40 (2006) 341–347



www.elsevier.com/locate/freeradbiomed

ARTICLE INFO

Article history:
Received 8 July 2006
Revised 23 September 2006
Accepted 31 October 2006
Available online 17 November 2006

Keywords:
Oxidative stress
Heme oxygenase-1
Synergy
Curcumin
Protandim

Vol.
ISSN 0742-8266
doi:10.1016/j.freeradbiomed.2006.10.016

Original Contribution

The induction of human superoxide dismutase and catalase in vivo: A fundamentally new approach to antioxidant therapy

Sally K. Nelson^{a,b}, Swapan K. Bose^a, Gary K. Grunwald^c, Paul Myhill^d, Joe M. McCord^{a,b,d,*}

a Webb-Haring Institute for Cancer, Aging and Antioxidant Research, University of Colorado Denver Health Sciences Center, Denver, CO 80262, USA

b Department of Medicine, University of Colorado Denver Health Sciences Center, Denver, CO 80262, USA

c Department of Preventive Medicine and Biometrics, University of Colorado Denver Health Sciences Center, Denver, CO 80262, USA

d Lifeline Therapeutics, Denver, CO, USA

Received 22 June 2005; revised 24 August 2005; accepted 28 August 2005

Abstract

A composition consisting of extracts of five widely studied medicinal plants (Protandim) was administered to healthy human subjects ranging in age from 20 to 78 years. Individual ingredients were selected on the basis of published findings of induction of superoxide dismutase (SOD) and/or catalase in rodents in vivo, combined with evidence of decreasing lipid peroxidation. Each ingredient was present at a dosage sufficiently low to avoid any accompanying unwanted pharmacological effects. Blood was analyzed before supplementation and after 30 and 120 days of supplementation (675 mg/day). Erythrocytes were assayed for SOD and catalase, and plasma was assayed for lipid peroxidation products as thiobarbituric acid-reacting substances (TBARS), as well as uric acid, C-reactive protein, and cholesterol (total, LDL, and HDL). Before



Contents lists available at SciVerse ScienceDirect

Molecular Aspects of Medicine

journal homepage: www.elsevier.com/locate/mam



Oxidative Stress in Health and Disease: The Therapeutic Potential of Nrf2 Activation

Brooks M. Hybertson^{a,b}, Bifeng Gao^a, Swapan K. Bose^a and Joe M. McCord^{a,b}

a Department of Medicine, Division of Pulmonary Science and Critical Care Medicine, University of Colorado at Denver, Aurora, CO 80045

b LifeVantage Corporation, 10813 S. Riverfront Parkway, South Jordan, UT 84095



US0972414

(12) **United States Patent**
Myhill et al.

(10) **Patent No.:**
(45) **Date of Patent:**

(54) **COMPOSITIONS FOR ALLEVIATING INFLAMMATION AND OXIDATIVE STRESS IN A MAMMAL.**

(75) **Inventors:** Paul R. Myhill, Castle Rock, CO (US); William J. Driscoll, Englewood, CO (US)

(73) **Assignee:** Lifeline Nutraceuticals Corporation, Englewood, CO (US)

(*) **Notice:** Subject to any disclaimer, the term of this patent is extended or adjusted under 35

Al-Shawi, "C-Reactive Protein and Inflammation," *Ann. N.Y. Acad. Sci.*, 2004, vol. 291, No. 23, pp. 2818-2. Anderson, et al., "Differential Response to Induction of Apoptosis by VEGF Analogues," *Cell Growth*, 2003, vol. 15, pp. 837-842. Bhattacharya, et al., "Antioxidant from Withania somnifera," *Ind. J. Exper. Biol.*, 1997, vol. 35, pp. 236-239.



Original Contribution

The induction of human superoxide dismutase and catalase in vivo: A fundamentally new approach to antioxidant therapy

Sally K. Nelson^{a,b}, Swapan K. Bose^a, Gary K. Grunwald^c, Paul Myhill^d, Joe M. McCord^{a,b,d,*}

^a *Webb-Waring Institute for Cancer, Aging and Antioxidant Research, University of Colorado Denver Health Sciences Center, Denver, CO 80262, USA*

^b *Department of Medicine, University of Colorado Denver Health Sciences Center, Denver, CO 80262, USA*

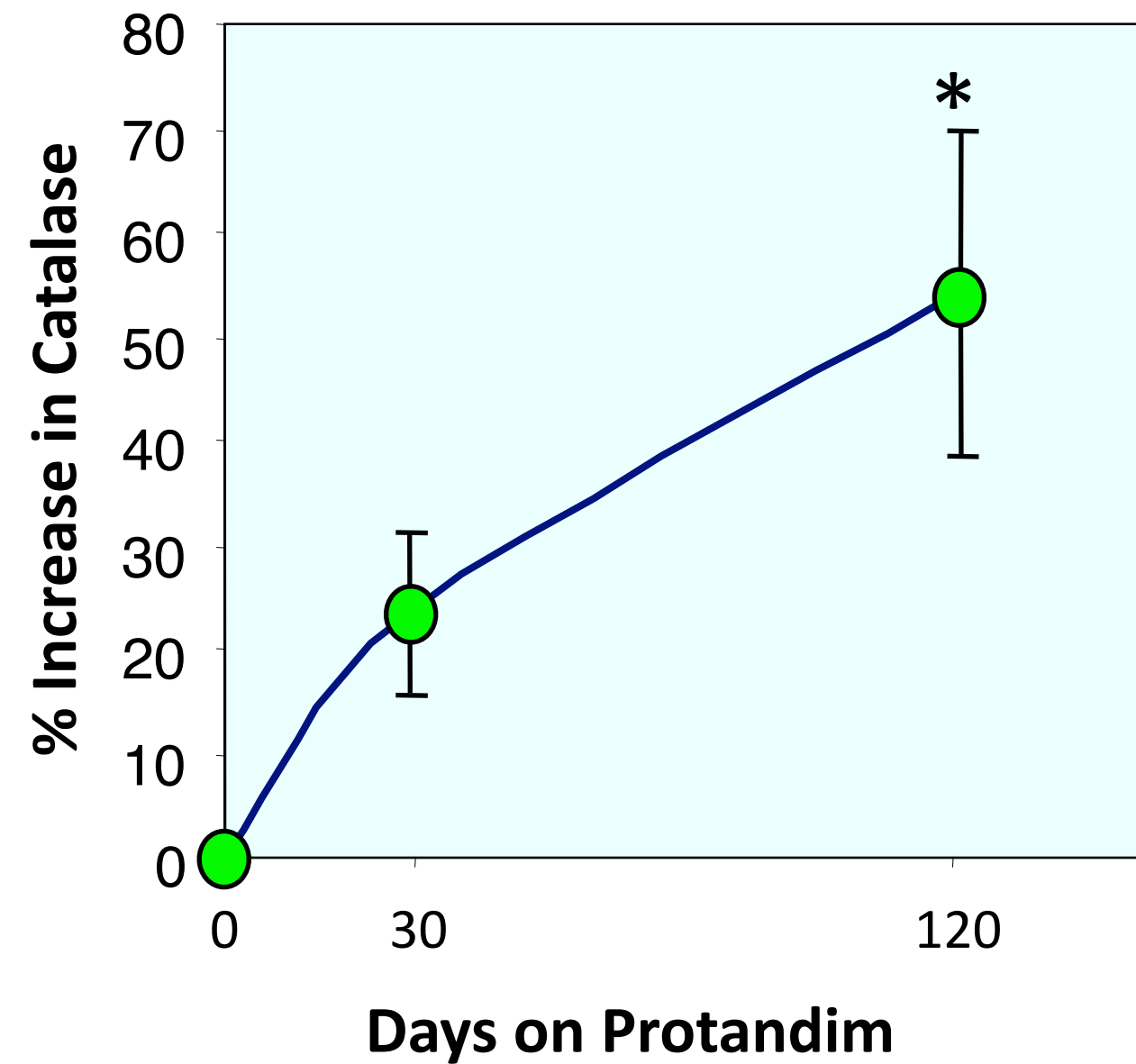
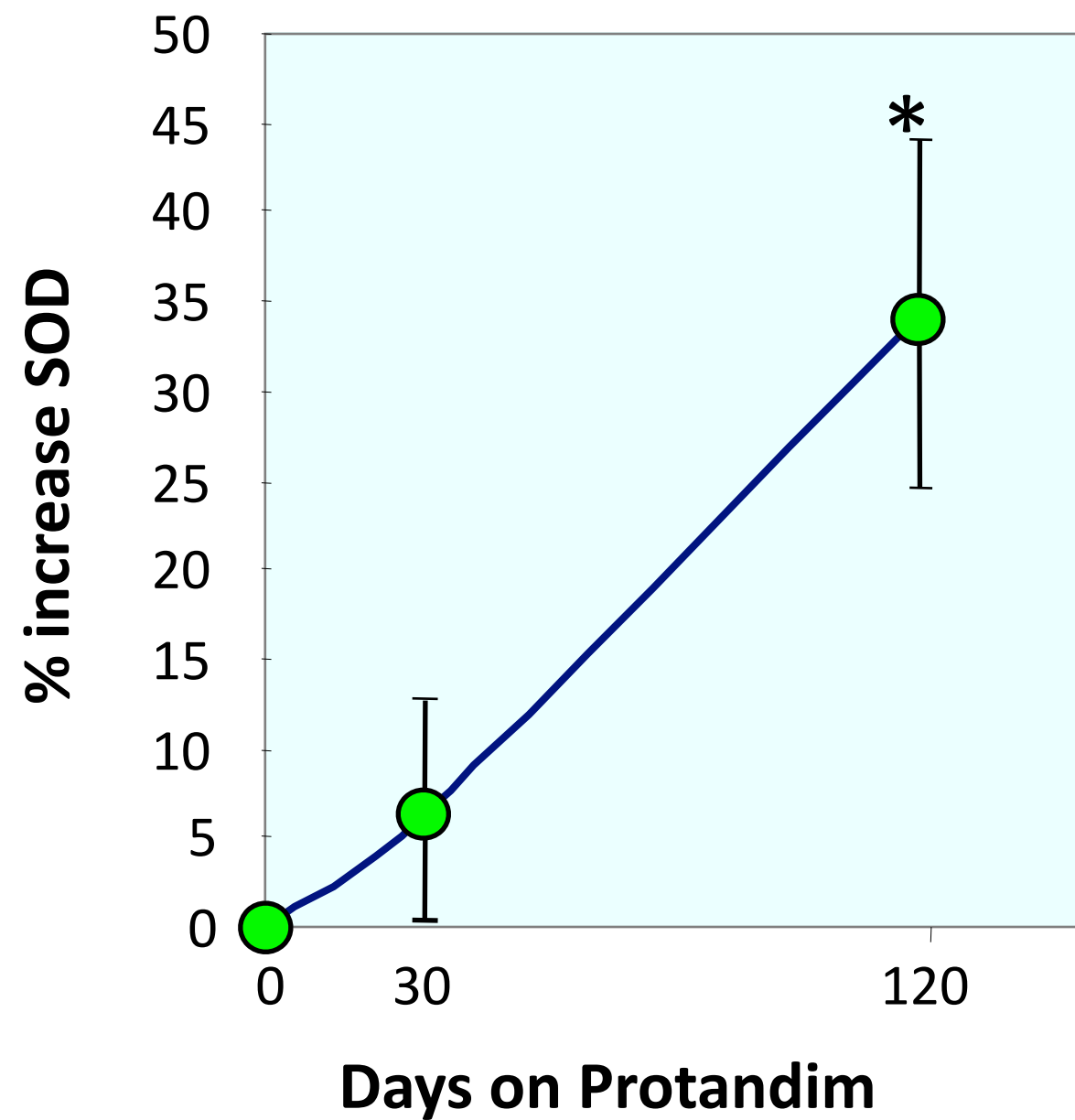
^c *Department of Preventive Medicine and Biometrics, University of Colorado Denver Health Sciences Center, Denver, CO 80262, USA*

^d *Lifeline Therapeutics, Denver, CO, USA*

Received 22 June 2005; revised 24 August 2005; accepted 28 August 2005

Abstract

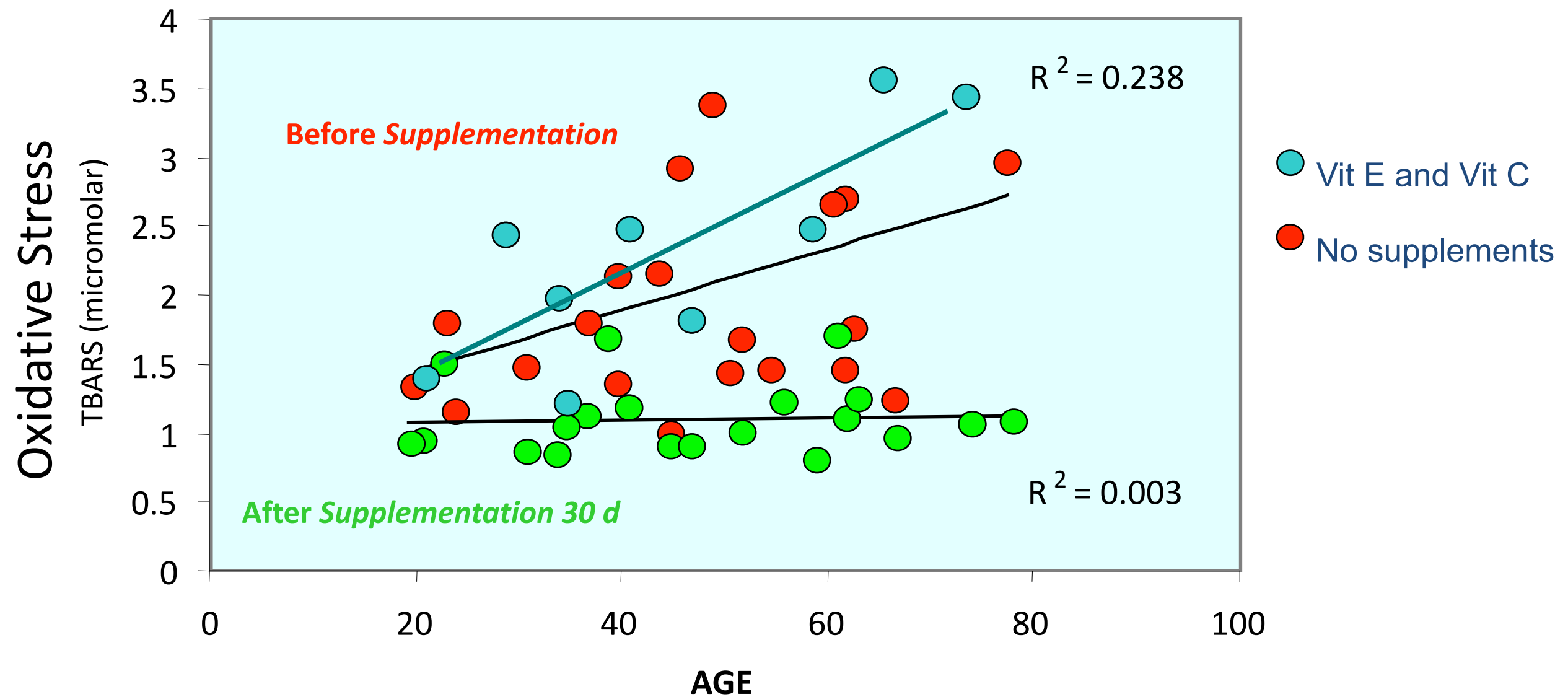
A composition consisting of extracts of five widely studied medicinal plants (Protandim) was administered to healthy human subjects ranging in age from 20 to 78 years. Individual ingredients were selected on the basis of published findings of induction of superoxide dismutase (SOD) and/or catalase in rodents in vivo, combined with evidence of decreasing lipid peroxidation. Each ingredient was present at a dosage sufficiently low to avoid any accompanying unwanted pharmacological effects. Blood was analyzed before supplementation and after 30 and 120 days of supplementation (675 mg/day). Erythrocytes were assayed for SOD and catalase, and plasma was assayed for lipid peroxidation products as thiobarbituric acid-reacting substances (TBARS), as well as uric acid, C-reactive protein, and cholesterol (total, LDL, and HDL). Before supplementation, TBARS showed a strong age-dependent increase. After 30 days of supplementation, TBARS declined by an average of 40% ($p = 0.0001$) and the age-dependent increase was eliminated. By 120 days, erythrocyte SOD increased by 30% ($p < 0.01$) and catalase by 54% ($p < 0.002$). We conclude that modest induction of the catalytic antioxidants SOD and catalase may be a much more effective approach than supplementation with antioxidants (such as vitamins C and E) that can, at best, stoichiometrically scavenge a very small fraction of total oxidant production.



After 120 days...

SOD increased by 34%

Catalase increased by 54%



After 30 days...

“Remarkably, this age-dependent increase in TBARS was almost completely abolished by Protandim treatment (Fig. 1D), with an overall average reduction of the oxidative stress marker by 40%.”

**Exotic Ingredients + Proven Science + Exclusive IP =
World's finest products that help you Feel / Look / Perform Your Best**

Protandim/Nrf2 – Fundamentally different approach to cellular protection



Feel Your Best



Look Your Best



Perform Your Best

Coordinated Product Platform

LOOK Your Best...

***TrueScience* Regimen is equal/better compared to top “prestige” brands**

Competitor		28 Days	56 Days
89% Perricone MD Cold Plasma at 4 weeks 75% Jeunesse Global Luminesce Cellular Rejuvenation at 8 weeks	Smoother looking skin	89%	94%
80% Nu Skin TruFace at 3 months	Firmer looking skin	81%	85%
78% L’Oreal Youth Code at 8 weeks	Younger looking skin		87%
70% Lancôme Dream Tone at 8 weeks 79% SkinMedica Lytera at 12 weeks	More even skin tone		83%
79% Clarins Double Serum at 4 weeks [Hydric + Lipidic System] 80% Nu skin 180°System at 8 weeks	Less noticeable fine lines and wrinkles	78%	82%

Cold Plasma is a trademark of Perricone MD
Youth Code is a trademark of L’Oreal
Dream Tone is a trademark of Lancôme
Lytera is a trademark of SkinMedica
Double Serum [Hydric + Lipidic System] is a trademark of Clarins

*Competitive advertising details available upon request

Versus Select Competitive Ads*

LifeVantage.
FREEDOM
GLOBAL CONVENTION 2014

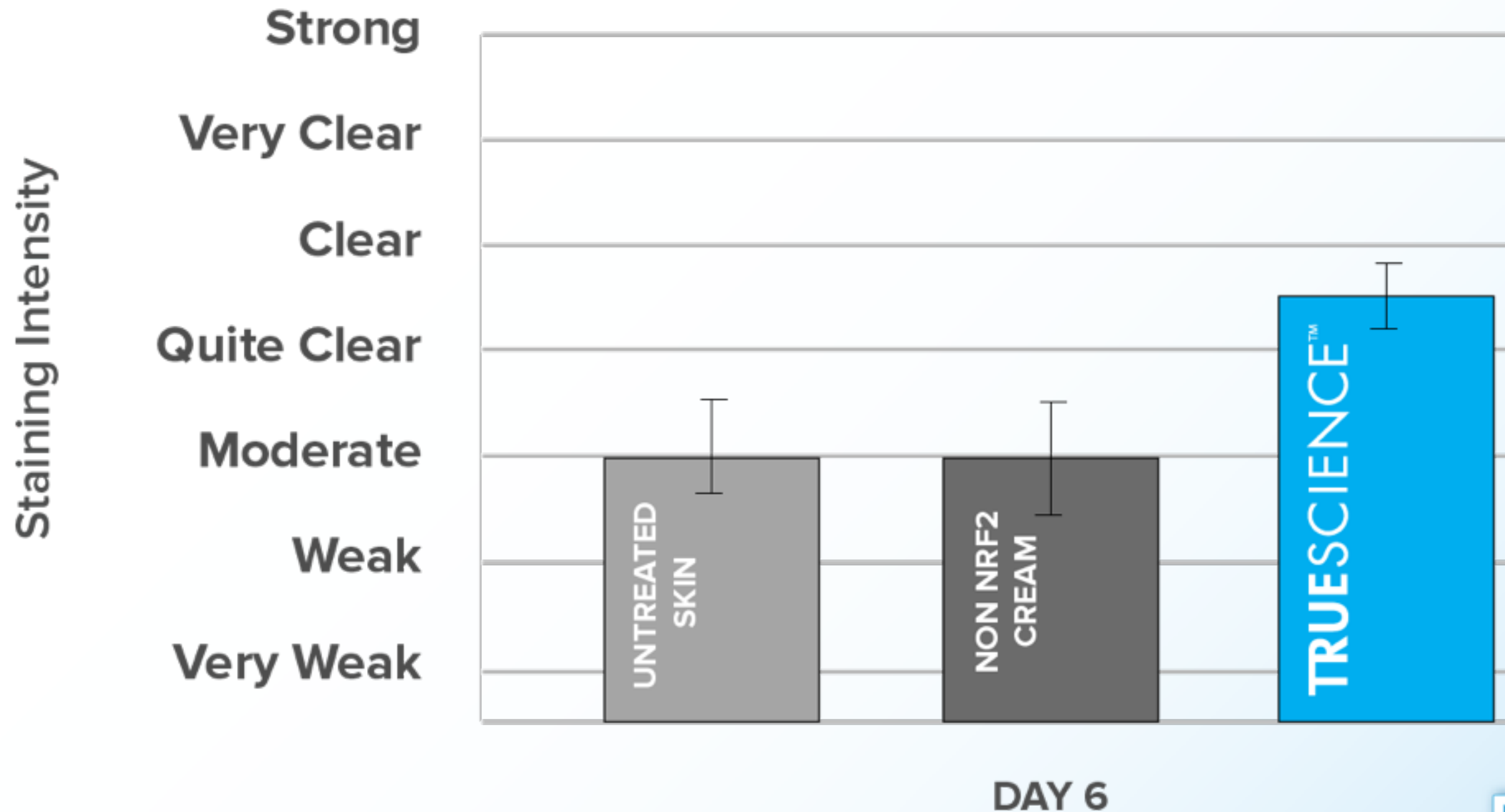
Clinical Study: What Users Said*

28 Days		56 Days
94%	Loved the fragrance	99%
90%	More hydrated skin	95%
89%	Will buy the regimen	91%
89%	Smoother looking skin	94%
88%	Softer skin	90%
84%	More luminous skin	88%
83%	Younger looking skin	87%
81%	More even skin tone	83%
81%	Firmer looking skin	85%
78%	Less noticeable fine lines and wrinkles	82%
74%	Felt younger-looking	80%
74%	Better than what I usually use	80%

*Satisfaction test, 86 women self-reported, 4 weeks and 8 weeks

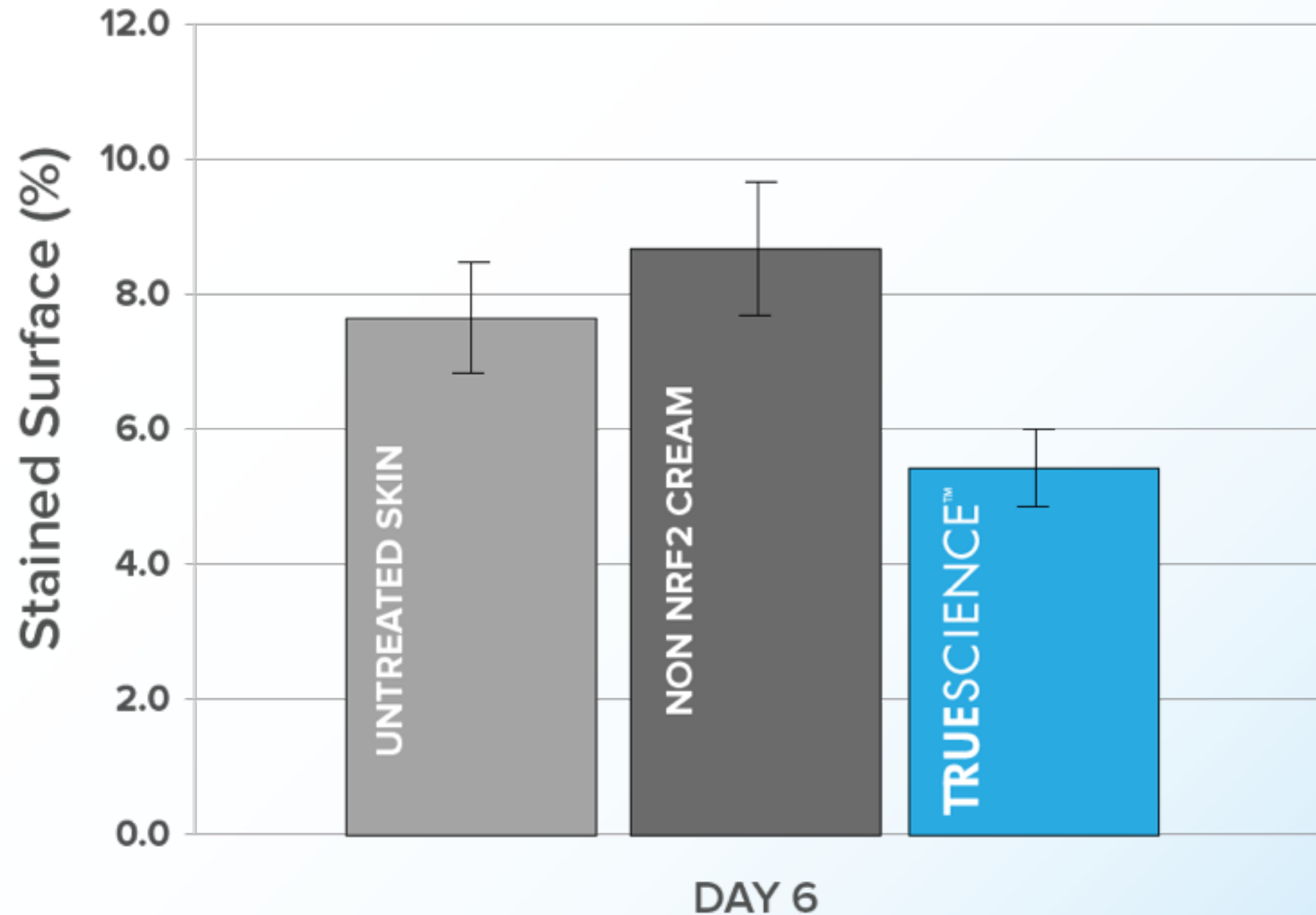
Nrf2 Staining Intensity 24 hours after UV Exposure

TrueScience™ Facial Cream results in more Nrf2 in skin, thus more protection!



Less Thymine Dimers with TrueScience

TrueScience™ Facial Cream with Nrf2 protects the cell DNA!



TrueScience™ Facial Cream with Advanced Nrf2 Technology has been shown to:

- Boost skin protection from UV exposure by reducing DNA damage
- Increase Nrf2 Protein amount, thus improve resistance to oxidative stress
- Fight the signs of aging though **all** layers of the skin



FEEL Your Best...



Tired, Stressed, Depressed... “Off”



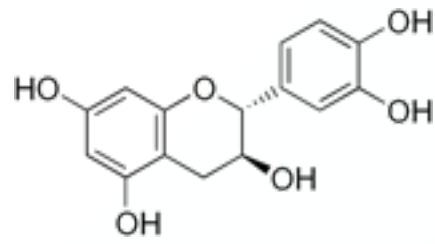


SUPPLEMENT FACTS		
Serving Size: 1 Packet		
Serving Per Pouch: 30		
	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	2 g	<1%*
Niacin (as Nicotinic Acid)	24 mg	120%
Vitamin B6 (as Pyridoxine HCL)	1.60 mg	80%
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Magnesium (as Magnesium Aspartate)	10 mg	2%
Caffeine	100 mg	†
Proprietary Blend	500 mg	
DMAE Bitartrate		†
Green Tea Extract (Camellia sinensis) (Aerial)		†
Quercetin Dihydrate		†
Monterey Pine Extract (Pinus radiata) (Bark)		†
L-Theanine		†

*% Daily Value are based on a 2,000 calorie diet.
† Daily Value not established

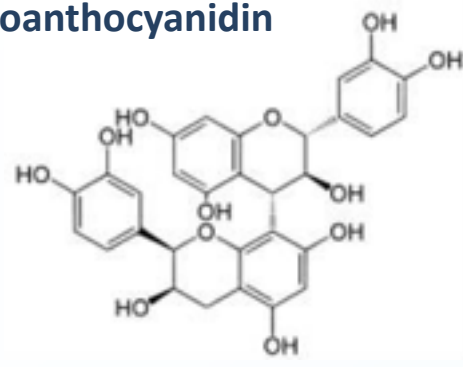
SUPPLEMENT FACTS		
Serving Size: 1 Packet		
Serving Per Pouch: 30		
	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	3 g	1%*
Niacin (as Nicotinic Acid)	20 mg	100%
Vitamin B6 (as Pyridoxine HCL)	1.60 mg	80%
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Magnesium (as Magnesium Aspartate)	10 mg	2%
Proprietary Blend	280 mg	
Green Tea Extract (Camellia sinensis) (Aerial)		†
Monterey Pine Extract (Pinus radiata) (Bark)		†
L-Theanine		†
Quercetin Dihydrate		†

*% Daily Value are based on a 2,000 calorie diet.
† Daily Value not established

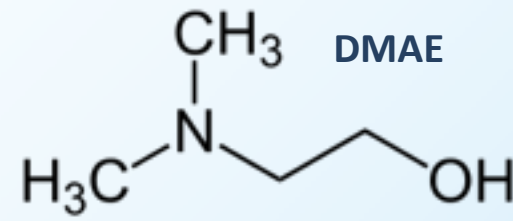


Catechin

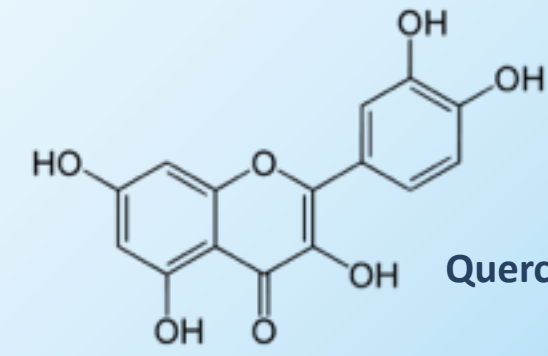
Proanthocyanidin



L-Theanine



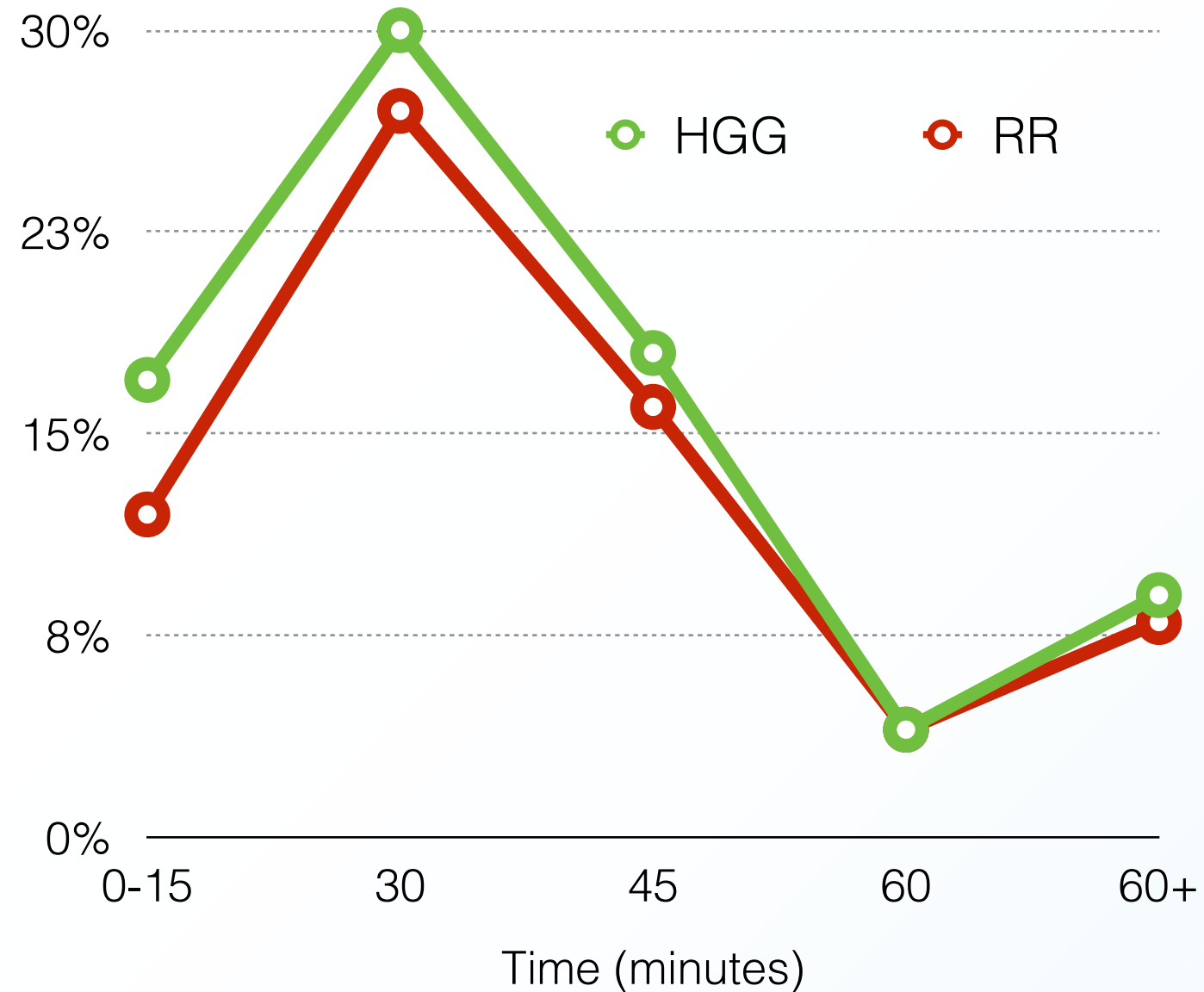
DMAE



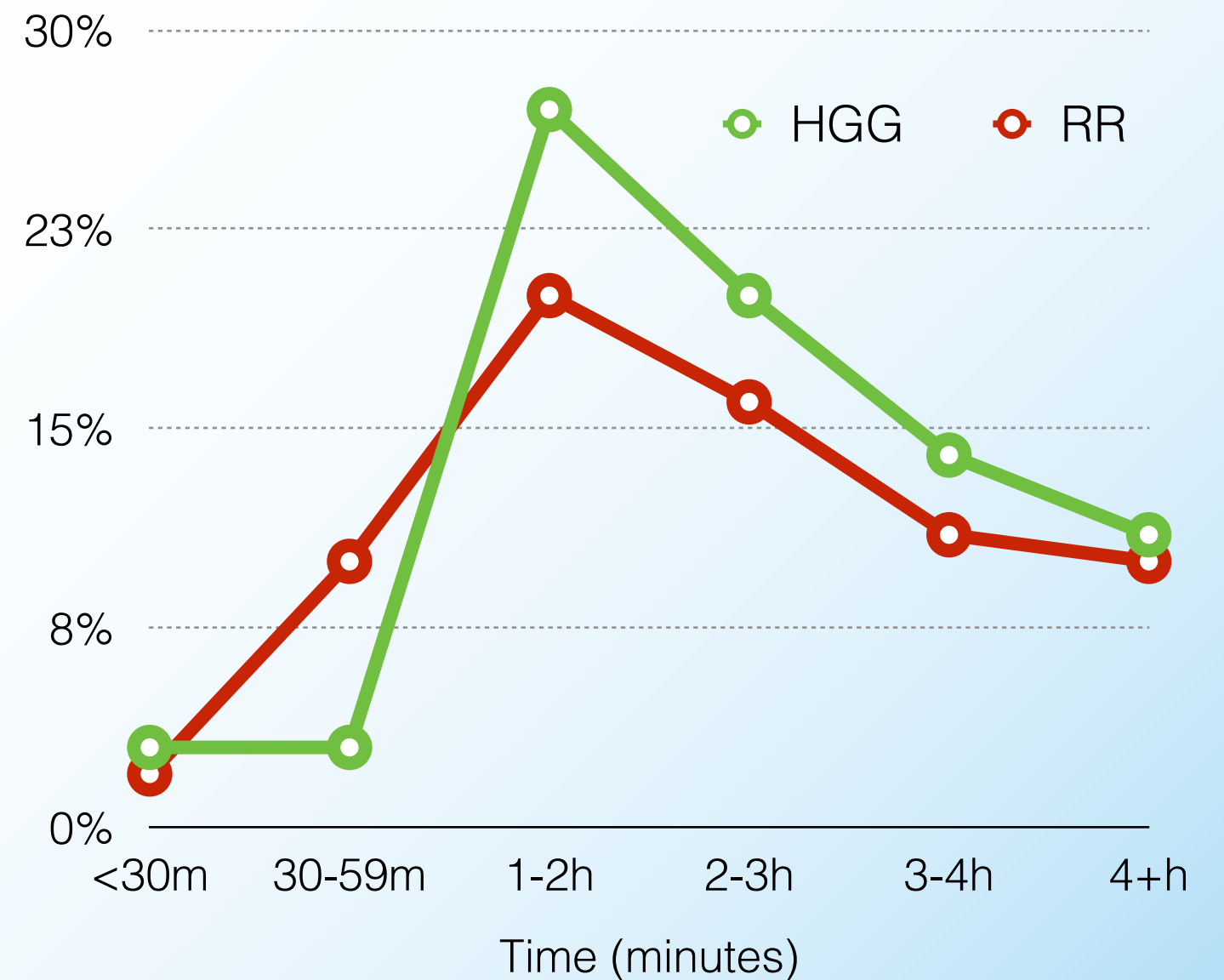
Quercetin

Axio Usage Survey

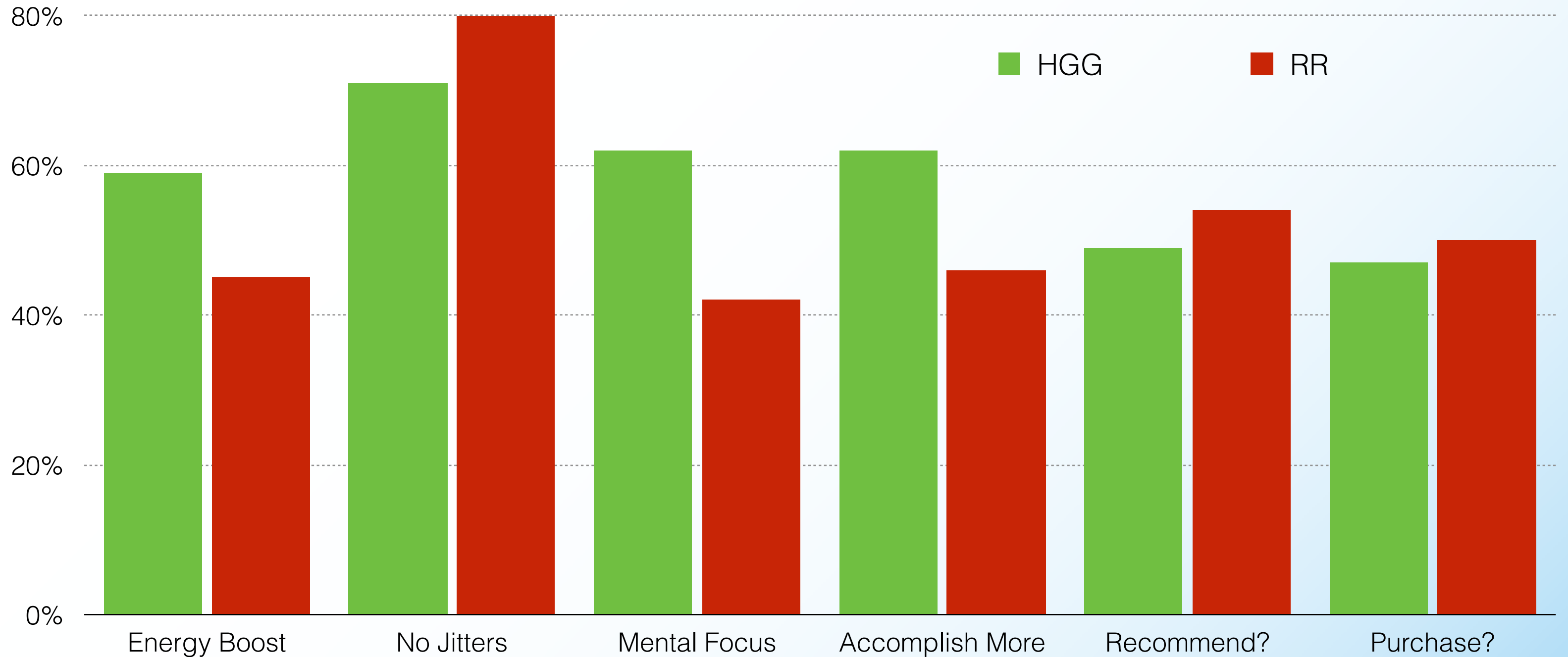
Initial Energy Boost



Duration of Energy Boost



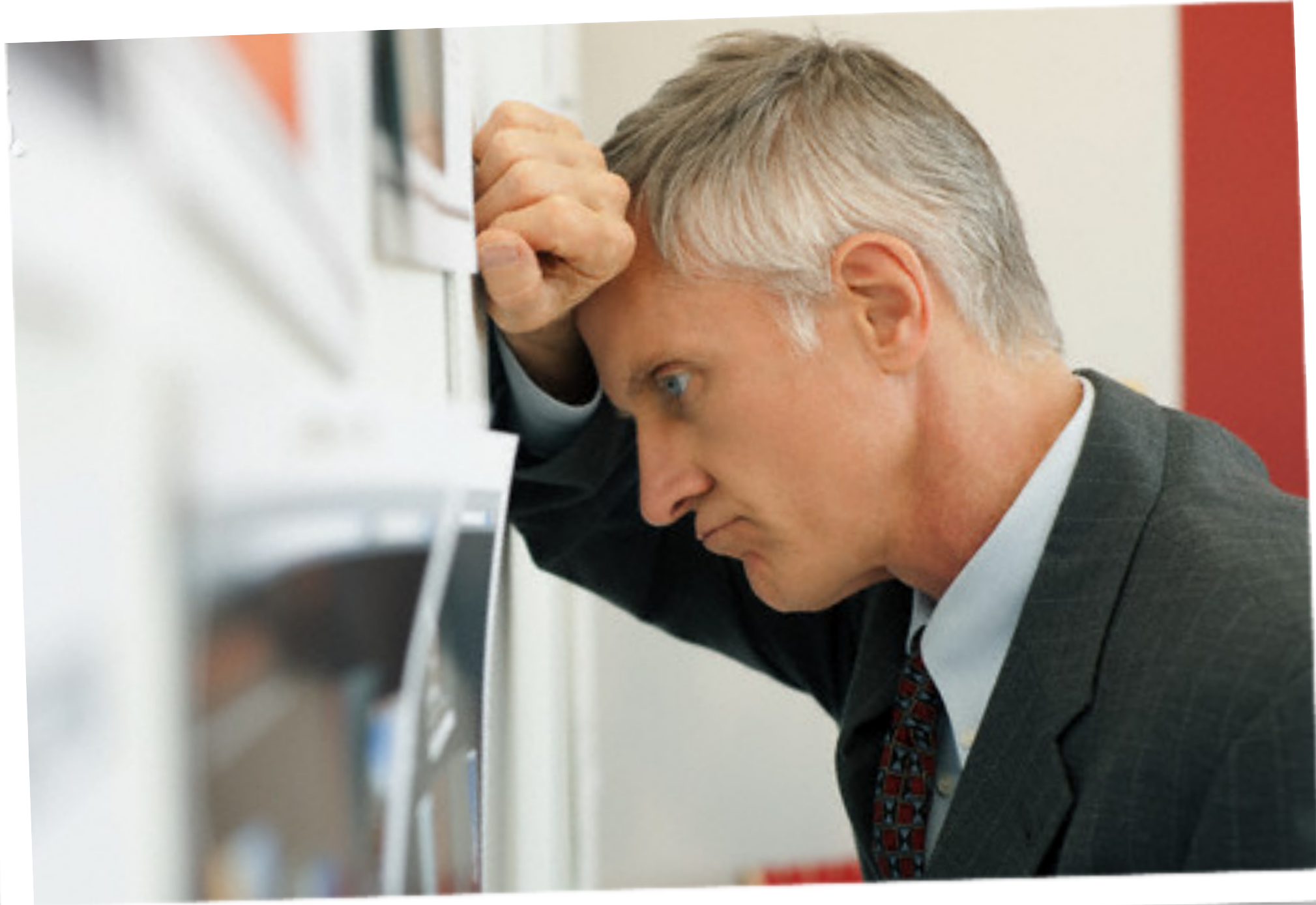
Axio Usage Survey



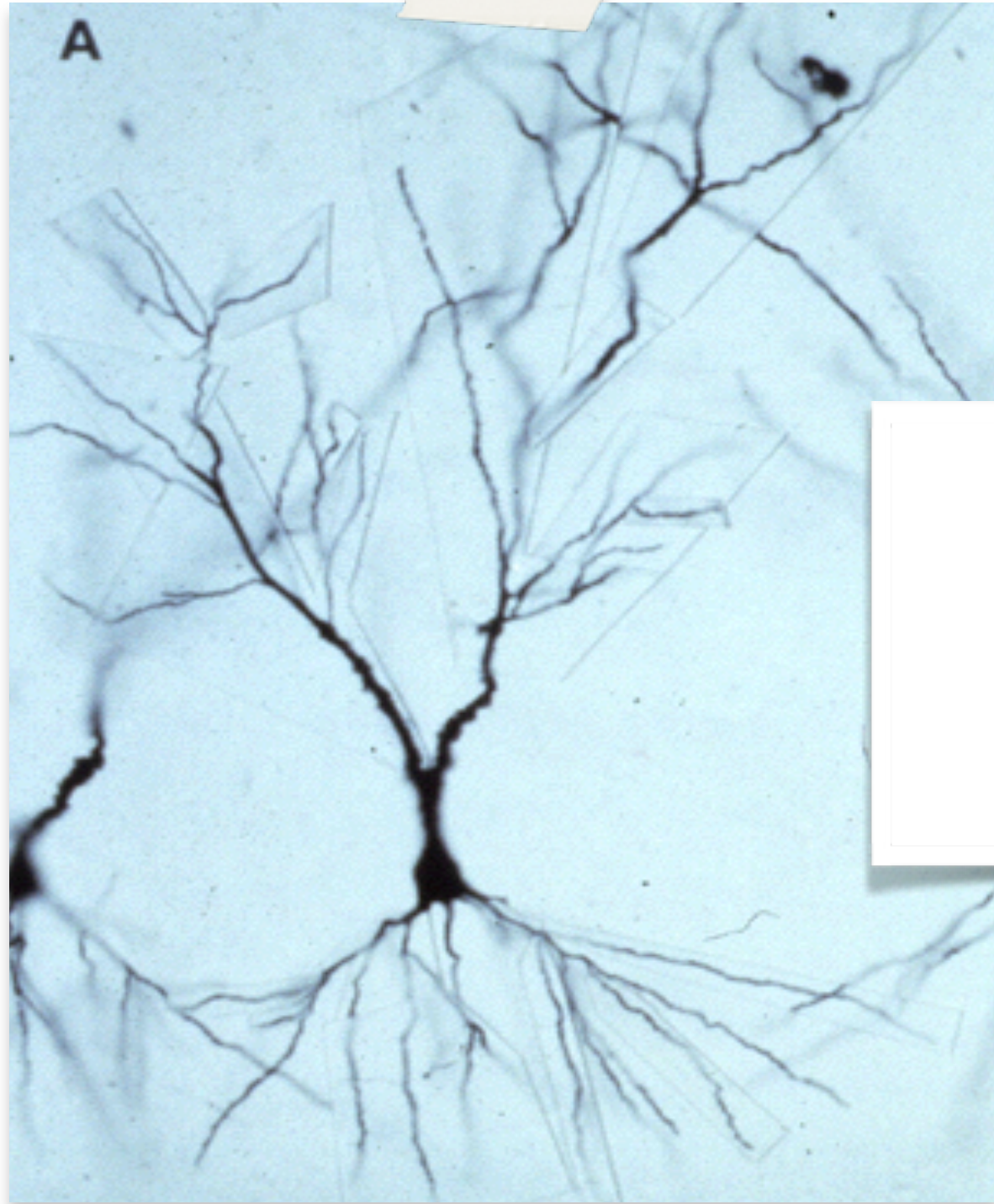
Axio Usage Survey

- "It felt like a morning cup of coffee with the energy it gave me, but more than that it **improved my focus.**"
- "I liked the energy that it gave me, I would say it lasted pretty good maybe **4 or 5 hours.**"
- "I was pleasantly surprised at this product's ability to **keep me energized, awake and focused** without harmful stimulants and **without feeling nervous, jittery or having rapid heart rate.** I would take this over caffeine any day."
- "It was a very subtle transition to having energy, just like I **naturally** had the energy. It was a good amount of energy too. **Not too wired**, not too draggy. **The perfect amount.** I didn't feel like it wore off halfway through the day or that I needed more energy. I also did not have a difficult time falling asleep at night because of it. I would **definitely buy this** instead of many other energy drinks or supplements."

PERFORM Your Best...

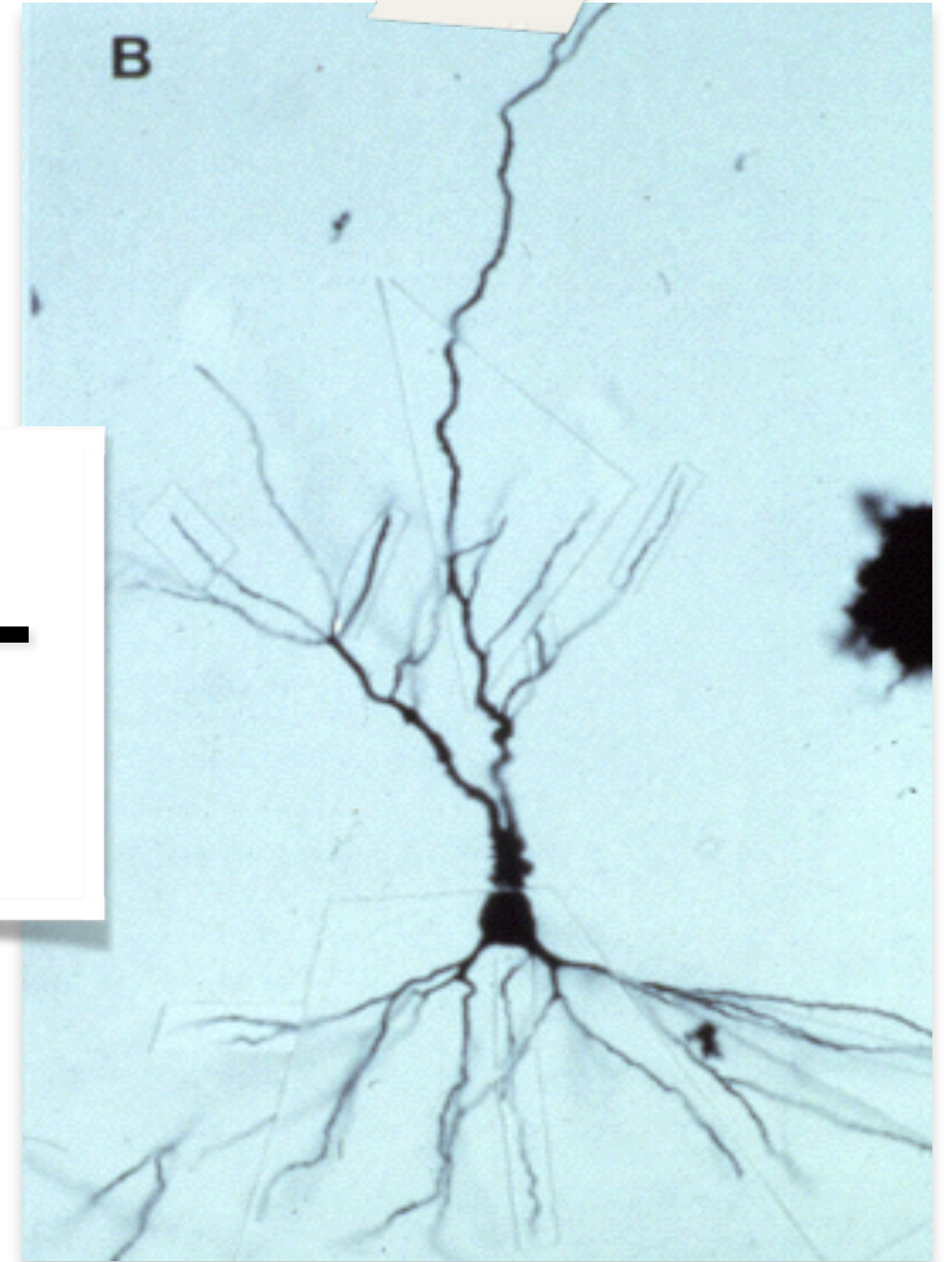


NEURONAL ATROPHY



NORMAL STRESS

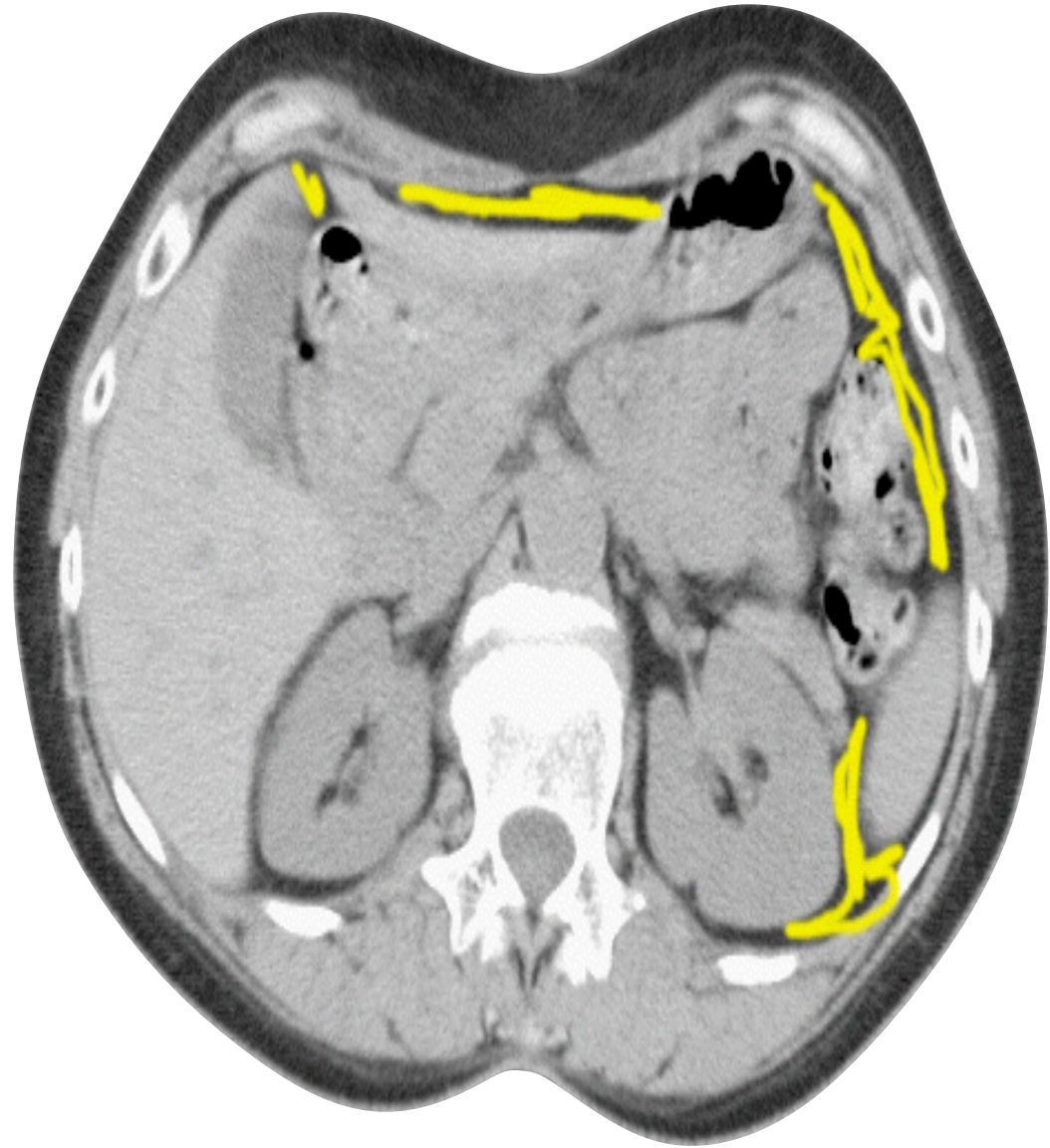
Healthy, Large, Many Projections, Optimal Function



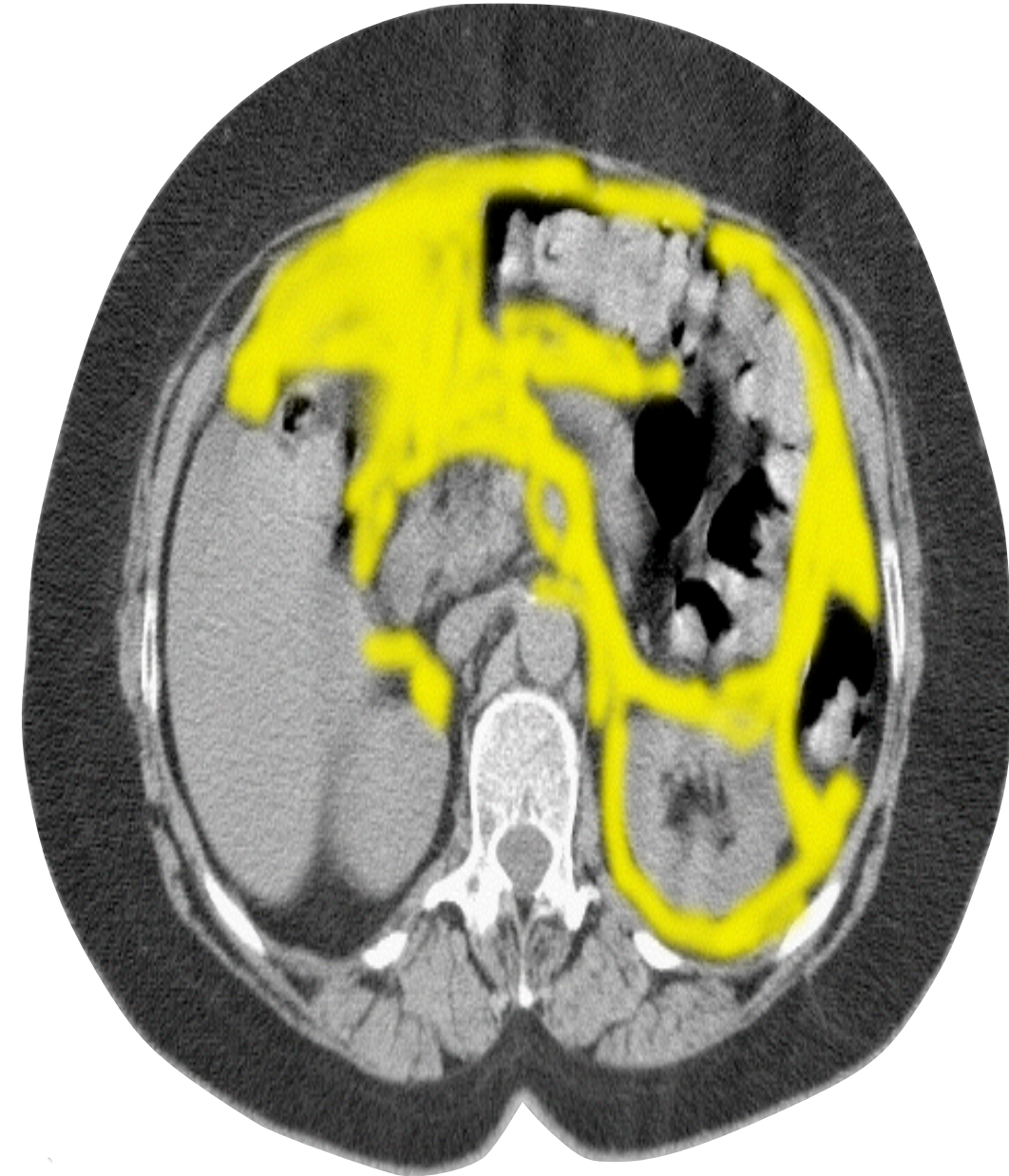
HIGH STRESS

Small, Thin, Disrupted, Structural Damage, Poor Function

ABDOMINAL FAT ACCUMULATION



Normal Stress



High Stress

Research Study Update

Completed¹, Ongoing², Planned³

- 19 studies¹ (U Colorado, Ohio State U, Louisiana State U, Virginia Commonwealth U, Colorado State U, Texas Tech U...)
- “20th study” (Mayo Clinic, 2014)¹ - anecdotal patient report prompts series of translational cell culture and rodent studies
 - Translational research = aims to make findings from basic science useful for practical applications that enhance human health and well-being
- Montreal, Canada (skin)¹
- National Institutes of Health (longevity)²
- Nashville, TN (heart health)²
- Melbourne, Australia (brain function)³
- Okinawa, Japan (lung function)³
- Research Institutions³ (Salt Lake, Miami, Louisville, Fort Collins, Boston, NYC...)
 - energy/mood/focus, performance, antioxidant metabolism, eye health...
 - canine health, periodontal health, blood sugar balance...



Serving the Foothills of Northern California Live at AM 950 and Serving the World Live at www.kahi.com



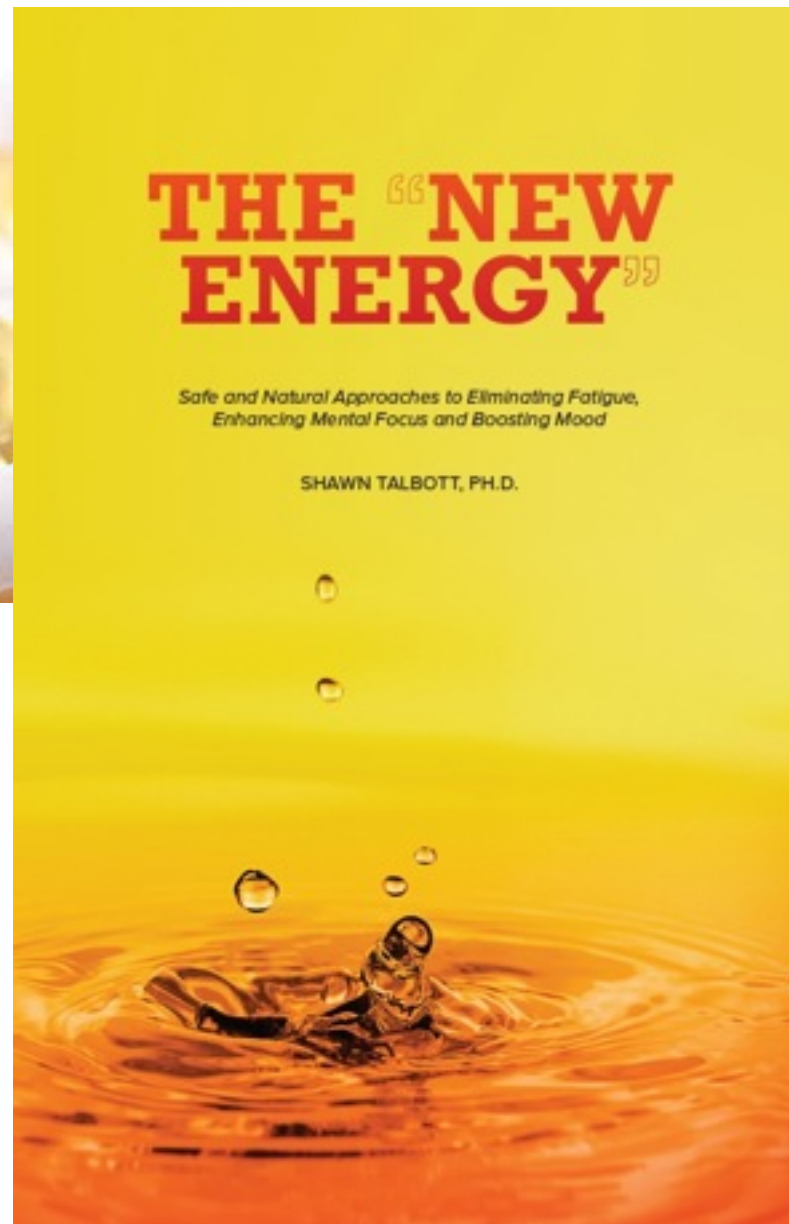
Life LAB



DEADLY ANTIOXIDANTS

Why Your Daily Vitamins May Be Causing Cancer and
Shortening Your Life and How Nrf2 Can Turn on Your
Body's Own Antioxidants for Optimal Health

SHAWN TALBOTT, PH.D.



ProductQuestions@LifeVantage.com

www.ShawnTalbott.com

www.ShareCare.com

FaceBook / Twitter / Amazon

 LifeVantage.
FREEDOM

