



# NANOCEUTICALS™ TODAY

RBC LIFE SCIENCES: PIONEERING NANOTECHNOLOGY IN NUTRITIONAL SCIENCE

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## Research by Nobel Laureate Leads to New and Improved Over 30

RBC Life Sciences is pleased to announce a new and even more healthful formula for the very popular supplement, Over 30. The scientific team at RBC conducts ongoing research to improve existing products and to develop new ones. We also review worldwide literature for new information on the effects of nutrients reported by other scientists.

### The Original Over 30

Over 30 was originally formulated with glycine, glutamine, pyroglutamic acid, and velvet bean (*mucana puriens*) to nutritionally support growth hormone releasing hormone (GHRH), which is needed to release your own natural growth hormone.\* Glycine and glutamine are dietary amino acids that form peptides which support:

- 1) children's growth\*
- 2) muscle mass growth in adults\*
- 3) firm youthful skin\*
- 4) reduction of body fat, particularly abdominal fat\*
- 5) the function of nerve cells, brain cells, and sex organs\*

We have now developed an Over 30 formula that continues to provide these original ingredients but is better than ever -- with new ingredients and new benefits!

### New and Improved Over 30

We have added L-arginine, lysine, and GABA, as recommended by Dr. Ronald Klatz in his book, *Hormones of Youth*. Dr. Klatz is recognized as a leading authority having authored eight books on anti-aging and having served as a president of the American Academy of Anti-Aging Medicine.

### Noble Prize Awarded to the Discoverers of Nitric Oxide Benefits

Another source of new information was provided by the research team of Drs. Ignarro, Furchott, and Murad who were awarded the Nobel Prize in Medicine for their outstanding discovery that nitric oxide (NO), produced naturally in our cells, has many previously unknown functions important to health:

- 1) NO protects the heart and blood vessels from free radical damage and plaque formation.\*
- 2) By relaxing arteries it causes vasodilatation and controls blood pressure. This helps blood flow to organs, including sex organs, and to the brain for mental acumen.\*
- 3) Produced in white cells, NO is toxic to bacteria and parasites.\*

Dr. Ignarro later discovered that a supplement of the same L-arginine (described above) and another amino acid, L-citrulline, help the body produce nitric oxide (NO).\* Furthermore, he found that by combining these amino acids with Vitamins C and E, folic acid and alpha lipoic acid, and by taking all of them together, the subject experienced maximum cardiovascular benefits.

Dr. Ignarro described his formula, and its remarkable functions, in his book, *NO More Heart Disease. How Nitric Oxide Can Prevent - Even Reverse - Heart Disease and Strokes*.

The Mayo Clinic evaluated Dr. Ignarro's discovery. They conducted a 6-month trial on 26 patients with endothelial (blood vessel lining) dysfunction. One half of the patients received 3 grams a day of arginine; the other half received a placebo (no arginine). After 6 months those receiving arginine showed substantial improvement in endothelial function and blood flow through the coronary vessels. This function ultimately supports optimal circulation not only in the heart but other vessels throughout the body as well.\*

RBC has improved Over 30, making it not only a supplement to support production of GHRH with ingredients recommended by Dr. Ron Klatz, but now also a heart-healthy supplement shown to support the integrity of the entire blood vascular system.\* To provide these important benefits in Over 30, we incorporated the amounts of all the ingredients recommended by Nobel laureate, Dr. Louis Ignarro.

Over 30 is a powder packaged in a wide mouth canister with a convenient scoop. Over 30 dissolves quickly in water and has a very pleasant citrus-flavored taste. It can be taken twice daily, once during the day between meals and once just before bedtime.

\*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.