

# SPECTRA™ SENIOR

**Spectra™ Senior is rich in free radical fighting nutrients and herbs not found in other senior multiples.**

**Nutrients such as:**

- **Coenzyme Q10** - A naturally occurring cofactor involved in the production of cellular energy. After age 35, most people will develop a Coenzyme Q10 deficiency. Low levels of Coenzyme Q10 in the body have been associated with obesity, cardiovascular insufficiencies, unhealthy gum tissue and impaired immune response.
- **Alpha Lipoic Acid** - An antioxidant that is both fat and water soluble. It regenerates other antioxidants like Vitamins C & E and Glutathione prolonging their existence in the body.\*
- **Ginkgo biloba** - The active components of Ginkgo biloba leaves are ginkgo flavone glycosides that act as free radical scavengers to protect cell membranes of the brain and other tissues.\*
- **Bilberry Extract** - The active components of bilberries are anthocyanides. In Europe, anthocyanides have been used for their effects on capillary strength, collagen enhancement, improvement in brain function, circulation and some eye disorders.\*
- **Glutamic Acid** - The brain converts glutamic acid to a compound that regulates brain cell activity.
- **Phosphatidylserine (PS)** - Is a phospholipid and found in the highest concentration in brain cells. It supports the brain's ability to utilize glucose (the brain's main food) and allows brain cells to communicate and metabolize better.\*
- **Lutein** - The macular pigment consists of two carotenoids— Lutein and Zeaxanthin. Supplementing with Lutein may help support those at risk of cataracts by inhibiting free radical damage and increasing the thickness of the macular pigment.\*
- **Lycopene** - A carotenoid extracted from tomatoes. Low serum levels of lycopene in the body have been associated with increased risk of bladder, pancreas and prostate problems and macular degeneration.
- **Bioperine®** - A trademarked nutrient (of Sabinsa Corp.) can increase the uptake of certain nutrients such as Beta-carotene, Vitamin B6 and selenium in the body.
- **Gamma Linolenic Acid (GLA)** - An essential fatty acid extracted from the seeds of the evening primrose plant. GLA is necessary for the production of hormone-like substances in the body called prostaglandin E1 (PGE1). Aging, stress and degenerative disorders have all been associated with low levels of PGE1 in the body.\*
- **Digestive Enzymes** - This combination of vegetarian digestive enzymes aids the body in digesting and absorbing food nutrients that are not easily assimilated.\*

**Suggested Use:** As a dietary supplement, take 3 tablets with breakfast and 3 tablets with lunch, or as directed by a healthcare practitioner.

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 60

| Amount Per Serving  | % Daily Value      | Amount Per Serving  | % Daily Value |
|---|--------------------|---|---------------|
| Vitamin A (600 mcg as Palmitate & 2,250 mcg as Beta carotene) | 2,850 mcg 317%     | Vanadium (as V AAC)   | 10 mcg *      |
| Vitamin C (as Ascorbic Acid and Ca Ascorbate)                 | 300 mg 333%        | Inositol  | 25 mg *       |
| Vitamin D3 (as Cholecalciferol)                               | 5 mcg (200 IU) 25% | PABA (Para-aminobenzoic Acid)   | 25 mg *       |
| Vitamin E (as d-alpha Tocopheryl Succinate)                   | 134 mg 893%        | L-Cysteine  | 25 mg *       |
| Vitamin K1 (as Phytonadione)                                  | 2.5 mcg 2%         | Glutamic Acid   | 25 mg *       |
| Thiamin (as Thiamin Mononitrate)                              | 25 mg 2,083%       | DL-Methionine   | 25 mg *       |
| Riboflavin  | 25 mg 1,923%       | L-Aspartic Acid   | 50 mg *       |
| Niacin (as Niacinamide & Niacin)                              | 25 mg 156%         | Phosphatidylserine  | 12.5 mg *     |
| Vitamin B6 (22.75 mg as Pyridoxine HCl & 2.75 mg as P-5-P)    | 25 mg 1,471%       | Octacosanol   | 500 mcg *     |
| Folate 333 mcg DFE (200 mcg Folic Acid)                       | 83%                | Soy Lecithin  | 50 mg *       |
| Vitamin B12 (as Methylcobalamin)                              | 25 mcg 1,042%      | Gamma Linolenic Acid  | 2.5 mg *      |
| Biotin  | 150 mcg 500%       | Alpha Lipoic Acid   | 15 mg *       |
| Pantothenic Acid (as Ca Pantothenate)                         | 25 mg 500%         | Coenzyme Q10  | 5 mg *        |
| Choline (as Choline Bitartrate)                               | 50 mg 9%           | Lycopene  | 2.5 mg *      |
| Calcium (as Ca Citrate)                                       | 300 mg 23%         | Bioperine®  | 2.5 mg *      |
| Iodine (from Kelp)  | 35 mcg 23%         | Ginkgo biloba   | 5 mg *        |
| Magnesium (as Mg Carbonate)                                   | 150 mg 36%         | Lutein  | 1.5 mg *      |
| Zinc (as Zn Gluconate)  | 10 mg 91%          | Bilberry Extract (4:1)  | 20 mg *       |
| Selenium (as Se AAC)  | 25 mcg 45%         | RNA (Ribonucleic Acid)  | 5 mg *        |
| Copper (as Cu AAC)  | 0.025 mg 3%        | Mixed Citrus Bioflavonoids  | 100 mg *      |
| Manganese (as Mn Gluconate)                                   | 2.5 mg 109%        | Hesperidin  | 12.5 mg *     |
| Chromium (as Cr Polynicotinate)†                              | 25 mcg 71%         | Rutin   | 12.5 mg *     |
| Molybdenum (as Mo AAC)  | 25 mcg 56%         | Pectin  | 12.5 mg *     |
| Potassium (as K Citrate)                                      | 25 mg 1%           | Betaine HCl   | 15 mg *       |
| Boron (as B AAC)  | 0.5 mg *           | Bromelain   | 2 mg *        |
| Silicon (from Horsetail Rush)                                 | 3 mg *             | Papain  | 2 mg *        |
|   |                    | A proprietary blend of vegetarian enzymes (amylase, protease, lipase, hemicellulase, and lactase) 10 mg * |               |

†ChromeMate® brand niacin-bound chromium.

Other ingredients: stearic acid, cellulose, silicon dioxide, pharmaceutical glaze.

**Contains: Soy.**



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ChromeMate® is a registered trademark of InterHealth N.I.

\*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.

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