The formula of REQ49+ is based on the results of controlled trials involving millions of people that have been published in thousands of peer-reviewed, scientific journals.
The Office of Dietary Supplements Division of the National Institutes of Health have spent billions of dollars studying the actions of these micronutrients on major ailments of the aging adult, and reports of these studies have been published in peer-reviewed, scientific journals. These studies include the prevention of:

- Immune dysfunction
- Muscle weakness
- Inordinate fatigue
- Cardiovascular disease
- Cognitive dysfunction (Alzheimer’s type)
- Depression
- Metabolic syndrome
- Cancer
- Arthritis
- Osteoporosis
- Vision disabilities

As we approach 50 years of age, deficiencies that are already present in virtually all people are worsened by a natural decline in the ability to utilize these essential micronutrients due to less efficient metabolic processes.

The micronutrient deficiencies alleviated by the amounts and ratios in REQ49+ can cause levels in blood and tissues to change, followed by intracellular changes in biochemical functions and structure with each stage occurring over a considerable period of time. Ultimately, symptoms of inordinate fatigue, deterioration of the immune function, depression, muscle weakness and pain, cancer, cognitive dysfunction, such as Alzheimer’s disease, cardiovascular ailments, skeletal disabilities, arthritis and poor vision, can occur.

Because the onset of these symptoms is gradual over a period of many months or even years, they can easily be dismissed as the normal result of aging.

Scientists now know that these essential micronutrients stabilize tissue components (proteins, membranes and DNA-containing genetic codes). They participate in the formation and activation of enzymes critical to keeping our heart pumping, energy production efficient, brain function active, our immune system functioning properly and virtually all other functions of our body at their peak efficiency.

**Patient Instructions:**

You are advised to avoid taking substantial amounts of the following vitamins or minerals in addition to REQ49+TM without consulting your physician:

- Vitamin A
- Vitamin E
- Vitamin K
- Chromium
- Selenium
- Manganese
- Zinc

Not only do the amounts of the essential micronutrients contained in the REQ49+TM formula comply with scientific studies, but the ratios of essential minerals and vitamins contained in the REQ49+ formula are also critical because:
Folic acid supplements have their greatest effect in the prevention of cognitive dysfunction, cardiovascular disease, and other ailments when there is no co-existing deficiency of vitamin B-12 or vitamin B-6 common in the senior adult*. Dose-dependent effects of folic acid on blood concentrations of homocysteine: a meta-analysis of the randomized trials. Am J Clin Nutr. 2005;82(4):806-812. (PubMed)


Dosages of retinol (vitamin A) that are too high can interfere with the ability of vitamin D to maintain calcium balance. Johansson S, Melhus H. Vitamin A antagonizes calcium response to vitamin D in man. J Bone Miner Res. 2001;16(10):1899-1905. (PubMed)


Large doses of vitamin A and vitamin E have been found to antagonize vitamin K. Jane Higdon, Ph.D., Oregon State University. Reviewed by: Sarah L. Booth, Ph.D., Director, Vitamin K Research Program, Jean Mayer USDA Human Nutrition Research Center on Aging. Tufts University. 05/25/2004.


Of the three vitamins that regulate homocysteine levels, folic acid has been shown to have the greatest effect in lowering basal levels of homocysteine in the blood when there is no co-existing deficiency of vitamin B-12 or vitamin B-6. Dose-dependent effects of folic acid on blood concentrations of homocysteine: a meta-analysis of the randomized trials. Am J Clin Nutr. 2005;82(4):806-812. (PubMed)

It is important that you eat enough potassium-rich foods to supply 3,000-4,000 mg of potassium per day. Some of these foods are listed as follows*

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Potassium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn squash</td>
<td>1/2 cup (cubes), cooked</td>
<td>448</td>
</tr>
<tr>
<td>Almonds</td>
<td>1 ounce</td>
<td>211</td>
</tr>
<tr>
<td>Artichoke</td>
<td>1 medium, cooked</td>
<td>425</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>467</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>1/2 cup, cooked</td>
<td>358</td>
</tr>
<tr>
<td>Lima beans</td>
<td>1/2 cup, cooked</td>
<td>478</td>
</tr>
<tr>
<td>Milk (non-fat)</td>
<td>1 cup</td>
<td>382</td>
</tr>
<tr>
<td>Molasses</td>
<td>1 tablespoon</td>
<td>293</td>
</tr>
<tr>
<td>Orange juice</td>
<td>6 fluid ounces</td>
<td>354</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>237</td>
</tr>
<tr>
<td>Potato</td>
<td>1 medium, baked with skin</td>
<td>721</td>
</tr>
<tr>
<td>Prune juice</td>
<td>6 fluid ounces</td>
<td>530</td>
</tr>
<tr>
<td>Prunes (dried)</td>
<td>1/2 cup</td>
<td>633</td>
</tr>
<tr>
<td>Raisins</td>
<td>1/2 cup</td>
<td>598</td>
</tr>
<tr>
<td>Raisin bran cereal</td>
<td>1 ounce</td>
<td>437</td>
</tr>
<tr>
<td>Spinach</td>
<td>1/2 cup, cooked</td>
<td>419</td>
</tr>
<tr>
<td>Split peas</td>
<td>1/2 cup, cooked</td>
<td>355</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1 ounce</td>
<td>241</td>
</tr>
<tr>
<td>Soybeans (mature)</td>
<td>3 ounces, cooked</td>
<td>439</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>1 medium</td>
<td>649</td>
</tr>
<tr>
<td>Tomato</td>
<td>1 medium</td>
<td>273</td>
</tr>
</tbody>
</table>

* Most fruits and vegetables not listed above are also good sources of potassium.
ADDITIONAL REFERENCES:


6. _Paul Schick, MD, Emeritus Professor, Department of Internal Medicine, Thomas Jefferson University Medical College, 2006.


30. Holick MF. Vitamin D: the underappreciated D-lightful hormone that is important for skeletal and cellular health. Curr Opin Endocrinol Diabetes 2002;9:87-98.
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60. A study regarding disorders of retinal function and homocysteine levels and low B-12 levels was published in the February 2007 edition of the American Journal of Ophthalmology.


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184. _Northwestern University, Department of Preventive Medicine 680 North Lake Shore Drive, Suite 1102 Chicago, IL 60611, 2006.


320. _Jane Higdon, Ph.D., Oregon State University, Reviewed by: Carl L. Keen, Ph.D., Chair, Department of Nutrition, Professor of Nutrition and Internal Medicine, University of California, Davis, Last updated 08/08/2001.


Each 4 Tablets Contain:

- Vitamin A (50% from beta-carotene, 50% from palmitate) ........ 3000 IU
- Vitamin C (ascorbic acid) ..................................................... 400 mg
- Vitamin D-3 (cholecalciferol) .................................................. 800 IU
- Vitamin E (d-alpha tocopheryl succinate) ............................ 400 IU
- Vitamin K (phytonadione) ....................................................... 120 mcg
- Vitamin B-1 (thiamine hydrochloride) ................................. 2 mg
- Vitamin B-2 (riboflavin) .......................................................... 4 mg
- Niacin .................................................................................. 20 mg
- Vitamin B-6 (pyridoxine hydrochloride) .............................. 4 mg
- Folic Acid ............................................................................. 800 mcg
- Vitamin B-12 (cyanocobalamin) ............................................. 600 mcg
- Biotin .................................................................................... 80 mcg
- Pantothenic Acid (d-calcium pantothenate) ............................ 8 mg
- Calcium (calcium carbonate) ................................................... 760 mg
- Iodine (potassium iodide) ...................................................... 120 mcg
- Magnesium (magnesium oxide) ............................................ 100 mg
- Zinc (zinc oxide, 75% delay release) ...................................... 40 mg
- Selenium (sodium selenite) ................................................... 200 mcg
- Copper (copper gluconate) .................................................... 2.8 mg
- Manganese (manganese gluconate) ....................................... 2 mg
- Chromium (amino acid chelate) ............................................. 200 mcg
- Molybdenum (amino acid chelate) ........................................ 60 mcg
- Vanadium (vanadium citrate) ............................................... 10 mcg
- Boron (amino acid chelate) ................................................... 32 mcg
- Nickel (amino acid chelate) ................................................... 160 mcg
- Zeaxanthin .......................................................................... 10 mg
- Lutein ................................................................................... 6 mg
- Lycopene ............................................................................... 6 mg

- Zeaxanthin
- Lutein
- Lycopene