

PATIENT INFORMATION

REQ49+™

Required micronutrients

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.

CAPELLON 
PHARMACEUTICALS, LTD

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)

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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.

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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*:

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

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

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Each 4 Tablets Contain:

<i>Vitamin A (50% from beta-carotene, 50% from palmitate)</i>	3000	IU
<i>Vitamin C (ascorbic acid)</i>	400	mg
<i>Vitamin D-3 (cholecalciferol)</i>	800	IU
<i>Vitamin E (d-alpha tocopheryl succinate)</i>	400	IU
<i>Vitamin K (phytonadione)</i>	120	mcg
<i>Vitamin B-1 (thiamine hydrochloride)</i>	2	mg
<i>Vitamin B-2 (riboflavin)</i>	4	mg
<i>Niacin</i>	20	mg
<i>Vitamin B-6 (pyridoxine hydrochloride)</i>	4	mg
<i>Folic Acid</i>	800	mcg
<i>Vitamin B-12 (cyanocobalamin)</i>	600	mcg
<i>Biotin</i>	80	mcg
<i>Pantothenic Acid (d-calcium pantothenate)</i>	8	mg
<i>Calcium (calcium carbonate)</i>	760	mg
<i>Iodine (potassium iodide)</i>	120	mcg
<i>Magnesium (magnesium oxide)</i>	100	mg
<i>Zinc (zinc oxide, 75% delay release)</i>	40	mg
<i>Selenium (sodium selenite)</i>	200	mcg
<i>Copper (copper gluconate)</i>	2.8	mg
<i>Manganese (manganese gluconate)</i>	2	mg
<i>Chromium (amino acid chelate)</i>	200	mcg
<i>Molybdenum (amino acid chelate)</i>	60	mcg
<i>Vanadium (vanadium citrate)</i>	10	mcg
<i>Boron (amino acid chelate)</i>	3.2	mg
<i>Nickel (amino acid chelate)</i>	160	mcg
<i>Zeaxanthin</i>	10	mg
<i>Lutein</i>	6	mg
<i>Lycopene</i>	6	mg