

# ANTI-AGING PROGRAM

This protocol includes the supplements and quantities necessary to successfully fight oxidative stress. Any person of any age can benefit from it.

## **This program consists of:**

- ◆ Vitamin A: take 1 capsule at breakfast. 4.000 UI
- ◆ Vitamin C: take 1 capsule at breakfast. 1gr.
- ◆ Vitamin E: take 1 capsule at breakfast. 400 UI
- ◆ Selenium: take 1 capsule at breakfast. 200 mcg
- ◆ Manganese: take 1 capsule at lunch. 10 mg
- ◆ CYSTEINE
- ◆ BETAINE HYDROCHLORIDE
- ◆ THIOCTIC ACID (ALPHA-LIPOIC-ACID)
- ◆ HYDRANGEA (ROOT)
- ◆ ROSE HIPS
- ◆ MSM
- ◆ INOSITOL
- ◆ Zinc: take 1 capsule at dinner. 30 mg.

## **Instructions:**

- ◆ Take the capsules with a glass of water after the indicated meal.

- ◆ The duration of the program is 100 days, but it can be prolonged for as long as you like.
- ◆ You can repeat the program as many times as you want.

