

# HEALTHGEVITY GLP-1 OPTIMIZATION TRIO

## A Natural, Peptide-Powered Solution for Metabolic Health

### **IGNITE+** -----

This is an exclusive breakthrough formula combining the leading ingredients available to increase metabolism, improve insulin signaling, body composition, reduce uptake of glucose into our bodies, and so much more. One of the best ways to prevent insulin resistance is to help remove excess glucose from our blood. We are the first to pair these several effective glucose disposal agents together to target several vital pathways that regulate metabolic efficiency.

**Ignite+** is an advanced metabolic optimization formula whose ingredients have been shown to support:

- Reduction of adiposity and visceral fat\*
- Increase thermogenesis by raising the metabolic rate and calorie burning\*
- Browning of white adipose tissue\*
- Diet-induced weight gain\*
- Increase fatty acid oxidation\*
- Ramp up ketone levels\*
- Improves glucose tolerance and glucose control\*
- AMPK activation\*
- Leptin and ghrelin levels\*
- Regulation of a healthy metabolism and mitochondrial health\*

### **WHAT MAKES IGNITE+ SO IMPACTFUL?**

First, we have included **InnoSlim®**, a proprietary blend of purified, fractionated extracts of Panax notoginseng and Astragalus root produced by a pharmaceutical-grade extraction technology which delivers astragalosides and ginsenosides Rg1 and Rb1. Research has shown it supports the production of adiponectin, a protein hormone that helps modulate metabolic processes such as glucose regulation and fatty acid metabolism. InnoSlim® reduces glucose absorption in the intestine by 42%. This means that only 58% of the glucose you eat will be absorbed in your intestine. In addition, InnoSlim® also increases glucose absorption in muscle and fat cells by 50% and 68% by upregulating GLUT4 transporters, which takes glucose from our blood and transfers it into the muscle tissue. InnoSlim® has also been shown to support appetite control, AMPK activation, insulin resistance, triglycerides and sdLDL in cell, animal and human studies.

One other mechanism Ignite targets to improve our metabolic health and weight is

to increase the energy expenditure of our bodies. Ignite delivers several ingredients in the formula which help our bodies do this process. Each of these has unique mechanisms of action but combine to make massive differences in the energy we use and how we process glucose in our bloodstream.

- **MitoBurn® (L-BAIBA):** Mitoburn® is an exercise mimetic, which mimics exercise's effect on our tissues. This signals the body to help reduce fatty acids in our system, which are another energy source other than glucose. It can also help produce ketones which reduce appetite and improve energy output. It has also been shown to: Assist in the browning of white fat, activating AMPK, increasing metabolic rate, supporting leptin levels, and insulin resistance.
- **Glucovantage® Dihydroberberine:** Dihydroberberine is a new version of traditional berberine that is up to 5x more bioavailable/absorbable and 2x longer lasting (8 hours vs. 4 hours). In one study, this led to 25.9% reduced blood glucose levels compared to the start of the trial in many patients. Dihydroberberine can also help with advanced glycation end products correlated with aging while supporting blood glucose disposal and improving insulin sensitivity and body composition.
- **Factor21® (Bitter Melon Extract):** Factor21® is a natural regulator of a hormone growth factor called Fibroblast Growth Factor 21 (FGF21) and is an AMPK activator. FGF21 is a potent longevity factor coordinating interactions between energy metabolism and stress responses. Recent studies have revealed that supporting FGF21 can alleviate many age-related metabolic disorders. Factor21® is also an exercise mimetic that has many actions, including improved insulin secretion to drive glucose out of the bloodstream and inhibit fat cell growth.
- **DNF-10 satiety peptide complex** is obtained from a screening of small molecular weight peptides (<10 kDa) after proteolysis of *Saccharomyces cerevisiae*, a non-pathogenic yeast. The peptides from DNF-10 lower the hypothalamic expression of neuropeptide Y and downregulate ghrelin, thereby reducing the physiological hunger cues confirmed in multiple published studies.
- **CalorieBurn GP® Grains of Paradise seed extract (6-Paradol 12.5%):** CalorieBurn® contains bioactive compounds 6-paradol, 6-shogaol, 6-gingerol, and 6-gingerdione. These have been shown to effectively trigger highly thermogenic Brown Adipose Tissue (BAT) when taken in a precise ratio to one another, resulting in a 5X increase in calories burned over 2 hours compared to placebo. On average, burned 97 kcal more calories daily and lost more visceral fat. In another study, 40mg results in a 400% increase in

metabolic rate within 30 minutes. Administration of this also reverses the unbalanced gut microbiota composition induced by a high-fat diet with a decrease in Firmicutes / Bacteroidetes ratio and increase in general *Bifidobacterium* and *Akkermansia*.

- **Actiponin® (gynostemma pentaphyllum extract):** Actiponin® is a patented, clinically backed, natural fat loss ingredient derived from gynostemma pentaphyllum. The patented technology featured in Actiponin® makes it 10 times more potent than traditional gynostemma pentaphyllum extracts. The fundamental mechanism of Actiponin® is the activation of 5' AMP-activated protein kinase (AMPK) which is typically activated by exercise and plays a crucial role in metabolic health by regulating fat-burning along with energy production. During 12 weeks of Actiponin® supplementation, total abdominal fat area, body weight, body fat mass, percent body fat, and BMI were significantly decreased. In this same study, waist circumference decreased on average 2.90 cm (1.1 inches) over 3 months.

Another recent study showed that 88% of Americans were metabolically unhealthy. Metabolic resistance is a concern for everyone as they try to improve their physical appearance and overall health. Ignite is a unique combination of clinically verified ingredients built to help optimize metabolic health and weight control. Together, these ingredients synergize to reduce the factors which lead to weight gain and insulin sensitivity to create the best metabolic control formulation on the market.

## **LONGEVITY** -----

Biological aging is directly impacted by physiological integrity. Muscle strength, mass, function, quantity, and quality loss are some of the main issues associated with the process of aging. As we age the performance of our muscle cells decline which leads to a weakened immune system, sarcopenia, obesity, and chronic disease among much more. Healthgevity has selected **PeptiStrong®**, **Senactiv®**, **PeptiPump®** and **AstraGin®** which are all clinically proven ingredients to put your muscles in the best position to thrive regardless of your age.

A recent study concluded that lower muscle strength in late adolescence showed direct connection with higher risk of chronic disease. As such, skeletal muscle might be the central integrator between sarcopenia, obesity, immune senescence and more in an aging biological system. Preserving muscle mass is critical for optimizing health span. Research shows the strongest one-third of the population over the age of 60 has a

50% lower death rate than the weakest, making muscle a key predictor of longevity. Recent discoveries of clinically proven 'growth promoting' ingredients have made the process of building and preserving muscle more obtainable.

**PeptiStrong®**, **Senactiv®**, **PeptiPump®** and **AstraGin®** work synergistically to target multiple mechanisms, to provide a wide range of benefits in muscle health.

**PeptiStrong® (Peptides from hydrolyzed fava bean protein)**

Through cutting edge AI-precision technology, Nuritas is creating a brand-new category of precision peptide ingredients from nature. Their cell-signaling power helps the body function at its best. Longevity is the first product resulting from Healthgevity's collaboration with Nuritas and contains **PeptiStrong®** : precision peptides that have been clinically proven to support muscle health. **PeptiStrong®** can increase muscle synthesis by supporting mTOR, reduce muscle loss by downregulating muscle atrophy related genes and improve muscle health by reducing inflammation properties.

Backed by two peer-reviewed clinical studies, this plant-based intelligent ingredient has outperformed animal protein. It has a multi-dimensional effect on muscle health: promoting muscle strength, improving recovery after intense exercise, boosting energy, and supporting the synthesis of protein that assists in maintaining and building muscle. A 'peptide-specific' effect to address the muscle homeostasis between muscle protein synthesis, muscle atrophy and inflammation, offers an alternative to a purely uncharacterized nutritional intervention. In the most recent double blind placebo clinical study, **PeptiStrong®** alone provided:

**Featured PeptiStrong® research benefits:**

- Regenerates muscles by increasing the expression of new muscle fibers.
  - Type I “Slow Twitch” Muscle Fibers are responsible for endurance and strength endurance. They contain a higher number of mitochondria and utilize fat for energy.
  - Type II “Fast Twitch” Muscle fibers are responsible for strength and force production. Loss of Type II fibers is most associated with aging.
- Reduces muscle loss and fat accumulation
- Reduces Tumor Necrosis Factor-alpha (*TNF-α*)
- Improves cellular metabolism through the activation of AMPK which in turn increases the levels of NAD<sup>+</sup> and sirtuins
- Maintains autophagy in skeletal muscle similar to fasting
- Induces mitochondrial biogenesis in the muscle cell

**Senactiv® (Panax notoginseng (root) and Rosa roxburghii (fruit)) extracts containing ginsenoside Rg1 (new: dose doubled to 100mg)**

**Senactiv®** has over 10 years of research behind it including 2 in vivo studies and 5 human clinical trials. A recent study confirmed a process to reverse aging in muscle cells. Aging in muscle cells is a function of a cell itself, not being able to divide and repair itself. The process is known as cellular senescence, and it happens during aging. This study found that by the overexpression of a particular protein called NANOG, the cell does not have to be reset to a different state to reverse aging. Ginsenoside Rg1 contained in **Senactiv®**, has the potential to activate expression of NANOG to help in reversing the aging process in skeletal muscle. A new mechanism of aging has been uncovered by researchers: the accumulation of sphingolipids. Ceramides, a widely known class of sphingolipids, build up in aging muscle and reduce its function, impacting the functional capacity of older adults. **Senactiv®** has the potential to inhibit sphingolipid synthesis prevent age-related decline in muscle mass and reduce its function.

**Senactiv®** has been also shown to have the potential to:

- Increase endurance performance
  - endurance performance was extended by increasing energy in cells and increasing glycogen replenishment in muscles
- Speed up muscle fatigue recovery
  - speeding up muscle fatigue recovery can be achieved by decreasing muscle inflammation during exercise and accelerating muscle inflammation recovery after exercise
- Muscle regeneration
  - muscle regeneration was increased by eliminating senescent cells and increasing new muscle growth

**PeptiPump® Peptide Complex:**

Healthgevity has tapped into new technology discovered by Nuritas to harness their proprietary technology, which evaluates millions of plant proteins. This innovative approach sifts through vast molecular data to forecast natural plant bioactive peptides, identifying which have the most Angiotensin-converting enzyme inhibition (ACEi) activity. Leveraging state-of-the-art AI-driven precision technology, Nuritas uncovered groundbreaking peptides known as PeptiPump™. Derived from lentil protein hydrolysate, PeptiPump™ boasts a network of patented bioactive peptides, meticulously designed to withstand gastrointestinal digestion. Studies have demonstrated that ACE inhibition not only enhances muscle oxygenation but also promotes improved blood flow within skeletal muscles.

**AstraGin® (Astragalus membranaceus and Panax notoginseng) root extracts containing astragaloside I, II, IV and ginsenoside Rb1:**

**AstraGin®** has been shown to increase intestinal arginine and leucine absorption by 67% and 58%, respectively, which contributes to the activation of the mTOR pathway and suggest increasing the skeletal muscle protein synthesis by up to 30%. Recent studies show that the gut-muscle axis is a physiological target for combatting anabolic resistance and reducing risk of sarcopenia.

**AstraGin®** has shown in 16 *in-vitro* and 8 *in-vivo* studies that are published in the Journal of Agricultural and Food Chemistry, Molecular Nutrition & Food Research and Scientific Reports to:

- Increase the absorption of peptides, amino acids, fatty acids, vitamins, and phytonutrients by up regulating the absorption specific mRNA and transporters, such as SGLT1, CAT1, and GLUT4.
- Repair ulcerated and damaged intestinal walls and reduce intestinal submucosa inflammation. AstraGin® was shown in a hematoxylin-eosin stain and a MPO assay to reduce ulceration and unclear surfaces of intestinal epithelial cells and sub-mucosal edema in TNBS- induced colitis rats.
- May help maintain a healthy microbiota population by mending ulcerated and damaged intestinal epithelial cell surfaces for the microbiota to populate.
- May help support stronger immune functions by mending ulcerated epithelial cells and reducing the inflammation in intestinal mucosal lamina propria that hosts the gut- associated lymphoid tissue (GALT1), T cells, plasma cells, mast cells, dendritic cells, and macrophages.

**PRIME GUT HEALTH -----**

This was created because the digestive system is the foundation of getting and staying healthy. There are many benefits to an optimal digestive system such as a healthy immune system and the protection against harmful viruses, bacteria, fungi, and yeast. The ingredients selected in Prime Gut Health work together to help restore gut homeostasis and GI barrier function.

There are many benefits to taking Prime Gut Health, including:

- Supports healthy GI barrier function\*
- Helps restore gut homeostasis\*
- Binds and neutralizes bacterial toxins in the gut\*
- Promotes a healthy immune system and respiratory health\*
- Supports digestive health and gut discomfort\*

- Increased nutrient absorption\*
- Supports gut inflammation especially within the intestinal wall\*
- Promotes a healthier GI environment\*
- Promoted regularity and healthy bowel function\*

**ImmunoLin®** is the branded ingredient serum-derived bovine immunoglobulin/protein isolate (SBI) with over 40 human studies demonstrating its clinical efficacy in digestive and immune health. SBI has been shown to be a broad-spectrum modulator of the immune system by targeting excessive or imbalanced immunity.\* In addition, ImmunoLin® works by binding, neutralizing, and removing pathogenic bacteria, viruses, and other gut irritants that can lead to inflammation.\* It also helps to repair the gut lining and restore gut homeostasis.\*

**SBI BINDS TO:**

**JUST ADDED** **AFLATOXIN B2 | AFLATOXIN G1**

<i>C. albicans</i> lysate	Gliadin
<i>C. albicans</i> Als3 protein	Zymosan
<i>H. pylori</i> CagA protein	E. coli
Shiga-like toxin type 1	C-di-AMP
Lipopolysaccharide (LPS)	Serratia Marcescens
<i>C. difficile</i> Toxin A & B	Salmonella Typhimurium
Peptidoglycan	Klebsiella Pneumonia
Flagellin	Staphylococcus
Cytolethal distending toxin subunit A	MDP
Cytolethal distending toxin subunit C	CpG

**+ 24 MORE COMMON ANTIGENS**

**Tributylin (as CoreBiome®)** is a postbiotic and the most important short-chain fatty acid (SCFA) for supporting digestive, gut, immune and gastrointestinal health. CoreBiome® is a unique butyrate formula intended to pass intact through the stomach and small intestine to deliver butyrate right where it's needed—the colon.

CoreBiome® supports:

- Delivery of butyrate to the colon where it helps maintain the integrity of your intestinal lining\*
- Helps repair the gut lining and restore gut homeostasis\*
- Tight junctures in the intestinal lining\*
- Regularity and regulation of a normal inflammatory response\*

### **Sporebiotics:**

Soil-based probiotics have been touted for their stability, ability to improve digestion, stimulate the immune system, and help maintain a healthy gut microbiota. **Bacillus coagulans SNZ 1969®**, **Bacillus subtilis SNZ 1972** and **Bacillus clausii SNZ 1971** are supported with an over 50 year history of use and over 30 human studies covering gut health, gastrointestinal discomfort, immunity against GI tract pathogens, inhibition of food borne pathogens, inhibition of bacteria causing dental carries and gingivitis along with bacterial vaginosis.

**AstraGin®** is a 100% natural compound derived from the roots of two traditional Chinese herbs: Panax notoginseng and Astragalus membranaceus, containing astragaloside I, II, IV and ginsenoside Rb1. AstraGin® enhances nutrient absorption by up-regulating nutrient transporters, such as CAT1, SGLT1, and FR. AstraGin® restores gut wall integrity by triggering an anti-inflammatory response and activating the mTOR pathway for rapid intestinal stem cell migration and differentiation in the inflamed intestinal mucosal barrier (epithelial cell and tight junction). AstraGin® promotes gut ecosystem homeostasis by the symbiotic effect of restoring gut wall integrity and increasing microbiota-immunity communication. AstraGin® activates the immune system through the symbiotic effect of improved gut wall integrity and enhanced microbiota-immunity communication. AstraGin® demonstrated in a recent published human clinical trial, to improve upon a number of measurable factors relating to gut health making it an ideal addition into Prime Gut Health.

**Unlock your body's natural ability to optimize metabolism, regulate blood sugar, and maintain lean muscle with this trio. Experience a science-backed, needle-free solution for sustainable weight management and long-term health**