



Doctor Hoy's Natural Longevity Plus® Ingredient List

Soybean - Shares duties with rice as the primary provider of the free-form protein source.

Rice - A primary protein source as well as the primary carbohydrate and fat source. Rice products are still far less likely to cause unfavorable reactions in consumers.

EnergySmart® - primary sweetening source. designed to address the specific concerns diabetics. contains specially developed complex carbohydrates derived from select grains, which provide up to 50% longer-lasting energy, as proven in independent testing. Keeps blood glucose levels above the fasting baseline. EnergySmart® has a less severe glycemic effect than sucrose.

Jerusalem Artichoke - Vegetable found to contain extremely high amounts of a substance called Fructooligosaccharide (FOS). FOS is a carbohydrate that humans can not digest. Digestible only by the friendly bacteria in our intestines.

Inulin - FOS derived from Jerusalem artichoke. Shown to be the favored food source of the mucosal cells in the colon.

L-glutamine - Regulates protein synthesis, along with inhibiting protein degradation and stimulating glycogen synthesis. A nitrogen transporter that helps in the correction of acidosis, preserves blood pH, and stimulates the immune system.

L-glutathione - A tripeptide made up the amino acids gamma-glutamic acid, cysteine, and glycine. Used to prevent oxidative stress in most cells and helps to trap free radicals that can damage DNA and RNA.

L-cysteine - Contains sulfur in a form that is said to inactivate free radicals and thus protect and preserve cells. Precursor of glutathione, a tripeptide that claims to protect the body against various pollutants.

N-acetylcysteine - Stable form of the amino acid L-cysteine

Gamma oryzanol - Decreases fatty tissue, and performs as an anti-oxidant, neutralizing cell-destroying free radicals. Increases lean body mass.

Vitamin A - It promotes growth and repair of body tissue, bone, skin and hair.

Beta Carotene - Precursor of vitamin A and a very powerful antioxidant.

Vitamin B1 - It aids in digestion of carbohydrates and is essential for normal function of heart, nerve and muscle tissue.

Vitamin B2 - Assists in production of healthy hair, skin, and nails. Alleviates eye fatigue and helps to burn carbohydrates, fat and protein. Helps regenerate antioxidants after they have neutralized free radicals.

Vitamin B3 - Extremely effective at lowering LDL and raising HDL. Promotes a healthy digestive system, decreases the severity of migraines, and increases circulation.

Vitamin B6 - Essential for metabolism of protein and functioning of the nervous system.

Folic Acid - Participates in several important metabolic processes in the body, most importantly the synthesis of DNA and RNA.



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Pantothenic Acid - Studies have shown that it decreases hunger and cravings. Aids in growth and development.

Biotin - Assists in the metabolism of fatty acids and utilization of B vitamins.

Vitamin B12 - Needed for formation of blood and nervous system.

Vitamin C - Powerful antioxidant. Promotes wound healing, decrease in inflammation, and may protect against cancer development.

Vitamin D - Assists in the absorption of calcium and phosphorus.

Vitamin E - Powerful antioxidant. May protect against cancer development.

Vitamin K - Critical for normal blood clotting and may inhibit some cancerous growths

Phosphorus - Plays pivotal roles in the structure and function of the body. In the form of phosphate, essential for the process of bone mineralization and makes up the structure of bone.

Magnesium - Critical to the activation of nearly 100 enzymes. Assists both nerve and muscle function.

Sodium - Critical electrolyte needed to maintain electrical homeostasis. Plays a major role in many of the most important functions of our bodies, such as muscle contraction, nerve conduction, the beating of the heart, production of energy and the synthesis of nucleic acids and proteins.

Potassium - Plays a major role in many of the most important functions of our bodies, such as muscle contraction, nerve conduction, the beating of the heart, production of energy and the synthesis of nucleic acids and proteins.

Calcium - Major constituent of bones and teeth, calcium is crucial for nerve conduction, muscle contraction, heartbeat, blood coagulation, the production of energy and maintenance of immune function,

Zinc - Powerful antioxidant. Essential for almost 100 enzymes used in digestion, metabolism, wound healing and reproduction. A principle protector of the immune system and a major disease fighter

Copper - Involved in the healing process. It is needed for healthy nerves and joints. It is necessary for the production of bone, hemoglobin, and red blood cells.

Manganese - Principal role is that of antioxidant and as such, may help protect humans from toxic oxygen forms.

Chromium - Assists in the metabolism of glucose and the regulation of insulin. Studies have shown that it may help decrease hunger and cravings.

Molybdenum - A trace mineral that is found in all tissues of the human body and is required for the activity of several enzymes

Selenium - Functions as a powerful antioxidant that primarily inhibits the oxidation of fats. Selenium works synergistically with vitamin E in preventing certain tumors and the production of antibodies.