

## FOUNDATIONAL SUPPLEMENT PROGRAM

The foundation of your supplement program will be:

1. **VasculoSirt (5 capsules twice a day): Optimal/Maximum Dose**

Slows aging in animals and may slow aging in humans!  
Improve vascular and blood vessel health  
Slows vascular aging  
Lowers blood pressure  
Reduces serum cholesterol and lipids  
Lowers glucose and improves diabetes mellitus  
Helps with weight loss and decrease fat (adipose tissue)  
Reduces heart disease and stroke risk  
May reduce cancer risk

2. **EFA-SIRT Supreme: (Essential Fatty Acids: 6 capsules twice per day): Optimal Dose**

This contains the perfect balance of fatty acids such as the omega 3 fatty acids DHA and EPA, as well as, GLA and the correct dose and type of Vitamin E (gamma/delta). This formulation will help improve cholesterol, blood pressure, glucose, insulin resistance, arthritis, inflammation, memory, skin problems, reduce heart disease and stroke, decrease weight and fat tissue and improve immune function.

3. **Resvera-SIRT HP: one capsule a day (250 mg)**

Resveratrol High Potency will help slow aging, reduce weight, improve cardiovascular health and reduce cancer, as well as, provide many other health benefits.

**SEE THE INFORMATION FLYERS ATTACHED FOR ALL OF THESE AND LISTEN TO THE CD'S.**

**ALL OF THESE ARE OBTAINED FROM BIOTICS RESEARCH AT 1-800-231-5777.** Please call to order and tell them that you are a patient of Dr. Mark Houston. Biotics will mail the supplements directly to you. Ask for AUTOSHIP on all products.

Remember to calculate your monthly dose of each product to discuss with Biotics representative to allow for proper autoship and CORRECT MONTHLY COST of your supplements.