



# ADVANCED ADT SUPPORT

*Daily nutrition for healthy aging and for men on  
therapeutic ADT \**

**ADVANCED ADT SUPPORT (AAS)**  
**1 PACKET OF 7 PILLS**

**Ingredients:**

- Calcium malate – 150mg
- Magnesium malate – 75mg
- Acetyl L-Carnitine – 900mg
- Ubiquinol 50mg
- Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate) - 1.7 mg
- Vitamin B2 (Riboflavin) – 1.7mg
- Pantothenic acid – 83mg
- Vitamin C (as Ascorbic Acid) 33.3 mg
- Vitamin D3 – 5000units
- Vitamin K1 – 500mcg
- Vitamin K2 – 50mcg
- Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate) 1.7 mg
- Vitamin B6 (as Pyridoxal-5-Phosphate) 1.7 mg
- Eleuthero (Eleuthrococcus senticosus) (root) standardized to contain 0.8% eleutherosides – 33.3 mg
- American Ginseng (Panax quinquefolius) (root) standardized to contain 5% ginsenosides – 33.3 mg
- Ashwaganda (Withania somnifera) (root) standardized to contain 1.5% withanolides - 33.3 mg
- Rhodiola Rosea (root) standardized to contain 3% rosavins and 1% salidroside - 33.3 mg
- N-Acetyl L-Tyrosine 25 mg
- Licorice (Glycyrrhiza glabra) (root) 7 mg

Advanced ADT Support (AAS) contains key nutrients that support healthy aging of the brain, bone, and heart.\* Without the proper lifestyle modifications and the consumption of important nutrients, the aging process accelerates resulting in stiffness, weak bones, forgetfulness, plaque formation, and weak cardiovascular function.

Therapeutic hormone blockade, also known as Androgen Deprivation Therapy (ADT) or simply hormone therapy, can also cause brain, bone and premature heart dysfunction.

Each compliance pack includes seven critical supplements that are scientifically proven to promote a sharp mind, a healthy heart, strong bone density, and increased energy to get work done.\* The result is a uniquely powerful full spectrum product, built upon the principle of synergy, and superior in effectiveness to any single supplement alone.

### **This combination features:**

#### **ACETYL L-CARNITINE**

Acetyl L-Carnitine is a special form of carnitine which energizes the brain and increases the levels of important neurotransmitter chemicals needed for memory, focus, and learning. Research shows that it also prevents and repairs the damage done to brain cells caused by stress and poor nutrition. Because of these three benefits, Acetyl L-Carnitine dramatically improves mental concentration and mental energy. Acetyl L-Carnitine is a natural component of our brain's chemistry. The body makes it in small amounts. Unfortunately, as we age, our Acetyl L-Carnitine levels decline. Therefore, supplements of Acetyl L-Carnitine are highly recommended for optimal brain function.

#### **COGNI AID™**

CogniAid™ is an herbal formula designed to help support healthy cognition, mood, and memory. This product supplies herbs and extracts that have been shown to work through a variety of mechanisms, including helping to maintain proper levels of the neurotransmitter acetylcholine, as well as supporting healthy neurons and nerve impulse transmission.

CogniAid™ contains a wildcrafted blueberry complex, a novel berry extract that in addition to blueberries uses extracts of huckleberries and bilberries. This product also features vinpocetine, Huperzine A (a naturally occurring alkaloid compound), the green tea polyphenol EGCG, and the Ayurvedic herb for brain health, Bacopa monnieri. By design, there is no phosphocholine in this formula, a common brain health ingredient, to not increase choline consumption which has been associated with increased prostate cancer risk.

#### **COQ NOL™**

Coenzyme Q 10 (CoQ10) is an essential antioxidant that promotes cellular energy production, fights free radicals, and supports optimal cardiovascular health. CoQnol™ delivers this critical nutrient in its powerful reduced form called ubiquinol.

Ubiquinol's primary action is to strengthen mitochondrial health against oxidative changes caused by lipid peroxidation, and the body's stores can be compromised as a consequence of both unbalanced cholesterol levels and advancing age. Evidence suggests, however, that daily supplementation with CoQnol™ can offer a critical foundation for long-term cellular defense against free radical related damage.

Most notably, researchers have discovered that, unlike the ubiquinone form of CoQ10, high doses of ubiquinol can improve serum CoQ10 levels dramatically— while delivering corresponding improvements in left ventricular heart function and levels of the inflammatory mediator TNF alpha. As such, supplementation with CoQnol™ may support lasting cardiovascular health as well as balanced inflammatory responses throughout the body.

### **ADRENOTONE™**

Adrenotone™ is a combination of standardized adaptogenic herbs and nutrients which are known to contribute to rejuvenating the adrenals glands, which sit on top of your kidneys. Adrenal dysfunction is one source of low energy and chronic fatigue which can be caused by aging or medical treatment. Adaptogenic herbs like Panax quinquefolius (American ginseng), Ashwagandha (Indian ginseng or Withania), Eleutherococcus (Siberian ginseng) and Rhodiola have shown to improve energy and counteract fatigue.

### **CAL/MAG 2:1**

This calcium and magnesium formula is in the standard 2:1 ratio - the ratio found in the human body to promote strong skeleton and optimal bone density, while also playing a key role in the maintenance of cardiovascular health and normal heart rhythm.

### **OMEGAVAIL HI-PO™**

OmegAvail Hi-Po™ provides a potent fish oil consisting of 750mg of EPA/DHA per serving (one softgel), and also includes lipase, a digestive enzyme to ensure maximum absorption. Lipase also helps to prevent any fishy aftertaste, known as 'repeat', that sometimes occurs with fish oil supplements. This fish oil is molecularly distilled and filtered to ensure purity and to maximize the removal of heavy metals, pesticides, solvents, PCBs, and other contaminants. Omega -3 fatty acids have been associated with improved mood, cardiovascular protection and overall wellness.

### **VITAMIN D SUPREME**

Vitamin D Supreme provides a clinically useful dose of 5000 IU of vitamin D3 along with vitamin K as both K1 and the MK-7 form of K2. The clinically optimal range for serum vitamin D is between 40 to 60 ng/ml and the amount to get blood levels there is 5000IU a day. Vitamin D and K2 promote bone health, cardiovascular protection and overall wellness.

### **Our commitment to quality**

At XY Wellness, we only work with the most reputable names in the business, partnering with proven industry leaders in formulation, ingredient sourcing, manufacturing, and quality assurance.

Our supplements feature formulas that contain only meaningful therapeutic quantities of any given ingredient to ensure that you always achieve the best results, and our raw materials are always hypoallergenic, gluten-free, soy protein-free, and subject to independent laboratory analysis. This uncompromising commitment to quality assurance guarantees a finished product of the highest integrity and effectiveness.

Like all of our supplements, Advanced Prostate Support is conscientiously manufactured in a National Sanitation Foundation (NSF)-certified, Good Manufacturing Practices (GMP) facility—the gold standard of safety and purity in the industry.

### **Dosage information**

Each box contains 30 packs. As a dietary supplement, take 1 packet daily with meals, or as directed by your healthcare practitioner.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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