Anti-aging Research Presented at International Conference

NU SKIN SCIENTISTS SHARE THE SCIENCE BEHIND VITALITY

Friday, December 3, 2010

Nu Skin scientists presented research findings on how mental and physical vitality is improved through nutritional strategies that influence mitochondrial-related genetic expression. Two presentations were made at the First World Congress on Targeting Mitochondria: Strategies, Innovation and Clinical Applications in Berlin.

“Through Nu Skin’s innovative anti-aging science, we have successfully identified groups of genes and multiple genetic pathways that play a role in the complex process of aging,” said Joe Chang, Ph.D., Nu Skin chief scientific officer and executive vice president of product development. “Nu Skin’s most recent research focuses on improving physical, mental, and sexual health that declines through the normal aging process. Unlike others who employ single gene approaches, with our research partners, we have identified multiple genes that affect mitochondrial function and also validate natural ingredients that positively affect the expression of those genes, thereby impacting overall energy and vitality. We believe that research focused on multiple genes shown to affect the normal aging process is the optimal approach to develop effective anti-aging products.”

Improved Mental Vitality

At the congress, Nu Skin senior scientist Scott Ferguson presented “Targeting Age-Related Gene Expression Improves Mental and Physical Vitality” and highlighted studies with a patent-pending blend of ingredients to improve physical, mental, and sexual health. This blend was shown to reset mitochondrial-related gene expression to a more youthful state. In a pilot study on mental acuity, the blend significantly improved multiple attributes of cognitive function in men and women aged 28-50 over those taking a placebo.

Improved Physical Vitality

In a second study, Ferguson presented evidence that revealed improved energy levels in mice supplemented with the same proprietary ingredient blend as the mental acuity study. After seven weeks,

physical endurance was improved in the supplemented group as compared to a placebo group. Furthermore, the scientists reported that, relative to the placebo group, the supplemented group retained more muscle glycogen and had reduced lactic acid buildup during exercise.

Identifying Ingredients to Combat Aging

Steve Wood, Ph.D., R.D., director of global research for Nu Skin's nutritional brand, Pharmanex, presented, "A Nutritional Strategy to Oppose the Genetic Expression of Aging and Loss of Vitality." The research described an algorithm Nu Skin's partner, LifeGen Technologies, uses to identify genetic supermarkers of aging. Natural ingredients were then screened for their impact on the genetic expression of those supermarkers. This study further suggests that the aging process is influenced by the expression of several genes and that a single gene change cannot account for the entire range of age-related disorders.