Evergreen – a holistic formula to assist with Anti-Aging and Longevity.

When formulated in the correct ratios, the ingredients become co-factors which combine effectively for overall stasis as well as to help the body to enhance key longevity boosters such as Telomeres, NAD+ and Klotho protein.

How it works:

The list of ingredients contains a variety of compounds that are known for their potential health benefits. While it's important to note that individual results may vary, we provide a general overview of how some of these ingredients might contribute to overall health and potentially assist with longevity:

Bacopa Monnieri extract: Bacopa has been studied for its potential neuroprotective effects and its ability to support cognitive function and memory. Maintaining cognitive health is important for overall well-being as we age.

Bacillus Coagulans: Bacillus Coagulans is a type of beneficial bacteria commonly found in probiotic supplements. Probiotics can help promote a healthy gut microbiome, which is essential for digestion and immune function.

Berberine: Berberine has been researched for its potential to regulate blood sugar levels, improve insulin sensitivity, and support cardiovascular health. Maintaining healthy blood sugar and cardiovascular function are factors that can contribute to longevity.

Piperine: Piperine is an active compound found in black pepper. It is known to enhance the absorption of certain nutrients, including curcumin.

Calebin A and Curcumin (from Turmeric): Calebin A and curcumin are both compounds found in turmeric, which have been studied for their anti-inflammatory and antioxidant properties. Chronic inflammation is associated with various age-related diseases, so reducing inflammation can potentially contribute to longevity.

Curcumin: Curcumin is the main active compound in turmeric. It has potent antioxidant and anti-inflammatory effects and has been studied for its potential benefits in supporting brain health, reducing inflammation, and promoting cardiovascular health.

Ellagic Acid: Ellagic acid is a naturally occurring polyphenol found in certain fruits and nuts. It possesses antioxidant properties and may have potential anticancer effects, but more research is needed.

Gaba: GABA (gamma-aminobutyric acid) is an inhibitory neurotransmitter in the central nervous system. It is believed to have a calming effect and may help reduce anxiety and improve sleep quality.

Horse Chestnut extract: Horse chestnut extract contains a compound called aescin, which has been traditionally used for its potential anti-inflammatory and antioxidant properties. It may also support vascular health.

Silymarin: Silymarin is a mixture of flavonolignans extracted from milk thistle. It is known for its hepatoprotective properties and is commonly used to support liver health.

Mucuna Pruriens extract: Mucuna pruriens, also known as velvet bean, contains levodopa (L-DOPA), a precursor to dopamine. It has been studied for its potential benefits in supporting mood, cognitive function, and overall well-being.

Nigella Sativa: Nigella sativa, also known as black seed, has been traditionally used for various health purposes. It contains compounds like thymoquinone, which has shown antioxidant, anti-inflammatory, and potentially anticancer effects in preliminary studies.

Resveratrol: Resveratrol, found in grapes and red wine, has been associated with potential longevity-promoting effects. It activates certain genes related to longevity and has been studied for its antioxidant, anti-inflammatory, and cardiovascular benefits.

Ursolic Acid: Ursolic acid is a natural compound found in apple peels, rosemary, and other plants. It has been studied for its potential anti-inflammatory and antioxidant effects and its ability to support muscle growth and metabolism.

Selenium: Selenium is an essential mineral that acts as an antioxidant and plays a role in protecting cells from damage. It also supports thyroid function and immune health, which are important aspects of overall well-being and longevity.

Sceletium Tortuosum: Sceletium tortuosum, also known as Kanna, is a succulent plant traditionally used in South African herbal medicine. It is believed to have mood-enhancing and stress-reducing effects.

Tryptophan: Tryptophan is an essential amino acid that serves as a precursor for serotonin, a neurotransmitter involved in mood regulation and sleep. It may help support mood and promote relaxation.

Turmeric: Turmeric is a spice commonly used in cooking and is known for its vibrant yellow color. It contains curcumin, which has antioxidant and anti-inflammatory properties and has been studied for various health benefits.

Thiamin, Riboflavin, Nicotinamide, Pyridoxine, Cobalamin: These are different B vitamins that are essential for various bodily functions, including energy production, metabolism, nerve function, and red blood cell formation.

Vitamin D3: Vitamin D3 is crucial for bone health, immune function, and overall well-being. Adequate vitamin D levels have been associated with a lower risk of chronic diseases, including cardiovascular disease, certain cancers, and autoimmune conditions.

Zinc: Zinc is an essential mineral involved in numerous enzymatic reactions in the body, including immune function, DNA synthesis, and wound healing. Maintaining a healthy immune system and supporting cellular processes can contribute to longevity.

It's important to note that the role of each ingredient in longevity is complex, and the scientific research is still evolving. Many factors contribute to longevity, including genetics, lifestyle choices, diet, exercise, and overall health management. While some of these

ingredients show promise in promoting certain aspects of health associated with longevity, more research is needed to fully understand their long-term effects and optimal dosages.

It's always recommended to consult with a healthcare professional before starting any new supplements or making significant changes to your diet.

The prime focus for the Evergreen formula is the enhancement of Telomeres, Klotho protein and NAD+

Klotho protein is a naturally occurring protein that has been associated with potential anti-aging effects and longevity. While the primary factor regulating Klotho expression is genetic, certain lifestyle factors and compounds have been suggested to influence Klotho levels. Among the ingredients listed, here are a few that have been studied in relation to Klotho protein:

Resveratrol: Resveratrol has been investigated for its potential to upregulate Klotho expression. Studies in animals have shown that resveratrol can increase Klotho levels, potentially contributing to its anti-aging effects.

Curcumin: Curcumin, a compound found in turmeric, has also been investigated for its influence on Klotho expression. Some studies suggest that curcumin may increase Klotho levels, though further research is needed to fully understand the mechanism and potential benefits.

Telomeres are the protective caps at the ends of chromosomes that shorten as cells divide. Maintaining telomere length and health is associated with longevity and overall cellular health. While there are no ingredients that can directly extend telomeres, some compounds have been studied for their potential effects on telomere maintenance or telomerase activity, which is an enzyme involved in telomere elongation. Among the ingredients listed, a few have been investigated in relation to telomeres:

Resveratrol: Resveratrol has been studied for its potential effects on telomere length and telomerase activity. Some research suggests that resveratrol may activate telomerase and potentially support telomere health.

Curcumin: Curcumin, the active compound in turmeric, has also been investigated for its potential effects on telomeres. Some studies indicate that curcumin may help protect telomeres from shortening by reducing oxidative stress and inflammation.

Maintaining a healthy lifestyle that includes regular exercise, a balanced diet, stress management, and adequate sleep has been associated with better telomere health, hence part of the value of the Evergreen formula is that it helps induce restorative sleep. Additionally, avoiding smoking, excessive alcohol consumption, and chronic stress can also support telomere maintenance.

NAD+ (nicotinamide adenine dinucleotide) is a coenzyme involved in various cellular processes, including energy production and DNA repair. NAD+ levels naturally decline with age, and maintaining optimal levels is thought to be beneficial for overall health and longevity. Among the ingredients listed, the following have been studied in relation to NAD+:

Nicotinamide: Nicotinamide is a form of vitamin B3, also known as niacinamide. It is a precursor to NAD+ and has been investigated for its potential to support NAD+ synthesis and maintain cellular energy balance.

Resveratrol: Resveratrol has been studied for its potential to activate a cellular enzyme called SIRT1, which is involved in NAD+ metabolism. By activating SIRT1, resveratrol may indirectly support NAD+ levels and promote healthy aging.

Tryptophan: Tryptophan is an essential amino acid that serves as a precursor to niacin (vitamin B3) synthesis. Adequate niacin levels are necessary for NAD+ production.

Riboflavin (Vitamin B2): Riboflavin is another B vitamin that plays a role in NAD+ synthesis. It is involved in the conversion of tryptophan into niacin, which is then used for NAD+ production.

Nicotinamide Riboside (NR) and Nicotinamide Mononucleotide (NMN): While not specifically mentioned in the list, NR and NMN are two compounds that have gained attention for their potential to boost NAD+ levels. NR and NMN are precursors to NAD+ and are believed to support NAD+ synthesis in cells. The Evergreen formula does contain Nicotinamide Riboside (NR).