

"Prevention is the medicine of the millennium"

Dr Ronald Klitz - President of the American Academy of Anti-Aging Medicine Inc.

Over 200 nutraceutical products for any health problem

Supplements • Dermaceuticals • Functional Foods • Hormones • Information

New appointment: Africa's First Board-certified Anti-aging Physician. Solal Technologies Appoints Dr Craigie Golding, Specialist Physician, as Chief Medical Advisor and Medical Director.

Dr Golding graduated *cum laude* from Pretoria University in 1993 as a medical doctor, and was awarded the Akromed prize for the best student in Pharmacology, the Horrace Wells medal for the best Anaesthetics student, and the Maybaker prize for the best undergraduate student in Psychiatry. In 2007, Dr Golding completed his Fellowship in Anti-aging medicine (FAAFM) and also obtained Board Certification in Anti-aging Medicine (ABAARM) from the American Board of Anti-aging Medicine.

Dr. Golding qualified as a specialist physician in 1999 as a specialist physician and quickly found that much of the time he was treating the symptoms of conditions like diabetes, cancer, dementia, heart disease, osteoarthritis and osteoporosis, rather than addressing the causes. "Many of these degenerative diseases of aging are largely preventable or reversible, if one can intervene early enough using an integrative medical approach that include, vitamins, minerals, amino acids, essential fats, herbal extracts, bio-identical hormones, chelation therapies, intravenous nutrients and other intravenous treatments such as glutathione, hydrogen peroxide, phospholipid exchange, and measures like lifestyle modification. Hormone balancing and neurotransmitter assessment and normalisation are also offered in anti-aging medicine. Anti-aging medicine addresses the cause of the underlying problem, rather than merely treating the symptoms."

Integrative Medical Centre In South Africa

Dr. Golding is looking to establish several integrative medicine centres throughout South Africa. The first of these, the Integrative Medical Centre in Bryanston, Johannesburg, established in conjunction with Solal Technologies, is already up and running, and offers bio-identical hormone therapy and integrative approaches to chronic medical conditions. This centre also offers anti-aging skin treatments, specialist anti-aging consultations and bio-identical compounded hormone replacement therapies. Contact the Integrative Medical Centre on 011 463 0036 for more information.



Anti-Aging Medicine is Preventive Medicine

Preventive medicine is the very early detection, prevention, and reversal of age-related diseases and therefore is sometimes also called anti-aging medicine. All diseases fall into four categories: the first three - inherited genetic disease, infectious disease and trauma, account for only 10% of cases, and normally require intervention *after* disease manifestation. However, the fourth category, the degenerative diseases of aging, accounts for 90% of all disease, and best outcomes are achieved using preventive medicine *before* disease manifestation, rather than intervention *after* the fact. Degenerative diseases of aging include heart disease, cancers, diabetes and other chronic age-related diseases, resulting in increased poor quality of life and early death.

These three products provide your body and brain with all the nutrients needed on a daily basis: 3-Per-Day™



- Even the healthiest diet supplies less than a quarter of the ideal amount of vitamins, minerals and micronutrients you need for health, detoxification and longevity.
- A "100% RDA" multivitamin does not supply enough either! RDA is the minimum amount you need to prevent overt deficiencies; it is not the ideal amount required for optimal health.
- 3-Per-Day™ supplies OPTIMAL multiple-RDA amounts of the most effective and absorbable forms of all the vitamins, minerals and antioxidants you need.

SolOil Omega 3 & 6™



- Unless you eat fresh fish five times a week, then you are deficient in vital omega 3 fats, essential to protect your heart and boost cognitive function. A lack of omega 3 fats also shortens lifespan.
- SolOil Omega 3 & 6™ supplies the best of the best: purified fish oil omega 3 concentrate, filtered to remove all heavy metals, PCB's and dioxin toxins (unlike many other fish oil supplements).
- Also contains the richest source of immune protective GLA-type omega 6, unlike most other products which use the less healthy LA-type omega 6.

Stress Damage Control™



- In December 2004, the New Scientist Magazine reported that stress in the workplace increases the risk of heart attack by 300-600%.
- Stress Damage Control™ contains concentrated herbal extracts not found in the diet. These protect your heart from stress and improve performance during stress.
- Stress is a killer. It elevates two age-accelerating hormones, cortisol and adrenaline. These hormones not only damage the heart, but cause short-term memory loss, agitated work performance, insomnia and elevated blood pressure.
- Most other products do not contain herbal extracts but rather weak herb powders, which have not been proven to provide the benefits demonstrated in clinical trials.

Visit www.solaltech.com to read: "What you don't know about stress can kill you" and also to find out "What Bill Clinton's doctors could have done to avoid his heart bypass."

Don't let life ruin your health:



Can't sleep? Melatonin

- When it comes to sleep, its sleep-*quality*, not only sleep-*quantity* that matters. Prescription sleeping tablets do not provide quality restorative sleep; they merely provide sleep-*quantity*.
- Melatonin is a natural, non-addictive, non-prescription sleep neurotransmitter, that promotes proper sleep-architecture (REM & sleep stages 1-5), essential for *quality* restorative sleep. With melatonin you sleep efficiently and wake up refreshed and energised.

Take 1 tablet at bedtime.



Exhausted and Fatigued? Energising Adaptogens™

- Adaptogens are herbal extracts that safely boost energy levels, reduce fatigue and enhance physical performance.

Take 2 capsules whenever extra energy is needed.



Too much drinking? Taurine

- Taurine is an amino acid that destroys the toxin that causes hangovers, known as acetaldehyde. Acetaldehyde also damages the liver. So not only does Taurine prevent hangovers, it helps protect your liver too.

Take 4 capsules immediately after drinking alcohol. Take another 4 capsules 8-12 hours later.



Do you smoke? Curcumin

- Curcumin is an extract from turmeric that helps protect your lungs from the damage that smoking causes.

Take 2 capsules once daily, after your main meal.



Need to think smarter? DMAE with added OPC

- an amino-acid protein food supplement extract that improves memory, increases alertness and boosts energy levels.
- DMAE improves the ability to handle multiple tasks simultaneously.
- OPC is an extract from grape-seeds that enhances the effectiveness of DMAE.

Take 2-3 tablets when needed for extra focus, concentration or improved mental function. (reference: Davis K. Stressful deadlines boost heart attack risk; New Scientist; 14/12/2004)

Nature's Anti-depressant Mineral

Lithium Orotate

Studies have shown that communities that have the highest levels of lithium in their drinking water, have the lowest incidence of depression, aggression, heart attacks, arthritis and gout. Lithium is a mineral that is essential in human nutrition. South African tap water has the lowest levels of lithium in the world. A Lithium deficiency is also likely if you drink bottled or reverse osmosis water, because lithium and other important minerals are removed. Lithium is also protective of the brain. Since lack of lithium results in aggressiveness, all South Africans should be supplementing with it. There are many forms of lithium. Lithium Orotate is the naturally occurring form and is more absorbable than other types of lithium. It is also the safest form of lithium. Furthermore, SOLAL's Lithium Orotate has added vitamin B12 (safest & most effective methylcobalamin form) and folic acid. These vitamins are synergistic with lithium since lithium carries vitamin B12 and folic acid into the brain where they act as methylating agents (which means they stimulate the natural production of anti-depressant neurotransmitters, like serotonin and dopamine).



Benefits:

- Enhances mood & brain function. Studies also show that lithium has brain protective effects in stroke patients.
- Useful for alcohol craving, withdrawal from cannabis and other drugs and aggressive behaviour.
- ADHD: a study showed that lithium is as effective as methylphenidate (Ritalin) for treating ADHD. It is particularly useful at reducing aggressive behaviour in ADHD children. Some studies show that lithium may also offer benefits for autistic children.
- Low levels of lithium are associated with increased incidence of heart attacks, gout and arthritis.

Are you taking the wrong form of Vitamin E?

Full Spectrum Vitamin E™

- The only Full Spectrum Vitamin E available in South Africa



- Recent research has shown that taking the wrong form of Vitamin E can cause heart failure. Most vitamin E supplements contain only the alpha-tocopherol form of vitamin E, which when used without the other 7 forms of vitamin E, can increase the risk of heart failure and death, even in doses as low as 400IU.
- To protect your heart and reduce cancer-risk you need all 8 types of vitamin E, known as full spectrum tocopherols and tocotrienols (which provide, not only the alpha-tocopherol form, but also the beta-, gamma- and delta- forms of both tocopherols and tocotrienols).
- SOLAL's Full Spectrum Vitamin E contains all 8 forms of vitamin E, to protect your heart & immune system, as well as provide comprehensive anti-oxidant protection.

For full information, with references, about the importance of taking the correct type of vitamin E, visit www.solaltech.com.



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ABAARM: Board Certified Anti-Aging Physician – American Board of Anti-Aging and Regenerative Medicine
FAARM: Fellowship in Anti-Aging and Regenerative Medicine
Solal Technologies Chief Medical Advisor and Medical Director



Is your cholesterol medicine damaging your heart?

Recent research¹ shows that, although they may reduce cholesterol levels, many cholesterol lowering medicines can damage heart function, by depleting the body of an essential heart-protective nutrient called co-enzyme Q10.

This and other research² also showed that by supplementing with co-enzyme Q10, this risk is 100% prevented as is the muscle pain³, a common side-effect of statin medications.

There are two forms of co-enzyme Q10: ubiquinone and ubiquinol. The best form is ubiquinol because it is 8x better absorbed and 66% more effective at protecting the heart than the ubiquinone form⁴.

UBIQUINOL Co-enzyme Q10 by SOLAL Technologies is the ONLY brand in South Africa that contains the ubiquinol form.

Heart disease is the number one cause of deaths in South Africa after HIV/AIDS. People as young as 30 are dying of heart attacks. Yet it is a completely preventable disease.

For complete cardiovascular protection, no doctor can refute this wise approach to heart-disease preventive health. The following should be taken for heart protection, even if you are young and apparently healthy:

1. **Ubiquinol Co-enzyme Q10™** – The most important heart protective nutrient known. Take 2 capsules after supper.
2. **Magnesium Glycinate™** – The most absorbable and effective form of magnesium. Take 2 capsules twice daily.
3. **Fish Oil Omega 3 Extract™** – The purest omega 3, filtered to remove all toxins. Take 2 capsules after supper.
4. **Stress Damage Control™** – With Rhodiola Rosea herbal extract to protect from the 600% increase risk of heart attack that stress causes. Take 2 capsules after breakfast.



[References: (1) M. Silver et al. *Effect of atorvastatin on left ventricular diastolic function and ability of coenzyme Q to reverse that dysfunction*. The American Journal of Cardiology, Volume 94, Issue 10, Pages 1306 – 1310, 2006; (2) Bargossi, A. M., et al; *Exogenous CoQ10 supplementation prevents plasma co-enzyme Q10 reduction induced by HMG-CoA reductase inhibitors (statins)*. Mol Aspects Med. 13(Suppl.):S187-S193, 1994; (3) Kelly, P. *Coenzyme Q10 Improves myopathic pain in statin-treated patients*. Abstract 1001-1117, American College of Cardiology 54th Annual Scientific Session, Orlando Florida, 2005; (4) Hoscoe K, Kitano M, Kishida H, et al. *Study on safety and bioavailability of ubiquinol after single and 4-week multiple oral administration to healthy volunteers*. Regul Toxicol Pharmacol. 2006 Aug 17.]

Why does flu strike in winter?

Why, if there are germs all year round, do we get colds and flu mostly in winter? In fact, there are most germs during the summer months, since bacteria thrive on warmth. The reason is our immune systems are suppressed by cold weather and we stay indoors more, closer to other people, breathing the same recycled germ-filled air. Therefore the solution to not getting colds and flu is to stimulate your immune system and kill germs throughout winter.

There are natural anti-bacterial, anti-viral and immune boosting herbal extracts and nutrients that can be used throughout the winter months, to kill germs and boost immune function. These are Olive leaf, Elderberry and Propolis, to kill viruses and bacteria; and Panax ginseng, Andrographis, Vitamin C and Zinc amino acid chelate to boost the immune system. Solal Technologies has incorporated all of these into a formulation specifically for adults and children who haven't got the time to get sick, miss work or school, or have their health damaged by colds and flu.

Unlike prescription antibiotics, The Natural Antibiotic and Flu Formula™ both kills germs and stimulates the immune system, making it ideal for use throughout winter: It protects, boosts resistance, and reduces the chance of developing colds and flu. It is especially important to use if people around you are starting to sniff and cough. Furthermore, if you do still develop a cold or flu, The Natural Antibiotic and Flu Formula™ will halve its duration and severity.

Extra Vitamin C is needed:

To boost the immune system and fight colds, you need EXTRA vitamin C. This is especially important if you are stressed, overweight, smoke, drink alcohol or consume sugar, since these all deplete the body of vitamin C.



SOLAL Technologies is giving away a **FREE Double Vitamin C™** with every Natural Antibiotic and Flu formula™. Double Vitamin C is superior to other vitamin C formulations because it contains, not only the water soluble form of vitamin C, but also the fat soluble form, ascorbyl palmitate. This form penetrates the immune system cells better, and is up to **30 times more effective than conventional vitamin C.**

Should our president declare a national emergency?

Up to 80% of South Africans are deficient in vitamin D.

This deficiency causes many cancers, depression, obesity, diabetes, brittle bones and early death.



- The government's current **Recommended Daily Allowance (RDA)** of 400IU's of Vitamin D is **TOO LOW!**
- Normally our skins produce a little vitamin D when exposed to sunlight. However diet and sunlight cannot supply enough vitamin D, especially with reduced sun-exposure due to office-bound jobs, indoor lifestyles & the use of sunscreen, which reduces Vitamin D production in the skin by approximately 90%.
- Vitamin D deficiency is aggravated by alcohol consumption, being over-weight, the aging process, and many medications especially antacids.
- Therefore we urge government to recommend that all South Africans supplement with 2000IU's daily.

Solal Technologies Vitamin D is the only optimal dose vitamin D, and is in the most effective D3 form, not the D1 or D2 forms contained in most other vitamin D products.

Making unhealthy foods healthier

The sugar that keeps the fat off, and the sweetness in your mouth:

NATURALLY SWEET™

- ✓ 10 times less calories than sugar and 40 times lower GI (Glycemic Index)
- ✓ The only sweetener made with soluble fibre to help digestion.
- ✓ Has a low GI of 2, unlike most other sweeteners which have a GI of 50-100.
- ✓ No side effects - made from natural sources.
- ✓ Tastes like sugar.

Lowers GI of food by 30-50% , and boosts weight loss:

INVISIBLE FIBRE™

- ✓ Tasteless and odourless
- ✓ Add 1-2 teaspoons to any food or drink.
- ✓ Pleasant-tasting
- ✓ You need fibre for weight loss, a healthy digestive system, to remove toxins from your body, and to lower cholesterol.

Brain and heart food, the only Omega-3 Sprinkle in South Africa:

OMEGA-3 FLAXSEED SPRINKLE™

Exclusive to Solal

- ✓ This is the only Omega-3 "Sprinkle" in the country.
- ✓ Convenient and sourced from the highest quality flaxseed oil, it's an essential for any smart professional who looks after their health.
- ✓ Convenient & delicious – just sprinkle over breakfast, lunch and dinner to make them instantly healthier.
- ✓ Rich in Omega 3 fats and fibre, which you need for healthy digestion, weight loss and cholesterol reduction.

Quality Assurance

Solal Technologies is the only Anti-aging medicine nutraceutical company that is registered as a pharmaceutical company with the South African Pharmacy Council (SAPC) and the Department of Health (DOH). Solal Technologies' products are manufactured using effective doses of the highest quality pharmaceutical grade nutraceuticals and bio-identical hormones, sourced from the world's best and most trusted raw material suppliers. Every batch of raw material is tested for potency and contamination. All products are manufactured under GMP (Good Manufacturing Practice) conditions and are developed using the latest scientific evidence available.

References are available from Solal Technologies, or can be viewed online at: www.solaltech.com/updatereferences

www.solaltech.com

1 Download Solal's "Product Information and Health Solutions Guide" for evidence based protocols on what to take for any condition.

2 If you are on any prescription medication, it is likely that these are depleting your body of important disease preventing nutrients. Download "Correcting Pharmaceutical Induced Nutritional Deficiencies" chart to find out how to correct these deficiencies.

PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™

South African Pharmacy Council reg nr Y52793

Available without prescription from Medical Practitioners, Dis-Chem Pharmacies,

SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™

