

Important notes on optimal health:

- ♦ 100% RDA (recommended daily allowance) of vitamins and minerals is not enough for optimal health – 100% RDA is defined by W.H.O. as the *minimum* required to prevent deficiency diseases.
- ♦ For optimal health (maximal energy, immunity, disease prevention and longevity) the ideal doses required are scientifically determined and are many times RDA.
- ♦ For example, 60mg of Vitamin C is defined as 100% RDA, since it prevents the deficiency disease called scurvy. However, the optimal immune protecting effects of vitamin C are seen only at daily doses of 250-1000mg.
- ♦ Diet does not supply optimal doses, nor do most vitamin and mineral supplements.
- ♦ Solal uses optimal doses, not RDA doses.
- ♦ Solal uses the best forms of vitamins, minerals, standardised herbals and nutraceuticals (nutritional extracts) for best effectiveness and safety.

How to use this brochure:

Where multiple products are mentioned in a category or sub-category, although it is ideal to take them all, if only one or two can be afforded, then the first listed is most important, followed by the second, followed by the third etc.



Pay for your health now
or pay for your illnesses later

SOLAL Anti-aging technologies

SOLAL Anti-aging technologies

South Africa's Leading Anti-aging and disease prevention specialists

- ♦ Traditional medicine focuses on treating the *effects* of the aging process, while SOLAL focuses on treating and preventing the *causes* of aging.
- ♦ SOLAL offers improved healthspan, not just a longer lifespan
- ♦ SOLAL will help you prevent age-related physical and mental losses, and maintain the highest physical and mental health possible.
- ♦ This brochure represents only a quarter of SOLAL's product range. We have over 160 anti-aging medicines and bio-identical hormones to slow aging, prevent disease, enhance health and improve quality of life. Contact us for more information.

Why Solal is best:

- ♦ SOLAL is UNIQUE: We are the only anti-aging pharmaceutical company in South Africa. 80% of our products are unavailable in any form from any other company.
- ♦ SOLAL is EFFECTIVE: We don't use sub-therapeutic or token doses of active ingredients. We use scientifically proven doses.
- ♦ SOLAL provides SAFETY and QUALITY: We use the safest and most absorbable forms of vitamins, minerals, nutraceuticals and herbal extracts, with the lowest possible levels of impurities. All our raw materials are tested for potency and quality. We only use vegetarian capsules, not animal derived gelatin.
- ♦ SOLAL is TRUSTED: Our products are the most prescribed by doctors, and the most recommended by pharmacists, in the health products industry.
- ♦ SOLAL is PROVEN: Our products are developed using the latest, fully referenced scientific research.
- ♦ SOLAL is PROFESSIONAL: We liaise with all health professionals and our products integrate with conventional medicine, to offer more effective and safer outcomes to conventional treatment.
- ♦ SOLAL are EXPERTS: We have access to the latest research and offer a medical help line. Our pharmacists and health professionals are available to answer your questions free of charge.

SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™

For information on anti-aging products and protocols or for any health need, contact:

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SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™

PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™

"Prevention is the
medicine of the
millennium"

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

How to...

- ♦ achieve optimal health
- ♦ live longer and prevent disease (heart attack, stroke, breast & prostate cancer, diabetes, arthritis)
- ♦ improve quality of life (sleep better, prevent depression, boost energy levels, improve memory and mood and reduce menopausal symptoms)

How to achieve optimal health...

- ♦ **Stress Damage Control™ - more important than vitamin supplementation!** Stress kills! It stimulates the adrenal glands to produce adrenaline which damages the heart, causes arrhythmias, high blood pressure and increases risk of heart attack by up to 600%. Stress also raises levels of the aging hormone, cortisol, which accelerates aging, suppresses immune function and causes memory loss. Chronic stress causes insulin resistance and increases risk of diabetes. It also upsets the balance of brain neurotransmitters (*brain hormones*), resulting in depression, anxiety and insomnia. Stress suppresses thyroid function, causing hypothyroidism and fatigue. *Stress Damage Control™* contains standardized Rosavin and Salidroside, and other herbal extracts, which protect against ALL the damaging effects of stress and prevent excessive cortisol and adrenaline release. It is truly a life-protector! Unlike vitamins and minerals, where diet at least supplies SOME, diet supplies NO Rosavin or Salidroside. Therefore supplementing with *Stress Damage Control™* is more important than vitamin and mineral supplementation. *Stress Damage Control™* is the VIP of all health supplements, and is safe for adults and children.
- ♦ **3-Per-Day™** – supplies all the vitamins and minerals in ideal doses and forms, for optimal health and disease prevention. *NOTE: it is impossible to put all vitamins and minerals into one tablet/capsule. You need 3 capsules for optimal doses.*
- ♦ **Omega 3 Fish Oil extract** – the best form of omega 3 essential fatty acids, for brain health and protection from heart disease. Fish oil is a more protective form of omega 3 than flaxseed oil, and is healthier than eating fish because all possible toxins present in fish (*mercury and dioxin*) have been filtered out in our product.
- ♦ **ACES Plus™** – full spectrum anti-oxidants including Co-enzyme Q₁₀, Lipoic acid, grape seed extract and others, to detoxify the body from free-radicals, which damage all body tissues, including the brain, heart and immune system. This damage leads to premature aging.
- ♦ **Enzyme, Prebiotic and Probiotic** – supplies all the good bacteria, prebiotic fibre and enzymes required for digestive health, and to prevent yeast and bad bacterial overgrowth, which leads to leaky gut syndrome, systemic infections, inflammation, allergies and immune problems.
- ♦ **Bio-CalMag™** – calcium and magnesium in their most absorbable and safest form (*will not neutralise stomach acid which is essential for killing bad bacteria that enter with your food*). Calcium and magnesium are essential for healthy bones and muscles. Only take this product if you don't eat dairy, dark green veggies and nuts/seeds/legumes regularly.

How to live longer and prevent disease...

Living longer is achieved by:

- (1) Extending life-span, and
 - (2) Preventing the diseases of aging that destroy quality of life and result in premature death
- (1) **Extending Lifespan:**
 - ♦ **The Anti-Aging Pill™**, Resveratrol with grape seed extract prolongs human cell's life span by 14-23%, and protects the heart and brain, as well as helping to guard against most types of cancer.
 - ♦ **ACES plus™** – contains anti-oxidants (*including lipoic acid, grape seed extract, co-enzyme Q₁₀*) that neutralise free radicals that damage all tissue, the immune system, and accelerate aging.
 - ♦ **Carnosine; Alpha Lipoic Acid; Aminoquanidine** – these products prevent the sugar damage (*called cross-linking*) that reduces enzyme function and causes cell starvation and death. These products also improve insulin sensitivity, thereby helping to guard against diabetes, organ damage, obesity and high blood pressure (*collectively known as metabolic syndrome*).
 - (2) **Preventing the diseases of aging and premature death:**
 - ♦ **General heart health:** Co-enzyme Q₁₀; Omega 3 fish oil extract; Mixed Vitamin E (*NOTE: only this vitamin E with the tocotrienol form of vitamin E adequately protects the heart*); The Anti-aging Pill™ (*Resveratrol with grape seed extract*); Magnesium glycinate; Taurine
 - ♦ **High Blood pressure:** Co-enzyme Q₁₀; The Anti-aging Pill™ (*Resveratrol with grape seed extract*); Omega 3 fish oil extract; Magnesium glycinate
 - ♦ **High cholesterol:** Cholest-go (*Red Yeast Rice*); Cholestaway (*Policosanol*); Niacin
 - ♦ **High homocysteine:** Homocysteine Reducing Formula™ (*folic acid, Vitamin B₁₂, pyridoxine*); TMG
 - ♦ **Diabetes:** Insulin and Glucose Regulating Diabetes Formula™; Lipoic acid; Chromium polynicotinate; Bitter melon extract
 - ♦ **Arthritis:** Inflammation, Pain and Healing - IPH Joint Relief Formula™ (*Boswellia, curcumin [turmeric], ginger, glucosamine sulphate*); Omega 3 fish oil extract
 - ♦ **Breast cancer prevention and treatment:** Co-enzyme Q₁₀; I3C (*Indole 3 Carbinol broccoli extract*); EGCG (*green tea extract*); Progesterone Cream
 - ♦ **Prostate cancer & enlarged prostate:** Betasitosterol; Nettle Root extract; Omega 3 Fish Oil extract.

How to improve quality of life...

How to....

- ♦ **Sleep better:** Melatonin; Herbal Sleep Formula™ (*valerian, passionflower, chamomile*)
- ♦ **Prevent depression and improve mood:** Naturally High™ (*valerian, passionflower, 5-HTP*); 5-HTP (*to top up Naturally High, if required*)
- ♦ **Reduce anxiety:** Naturally High™ (*Valerian, Passionflower, 5-HTP*)
- ♦ **Treat Menopause symptoms** (*also improves bone density*): Hormone Balance™ (*Black Cohosh; Ipriflavone; Vitamin D*); Calcium glycinate; Pregnenolone
- ♦ **Prevent memory loss:** Ginkgo Biloba; Phosphatidyl serine; L-Carnitine; Co-enzyme Q₁₀; Pregnenolone
- ♦ **Boost energy:** Energising Adaptogens™; Burnout™ (*Ginseng, licorice, chromium*); Thyroid formula™ (*Tyrosine, iodine, guggulipid*)
- ♦ **Reduce stress:** Stress Damage Control™ (*Rhodiola rosea extract with rosavin and salidroside*); Super Mega B.
- ♦ **Protect immune function:** ACES plus™; Omega 3 fish oil extract; Double Vitamin C™ (*buffered, non-acidic, water and fat soluble vitamin C*); Betasitosterol
- ♦ **Treat infections** (*for bacteria and viruses*): Natural Antibiotic™ (*andrographis, propolis, zinc, elderberry*)
- ♦ **Prevent liver damage:** Silibinin (*milk thistle extract*), ACES Plus™; SAME (*s-adenosyl methionine*)
- ♦ **Prevent and treat hangovers:** ACES plus™; Taurine
- ♦ **Treat constipation:** Natural Laxative™ (*aloe ferox extract*)
- ♦ **Detox your body:** ACES Plus™; Silibinin (*Milk thistle extract*)
- ♦ **Boost thyroid function:** Thyroid Support Formula™ (*Guggulipid, Tyrosine*)



**Anti-Aging Medicine -
For a longer time living,
and a shorter time dying**