

## MORNING ENERGY PILL

20 tablets / 700 mg



Description:	Ingredients:	Directions:	Average content	per daily dose (1 capsule)	% RDA
Food supplement of L-carnitine, an amino acid derivative that serves as a carrier of fatty acids in the cell.	L-carnitine tartrate, bulking agent: microcrystalline cellulose, anticaking agents: stearic acid, magnesium stearate.	Take 1 tablet at wake-up, or just after the breakfast if you suffer from digestive sensitivity.	L-carnitine	350 mg	

## MORNING VITALITY PILL

20 capsules / 545 mg



Description:	Ingredients:	Directions:	Average content	per daily dose (1 capsule)	% RDA
Food supplement of vitamin C, a powerful anti-oxidant, vitamin B12 and magnesium, which are involved in the energy-yielding metabolism, in the functioning of the nervous and in the muscular functions, it can contribute to reduce the sense of tiredness and fatigue.	Vitamin C, magnesium oxide, vegetable capsule (hydroxypropyl methylcellulose, colour: copper complex of chlorophyllins), magnesium citrate, bulking agent: microcrystalline cellulose, anticaking agent: magnesium stearate, cyanocobalamin (vitamin B12).	Take 1 capsule at wake-up, or just after the breakfast if you suffer from digestive sensitivity.	Vitamin C Vitamin B12 Magnesium	250 mg 3,75 mcg 100 mg	312,5 150 27

## MORNING HEALTH PILL

40 capsules (2x20 blisters) / 545 mg



Description:	Ingredients:	Directions:	Average content	per maximum daily dose (2 capsules)	% RDA
Food supplement of vitamins and minerals which are involved in many human body processes; vitamin B6 contributes to energy-yielding metabolism and vitamin D3 supports the functioning of the immune system, selenium helps the protection of cells from oxidative stress, calcium and vitamin D are essential for bone health.	Potassium chloride, calcium carbonate, vegetable capsule (hydroxypropyl methylcellulose, colour: caramel), bulking agent: microcrystalline cellulose, beta-carotene, pyridoxine hydrochloride (vitamin B6), L-selenomethionine, cholecalciferol (vitamin D), anticaking agent: magnesium stearate.	Take 1-2 capsules at wake-up, or just after the breakfast if you suffer from digestive sensitivity.	Vitamin B6 Vitamin D Beta-carotene Calcium Selenium	15 mg 25 mcg (500 IU) 12,5 mg 124 mg 65 mcg	1071 500 n.d. 15,5 118

## BREAKFAST PROTECTION PILL

20 softgels/ 690 mg



Description:	Ingredients:	Directions:	Average content	per daily dose (1 softgel)	% RDA
Food supplement of vitamin A, which is important for the maintenance of vision and the wellness of skin and mucous membranes, vitamin E, supporting the protection of cells from oxidative stress, linolenic acid and coenzyme Q10.	Linseed oil (Linum usitatissimum L), standardized to 50% linolenic acid, mixed tocopherols (vitamin E), gelatin, coating agent: white beeswax, Coenzyme Q10, stabilizing agent: glycerol, colour: caramel, retinyl palmitate (vitamin A).	Take 1 softgel during or just after the breakfast	Linseed oil Linolenic acid Vitamin E CoQ10 Vitamin A	250 mg 125 mg 11,25 mg 25 mg 1650 mcg (5000 IU)	94 206

## BEDTIME WELLBEING PILL

20 capsules / 530 mg



Description:	Ingredients:	Directions:	Average content	per daily dose (1 capsule)	% RDA
Food supplement of calcium, an essential nutrient for bone structure and muscular contraction, and zinc, contributing to the maintenance of healthy skin and hair and to the functioning of the immune system.	calcium carbonate, zinc citrate, vegetable capsule (hydroxypropylmethylcellulose, colour: copper complex of chlorophyllins), bulking agent: microcrystalline cellulose, anticaking agent: magnesium stearate.	Take 1 capsule just before bedtime.	Calcium Zinc	125 mcg 30 mg	15,5 300

**WARNINGS:** Do not exceed the recommended daily doses. Keep out of the reach of young children. Food supplements are not intended as a substitute for a varied and balanced diet and a healthy lifestyle.



Produced in EU

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# HOW DOES IT WORK?



# Longer Life Pills®

Feeling better, Living better, Aging better!



HIGH POTENCY - GRANDE EFFICACITÀ  
HOOGWIRKSAM - ALTA POTENCIA

CLINICALLY TESTED

120 PILLS

Longer Life Pills®

The **Longer Life Pills®** is an exceptional set of pills that contains the essential nutrients for you to live longer. It is a scientifically conceived pill based on the best and most recent research. Only solid studies with significant results in humans, and not in other species, have been taken into account. The aim of **Longer Life Pills®** is to give you a complete formula that will provide all the compounds and ingredients you need daily for a healthy and long life.

‘Ecological’: these pills are devoided of any additives, and can in this sense be considered as ‘ecological’, toxin-free pills. The capsules or tablets that contain the nutrients are in safe, low allergenic material, generally from plant origin.

**High-quality:** all the nutrients are of pharmaceutical grade from the best sources.

Life-prolonging effects? How long can the persistent intake of these pills prolong life? Long-term efficacy of the multi-nutrient pills on human lifespan is difficult to evaluate as no study has been done of the effect of this particular set of pills on the life span. It is almost impossible to do for any product without a long-term 100-year study that starts in young adults and follows them up during the next 100 years until all participants have died. You and I would not be there anymore to wait for the results.

Nevertheless, what we can do is rely on the various studies that have shown significant 10 to 80% mortality reductions in people (healthy or sick) when they regularly take one of the nutrients present in the **Longer Life Pills®**. This evidence strongly supports the view that the regular daily intake of the Longer life pills during years is not only safe but may prolong life from one to 18 years, provided the diet and lifestyle are healthy enough and do not oppose the life-prolonging potential of the longer life nutrients.

Content and effects: six pills with the following high quality content

- **Morning Energy pill:** the Morning Energy pill contains carnitine, the essential amino acid for the mitochondria, the cell's energy-producing organelles. Repeated research has shown that carnitine supplementation may not only prolong the life of ill patients, but may increase in humans energy levels, reducing fatigue, improve sexual potency protect against cardiovascular and neurodegenerative disease, and achieve many other health beneficial effects.  
*To take at wake-up or just after breakfast if digestive sensitivity.*

- **Morning Vitality Pill:** the Morning Vitality pill contains two vitamins, vitamin B12 and vitamin C, and one mineral, magnesium, that

have not only been shown to extend the human lifespan, but also to increase energy levels, reduce stress levels and protect against various age-related diseases.

*To take at wake-up or just after breakfast if digestive sensitivity.*

- **Morning Health pill:** the Morning Health pill contains vitamins such as beta-carotene, vitamin B6 and vitamin D3, a trace element (selenium) and two mineral, potassium and calcium, that have not only been shown to extend the human lifespan, but also protect against the development of cardiovascular disease, diabetes and cancer. Essential nutrients for health.

*To take at wake-up or just after breakfast if digestive sensitivity.*

- **Morning Health pill:** the Morning Health pill contains vitamins such as beta-carotene, vitamin B6 and vitamin D3, a trace element (selenium) and two mineral, potassium and calcium, that have not only been shown to extend the human lifespan, but also protect against the development of cardiovascular disease, diabetes and cancer. Essential nutrients for health. That's why it has been doubled!

*To take at wake-up or just after breakfast if digestive sensitivity.*

- **Breakfast Protection pill:** the Breakfast Protection pill contains fat-soluble nutrients such as linolenic acid, vitamin A, vitamin E and coenzyme Q10 that not only may prolong the human lifespan, but often may potently protect against cardiovascular disease, diabetes, cancer, and/or neurodegenerative diseases, including Alzheimer's disease or Parkinson's disease.

*To take during or just after breakfast.*

- **Bedtime Well-being pill:** the Bedtime Well-being pill contains calcium, which improves relaxation and sleep, and zinc, which is best absorbed on an empty stomach in the evening. The intake of both nutrients has shown to increase in humans the chances of living longer. Calcium is the essential nutrient for our bones and muscular contraction, while zinc improves the skin, the hair and the immune system and is essential for wound healing.

*To take just before bedtime.*

Doses of all these nutrients in the pills are also in the efficient range.

- One per day of each of the six pills from every blister contained in a box: regular day in day out, year in year out, intake of one of each of these pills is sufficient to obtain life-prolonging effects if we rely on what science shows.
- 2 per day of each of the six pills should increase the efficacy.

In the accelerated and fast world of today things must be simple. Our aim is to improve and simplify your life. So, we have developed an effective formula, at the same time easy and intuitive to use, as shown below.

In each box there are six blisters containing a different pill or tablet. You have to take a single pill or tablet of each blister daily, unless otherwise required by your doctor. Each blister contains the same number of pills so it's virtually impossible to taking by mistake the wrong pill.

Five of six pills/tablets must be taken in the morning, before or after breakfast and they all have an icon like this ☀️ on the backside of the blister.

The sixth pill must be taken at bedtime and has a symbol like this 🌙 on the backside of the blister.

*In the back of each blister you also have the name of every pill/tablet with another icon that shows the main feature of the pill:*

Pill 1 🏋️‍♂️ Morning Energy Pill

Pill 2 😊 Morning Vitality Pill

Pill 3 🍏 Morning Health Pill

Pill 4 🍏 Morning Health Pill

Pill 5 🛡️ Breakfast Protection Pill

Pill 6 🧘‍♀️🛌 Bedtime Wellbeing Pill

Warning: Your doctor's advice should be privileged above the recommendations here if competent in this domain. Normally, no adverse effects on the long term are to be expected as doses are in the adequate range and not excessive range. Nevertheless a regular check-up of the blood levels of the nutrients that are used in the Long Life pills is recommended so that an increase in the intake form one to two a day of each pill may be necessary if the nutrient levels are too low in the laboratory tests, or the opposite, reducing from two to one whenever all levels are above the upper limit of the reference range. Please, here again your doctor's advice may be useful.