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MEDICAL CENTER

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Ageless & Wellness News

Volume 3, Number 14

Dear Ageless and Wellness,

What does "healthy aging" mean to you? We want to feel good in body and mind, and have plenty of energy for life's pleasures and expectations! This month we take a look at Dr. Randolph's 4 essential supplements for healthy aging, and why they can make a difference in how you feel as you age gracefully!

For the month of September, we are offering a special 4-pack of Dr. Randolph's Signature Formulation supplements! Our **Healthy Aging Pack** includes **CoQ10 Max, Methylcobalamin (Methyl B12), Super D 5000, and Melatonin Extended -- all for $99 plus FREE shipping!** Take a look at the **Wellness Store Online!**

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Dr. Randolph's Essential Supplements for Healthy Aging

When did you first

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Dr. Randolph

experience the realization that you might be "getting a little older"? Was it when you were a new parent in your 30s, strugging with stress and sleepless nights? Was it in your 40s, when your energy dropped low and your libido disappeared? Or was it in your 50s, when your morning run made your legs ache more than they used to? Although each of our personal experiences is different, we all recognize how important it is to take care of ourselves. Once we couldn't imagine the idea of "aging gracefully" -- and now we aspire to it! This month we take a look at Dr. Randolph's "Top 4" essential supplements to help us age healthfully -- and gracefully!

CoQ10
CoQ10, also called Coenzyme Q10, is a natural antioxidant synthesized by the body, found in many foods (although not in high quantities), and available as a supplement. It comes in two forms: ubiquinol, the active antioxidant form, and ubiquinone, the oxidized form, which the body partially converts to ubiquinol. It plays a vital role in the chain of metabolic chemical reactions that generate energy within cells. It is found in every cell of the body, but is present in higher concentrations in organs with higher energy requirements such as the kidneys, liver, and heart. Many medical studies demonstrate CoQ10 benefits when taken as a supplement, most of which stem from its vital role in oxygen utilization and energy production, particularly in heart muscle cells. Dr. Randolph's formulation of this important antioxidant (**CoQ10 Max**) has been shown in clinical trials to be over eight times more absorbable than powdered CoQ10, and more than twice as bioavailable as other oil-based or so-called "nano"-dispersed formulas on the market. The benefits of CoQ10 are numerous: it helps maintain healthy LDL cholesterol levels, circulatory health, reduces migraine headaches, improves sperm motility in men -- and some research also shows that it can help protect the brain after cardiac arrest, help fight cancer, and slow neurodegenerative disease. ***The benefit you may notice most: improved energy.***

B12
A Vitamin B12 deficiency is not one you want to experience: it can cause depression, loss of mental acuity, and in severe cases, dementia. European researchers have found that giving B12 to people who are deficient helps protect areas of the brain that are damaged by Alzheimer's disease. Although this vitamin is found in many common food sources (meat, fish, milk, eggs, and cheese), our ability to absorb B12 is entirely dependent upon the presence of stomach acids that can break it down and allow it to be absorbed in the small intestine. However, those stomach acids decline as we age, hindering our ability to absorb this much-needed vitamin. Dr.

Click HERE to learn more about Dr. Randolph and our team of clinicians!

Dr. Randolph's Pharmacy & Wellness Store

8am-6pm Mon-Fri
9am-2pm Saturday

Suite 100
1891 Beach Blvd.,
Jacksonville Bch, FL
32250

Pharmacy:
904-746-3046
rx@cwrandolph.com

Wellness Store:
904-249-4372
medshop@
cwrandolph.com

Looking for a Speaker for Your Next Group Event?

Randolph's B12 supplement, **Methylcobalamin (Methyl B12)**, is one of the naturally-occuring coenzyme forms of B12 that the body can process. (Note: We recommend that you avoid the synthetic forms of B12 as they are difficult to break down and do not absorb well, especially for those with MTHFR gene mutations.) Methylcobalamin is the only form of B12 that can cross the blood-brain barrier without assistance or conversion. Its methyl group stimulates serotonin creation, a neurotransmitter responsible for mood support. Researchers have found that large doses of methylcobalamin may offer therapeutic value for those suffering from ALS and multiple sclerosis. Methylcobalamin is the only form of B12 that acts on the nervous system. ***The benefit you may notice most: improved moods.***

Vitamin D3
The "sunshine vitamin" is actually a hormone (see our July issue for more information)! Vitamin D is a fat-soluble steroid hormone that is produced in your body when your skin is exposed to the sun. As much as 80-90% of the vitamin D your body needs comes from sun exposure, not from food. (Only a few foods naturally contain vitamin D, including fish, fish oils, and egg yolks, although some foods are fortified with vitamin D, like milk.) Vitamin D receptors are found in nearly every cell in your body, so it is extremely important to keep this hormone in balance. Most people are unaware that vitamin D is essential for optimal health! Vitamin D plays an important role in: promoting energy and healthy weight, boosting the immune system, promoting calcium absorption in the gut, bone growth, reducing inflammation, and more. Unfortunately, it is estimated that more than 40% of people in the United States are unknowingly Vitamin D deficient! If left untreated, a vitamin D deficiency can lead to many other serious health conditions, including coronary artery disease, diabetes, stroke, osteoporosis, and cancer. Dr. Randolph's **Super D 5000** is highly-absorbable cholecalciferol provided in convenient softgels. ***The benefit you may notice most: improved immune system.***

Melatonin
This important hormone is produced in the pineal gland (located in the brain), and helps regulate our sleep-wake cycle. Melatonin levels are linked to our exposure to light and dark: when the retina in your eye perceives darkness, for example, an area of the brain called the suprachiasmatic nucleus (SCN) stimulates the pineal gland to produce melatonin, making us feel sleepy. Our melatonin levels typically stay high during the night and drop to nearly undetectable levels during the day. As we age, our ability to produce melatonin decreases; some older adults make very small amounts of it, or none at all. Sleep is one of the "pillars of health"! Without adequate sleep our brains get foggy, our metabolism slows down, our immune systems get weak, and our libido gets low. Dr. Randolph's **Melatonin Extended** has a biphasic delivery system that releases melatonin quickly and then steadily through the night to help

Jenifer S. George, ARNP, MSN, FNP-BC

If you are a member of an association, club, or employee group that would be interested in having a guest speaker discuss hormones and healthy aging, let us know! Call **904-249-3743** and ask for Victoria Galler, or email **vgaller@cwrandolph.com** for more information. (Minimum of 10 attendees required for speaking engagement.)

with sleep onset as well as sleep duration. ***The benefit you may notice most: restful sleep and more alertness!***

You can try all four of these essentials in this month's **Healthy Aging Pack**, available at the Wellness Store.

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Please let us know how we can help you on your path to optimal aging and wellness!

To Your Health,

Dr. Randolph
Ageless & Wellness Medical Center
1891 Beach Blvd., Suite 200
Jacksonville Beach, FL 32250
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Cannot be combined with any other sale/offer. Not available online. Only available at the Wellness Store in Jacksonville Beach, FL.

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