

L-CARNOSINE SUPPLEMENT

The Facts:

- Lonjevitee L-Carnosine is a natural body product, consisting of the amino acids Beta-alanine and L-histidine chemically bound to each other.
- Nerve cells (neurons) and muscle cells (myocytes) contain high levels of carnosine. L-Carnosine is NOT a drug, vitamin or mineral and it does not react with any drugs. You are born with high levels of carnosine in your body but unfortunately it decreases with age. The good news is that you can now replace carnosine naturally by supplementing your natural supply with Lonjevitee L-Carnosine - the purest form available.
- L-Carnosine is the most effective anti-carbonylation agent yet discovered. (Carbonylation is a pathological step in the age-related degradation of the body's proteins). Carnosine helps prevent skin collagen cross-linking that leads to loss of elasticity and wrinkles.
- It also acts as a regulator of zinc and copper concentrations in nerve cells, helping to prevent over-stimulation by these neuroactive minerals. What is known about the biological role of carnosine in the body, substantiates all of the above, and other studies have indicated further benefits.
- L-Carnosine is a Super AntiOxidant that quenches even the most destructive free radicals: the hydroxyl and peroxy radicals, superoxide, and singlet oxygen. Carnosine helps to chelate ionic metals, (flush toxins from the body).
- This is L-Carnosine in its purest form. It is made up of a combination of the two amino acids, Beta-Alanine and L-Histidine and is known scientifically as N-beta-alanyl-histidine. When taken as a natural health supplement, L-Carnosine protects and extends the functional life of the body's key building blocks - the cells, proteins, DNA and lipids. Long-lived cells such as nerve cells, called neurons, and muscle cells, called myocytes, naturally contain high levels of L-Carnosine, and these muscle levels of L-Carnosine correlate exactly with maximum life spans.

Studies on the rejuvenating effects of L-Carnosine have shown:

It is 100% safe and 100% hypoallergenic - it is naturally occurring in many foods and in the body itself.

It has virtually no taste. It is odourless and colourless, and can be added to any liquid, hot or cold.

The powder is generally pure white but can often be an off-white or pale yellow colour, this does not mean that it is an inferior brand or that it will not work as well as the pure white powder. Lonjevitee's L-Carnosine is not blended with any other product. Please see "How L-Carnosine is Manufactured".

Antioxidant: Carnosine effectively quenches the most destructive of free radicals, the hydroxy radical, as well as superoxide, singlet oxygen, and the peroxy radical.

Cell Rejuvenation: Carnosine has the remarkable ability to actually rejuvenate cells approaching senescence (the end of the life cycle of dividing cells), restoring normal appearance and extending their cellular lifespan.

Wound Healing: Carnosine has the amazing ability to rejuvenate connective tissue cells and thus to expedite wound healing.

Brain Protection: Carnosine protects the microvasculature of the brain from plaque formation that may lead to senility and Alzheimer's disease.

Improved Calcium Response: Carnosine protects cellular DNA from oxidative damage that accumulates with age.

Skin Protection: Carnosine helps prevent skin collagen cross-linking which leads to loss of elasticity, wrinkles, macro-molecular disorganisation, and loss of extra cellular matrix.

For Sport: Carnosine helps improve your performance without taking damaging/illegal drugs. It is a dipeptide found in skeletal muscle, heart and brain, and has shown to improve metabolism during intense exercise, making it very effective for sporting activities requiring explosive movements.

High levels of carnosine increase capacity to buffer the effects of intramuscular hydrogen. Hydrogen within muscles can cause painful and early fatigue when the muscles become too acidic. L-Carnosine helps maintain lower levels of acidity in the muscle so that you can exercise harder and for longer periods.

Being a powerful antioxidant it helps the body remove harmful toxins such as free radicals. High intensity promotes the production of free radicals, and it is important that athletes minimise their harmful effects. Carnosine helps combat the damage caused by free radicals, including proteolysis - the degradation of protein.

For best results:

The recommended daily maintenance dose of L-Carnosine is 1 gram. For those addressing more serious health conditions 3-5 grams are recommended and 10 grams a day has proven to be very effective at times, or as directed by your health care practitioner. You can add the full daily dose to a bottle of water or juice and sip it throughout the day if you wish, or simply add the powder to any liquid you drink throughout the day.

Warning: Those who suffer with any Autoimmune Disorder are advised not to take carnosine supplements without seeking professional advice beforehand.

HOW L-CARNOSINE IS MANUFACTURED

It is fermented in large vats, produced from friendly bacteria very similar to probiotic's. It is then harvested, dried and processed to make it 99.9% pure and nature identical, which means that for all intents and purposes, it is exactly the same as that which is produced by the body, and it is impossible to tell the difference between the two.

Not all carnosine is created equal; some types are 'inert' and do not possess the unique cellular rejuvenating properties - they are still good antioxidants but nothing more.

The analysis of carnosine often states that it is "white or almost white" and can state "white, off-white or even yellowish white". The end result of the manufacturing process is what dictates the colour. Lonjevitee L-Carnosine is guaranteed pure and free of additives.

The Reported Usefulness of Lonjevitee L-Carnosine Supplement

- Lonjevitee L-Carnosine supplement has been effective on any neurological disease.
- It helps all medicines work more efficiently.
- It helps protect the body against potential side effect damage of drugs.
- It will help cut any dose of any drug in half.
- It helps protect the kidneys, liver and other vital organs against damage by medication.
- It helps protect against stomach ulcers caused by various pain killers.
- Drugs for epilepsy are more efficient with Lonjevitee L-Carnosine.
- L-Carnosine could be a stand alone anti-epilepsy drug.
- It helps with ADHD and Stroke, Dyslexia, Autism and Downs Syndrome.
- It gives positive results in Diabetes and can help reduce insulin levels or even avoid needing insulin, under medical supervision.
- L-Carnosine makes old cells young again.
- It is found in all mammals. Birds and fish have a different compound.

- Vegans and Vegetarians have no L-Carnosine in their diet.
- Not all L-Carnosine produced in the world has such good rejuvenating qualities.
- Lonjevitee L-Carnosine is the most active of it's type in existence at this time.
- It is bio-active where most L-Carnosine is inactive.
- There are 12 year old children in the USA being prescribed anti-depressant medication who could be better helped with Lonjevitee L-Carnosine, as they already have it in their bodies.
- L-Carnosine is renal protective and improves the efficiency of kidneys and all vital organs.
- L-Carnosine enhances the built-in production of stem cells and regenerates in neurons, which is so useful against stroke.
- L-Carnosine does not cover up symptoms, it heals them from within.
- L-Carnosine increases red blood cell production.
- L-Carnosine mitigates the side effects of drugs.
- Lonjevitee L-Carnosine increases hearing, smell and taste.
- L-Carnosine helps improve performance for athletes and those who train to improve performance and muscle structure.
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Health Benefits of L-Carnosine

L-Carnosine though mainly known for its anti aging properties, offer various health benefits. Go through this article to know more about the health benefits offered by L-Carnosine.

L-Carnosine is often called the miracle worker because of the innumerable health benefits it offers. When you take this substance on a regular basis, you can feel younger and feel better. L-Carnosine is a neuropeptide that contains histidine and alanine. It is naturally find in human body. L-Carnosine is found in higher levels in the eye lens, brain, and innervated tissues as well as in the skeletal muscle tissue.

L-Carnosine was discovered in Russia in the 1900. But recent researches conducted in places like UK, USA, Australia, Japan and Russia has discovered more incredible properties present in this substance.

What makes it such a sought after chemical these days is that it has the miraculous ability to rejuvenate old cells as well as extend the life-cycle of the cells. The unique ability is not found in several compounds. This is something very rare to L-Carnosine.

Regular intake of this substance can significantly improve many body functions. Some of the body functions that can be enhanced by L-Carnosine include:

- It can inactive harmful metal compounds in the body
- It can prevent radiation damage of healthy cells
- It can turn some metal compounds into healthy antioxidants
- It can stabilize cell membranes
- It can prevent the growth of harmful free radicals
- L-Carnosine can work as a neuro-transmitter that helps messages to pass on from one nerve to the other
- It can fight allergy
- It can improve blood flow
- It can clear the build up of unusual sugar and protein compounds in the eyes
- It can also help to fight asthma

It has become so popular because it has the ability to protect cells as well as repair them. As a result you feel younger. This is not the only benefit offered by L-Carnosine. It can also enhance the effectiveness of various other compounds present in human body. The health benefits offered by this substance are remarkable in one word.

If you are suffering from any of the following conditions, intake of L-Carnosine can be helpful.

- High blood pressure
- Arthritis
- Bone health
- Cancer
- Ulcers
- Skin problems and hair loss
- Wounds
- Blood clotting
- Eye disorders
- Muscular conditions
- Learning disorder
- Poor memory

The list goes on and on. If you keep on counting, the list will never come to an end. Other than improving these health conditions, regular intake of L-Carnosine can give you younger skin and fair complexion. It can also improve hair and nail. It is one of the best anti-aging supplements one can opt for.

Disclaimer: Lonjevitee makes no claims that L-Carnosine supplement will cure or prevent any disease. Lonjevitee offers the buyer L-Carnosine as a natural supplement only. Always seek medical advice and guidance from a health care specialist before purchasing any supplement or embarking upon any alternative therapy treatment. Carnosine should NOT be taken by anyone suffering with any Auto-Immune disorder.

L-CARNOSINE AND DIABETES - in Humans and Pets

Question : Can L-Carnosine help people with Diabetes? (The same applies to our animals)
Let's start by asking what is L-Carnosine? L-Carnosine is an amino acid which naturally occurs in high concentrations in skeletal muscle tissue, and helps supports muscle vitality. When we are young our muscles are awash with L-Carnosine but the amounts held, progressively reduce as we grow older. L-Carnosine is an extremely powerful antioxidant that stabilizes cellular membranes, protecting them from damage by free radicals. It appears to slow "glycation", a process in which DNA and protein are damaged by glucose. Glycation results in loss of cell function and leads to accelerated aging of the body. We can see the effect as we begin to develop lines and wrinkles in our skin and our joints begin to stiffen and ache!

By taking L-Carnosine as a daily supplement we are helping our bodies to resist the effects of aging and can also help with controlling Type II Diabetes.

What is Diabetes? Diabetes is a disease that develops, due to a problem with the hormone insulin, which is produced by the pancreas. Insulin controls the glucose in the blood, and how much glucose is absorbed by the cells, which in turn use glucose to produce energy. When insulin is not present, or the body is not using it properly, glucose can't enter the cells, and stays in the bloodstream producing hyperglycemia, or excess of sugar (glucose) in the blood.

There are two types of Diabetes, Type I and Type II. In Type I, the pancreas produces no insulin whatsoever; therefore the patient depends on insulin injection to control the glucose. This type of diabetes usually affects people less than 30 years old, and develops when antibodies kill the cells of the pancreas in charge of creating insulin. Type II diabetes, usually develops in people 30 years of age and older, and is caused by the insufficient or ineffective production of insulin, this type of

diabetes can be controlled with drugs and/or a special diet. The symptoms for either diabetes are above normal hunger and thirst, weight loss, excessive urination, fatigue, the white part of the eye turns yellowish, bruises easily and cuts take longer to heal. Diabetes is dangerous and it should always be monitored by a physician.

The Answer: Take a minimum of 1 gram of L-Carnosine a day. This can play a role by helping to offset Type II Diabetes. For people, and their pets, already with Type II Diabetes L-Carnosine has an effective role to play through helping control sugar levels when taken in conjunction with prescribed medication.

Lonjevitee L-Carnosine is taken as a food supplement and has not been tested by FDA. It has been researched for nearly 100 years and there are many scientific papers extolling its place in our diet. There are no known adverse side effects from taking L-Carnosine, which occurs naturally in our bodies. In the first flush of youth the muscles are high in L-Carnosine but as the years pass so the levels of L-Carnosine diminish; a sign of ageing. It makes sense to take this as a daily supplement to help your body cope with the rigours of life?

L-CARNOSINE FOR PETS

It is a very sad fact that our pets live much too short a life compared to us humans. As they age they become more and more prone to illness and debilitating diseases but now there is a well-tried and tested supplement called L-Carnosine for Pets which works at a cellular level to promote good health, wellness and longevity.

Lonjevitee L-Carnosine for Pets is the best possible L-Carnosine - 99.9% pure to be precise. L-Carnosine occurs naturally in all mammals and there is a direct correlation between the amount of L-Carnosine present and overall life expectancy. Humans are born with much more L-Carnosine in their bodies than animals, but even this starts to diminish with age. This is believed to be the major contributing factor to the ageing process itself.

Lonjevitee L-Carnosine for Pets is best added to your pet's food. It is virtually tasteless. It has no colour or smell and they will never know they are taking it. Many pet owners find that it's best to give it directly into the mouth, in a very small amount of liquid, or added to the food twice a day. It is waste of the product and money to add it to the drinking bowl, as most will be thrown away every day. For 'natural longevity' give **Lonjevitee L-Carnosine** to your pet, as a preventative measure as well as a restorative.

Lonjevitee L-Carnosine for Pets is 100% safe and 100% hypoallergenic - it is naturally occurring in many foods and in the body itself.

Studies on the rejuvenating effects of L-Carnosine have shown:

Antioxidant: Carnosine effectively quenches the most destructive of free radicals, the hydroxyl radical, as well as super oxide, singlet oxygen, and the peroxy radical.

Cell Rejuvenation: Carnosine has the remarkable ability to actually rejuvenate cells approaching senescence (the end of the life cycle of dividing cells), restoring normal appearance and extending their cellular lifespan.

Wound Healing: Carnosine has the amazing ability to rejuvenate connective tissue cells and thus to expedite wound healing.

Brain Protection: Carnosine protects the microvasculature of the brain from plaque formation that may lead to senility and other degenerative brain diseases.

Improved Calcium Response: Carnosine enables the heart muscle to contract more efficiently through enhancement of calcium response in heart myocytes.

Cellular DNA Protection: Carnosine protects cellular DNA from oxidative damage that accumulates with age.

Skin Protection: Carnosine helps prevent skin collagen cross-linking which leads to loss of elasticity, macro-molecular disorganisation, and loss of extra cellular matrix.

Recommended daily intake for animals is:

Small Pets: 1g per day

Medium Pets: 2g per day

Large Pets: 3g per day

L-Carnosine is a protein building block that is naturally produced in the body. It is concentrated in muscles when they are working, and it is also found in the heart, brain and many other parts of the body.

L-Carnosine is used to prevent ageing and for preventing or treating complications of diabetes such as nerve damage, eye disorders (cataracts), and kidney problems.

How does it work?

Carnosine is important for many normal body functions including the proper function and development of the muscles, heart, liver, kidneys, brain, and many other organs. There is some interest in using carnosine to prevent ageing because it interferes with certain chemicals that might play a role in the ageing process.

CARNOSINE Uses & Effectiveness

Special Precautions & Warnings:

There is not enough known about the use of carnosine during pregnancy and breast-feeding. Caution should be applied by avoiding use during pregnancy and when breast-feeding.

Always consult your healthcare professional before using any alternative treatment.

Carnosine Side Effects

Carnosine is considered very safe when used within recommended dosage guidelines. Children taking carnosine to treat autism symptoms may become more active, though it may simply relate to increased activity as autistic symptoms lessen. Carnosine is a popular body-building dietary supplement, which enhances muscle strength and quickness. Even in extremely large doses, side effects are not noted.

Benefits Of L-Carnosine

L-Carnosine is a naturally occurring amino acid, a combination of the two amino acids histidine and beta-alanine. In addition to being a potent antioxidant that helps prevent cell damage, it is also known to boost the immune system. It is useful as a supplement in conditions such as diabetes, kidney failure and cataracts due to it's ability to prevent glycosylation. It is also of value in preventing and treating diseases such as Alzheimer's and type 2 diabetes, as it can block beta amyloid buildup.

Among the benefits are:

- Potent anti-aging properties
- Prevention of cataracts
- Preventing the build up of lactic acid during exercise and thus reduces muscle pain
- Reducing the effects of Alzheimers disease, Parkinsons disease and schizophrenia
- Prevention of atherosclerosis

Supplementation

Oral supplements are fairly new on the market and a recommended daily allowance has not yet been established. However, a dose of between 100mg to 500mg a day is usually advised for its anti-aging properties. Side effects have only been reported at doses exceeding 1000mg per day and these include muscle twitching.

Use of N-Acetyl-Carnosine In Cataract Treatments

N-acetyl-carnosine is used in eye drops and is a dipeptide that is easily able to move from the aqueous part of the eye to the lipid part of the eye. Once in the lipid part of the eye the n-acetyl-carnosine breaks down to L-carnosine. Studies have shown that using n-acetyl-carnosine eye drops can help in the treatment of cataracts. It has been noted that n-acetyl-carnosine may be one of the most important nutrients for cataract prevention.

Chelation

Carnosine is able to bind to certain metals that may cause harm in the body by a process known as chelation, and is often chelated with zinc to form zinc-carnosine, a compound that has protective features especially relating to the stomach, such as protection of stomach membranes from damage caused by alcohol and smoking and healing of peptic ulcers. The recommended dose of zinc-carnosine supplement is 37.5mg once or twice a day. Side effects have not been reported as yet. If you suffer from ulcers zinc and carnosine would be an appropriate supplement for you and may aid in the healing of your ulcer faster than you thought.