



ANTI-AGING SUPPLEMENTS THAT WORK

WHILE THE FOUNTAIN OF YOUTH has yet to be packaged in a pill, there is compelling evidence to add supplements to your daily regimen. "Taking supplements contributes to total health at the cellular level, keeping your metabolism, hormones, and vital organs in tip-top shape," says Florence Comite, M.D., founder of New York's Comite Center for Precision Medicine. Here, five options for you to consider and discuss with your doctor.

L-ARGININE If great sex and a toned body top your wish list, L-arginine may be for you. It's an amino acid known for its effects on the pituitary gland, which releases growth hormone (GH). "GH supports your metabolism and the body's ability to burn fat while increasing lean muscle tone," Comite says. L-arginine also improves blood circulation, which can enhance the libido. Start by taking two grams daily, Comite says, and gradually build to six grams.

ASTRAGALUS "Astragalus has been shown to elongate telomeres, the fragile ends of your DNA that shorten as you age," says Michale Barber, M.D., chief medical officer of Better Life Carolinas in Charleston, South Carolina. Longer telomeres are associated with improved longevity, cardiovascular health, cognition, and immune functioning. Take 25 to 50 milligrams daily. Look for astragalosides, compounds extracted from the astragalus herb.

COCOA FLAVANOLS Naturally occurring antioxidants in chocolate called cocoa flavanols may be a powerful ally for your brain and heart. One study from *Nature Neuroscience* showed that flavanols act directly on the brain to reduce age-related cognitive decline. Regular cocoa flavanol consumption also has positive effects on facial wrinkles and elasticity, according to a study from the *Journal of Nutrition*. Alas, you need more than you can get in a bar of dark chocolate, says Comite, so try a daily supplement with 1,000 milligrams.

COENZYME Q10 Coenzyme Q10, or CoQ10, is a potent antioxidant that helps mitochondria (which Barber calls your cells' "battery packs") stay charged, giving you energy and fueling your daily functions. CoQ10 also aids in repairing telomeres and helps your heart—which is loaded with mitochondria—function at optimal levels. Your skin will also likely benefit; expect an improvement in wrinkles and firmness. Pop 200 milligrams per day, Barber says.

TURMERIC Curcumin, an active ingredient in turmeric, is one of the most powerful antioxidants and anti-inflammatory agents, says Comite: "It's especially effective at supporting healthy longevity by protecting the brain." Studies show that turmeric may improve memory and aid skin health, especially in people who have acne and psoriasis. To begin, Comite suggests taking one gram a day. **Karen Asp**

IMPORTANT SAFETY INFORMATION (CONTINUED)

Serious and/or severe reactions have been reported and include: itching, rash, hives, wheezing, asthma, anaphylaxis, or feeling faint. Get medical help away if you are experiencing any of these symptoms, or if you have

Do not take BOTOX[®] Cosmetic if you are allergic to any of the ingredients in BOTOX[®] Cosmetic, including but not limited to any other botulinum toxin products such as Myobloc[®], Myobloc[®] Dysport[®] (abobotulinumtoxinA), Xeomin[®] (incobotulinumtoxinA), or a skin infection at the injection site.

Tell your doctor about all medical conditions or nerve conditions, including Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk for side effects including difficulty breathing, swallowing, or speaking with BOTOX[®] Cosmetic.

Tell your doctor about all medical conditions, including, but not limited to, surgery; had surgery; weakness of forehead muscles; raising your eyebrows; any other abnormal head position; pregnant or planning to get pregnant; not known if BOTOX[®] Cosmetic is safe for your unborn baby; are breastfeeding or plan to breastfeed; or if you are taking BOTOX[®] Cosmetic previously.

Tell your doctor about all other medicines you take, including over-the-counter, prescription, and herbal products. BOTOX[®] Cosmetic may interact with certain other medicines, resulting in serious side effects. **Always tell your doctor that you have had BOTOX[®] Cosmetic in the past.**

Tell your doctor if you have had other botulinum toxin products in the last 4 months; have received botulinum toxin (such as Botox[®] or Xeomin[®]) in the past; or if you are taking exactly which product you have recently received or are taking muscle relaxants, cold medicine, or aspirin-like products.

Other side effects of BOTOX[®] Cosmetic include: discomfort at the injection site; headache; blurred vision; double vision; drooping eyelids; swelling of your eyelids.

For more information, see the Medication Guide and Patient Information Statement.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please refer to Summary of Product Characteristics for BOTOX[®] Cosmetic following page.

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