

StayStrong+™ Brain & Body

Daily support for strength, focus, skin health, and healthy aging*

As we age, **changes in muscle strength, energy, skin structure, and cognitive function** become more pronounced, reflecting the interconnected nature of these systems and the need for targeted, multi-system support.

This formula combines **collagen peptides, creatine monohydrate, vitamin D, and a phytonutrient antioxidant complex** to support **skin elasticity**¹⁻², **muscle performance**³⁻⁵, **neurometabolic function**⁶⁻⁸, and **cellular protection against oxidative stress**.^{9,10,14}



Verisol® Bioactive Collagen Peptides: Skin and Structural Support

- ✓ **2.5 g/day Verisol® significantly improved skin elasticity starting after 4 weeks of supplementation** (Figure 1).¹
- ✓ **Eye wrinkle volume decreased by 7.2% after 4 weeks and 20.1% after 8 weeks.**²
- ✓ **Improvements persisted 4 weeks after supplementation, with wrinkle volume remaining 11.5% lower than baseline.**²

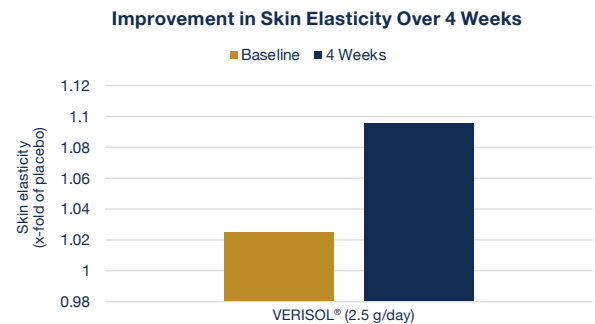


Figure 1: VERISOL® significantly increases skin elasticity starting after 4 weeks. Data approximated and adapted from Proksch et al.¹

Creatine Monohydrate: Muscle and Cognitive Energy Support

Creatine **supports cellular energy production**³ across both **muscular**³⁻⁵ and **neurological systems**³⁻⁵, contributing to physical performance⁴⁻⁶, mental energy⁷, and cognitive function.*⁷

In a placebo-controlled crossover study, **5 g/day creatine for 6 weeks significantly improved cognitive performance and working memory performance** (Figure 2).^{*8}

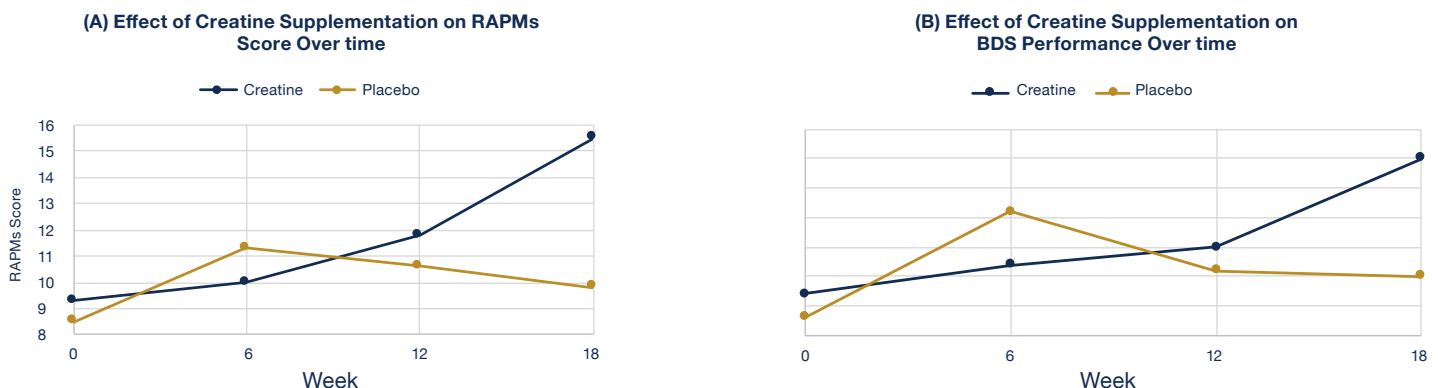


Figure 2: Variation in mean test scores with the supplement and the placebo. (A) Raven's Advanced Progressive Matrices (RAPMs) under time pressure and (B) Backward Digit Span (BDS). Data approximated and adapted from Rae et al.⁸

Spectra™ Phytonutrient Blend: Cellular Antioxidant Support

Spectra™ is a concentrated blend of plant-derived antioxidants designed to support **cellular defense and oxidative balance**.*

A single **100 mg dose reduced serum reactive oxygen species (ROS) within 60 minutes⁹** and **decreased cellular and mitochondrial ROS generation by ~20–42% within 1–2 hours¹⁰**, demonstrating rapid antioxidant activity.*

Effect of Spectra™ on Cellular ROS Generation

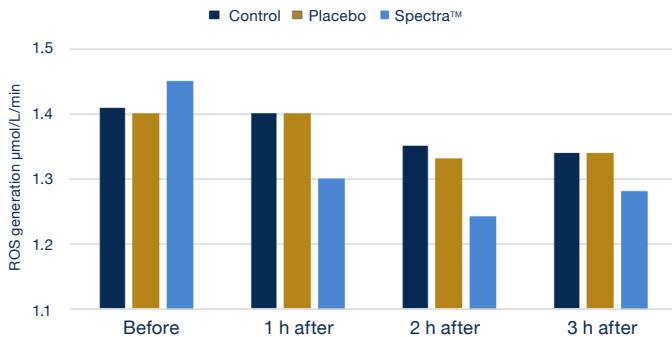


Figure 3: Spectra™ supplementation was associated with a time-dependent reduction in cellular ROS generation compared with control and placebo. Data approximated and adapted from Nemzer et al.¹⁰

Effect of Spectra™ on Mitochondrial ROS Generation

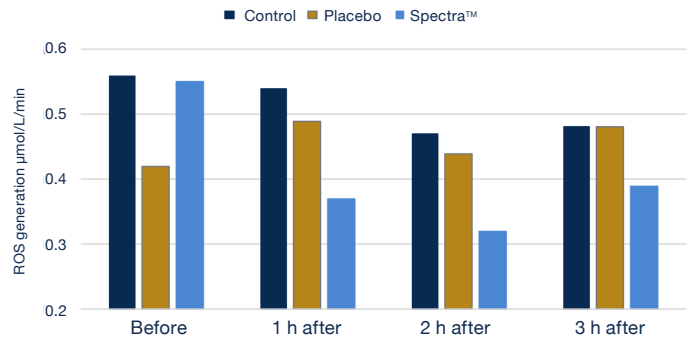


Figure 4: Circulating ROS generation decreased over time following Spectra™ supplementation compared with control and placebo, with significant reductions observed at 1, 2, and 3 hours post-dose. Data approximated and adapted from Nemzer et al.¹⁰

Vitamin D: Musculoskeletal and Cellular Aging Support

Vitamin D₃ supports **musculoskeletal strength¹¹**, **neuromuscular function¹¹**, and **immune health¹²⁻¹³**, while also playing a role in cellular longevity.*

In a 4-year study, **2,000 IU/day reduced telomere shortening by ~140 base pairs**, highlighting its role in supporting whole-body resilience with age.*¹⁴

Effect of Vitamin D₃ Supplementation On Leukocyte Telomere Length

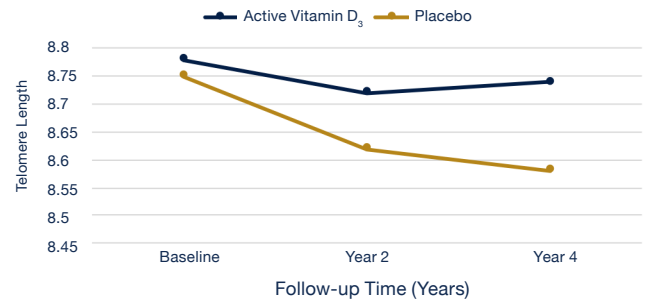


Figure 5: Vitamin D₃ supplementation attenuated leukocyte telomere shortening over 4 years compared to placebo, which showed a progressive decline. Data approximated and adapted from Zhu et al.¹⁴

References

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*Based on 2024 study data from independent US survey showing which professional supplement brands are most recommended or sold by healthcare professionals. Professional-grade supplements are those typically sold through HCPs.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Supplement Facts

Serving Size 1 Scoop (9.5 g)
Servings Per Container 30

Amount Per Serving		% Daily Value
Total Carbohydrate	<1 g	<1%**
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
Creatine monohydrate	5 g	***
Hydrolyzed collagen	2.5 g	***

A Proprietary Blend of 29 fruits, vegetables, and herbs: 100 mg
Coffee seed extract, green tea leaf extract, broccoli sprout concentrate, onion bulb extract, apple fruit extract, quercetin (from Japanese sophora flower extract), tomato fruit concentrate,

broccoli whole head concentrate, camu-camu whole fruit concentrate, acerola whole fruit concentrate, cabbage palm whole fruit concentrate, turmeric rhizome concentrate, garlic clove concentrate, basil leaf concentrate, oregano leaf concentrate, *Cinnamomum burmannii* bark concentrate, carrot root concentrate, European elder fruit concentrate, mangosteen fruit concentrate, black currant fruit extract, blueberry fruit extract, sweet cherry fruit concentrate, raspberry berry concentrate, spinach leaf concentrate, *Aronia melanocarpa* fruit concentrate, *Brassica oleracea sabellica* leaf concentrate, blackberry fruit concentrate, bilberry fruit extract, and *Brassica oleracea gemmifera* Brussels sprout concentrate

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Citric acid, malic acid, beet juice (color), rebaudioside A (from *Stevia rebaudiana* leaf extract), silicon dioxide, and natural flavors.[^]

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No MSG

