

# Annatto-GG™ 150

*Unique compound to support healthy aging and cellular energy generation\**

Annatto-GG™ 150 is a unique product that provides 150 mg of geranylgeraniol (GG), a compound that plays critical roles in numerous biological processes affecting organs and tissues throughout the body.\* It features GG-Gold™, a patented form of GG extracted from annatto seeds.

GG occurs naturally in annatto, flaxseed, sunflower and olive oils, and certain medicinal herbs. The human body synthesizes GG internally but this endogenous production may not always be adequate to support the body's needs. Synthesis of GG declines naturally during aging and the use of certain pharmaceutical drugs (particularly for treating high cholesterol and osteoporosis) inhibit its synthesis, potentially resulting in a need for supplementation.

GG is an essential molecule for constructing cell membranes, producing energy in mitochondria, stimulating the production of hormones (such as testosterone), proper calcium trafficking (depositing calcium in the bones and teeth and keeping it out of other tissues, such as blood vessels and joints), and more.\* By providing an external source of GG, Annatto-GG™ 150 may help compensate for the natural decline in GG synthesis during aging as well as the decreased production resulting from use of prescription drugs that interfere with its synthesis.\*

GG is also essential for synthesizing coenzyme Q10 (CoQ10), a critical molecule for cellular energy generation. CoQ10 occurs naturally in certain foods (especially animal foods such as red meat, poultry and seafood), but the vast majority is produced endogenously inside the body. This internal synthesis may not always be sufficient, however, particularly in individuals taking pharmaceutical drugs that affect the pathway by which CoQ10 is produced. CoQ10 supplements are available, but research shows that supplementing with GG may be more effective than supplementing with CoQ10 itself.

GG shines in facilitating maintenance of muscle mass and bone tissue during aging.\* The natural loss of muscle mass and bone density is common in older individuals and has significant negative impacts on mobility, independence and overall quality of life.\* Even though GG isn't an amino acid (the building blocks for proteins), it is needed for protein synthesis and modification—helping to build proteins and have them perform their functions efficiently. GG is also required to convert vitamin K1 into the K2 form.\* K1 is found in leafy green vegetables while K2 occurs in high-fat animal foods such as egg yolks, liver and full-fat dairy products. For those who do not consume much dietary K2, the human body converts K1 into K2 with the help of GG, and K2 is essential for supporting bone mineralization.\*

By providing building blocks to support healthy mitochondrial function, Annatto-GG™ 150 may help facilitate metabolism of proteins, fats and carbohydrates and their conversion into energy.\*

## How to Take:

As a dietary supplement, take 1 softgel per day or as directed by your health care practitioner

GG-Gold™ is a trademark of American River Nutrition, LLC.

## Annatto-GG™ 150 may help to support:\*

- Maintenance of healthy muscles and bones during aging
- Healthy mitochondrial function
- Cellular energy generation
- Hormone synthesis
- Proper cell membrane construction



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**