

# Healthy aging

## Health benefit solutions



### Live healthy longer

- Good nutrition maintains health as people age
- Aging affects everyone
- Healthy aging is all about:
  - Keeping the body running smoothly
  - Maintaining mental performance
  - Staying active to get the most out of life
- The worldwide boom in the number of older people means that healthy aging products will enjoy increasing popularity
- Supplying the right mix of micronutrients supports healthy aging
- Omega-3 maintains heart health in the aging consumer
- Antioxidants help reduce oxidative stress, which is associated with aging
- resVida® resveratrol has proven benefits as a healthy aging ingredient

### Tips for healthy aging:

- Eat a balanced, nutritious diet, including plenty of fruit and vegetables
- Avoid smoking
- Exercise regularly
- Maintain a healthy weight
- Keep regular social contacts
- Have regular check-ups with a health professional

### Nutrients for healthy aging

#### Nutritional lipids

life'sDHA® (Vegetarian, sustainable source of omega-3 DHA)

life'sOMEGA™ (Vegetarian, sustainable source of omega-3 LC EPA+DHA)

MEG®-3 (Fish source of EPA/DHA omega-3)

#### Vitamins

Quali®-A (Vitamin A)

Quali®-B (Vitamin B6, B12, Folate)

Quali®-C (Vitamin C)

Quali®-D (Vitamin D)

Quali®-E (Vitamin E)

#### Carotenoids

FloraGlo® (Lutein)

Optisharp® (Zeaxanthin)

Quali®-Carotene (β-Carotene)

#### Minerals

Iron

Calcium

#### Nutraceuticals

ALL-Q® (CoQ10)

resVida® (Resveratrol)

### How can we Health you?

Everyone ages as time goes by. Our lifestyle influences how quickly we age and how we deal with becoming older. Healthy aging focuses on adding life to the years, no matter how old you are.

DSM's broad portfolio of innovative, high-quality and safe nutrients, combined with our consumer insights, market knowledge and application expertise, can help your healthy aging positioned products attract more consumers.

We are the only integrated premix, vitamin and nutraceutical manufacturer capable of creating and delivering tailor-made formulations to you anywhere. Blend in our extensive scientific expertise, technical know-how, global presence and total quality assurance for your peace-of-mind.

Via our global network of blend facilities we create value-adding nutrient combinations custom-made for you. Our Fortitech® Premixes can offer the right balance of ingredients supporting healthy aging.

**DSM can help you get to market faster with healthy aging solutions that work.**

# Healthy aging

Health benefit solutions



## Adding more life to the years

Growing older is a natural part of life. The aging process is a journey that brings maturity and a wealth of experience, and many people find their senior years to be a time to relax and enjoy their accomplishments, with more time in the company of friends and family. The pressure to establish a home and provide for the future has now passed.

Aging also generates concerns about ongoing health and vitality. The declines in physical and mental function due to aging are caused partly by lifestyle and partly by the normal processes of aging. There is plenty that individuals can do to stay healthy in the senior years. Central strategies involve keeping the body running smoothly and maintaining an active engagement with life. Adding more life to the years ensures that people can take pleasure in growing older.

DSM Nutritional Products provides solutions to support the aging consumer's healthy lifestyle.

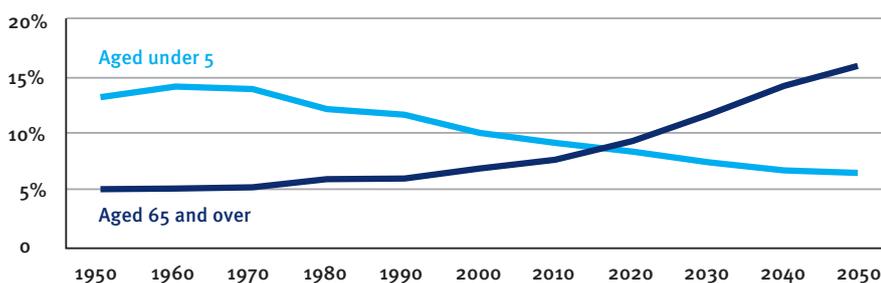
## Aging consumers

Currently, the number of older people is higher than any other time in history and continues to increase, making healthy aging a top priority. Projections show that older people will outnumber children under age five for the first time around 2015.<sup>1</sup>

The huge burden that aging places on limited healthcare resources drives the clear trend toward consumer interest in self-care, fueling an increased demand for dietary supplements and functional foods that support health in the elderly.<sup>2</sup>

### Young children and older people as a percentage of global population

(Source: United Nations Department of Economics and Social Affairs, 2007b)



® For DSM, quality is a way of life. This is the core of Quality for Life™.

Quality for Life™ is the mark of quality, reliability and traceability. It means that DSM customers are getting the best ingredients, knowing the source on which they depend.

Quality for Life™ means sustainability. It symbolizes our commitment to our environment, consumers, our business partners, our people and the regulatory framework that governs our operations.

With the Quality for Life™ seal, we aim to ensure peace of mind for you and for your customers.

[www.qualityforlife.com](http://www.qualityforlife.com)

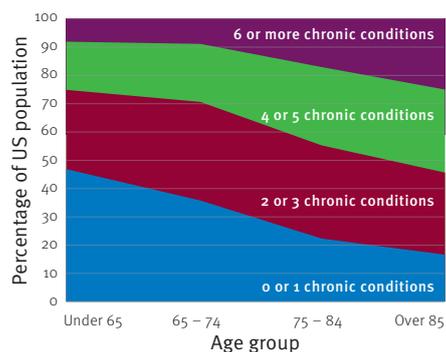
## Nutrients for healthy aging

The aging process should be supported by good nutrition to maintain health. Nutritional deficiencies can be a real issue in older populations, particularly folate, vitamins A, B12, C and D, as well as iron-deficiency anemia.<sup>6, 10-13</sup> Adequate intakes of omega-3 polyunsaturated fatty acids are widely recommended to keep the heart and blood vessels in good condition.<sup>15</sup> Levels of the antioxidant coenzyme Q10 (ALL-Q®) decline in older people and supplements have been shown to help maintain a healthy blood pressure.<sup>16</sup> Healthy vision is very important for older people. Nutritional factors are associated with reduced risk of visual impairment, including the carotenoids lutein and zeaxanthin, and antioxidant vitamins.<sup>18, 20-22</sup>

An exciting ingredient in the anti-aging area is resveratrol. This phytonutrient is found in red wine and berries, and has been shown to mimic the beneficial effects that caloric restriction has on the aging process, particularly in the area of cardiovascular health.<sup>2-30</sup> Vitamin D3 is an important nutrient for older people and is recommended for bone health.<sup>34-35</sup> Maintaining cognitive function is important for people as they grow older. Certain nutrients have been shown to contribute to normal cognition in older adults, such as vitamins B6 and B12, the carotenoids beta-carotene and lutein, and omega-3 fatty acid DHA.<sup>43-49</sup>

### Prevalence of multiple chronic conditions in the US population by age<sup>4</sup>

(Source: Centers for Medicare and Medicaid Services, *Chronic Conditions among Medicare Beneficiaries, Chartbook, 2012 Edition.*)



For more information on this Health Benefit Solution by DSM, visit [www.dsm.com/human-nutrition](http://www.dsm.com/human-nutrition) or e-mail [info.dnp@dsm.com](mailto:info.dnp@dsm.com)

This information is based on DSM's current knowledge and only contains scientific and technical information for business to business use. DSM makes no representation or warranty of the accuracy, reliability, or completeness of the information and as to results to be obtained. Use of this information shall be at your discretion and risk. It does not relieve you of your obligation to comply with all applicable laws and regulations and to observe all third party rights. Nothing herein relieves you from carrying out your own suitability determinations and tests including the stability testing of the finished product. Country or region-specific information should also be considered when labelling or advertising to final consumers. The content of this document is subject to change without further notice. All trademarks listed in this brochure are either registered trademarks or trademarks of DSM in The Netherlands and/or other countries.