



60 to 90 Advanced Eye Care Support (3939-030, 3939-060)

Offers a blend of ingredients specially formulated for seniors to support vision and eye health. Soft gels.

It's a fact of life that vision changes as we age. This formulation contains a blend of nutrients that support eye health including lutein and zeaxanthin.

Lutein and zeaxanthin are antioxidant carotenoids that occur in high concentrations in the eye including the lens, retina and macula, therefore thought to be crucial to healthy vision. You are born with a certain amount of lutein and zeaxanthin in your eyes, but your body doesn't reproduce it. Without adequate consumption, these may become depleted with age.



60 to 90 Heart Support Omega-3s (3938-060)

Especially formulated for seniors to support heart health. Soft gels.

Kirkman's 60 to 90 Heart Support Omega-3s offer 220 mg of eicosapentaenoic acid (EPA) and 120 mg of docosahexaenoic acid (DHA) in each soft gel and are fish oil based.

Usually fish oil based supplements are challenging for seniors to take because they are often difficult to swallow and have a fishy smell. Kirkman's 60 to 90 Heart Support Omega-3s are essentially odorless and soft gels are in an easy to swallow size made especially for seniors.

All of Kirkman's 60 to 90 products are casein and gluten free.



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Thirty Years of Healthy Living?

Yes it's possible. A critical component of good health for seniors is maintaining a nutritional status that will meet the challenges of aging. Kirkman's "60 to 90" product line was formulated to address the unique nutritional requirements of seniors who are 60 to 90 years of age. These include products for bone, eye, immune, heart, memory and cell support, as well as special multi-vitamin formulations for senior men and women that target gender related health concerns.



60 to 90 Men's Multi-Vitamin & Mineral Boost (3430-060, 3430-120)

Especially formulated to address the nutritional needs of senior men. Capsules.

It contains the vitamins and minerals essential for a senior man's good health, in adequate doses and strengths to properly carry out the enzymatic reactions commonly needed for this age group. Special ingredients included are boron, coenzyme Q10, resveratrol, lycopene and DHEA. Trace minerals, which can lessen with aging, are also included in the formulation.

• Calcium and extra magnesium are offered separately in Kirkman's 60 to 90 Bone Protect with Vitamin K.



60 to 90 Women's Multi-Vitamin & Mineral Boost (3431-060, 3431-120)

Especially formulated to address the nutritional needs of senior women. Capsules.

It contains the vitamins and minerals essential for a senior woman's good health, in adequate doses and strengths to properly carry out the enzymatic reactions commonly needed for this age group. Special ingredients included are cranberry extract, resveratrol, coenzyme Q10, lycopene and DHEA. Trace minerals, which can lessen with aging, are also included in the formulation.

• Calcium and extra magnesium are offered separately in Kirkman's 60 to 90 Bone Protect with Vitamin K.



60 to 90 Bone Protect with Vitamin K - Hypoallergenic (3498-060, 3498-120)

Offers the most absorbable forms of calcium, magnesium and vitamin D to support bone health. Capsules.

Aging typically causes bones to get weaker and more brittle, which may lead to various injuries, difficulty moving and weaker body support. Kirkman's Bone Protect w/Vitamin K is a hypoallergenic formulation designed to support strong bones and teeth for senior men and women.

This product offers two different forms of calcium (carbonate and citrate) which are combined with two forms of magnesium (oxide and bisglycinate) to supply 300 mg. of calcium and 150 mg. of magnesium per the two capsule serving.

In addition, vitamin D-3 and vitamin K have been added because these nutrients enhance the absorption of minerals and increase mineral density in the bone.



60 to 90 NK Killer Cell Support (3510-060)

Especially formulated for seniors to support cell health. As we age, oxidative stress can lead to free radical formation, which further leads to cell abnormalities or cell death. Capsules.

Kirkman's 60 to 90 NK Killer Cell Support combines vitamins with antioxidant activity such as vitamins A, C and E and specialized ingredients with antioxidant activity such as coenzyme Q10, lycopene, pycnogenol and resveratrol. Nutrients with antioxidant activity provide increased natural killer cell activity, which can reduce free radical activity and potential cell damage.



60 to 90 Vitamin D-3 4000 IU (3434-030, 3434-120)

Offers vitamin D in an appropriate strength for seniors. Capsules.

The National Institutes of Health recommends vitamin D for calcium absorption in the gut and maintaining adequate serum calcium and phosphate concentrations to enable normal mineralization of bone. According to the Surgeon General's 2012 report, Americans over the age of 50 are susceptible to weak bones. Seniors are prone to having less circulating vitamin D because of decreased dietary intake, diminished sunlight exposure, reduced skin thickness, impaired intestinal absorption and impaired hydroxylation in the liver and kidneys.

Vitamin D comes from the sun and a few foods, but it is difficult to obtain adequate vitamin D from foods. Kirkman's 60 to 90 Vitamin D-3 offers 4000 IUs, which is within the upper limits of the Institute of Medicine's (IOM) guidelines for vitamin D.



60 to 90 Super CoQ10 100mg (Ubiquinol) (3940-030, 3940-090)

Supplies CoQ10 in its most absorbent form for the extra boost of this nutrient that seniors may need. Soft gels.

CoQ10 is one of the most important supplements for all adults to take. CoQ10 regulates all cell activities in the body. The body manufactures some of this nutrient; however aging can cause the amount of CoQ10 that the body produces to decline. In addition, statin drugs, commonly prescribed for health issues that develop with age, can also deplete the body's store of CoQ10. Most CoQ10 products offer oxidized CoQ10, ubiquinone, which has to be converted in the body to usable ubiquinol. Aging can present challenges to this process and can potentially lead to poor absorption. Kirkman's Super CoQ10 offers ubiquinol, which is the most bioavailable form of CoQ10.



60 to 90 Memory Boost (Phosphatidylserine) (3936-030, 3936-090)

Offers a nutrient to support memory and cognitive function. Free of common allergens. Soft gels.

Studies show that seniors fear the loss of cognitive function and memory more than any other aging symptom. Kirkman's 60 to 90 Memory Boost provides phosphatidylserine, the nutrient showing promise in supporting cognitive function and memory.

