

# Dr. Aardsma's Anti-Aging Vitamins Dietary Supplement Fact Sheet

## Background Information

This fact sheet is intended to help you use Dr. Aardsma's Anti-Aging Vitamins dietary supplement intelligently and beneficially.

Dr. Aardsma, a PhD research scientist, has discovered that aging is a vitamin deficiency disease of two closely related long-lost vitamins: methylphosphinic acid (MePiA) and methylphosphonic acid (MePA). According to Dr. Aardsma's research findings, these vitamins were naturally present in drinking water thousands of years ago. A global catastrophe (known from the Bible as Noah's Flood) halted their natural production five and a half thousand years ago. As a result, they are no longer present in drinking water. There appears to be no other natural source of these two vitamins.

MePiA and MePA have only recently been discovered. Research into these vitamins is still underway to answer such basic questions as the optimal daily allowance. Dr. Aardsma's Anti-Aging Vitamins dietary supplement is designed to conveniently provide the best present estimate of an optimal daily allowance of MePiA and MePA.

According to Dr. Aardsma's research, the absence of MePiA and MePA in human diets results in the ultimately fatal nutritional deficiency disease which today is called aging. Because these anti-aging vitamins are no longer present in drinking water, 100% of the global population presently suffers from aging. Before Noah's Flood, when these vitamins were naturally abundant in drinking water, people were living in excess of 900 years. Restoration of MePiA and MePA to human diets has potential to improve health, halt aging, and slowly reverse the symptoms of aging, greatly increasing human longevity.

## Who Should Not Take These Anti-Aging Vitamins?

Before Noah's Flood, everybody who drank water took MePiA and MePA without ever being aware of it. This would have been everybody except nursing infants. (It seems probable that nursing infants obtained these vitamins through the mother's breast milk, though this has yet to be demonstrated.)

This suggests the simple rule that everyone other than nursing infants should take MePiA and MePA. However, things have gotten considerably more complicated in regard to health and medicine than they were thousands of years ago, so this rule needs to be applied intelligently and cautiously.

For example, today some individuals are organ

recipients (e.g., kidney, bone marrow, heart, etc). These individuals require artificial suppression of their immune systems for their transplanted organs to be accepted by their bodies. The anti-aging vitamins appear to revitalize the immune system, which could conceivably lead to rejection of transplanted organs. So far, there has been no research done on this. Thus, individuals having transplanted organs need informed, professional medical guidance before beginning to take vitamins MePiA and MePA, and they need careful medical supervision once they begin taking these vitamins.

## How Long Should I Continue Taking MePiA and MePA?

You should take vitamins MePiA and MePA daily for the rest of your life.

Your body needs to be supplied with all of the vitamins continuously, on a daily basis. A balanced diet will supply all of the vitamins except these anti-aging vitamins. MePiA and MePA are no longer naturally available in any known food or drink. It is essential that you continue to supplement your diet with these two vitamins on a daily basis to provide your body with the MePiA and MePA it needs for normal maintenance, growth, and development.

## Description

Active ingredients:

1. methylphosphinic acid, 1 microgram per drop
2. methylphosphonic acid, 1 microgram per drop

Inactive ingredients: distilled water, ethanol (<2.5%).

## Directions for Use

Take the number of drops of Dr. Aardsma's Anti-Aging Vitamins dietary supplement indicated in the following table in a glass of water daily.

	Male	Female
<b>Age, years</b>		
0-3	0	0
4-8	3	3
9-13	4	3
14-18	5	4
19 and older	6	4
<b>Reproductive Status</b>		
Pregnant		5
Breast-feeding		6

See [www.biblicalchronologist.org/RDL.php](http://www.biblicalchronologist.org/RDL.php) for elaboration of this table and for the most current daily intake recommendations.

## Warnings

- Ask a doctor before use if you are the recipient of an organ transplant.

- Do not give Dr. Aardsma's Anti-Aging Vitamins dietary supplement to breastfeeding children.

## **Side Effects**

When taken as directed, Dr. Aardsma's Anti-Aging Vitamins dietary supplement appears to be free of negative side effects.

## **Shelf Life**

Keep refrigerated. Keep the bottle tightly capped to minimize loss of water due to evaporation. Shelf life has not yet been measured, but a minimum of two months is expected under these conditions.

## **Should I Inform My Doctor?**

It is a good idea to discuss with your doctor the inclusion of Dr. Aardsma's Anti-Aging Vitamins dietary supplement in your diet, just as you would normally do with any vitamin supplement.

## **Supplement Management**

To avoid running out of Dr. Aardsma's Anti-Aging Vitamins dietary supplement, keep an extra bottle on hand at all times.

## **Further Information**

You can keep up with the latest vitamin MePA research developments at [www.BiblicalChronologist.org](http://www.BiblicalChronologist.org).

## **FDA Disclaimer**

The Food and Drug Administration (FDA) does not approve dietary supplements. You must decide for yourself whether a dietary supplement is of benefit to you and whether you should take it or not. The information provided in this fact sheet has not been evaluated by the FDA.

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last updated July 29, 2019*