

# 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 Ph.D. research scientist, not an M.D.) 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 intake of MePiA and MePA.

According to Dr. Aardsma's research:

1. Modern human aging is a syndrome of three underlying diseases: (1) Aging 0: congenital MePA deficiency disease, (2) Aging 1: congenital MePiA deficiency disease, and (3) Aging 2: a mitochondrial disease induced by Aging 1, probably subsequent to age 10.
2. The absence of MePiA and MePA in human diets results in the well-known, ultimately fatal, aging syndrome.
3. Because these anti-aging vitamins are no longer present in drinking water, 100% of the global population presently suffers from aging.
4. Before Noah's Flood, when these vitamins were naturally present in drinking water, people were living in excess of 900 years.
5. Restoration of MePiA and MePA to human diets has potential to improve health and increase longevity.
6. An analysis of actuarial data found that 10.4% of total U.S. deaths in 2016 were due to Aging 0 and 79.3% were due to Aging 2.<sup>1</sup>

<sup>1</sup>Gerald E. Aardsma, "Actuarial Data Show That Vitamin MePA Deficiency Disease Is Needlessly Killing a Quarter Million Americans Annually," *The Biblical Chronologist* 10.15 (October 28, 2020): 1–16. [www.BiblicalChronologist.org](http://www.BiblicalChronologist.org).

7. Restoration of MePiA and MePA to human diets appears to furnish a total cure for modern human aging.<sup>2</sup>
8. Healing of Aging 0 appears to be rapid (weeks or months), healing of Aging 1 appears to be prompt (days), and healing of Aging 2 appears to be slow (decades).

## 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 known vitamins except these two anti-aging vitamins. Unlike the naturally occurring situation for thousands of years in the past, 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.

<sup>2</sup>Gerald E. Aardsma, "Vitamin MePiA Cures Aging 2," *The Biblical Chronologist* 10.17 (November 26, 2020): 1–4. [www.BiblicalChronologist.org](http://www.BiblicalChronologist.org).

## Description

Active ingredients:

1. methylphosphinic acid, 2.5 microgram per drop
2. methylphosphonic acid, 2.5 microgram per drop

Inactive ingredients: water, ethanol (<0.2%).

## Directions for Use

Do not supplement breastfeeding infants if Mom is supplementing. Otherwise, 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><i>Age, years</i></b>		
0–12 months	2	2
1–8 years	4	4
9–13	5	5
14–18	7	5
19 and older	8	6
<b><i>Reproductive Status</i></b>		
Pregnant		7
Breastfeeding		8

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

## Warnings

- Ask your medical caregiver before use if you are the recipient of an organ transplant.

## 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 exceeds two months under these conditions.

## Should I Inform My Doctor?

As with any vitamin supplement, it is a good idea to discuss with your medical caregiver the inclusion of Dr. Aardsma's Anti-Aging Vitamins dietary supplement in your diet.

## 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 anti-aging vitamin research developments at [www.BiblicalChronologist.org](http://www.BiblicalChronologist.org).

## FDA Disclaimer

The FDA regulates dietary supplements under the authority of the Dietary Supplement and Education Act (DSHEA) amendment of the Federal Food, Drug, and Cosmetic Act (FFDCA). DSHEA specifically includes vitamins as dietary ingredients of dietary supplements, including them in the "Dietary Supplements" food category and excluding them from the drug category. MePA and MePiA are both vitamins according to the normal definition of "vitamin," including the FDA definition of "vitamin." Thus, Dr. Aardsma's Anti-Aging Vitamins is a dietary supplement, not a drug.

Dr. Aardsma's Anti-Aging Vitamins is a dietary supplement specifically designed to treat, cure (to the extent possible), and prevent the human aging syndrome. At present, 100% of the global human population is afflicted with this syndrome.

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. Your medical doctor or other health professional can help you with this decision. To help both you and your health professional, we make every effort to publish our research as open-access content as quickly as possible at [www.BiblicalChronologist.org](http://www.BiblicalChronologist.org) and to be as transparent as possible. Our goal is to use these newly discovered vitamins to improve health and to save as many lives as possible from the now unnecessary aging syndrome.

*prepared by Gerald Aardsma, Ph.D.  
last updated November 27, 2020*