

Advanced Bionutritionals: Trusted Formulas for Healthy Aging? (0o8F)



What if supporting your health after 40 was less about turning back time—and more about nourishing your body with the right building blocks? This is a question I discuss with my patients every day. As we age, our bodies' nutritional needs change, and maintaining vitality requires a proactive approach.

This brings us to **Advanced Bionutritionals**, a prominent brand in the health space that focuses on natural, doctor-formulated supplements. You've likely seen their products, which are aimed at supporting the very concerns that become common after 40: flagging energy levels, changes in muscle mass, and that "foggy" feeling in your brain.

The brand's mission is to help support energy, muscle strength, cognitive clarity, and overall vitality using scientifically-backed ingredients. But does it live up to the hype?

As a medical doctor and public health specialist, I've analyzed their philosophy and formulas. This article will review the science they claim to use, their key products, and the benefits they propose for men and women over 40.

[Ready to explore ways to support your energy and vitality? You can learn about Advanced Bionutritionals' healthy-aging range.](#)

Why Your Body Changes After 40



"It Feels Like My Muscles Are Waking Up and Working" – Jacqui

This combination of 8 essential amino acids gives your body the building blocks to make all the protein it needs so you can feel fitter, stronger, and younger.

[Order Now](#)

★★★★★

It is not your imagination—your body operates differently than it did at 25. These changes are a normal part of human physiology.

From a clinical perspective, several key shifts begin or accelerate around our 40s:

- **Hormonal Shifts:** For women, perimenopause begins, bringing fluctuations in estrogen. For men, testosterone levels continue a gradual decline (andropause). These shifts can affect mood, energy, and body composition.
- **Sarcopenia (Muscle Loss):** After age 30, adults can lose 3-8% of their muscle mass per decade. This age-related muscle loss, known as sarcopenia, can impact metabolism and physical strength.
- **Slower Metabolism:** A combination of hormonal changes and reduced muscle mass (our most metabolically active tissue) causes our basal metabolic rate (BMR) to slow down.⁴
- **Cellular "Wear and Tear":** The cumulative effect of oxidative stress (from free radicals) and inflammation begins to impact cellular efficiency. This can manifest as brain fog, slower recovery, and joint stiffness.
- **Reduced Nutrient Absorption:** The digestive system can become less efficient at extracting key nutrients from food, making high-quality nutritional support even more important.

Why Most Supplements Fail



Build New and Stronger Muscle

The average person loses 30% of their muscle mass by the time they're 70. But it doesn't have to happen to you. That's because research has shown that you can reverse muscle loss and strengthen your muscle by taking Advanced Amino Formula.



Post-Workout Recovery

With Advanced Amino Formula, you can recover from workouts faster and build new and stronger muscle. Advanced Amino Formula also provides the critical amino acids that help your body generate and repair damaged ligaments.



Amino Energy and Performance

Your cells need the right balance of all eight essential amino acids to maintain strength and stamina. That's why Advanced Amino Formula is so effective at improving your energy and performance. It works even for people who suffer from severe fatigue and exhaustion.

I often see patients frustrated with generic, over-the-counter products. The supplement industry is vast, and many products fail to deliver for scientifically valid reasons:

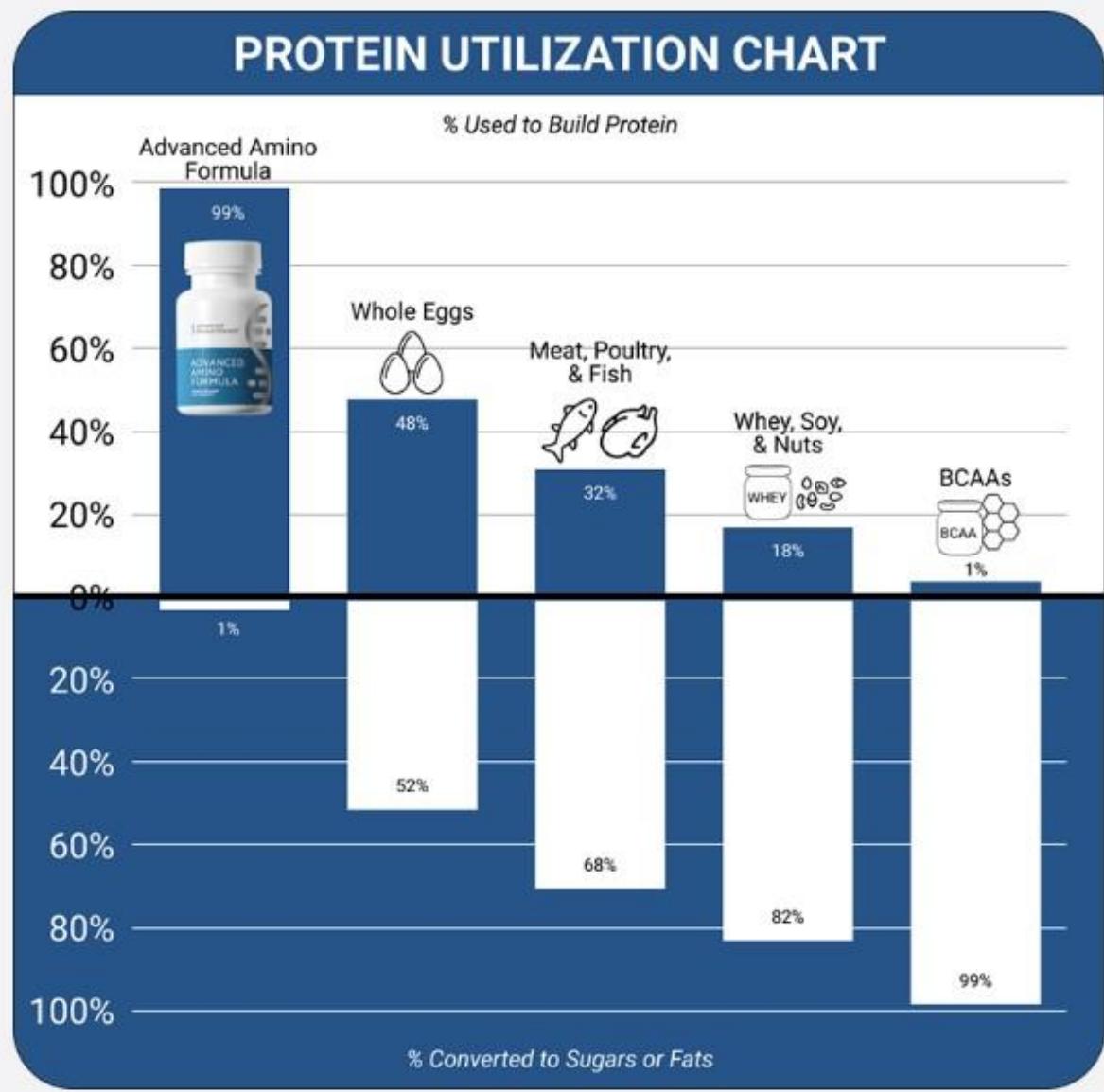
1. **Insufficient Dosing:** A formula may contain a "buzzworthy" ingredient, but at a dose far below what was used in clinical trials to achieve a result.
2. **Poor Bioavailability:** The body cannot absorb or use many nutrients in their raw, synthetic form. For example, standard turmeric (curcumin) is notoriously difficult for the body to absorb without a specialized delivery system.
3. **Lack of Quality Sourcing:** Supplements are not regulated by the FDA with the same rigor as pharmaceuticals. Without third-party testing and GMP-certified manufacturing (Good Manufacturing Practices), you risk contamination, impurities, and inconsistent potency.

Don't settle for generic vitamins. This is why understanding the difference a doctor-formulated, bioavailable supplement may make is so important.

What Makes Advanced Bionutritionals Different?

How Advanced Amino Formula Stacks Up To Other Protein Sources

What % of these foods' amino acids does your body actually convert into protein?



Advanced Bionutritionals positions itself as an alternative to generic supplements by emphasizing its medical and scientific foundation.

Founded on Medical Expertise

The brand was founded by **Dr. Frank Shallenberger, MD**, a notable figure in anti-aging and integrative medicine. Dr. Shallenberger has been practicing for over four decades and is a

proponent of a holistic approach to health, focusing on cellular energy and oxidative therapies.

While his board certification is from the American Board of Anti-Aging Medicine (which is not an ABMS-recognized board), his background as an MD in integrative health informs the company's philosophy.

A Note on Transparency: As a medical professional, it is important for me to note that Dr. Shallenberger is compensated by Advanced Bionutritionals for his work in formulating and endorsing these products. This is a common practice but important for consumers to be aware of when evaluating claims.

The Advanced Bionutritionals Philosophy



How Does Advanced Amino Formula Compare to Whey Protein Drinks?

Research shows that most of the protein in whey powder does not build muscle. Scientists have found that whey is one of the worst sources of protein – 83% of the protein in whey protein powder is turned into sugar in the body.

How Does Advanced Amino Formula Compare to BCAA's?

BCAA (branched-chain amino acid) powders only contain 3 essential amino acids. This means the body is missing 5 of the building blocks it needs to build muscle. On the other hand, Advanced Amino Formula contains the exact right balance of all 8 essential amino acids.

The brand's stated philosophy rests on a few key pillars, which I've summarized in this table. They focus on synergistic formulas—the idea that ingredients work better together—to target the core pathways of aging, such as inflammation, oxidation, and mitochondrial decline (the loss of power in our cellular "engines").

Brand Pillar	Description
Science-Backed	Each formula is based on ingredients researched in peer-reviewed clinical studies.
Doctor-Formulated	Formulas are created or approved by medical experts.
Quality Manufacturing	Products are made in the USA in GMP-certified facilities.
Clean-Label	Formulations are non-GMO and free from most artificial fillers or binders.
Customer-Centric	The brand offers a 90-day, "empty bottle" money-back guarantee.

[Backed by science and formulated by a doctor, Advanced Bionutritionals aims to provide a higher standard of nutritional support.](#)

Top Healthy Aging Formulas You Should Know

- ✓ Maintain a balanced weight
- ✓ Improve your endurance
- ✓ Support better mental concentration and better mood
- ✓ Get younger-looking skin and hair
- ✓ Prevent injuries
- ✓ Help alleviate food sensitivity symptoms

While the brand offers a wide range, their best-selling products target the most common concerns for adults over 40.

As an MD, I must be clear: supplements are not intended to treat, cure, or prevent any disease. The "benefits" listed below are **structure/function claims**—meaning they support the *normal* function and structure of the body.

Product Name	Stated Main Benefit (Structure/Function)	Key Ingredients	Target Audience
Advanced Muscle Plus	Supports muscle protein synthesis & strength	DL185™ Dileucine, MyHMB®	Adults 40+ concerned with muscle tone

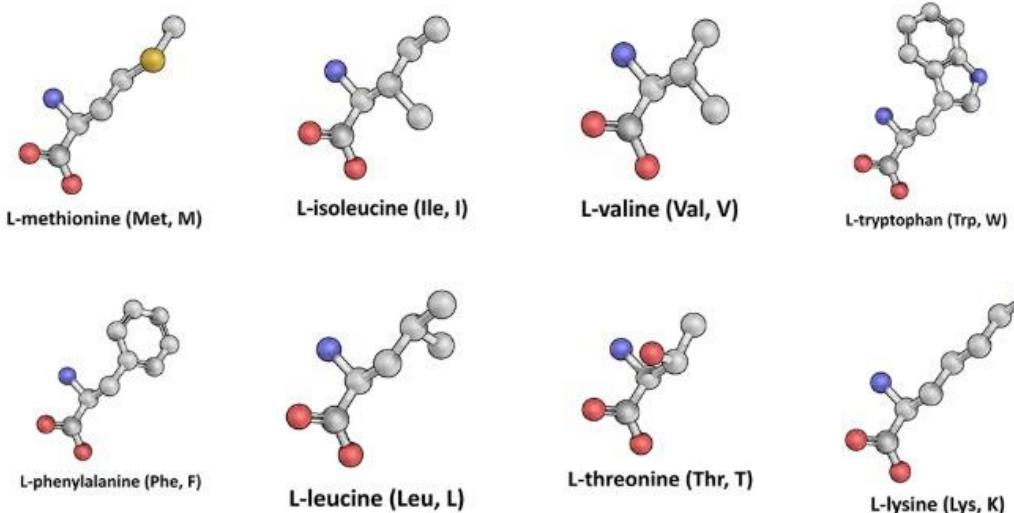
Advanced Memory Formula	Supports cognitive function & memory	Bacopa, Phosphatidylserine, Ginkgo Biloba	Men & women 45+
Advanced Vision Formula	Supports vision health & macular pigment	Lutein, Zeaxanthin, Bilberry	Adults with high screen time
Advanced Blood Sugar Formula	Helps maintain healthy blood sugar levels already in the normal range	Gymnema, Chromium, Berberine	40+ focused on metabolic health
Advanced Liver Support	Supports the liver's natural detoxification processes & energy production	Milk Thistle, N-Acetyl Cysteine	Those seeking detoxification support
Advanced Joint Support	Supports joint comfort & mobility	Glucosamine, MSM, Boswellia	Active adults and seniors
Advanced Bio-Curcumin	Supports a healthy inflammatory response & immune function	Curcumin BCM-95®	Adults 40+

[You can find your formula—whether for energy, memory, or mobility—at the Advanced Bionutritionals Official Site.](#)

The Science Behind the Formulas

Key Ingredients

A unique blend of the 8 essential amino acids designed to be efficiently used by the body, producing very little waste.



Supplement Facts

Serving Size 5 Tablets
Servings Per Container 30 (150 Tablets)

	Amount Per Serving	% Daily Value
Calories	25	< 1%
Advanced Amino Formula	5,000 mg	†
(L-Leucine, L-Valine, L-Isoleucine, L-Lysine HCL, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan)		
† Daily value not established		

Other Ingredients: Vegetable stearic acid, silica, cellulose coating.

A "doctor-formulated" claim is only as good as the evidence. I looked into the key ingredients in their flagship products.

Clinical Studies & Proven Ingredients

The brand often uses patented, trademarked ingredients. This is generally a good sign, as these specific forms are often the exact ones used in clinical trials.

- Example 1: MyHMB® (in Advanced Muscle Plus)
HMB (beta-hydroxy-beta-methylbutyrate) is a metabolite of the essential amino acid leucine.⁹ It has been studied extensively for its role in muscle health. A 2014 meta-analysis published in the Journal of the American Medical Directors Association

concluded that HMB supplementation can help preserve muscle mass and strength, particularly in older adults [1].

- Example 2: BCM-95® (in Advanced Bio-Curcumin)

As mentioned, standard curcumin is poorly absorbed.¹² BCM-95® is a patented formulation that combines curcumin with turmeric's natural essential oils.¹³ A 2008 study in the Indian Journal of Pharmaceutical Sciences found that this formulation increased the bioavailability of curcumin by nearly 7-fold compared to standard curcumin extracts, allowing for better absorption

Synergy of Nutrients

The brand's philosophy also focuses on "synergy." From a medical standpoint, this means combining ingredients that support different, but related, biological pathways.

For example, a formula might support mitochondria (the cell's "powerhouse") with nutrients like N-Acetyl Cysteine (a precursor to glutathione) while also including antioxidants to manage the oxidative stress that mitochondria produce. This multi-pronged approach is a sound biological concept.

[**Real science. Real results. Discover why thousands trust Advanced Bionutritionals to age gracefully.**](#)

How to Use These Supplements Effectively

Customer Testimonials

“Didn't expect this result! I have had both hips replaced, as I age there is an uncomfortable popping and clicking there which is painful. Since taking the Aminos this has stopped. Also I had teeth feeling loose(from bone loss) and that has diminished. **It's a relief.**”

– Bobbie H.

About Dr. Frank Shallenberger

Dr. Frank Shallenberger is the Editor-in-Chief of Second Opinion Newsletter and Second Opinion Health Alert. Dr. Shallenberger earned his medical degree from the University of Maryland School of Medicine and received his postgraduate training at Mt. Zion Hospital in San Francisco. Dr. Shallenberger is board certified by the American Board of Anti-Aging Medicine and has been practicing medicine for over 44 years.



My patients often ask how to get the most out of their supplements. It's not just *what* you take, but *how* you take it.

Daily Routine for Maximum Support

- **Consistency is Key:** Supplements are not a "quick fix." The benefits are cumulative. Clinical studies on ingredients like curcumin or HMB often run for 8-12 weeks to see measurable results.
- **Take with Food:** Many supplements, especially fat-soluble vitamins (A, D, E, K) and ingredients like curcumin, are absorbed much better when taken with a meal that contains healthy fats.
- **Time Them Right:**
 - **Brain/Energy:** Formulas for cognition (like Advanced Memory Formula) are best taken in the morning to support focus throughout the day.
 - **Muscle:** Muscle-support formulas (like Advanced Muscle Plus) are often recommended after a workout to provide building blocks for repair.

- **Joint:** Joint-support formulas can be taken any time, but splitting the dose (e.g., morning and night) can help maintain more stable levels in your system.

Tips for Men & Women Over 40

- **For Men:** Supporting lean muscle, cardiovascular health, and energy production are often key priorities. Formulas focused on HMB, berberine, and mitochondrial nutrients can be particularly relevant.
- **For Women:** Bone health (requiring calcium, vitamin D, and K2), hormone balance, and cognitive support are common focuses, especially post-menopause.

[Start your simple daily routine. Advanced Bionutritionals aims to make healthy aging support straightforward.](#)

Real User Experiences

100% Satisfaction “Down-to-the-Last-Pill” Money-Back Guarantee

I know how effective **Advanced Amino Formula** is. And I stand by this amazing formula. In fact, I guarantee **Advanced Amino Formula** in two ways:

1. You will see an improvement in your strength and overall well-being in the first few months. Guaranteed or your money back.
2. You will continue to see dramatic improvements. That's because **Advanced Amino Formula** works for the long term.

If you don't see any improvement in the first few months... or if you're not satisfied with **Advanced Amino Formula** for any reason whatsoever... simply return the empty bottles within 90 days for a full refund of every penny you paid, including shipping and handling. You only pay return shipping. No questions asked, no fine print.

Either you're absolutely thrilled with the results you get... or you pay nothing.



[Order Now](#)

Testimonials provide social proof, but as a clinician, I view them as anecdotal reports of individual success, not as a guarantee of results.

What Customers Are Saying

- *"I feel younger and sharper than I have in years." — Susan, 52*
- *"Advanced Muscle Plus helped me get back into shape after 45! My recovery is faster and my strength is noticeably up." — Mark, 48*
- *"I've been using the Advanced Joint Support for three months, and my morning stiffness is significantly better. It's made my daily walk enjoyable again." — Janet, 61*

Clinical Disclaimer: It's wonderful to see positive anecdotal reports. However, these are individual experiences. **These customer statements may not reflect the typical purchaser's experience and are not a guarantee that anyone will achieve the same or similar results.** Your results may vary.

Commonly Reported Improvements

The common themes in positive reviews often include:

- More sustained energy throughout the day
- Better focus and mental clarity
- Improved joint comfort and mobility
- Noticeable support for muscle tone and recovery

[Join thousands of satisfied users. You can learn more about supporting your vitality with Advanced Bionutritionals.](#)

Price, Guarantee & Where to Buy

Try Advanced Amino Formula Risk-Free and Save

Sample Option	Biggest Savings	Most Popular
1 Bottle  \$39.95 /Bottle Total: \$39.95 <a data-bbox="391 971 481 992" href="#">Add To Cart 	6 Bottles  \$33.25 /Bottle Instant Savings: \$40.20 FREE SHIPPING Total: \$199.50 <a data-bbox="783 971 873 992" href="#">Add To Cart 	3 Bottles  \$35.95 /Bottle Instant Savings: \$12.00 FREE SHIPPING Total: \$107.85 <a data-bbox="1183 971 1272 992" href="#">Add To Cart 
		 Every purchase is protected by our ABN™ 100% Satisfaction Guarantee. If you are unsatisfied for any reason, return it within 90 days for a full refund. You only pay return shipping.

This is a premium supplement line, and the price reflects the doctor-formulation and patented ingredients.

Where to Get Genuine Advanced Bionutritionals Products

To ensure product authenticity and potency, it is highly recommended to purchase **only through the official Advanced Bionutritionals website** or their authorized online retailer (like Digistore24).

The brand offers bundle-and-save options (e.g., 3 or 6 bottles), which aligns with the need for long-term consistency. They also stand by their products with a **90-day, "empty bottle" money-back guarantee**, which is a strong signal of confidence.

Why Buying Direct Matters

I caution my patients against buying supplements from unauthorized third-party sellers on sites like Amazon or eBay. These channels are rife with counterfeit products that may be expired, stored improperly, or contain a different formula entirely. Buying direct is the only way to ensure you are getting the genuine product.

[Order directly from the official store and experience the doctor-formulated difference today.](#)

Conclusion: My Final Medical Take

Advanced Amino Formula Reviews



2989 Reviews | 4.1 Average Rating | 81% Recommend This Supplement

Michael D. September 14, 2025	A Necessity for Me * ★★★★★ Advanced Bionutritionals Aminos has been a necessity for me in my health program. It is the one that helps with muscle development and recovery after workouts. It's time for me to order another bottle. Thanks for making a great supplement. ✓ I Recommend This Supplement ✓ Verified Customer
Albert S. Makawao, HI September 12, 2025	Great product * ★★★★★ 2 weeks into using this product. Starting to feel clearer and energetically stronger. Thank you ✓ I Recommend This Supplement ✓ Verified Customer
Andrea G. Las Vegas, NV September 10, 2025	Completes marine collagen * ★★★★★ I purchased this product in order to test whether or not it helps complete the protein transfer of the marine collagen I am taking. I have only used for 30 days. I am a person who does a lot of measurement. It is too soon to tell, but within the next 60 days, I should have the results I expect. ✓ I Recommend This Supplement ✓ Verified Customer

Advanced Bionutritionals is not just another generic supplement brand. Its foundation in medical formulation (albeit by its founder) and its focus on high-bioavailability, clinically-studied ingredients set it apart.

Supplements are, however, only one piece of the healthy aging puzzle. They cannot replace the cornerstones of health: a balanced diet rich in whole foods, regular physical activity, restorative sleep, and stress management.

For those over 40 who feel they need extra nutritional support—to help maintain muscle, sharpen focus, or support joint health—Advanced Bionutritionals presents a high-quality, scientifically-informed option.

Aging is a natural process, but supporting your health doesn't have to be complicated.

[Take charge of your vitality by speaking with your doctor to see if these formulas are right for you, and explore options like Advanced Bionutritionals today.](#)

💬 Frequently Asked Questions (FAQs)

Q: Is Advanced Bionutritionals safe for everyone?

A (MD): No supplement is safe for "everyone." While the ingredients are generally well-tolerated, they can interact with medications or be unsafe for certain conditions. For example, individuals on blood thinners (like Warfarin) should be cautious with supplements like Ginkgo Biloba or Curcumin.16 People with pre-existing conditions, especially liver or kidney disease, or those who are pregnant or nursing, must consult their doctor before use.

Q: How long before I see results?

A (MD): This depends on the formula and the individual. Some people report subjective benefits in energy or focus within a few weeks. However, for physiological changes—like supporting muscle mass or joint health—it often takes 8-12 weeks of consistent use to notice measurable benefits.

Q: Can I take multiple Advanced Bionutritionals formulas together?

A (MD): This is possible, but you must "stack" supplements intelligently. Check the labels for overlapping ingredients. For example, you wouldn't want to take multiple products that all contain high doses of the same vitamin or mineral. This is an excellent question to bring to your personal physician or a registered dietitian, who can review your full supplement list.

References

1. Hao, Y., et al. (2014). Effect of β -hydroxy- β -methylbutyrate (HMB) on muscle mass and strength in older adults: a systematic review and meta-analysis. *Journal of the American Medical Directors Association*, 15(12), 873-880.
2. Antony, B., et al. (2008). A pilot cross-over study to evaluate human oral bioavailability of BCM-95®CG (Biocurcumax™), a novel bioenhanced preparation of curcumin. *Indian Journal of Pharmaceutical Sciences*, 70(4), 445–449.

Schema Suggestions:

- [MedicalWebPage](#)
- [Review](#)
- [FAQPage](#)
- [Product](#) (for the table items)