

## Frequently asked Questions

### 1. Why is it important for consumers to take both MarineOmega™ and LifePak®?

MarineOmega®'s benefits include boosting the body's immune response, supporting cardiovascular health, promoting brain function and wellness, improving joint function and mobility, and promoting healthy skin conditions. Used together, MarineOmega™ and LifePak® constitute the most comprehensive anti-aging supplement program available providing optimal levels of essential micro and macronutrients necessary for longevity and wellness but typically lacking in most diets. MarineOmega™ works synergistically with LifePak® by enhancing nutrient bioavailability and absorption for maximum health benefit.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### 2. How does LifePak® promote healthy teeth and gums?

One of the lesser known benefits of LifePak® is promoting healthy teeth and gums. This benefit is based on a study that a company presented to Pharmanex® on a combination of ingredients that were found to have a positive effect on teeth and gums. The ingredients that were studied are all found in LifePak® at similar amounts and so that is where the claim comes from. There are several studies that have published showing benefits for healthy teeth and gums. Below are a few studies showing these benefits:

A deficiency in vitamin C has been shown to play a role in the health of your gums. Increases in swelling and redness have been found in humans who were put on ascorbic acid (vitamin C) deficient diets. The LifePak® products are great sources of vitamin C.

J Theor Biol. May1984;108(2):163-71. Rubinoff AB, et al. Vitamin C and oral health. J Can Dent Assoc 1989 Sep;55(9):705-7.

Calcium and vitamin D supplementation has been shown to reduce loss of teeth in the elderly. The amount referenced for calcium is 1000 mg, which is the amount provided in our LifePak® Women and LifePak® Prime.

Krall EA, et al. Calcium and vitamin D supplements reduce tooth loss in the elderly. Am J Med 2001 Oct 15;111(6):452-6.