

LifePak®

ANTI-AGING FORMULA FOR OPTIMAL NUTRITION*



Positioning Statement

LifePak® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated to support longevity and wellness. LifePak® provides a comprehensive array of antioxidants, vitamins, and minerals typically lacking in the average adult diet. In addition to meeting these common nutritional deficiencies, the many health benefits of LifePak® include powerful antioxidant support to protect cells, immune system support, promotion of cardiovascular health, blood sugar metabolism support, complete bone nutrition, and other anti-aging benefits. Used with Pharmanex® MarineOmega®, LifePak® provides a nutritional foundation for a long life—full of vitality and energy—free of debilitating conditions associated with nutritional deficiencies. Convenient packaging of four gelatin capsules in a small sachet make it easy for all adults to take LifePak® every day with morning and evening meals.*

Concept

Enjoying excellent health and staying healthy throughout one's life-span begin with eating right. There is a growing mountain of scientific evidence demonstrating the direct correlation of poor nutrition with many degenerative conditions that were previously thought unrelated. As each new clinical report is published, people are reminded of the importance of eating a healthy diet. A growing number are turning to more healthy food selections and sources, yet our modern lifestyles often make it difficult to consume recommended levels of key nutrients that are essential to our health and well-being. Dietary surveys continue to confirm a sad fact—the overwhelming majority of people do not consume optimal levels of key nutrients by diet alone.

A nutritional survey completed in 1996 by the US Department of Agriculture (USDA) showed that most people do not meet the Recommended Daily Allowance (RDA) for most essential vitamins and minerals. A more recent study published in the Journal of the American Medical Association (JAMA) in 2002 reported that low

levels of key nutrients such as the antioxidant vitamins A, C, and E may increase the risk of several health conditions. Furthermore, the researchers concluded that "It appears prudent for all adults to take vitamin and mineral supplements."

Making a better effort to consume whole, fresh foods in the right proportions is an excellent start to improving one's nutritional health status. But a nutritional foundation for optimal health and wellness should include a comprehensive dietary supplement program to fill in the nutrient gaps and act as insurance against nutritional deficiency shown by studies to be common in even the best of diets.

LifePak® Dietary Supplement

Pharmanex LifePak® is a comprehensive dietary supplement of important antioxidants and phytonutrients, vitamins, minerals, and other metabolic cofactors that help promote longevity and wellness. Targeting needs at the cellular level, LifePak® provides your body with optimal levels of nutrients that are essential for vigor and vitality. LifePak®'s many health benefits include powerful antioxidant protection, immune system support, promotion of cardiovascular health, blood sugar metabolism support, complete bone nutrition, and other anti-aging benefits.*

Additionally, LifePak® also helps maintain healthy eyesight, promotes healthy teeth and gums, supports weight management efforts, promotes skin function and protection, supports energy metabolism, and helps maintain mental performance. These health benefits LifePak® provides are the result of millions of hours of research and development across the world.*

Proven Science—The Measurable Difference

There are more than 200,000 published studies on the antioxidants in LifePak® and nearly 800,000 published studies on its comprehensive list of 59+ ingredients. Furthermore, LifePak® has been

LifePak®

subjected to several clinical studies that have demonstrated specific antioxidant and cardiovascular benefits from regular and consistent use of LifePak®.*

LifePak® Addresses Specific Health Needs With Comprehensive Formulas in One Product

LifePak® consists of individual product formulas scientifically combined into one convenient product. Each sachet contains one vitamin capsule, one phytonutrient capsule, and two mineral capsules.

Corrects Nutritional Deficiencies

LifePak® improves the foundation of your daily health by supplying the body with more than 20 essential vitamins and minerals for optimal health and energy. The 2005 USDA diet guidelines point to some persistent nutrient deficiencies (vitamins B₁₂ and D for elderly, iron for pregnancy, etc.) and the USDA has issued the following recommendation: "...efforts are warranted to promote increased dietary intakes of vitamin E, calcium, magnesium, potassium, and fiber by children and adults and to promote increased dietary intakes of vitamins A and C by adults."*

Balances Bone Nutrition

Bone health is a growing concern globally, especially for women. LifePak® provides key bone nutrients in clinically significant amounts to strengthen and maintain bone health. Bone minerals calcium (600 mg) and magnesium (200 mg) are included in LifePak® as the building blocks of bone health. LifePak® provides vitamin D to regulate calcium and magnesium bone metabolism and vitamin K to help transport calcium to the bone. Silicon, boron, and soy isoflavones work synergistically with other bone nutrients for maximum absorption and efficacy.*

Balances Immune Support

Vitamins A, C, E, carotenoids, vitamin B₆, and zinc help to bolster the immune system and give your body the nutrients to perform optimally. LifePak® contains optimal levels of these nutrients to support the normal function of the immune system and keep the body healthy. LifePak® has been formulated to provide the nutrients missing from diets that fail to include 5 to 7 servings of fruits and vegetables.*

Supports Blood Sugar Metabolism

LifePak® maintains normal blood sugar levels, glucose tolerance and insulin metabolism by supplying the body with optimum amounts of chromium, vitamin C, vitamin E, alpha-lipoic acid, magnesium, and zinc—important nutrients clinically shown to support normal blood sugar metabolism.*

Helps Protect the Body with Cardiovascular Nutrients

LifePak® provides the optimum amounts of over 40 different antioxidant nutrients that work synergistically in the body to protect the

LDL blood lipids from oxidation by free radicals. LDL-cholesterol is the bad cholesterol that needs to be kept low and can become oxidized in the body. LifePak® is clinically proven to make LDL particles more resistant against oxidation by free radicals.*

Helps Protect the Body Against the Symptoms of Aging

LifePak® contains proprietary Tegreen 97®, one of the most powerful antioxidants on earth, to address the central cause of aging—cellular DNA damage. DNA (deoxyribonucleic acid) is your genetic blue-print from which new cells are created and healthy cells renewed. As we age, our antioxidant defense system becomes weaker. At the same time, the large amounts of free radicals produced in the mitochondria damage mitochondrial DNA, which leads to diminished energy production and also diminished cellular function and regeneration. All of this leads to the appearance of aging symptoms.*

Protects Cells With a Powerful Antioxidant Network

LifePak® contains more than 40 antioxidants (including proprietary Tegreen 97®) for cellular health. Pollution, stress, and run-down lifestyles produce free radicals that damage our cells. Our bodies are under constant attack by these free radicals, and science has shown that a network of antioxidants (rather than a high amount of a single antioxidant) has been shown to be more effective in combating these damaging molecules. The body relies on a steady supply of dietary antioxidants to maintain optimal health. LifePak® includes all eight forms of natural vitamin E, buffered vitamin C, selenium, copper, zinc, and manganese. Other antioxidants include six carotenoids, over 20 flavonoids (including catechins and over 10 grape seed polyphenols), and alpha-lipoic acid.*

The Leader in Nutritional Supplementation

LifePak® is the leader in nutritional supplementation with a complete anti-aging dietary supplement that delivers important vitamin, mineral, phytonutrient, and antioxidant micronutrients for the day-to-day health needs of the human body. LifePak® supplies these nutrients in clinically significant amounts, with the most bioavailable formulas and ingredients. Used together, LifePak® and MarineOmega constitute the most comprehensive anti-aging supplement program available.*

Primary Benefits*

- Offers superior anti-aging benefits and cell protection by providing the body with important antioxidants and phytonutrients such as alpha-lipoic acid and catechins
- Improves and supports your antioxidant defense network
- Supplies a comprehensive blend of nutrients to support a healthy cardiovascular system
- Provides comprehensive bone nutrition support
- Promotes healthy immune function
- Supports normal blood sugar metabolism
- Corrects nutritional deficiencies

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

LifePak®

What Makes This Product Unique?

- LifePak® was the first comprehensive dietary supplement to show antioxidant benefits in double-blind, placebo-controlled studies
- LifePak® provides clinically-significant amounts of essential vitamins and minerals typically lacking in the diet
- LifePak® promotes your entire antioxidant defense network to protect against free radical damage*
- LifePak® provides a wide range of antioxidants for optimal benefit.
- Provides significant dose of antioxidant vitamins, mineral co-factors, broad spectrum carotenoid blend, over 20 flavonoids, and scientifically advanced antioxidants, such as alpha-lipoic acid
- LifePak® is scientifically proven to improve SCS score
- Conveniently packaged sachet goes with you and your busy lifestyle

Who Should Use This Product?

Every adult above 18 years old concerned with improving their health should take LifePak®

Did You Know?

- The DNA in each cell of your body receives 70,000 free radical hits per day
- Today, people are living 30 years longer than a century ago
- Almost 80% of females do not get the recommended daily amount of calcium

Frequently Asked Questions

Why should I take LifePak® with MarineOmega?

LifePak® supplies the body with essential micronutrients typically deficient in modern day diets, while MarineOmega® supplies the body with the essential macronutrients EPA and DHA typically deficient in modern day diets. In addition to providing a comprehensive nutritional foundation, MarineOmega® works synergistically with LifePak® by enhancing nutrient bioavailability and absorption for maximum health benefits.

Why is it important to take LifePak® twice a day?

The LifePak® Family products are comprehensive multivitamin/mineral/phytonutrient supplements that contain a potent blend of nutrients. It should be taken twice daily to provide your body with optimal saturation and absorption of vitamins and minerals. Twice daily delivery also provides your body 24-hour antioxidant protection.

What are the 40+ antioxidants in LifePak®?

Beta-carotene, lycopene, lutein, alpha-carotene, beta-cryptoxanthin, zeaxanthin, buffered vitamin C, selenium, copper, zinc, manganese, quercetin, naringenin, hesperidin, alpha-lipoic acid, 6 catechins

(epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECg), epigallocatechin gallate (EGCg), DL-Catechin (DL-C), Gallocatechin gallate (GCG), all 8 forms of natural vitamin E (alpha-tocopherol, beta-tocopherol, gamma-tocopherol, delta-tocopherol, alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol), soy isoflavones (genistin, daidzin, genistein, daidzien), over 10 grape seed polyphenols (catechin, epicatechin and gallic acid epicatechin gallate, dimers, trimers, tetramers and their gallates pentamers, hexamers, heptamers and their gallates).

What is an antioxidant network?

There are hundreds of different antioxidants that can help fight free radicals and reactive oxygen species. Researchers have found that the body utilizes a broad range of antioxidants that work together to provide the body with optimal free radical protection. It has been found that if just one or two of these antioxidants are deficient, other antioxidants in the body are not able to function properly. Because of this antioxidant network, humans have a need to supplement a broad range of antioxidants into the diet, as found in the LifePak® 40+ antioxidants.*

Key Scientific Studies

1. Smidt CR, Seidehamel RJ, Devaraj S, Jialal I. The effects of a nutritionally complete dietary supplement (LifePak®) on antioxidant status and LDL-oxidation in healthy non-smokers. FASEB. 1999;13(4):A546.
2. Kaats G R; Wise J A; Morin R; Pullin D; Squires W; Murrieta T G; Hesslink R. Reductions in DEXA measurements of body fat with different levels of involvement in a weight loss program using dietary supplements [LifePak®]. Journal of the American Nutraceutical Association. 1998; 1(2):19-26.
3. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. J Am Med Assoc. 2002 Jun 19; 287(23):3127-9.
4. McKay DL, et al. The effects of a multivitamin/mineral supplement on micronutrient status, antioxidant capacity and cytokine production in healthy older adults consuming a fortified diet. J Am Coll Nutr. 2000 Oct; 19(5):613-21.

LifePak®

Directions for Use

Take one (1) packet twice daily with eight (8) ounces of liquid with your morning and evening meals. Store in a cool, dry place.

Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

Supplement Facts

Serving Size 1 Packet

Amount per Packet		%DV
Vitamin A (Vitamin A Palmitate, (375 mcg RAE) as Beta-Carotene (B. Trispora))	750 mcg RAE	83%
Vitamin C (Calcium Ascorbate)	200 mg	222%
Vitamin D (Cholecalciferol)	5 mcg	25%
Vitamin E (d-Alpha Tocopherol Succinate d-Alpha Tocopherol)	50.7 mg	338%
Thiamin (Thiamin Mononitrate)	3.75 mg	313%
Riboflavin (Riboflavin)	1.7 mg	131%
Vitamin B ₃ (Niacinamide)	10 mg	63%
Vitamin B ₆ (Pyridoxine Hydrochloride)	5 mg	294%
Folate (Folic Acid)	500 mcg DFE	125%
Vitamin B ₁₂ (Cyanocobalamin)	15 mcg	625%
Biotin (Biotin)	75 mcg	250%
Pantothenic Acid (D-Calcium Pantothenate)	15 mg	300%
Calcium (Di-Calcium Malate, Calcium Ascorbate, Calcium Phosphate, Calcium Citrate)	300 mg	23%
Iron (Iron Chelate)	1.5 mg	8%
Iodine (Potassium Iodide)	50 mcg	33%
Magnesium (Magnesium Chelate)	100 mg	24%
Zinc (Zinc Chelate)	7.5 mg	68%
Selenium (L-Selenomethionine, Sodium Selenite)	70 mcg	127%
Copper (Copper Chelate)	0.5 mg	56%
Manganese (Manganese Chelate)	1 mg	43%
Chromium (Chromium Chelate)	100 mcg	286%
Molybdenum (Molybdenum Chelate)	37.5 mcg	83%
Polyphenol Flavonoid Blend	98 mg	*
Catechins (from <i>Camellia sinensis</i> Leaf Extract (20:1))	(45.5 mg)	*
Quercetin	(25 mg)	*
Grape Seed Extract (<i>Vitis vinifera</i> L., min 95% Polyphenols)	(12.5 mg)	*
Citrus Bioflavonoids (from Citrus Fruits)	(12.5 mg)	*
Resveratrol (<i>Polygonum cuspidatum</i>)	(2.5 mg)	*
Tocopherol Blend (Gamma-Tocopherol, Delta-Tocopherol, Beta-Tocopherol)	52.5 mg	*
Tocotrienol Blend (Alpha-tocotrienol, Beta-tocotrienol, Gamma-tocotrienol, Delta-tocotrienol)	0.25 mg	*
Alpha-Lipoic Acid	15 mg	*
Inositol	5 mg	*
Carotenoid Blend	3.5 mg	*
Lycopene	(2.5 mg)	*
Lutein (Marigold Flower Extract)	(1 mg)	*
Boron	1.5 mg*	

*Daily Value not established.

Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Microcrystalline Cellulose, Vanillin, Silicon Dioxide, Stearic Acid, Croscarmellose Sodium.

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