

LifePak®

OPTIMALLY FORMULATED FOR
GENERAL NUTRITION

DIETARY SUPPLEMENT AUST L176310



POSITIONING STATEMENT

LifePak® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated to support 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 health benefits. Used with Pharmanex® Optimum Omega™, 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 bag 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 begins 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 deficiencies 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 general health and wellness. Targeting needs at the cellular level, LifePak® provides your body with optimal levels of nutrients that are essential for vigour 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 health 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.

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® (US formula) has been subjected to several clinical studies that have demonstrated specific antioxidant and cardiovascular benefits from regular and consistent use of LifePak®.

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 bag 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. Recommended dietary intakes for use in Australia (by NHMRC – National Health and Medical Research Council, 1991) point to some persistent nutrient deficiencies (such as vitamin B12 and D for older people), and the health authorities have issued the following recommendation: "... efforts are warranted to promote increased dietary intakes of vitamin E, calcium, magnesium, potassium, and fibre by children and adults and to promote increased dietary intakes of vitamin 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 and magnesium 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. LifePak aids in the management of post menopausal bone health.

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 five to seven 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 known 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 oxidised in the body. LifePak® (US formula) is clinically proven to make LDL particles more resistant against oxidation by free radicals.

Helps Reduce Age-related DNA Damage by Free Radicals

LifePak® contains proprietary Tégreen 97®, to address cellular DNA damage. DNA (deoxyribonucleic acid) is your genetic blueprint

from which new cells are created and healthy cells renewed. As we age, our antioxidant defence 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.

Protects Cells With a Powerful Antioxidant Network

LifePak® contains more than 40 antioxidants (including proprietary Tégreen 97®) for cell 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, 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 a leader in nutritional supplementation with a complete 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 Optimum Omega™ constitute one of the most comprehensive supplement program available.

PRIMARY BENEFITS

- Corrects nutritional deficiencies
- Provides comprehensive bone nutrition support
- Promotes healthy immune function
- Supports normal blood sugar metabolism
- Supplies a comprehensive blend of nutrients to support a healthy cardiovascular system
- Assists in reducing age-related DNA damage by free radicals
- Offers health benefits and cell protection by providing the body with important antioxidants and phytonutrients such as alpha-lipoic acid and catechins

WHAT MAKES THIS PRODUCT UNIQUE?

- LifePak® (US formula) 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 defence network to protect against free radical damage
- LifePak® provides a wide range of antioxidants for optimal benefit.
- Provides significant doses of antioxidant vitamins, mineral

LifePak®

cofactors, broad spectrum carotenoid blend, over 20 flavonoids, and scientifically advanced antioxidants, such as alpha-lipoic acid

- LifePak® is scientifically proven
- Conveniently packaged bag fits with your busy lifestyle

WHO SHOULD USE THIS PRODUCT?

Every adult 18 to 40 years of age 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
- More than 9.8 billion LifePak® capsules and tablets have been sold since 1992
- Around 3.67 million Australians are affected by cardiovascular disease
- 1.10 million Australians are disabled long-term by cardiovascular disease

FREQUENTLY ASKED QUESTIONS

Why should I take LifePak® with Optimum Omega™?

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

What are the 40+ antioxidants in LifePak®?

Beta-carotene, lycopene, lutein, beta-cryptoxanthin, zeaxanthin, vitamin C, selenium, copper, zinc, manganese, quercetin, rutin, five citrus bioflavonoids (Hesperidin, Narirutin, Naringin, Didiyin, Diosmin), alpha-lipoic acid, 6 Green Tea 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), over 10 grape seed polyphenols (catechin, epicatechin, and gallic acid epigatchin gallate, dimers, trimmers, tetramers and their gallates pentamers, hexamers, and 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 utilises 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.

What is the difference between LifePak®, and LifePak® Prime?

Based on studies that have shown significant and differing nutritional needs in different demographics, Pharmanex has developed LifePak® formulas to meet the specific needs of adults at different stages of life.

- LifePak® is recommended for adults 18-40 years of age. LifePak® is a comprehensive nutritional wellness program containing a broad range of antioxidants and all the essential and beneficial micronutrients
- LifePak® Prime has been formulated for adults over 40. LifePak® Prime contains additional amounts of calcium, vitamin D, grape seed extract and alpha-lipoic acid, and extra nutrients, such as coenzyme Q10, for advanced nutritional support designed for needs of adults over 40.

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.

DIRECTIONS FOR USE

Take one (1) bag twice daily with 250 mL (1 glass) of liquid with your breakfast and evening meals. Store in a cool, dry place.

PACKAGING

60 bags (30-day supply) Each bag contains 1 vitamin, 1 phytonutrient and 2 mineral capsules

WARNINGS

If you are pregnant—or considering becoming pregnant—do not take vitamins A supplements without consulting your doctor or pharmacist. When taken in excess of 3000 mcg retinol equivalents—vitamin A can cause birth defects.

This product contains selenium which is toxic in high doses. A daily

LifePak[®]

dose of 150 mcg of selenium from dietary supplements should not be exceeded. Selenium-containing products are not suitable for use by children under the age of 15 years.

The recommended daily amount of vitamin A from all source is 700 mcg retinol equivalents for women and 900 mcg retinol equivalents for men.

OTHER INGREDIENTS

Vitamin capsules: gelatin, purified water, microcrystalline cellulose, magnesium stearate, silicon dioxide, calcium hydrogen phosphate, sorbic acid, sodium benzoate./ Phytonutrient capsules: microcrystalline cellulose, gelatin, purified water, magnesium stearate, silicon dioxide. / Mineral capsules: gelatin, croscarmellose sodium, microcrystalline cellulose, purified water, stearic acid, silicon dioxide, titanium dioxide, calcium hydrogen phosphate.

SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Capsule

Vitamin Capsules: Yellow powder in a clear 2 piece gelatin capsule

Biotin	75 mcg
Pantothenic acid (from calcium pantothenate)	15 mg
Folic Acid	250 mcg
Nicotinamide	10 mg
Pyridoxine (from pyridoxine hydrochloride)	5 mg
Riboflavin	4.25 mg
Thiamine (from thiamine nitrate)	3.75 mg
Vitamin A (retinyl palmitate)	375 mcg
RE	
Vitamin B12 (cyanocobalamin)	15 mcg
Ascorbic acid (Vitamin C) (from calcium ascorbate)	200 mg
Vitamin D3 (cholecalciferol)	5 mcg
d-Alpha-Tocopheryl acetate (equiv. Vitamin E 137.5 IU)	102.5 mg
d-Alpha-Tocopherol (equiv. Vitamin E 12.5 IU)	8.4 mg
Tocotrienols complex—palm	4.24 mg
Phytomenadione (vitamin K1)	20 mcg

Phytonutrient Capsules: Green powder in a clear 2 piece gelatin capsule

Betacarotene	3.75 mg
Citrus Bioflavonoids extract	25 mg
Vitis vinifera (Grape seed extract) (equiv. to dry seed 1.25 g)	12.5 mg
Standardised to procyanidins	11.9 mg
Camellia sinensis leaf extract (equiv. to dry leaf 1.4 g)	70 mg
Standardised to epigallocatechin-3-O-gallate	26.6 mg
Standardised to catechins (of camellia sinensis)	18.9 mg
R,S-alpha lipoic acid	15 mg
Lutein	1 mg
Lycopene	2.5 mg
Quercetin	25 mg

Mineral Capsules: White powder in an opaque white 2 piece capsule

Calcium (from calcium carbonate, calcium phosphate, calcium citrate)	125 mg
Chromium (from chromic chloride)	50 mcg
Copper (from copper gluconate)	250 mcg
Iodine (from potassium iodide)	25 mcg
Magnesium (from magnesium amino acid chelate, magnesium oxide, magnesium citrate nonahydrate)	62.5 mg
Manganese (from manganese amino acid chelate)	500 mcg
Molybdenum (from Brewers yeast—molybdenum)	18.75 mcg
Selenium (from sodium selenite)	13.75 mcg
Zinc (from zinc amino acid chelate)	3.75 mg