

Exploring your Options:

Option: A

Do Nothing

Option: B

Dietary Change

Option: C

Medical Grade
Supplementation



YOUR PERSONAL DIETITIAN TO HELP YOU IMPROVE YOUR HEALTH

Virtual nutrition counseling
at your convenience



HOW IT WORKS



Scan To Start



Get scanned so you know your antioxidant health score. Learn if your current behaviors are keeping you healthy. Book with a dietitian to receive accountability and nutrition advice. Discover your motivators and set realistic goals.

WHY MEET WITH A DIETITIAN?

#01 Expert Advice

We are Registered and Licensed Dietitians with sub specialties such as diabetes and weight management.

#02 Coaching Skills

We are trained in coaching and counseling. We understand you are unique and will have your own motivators, as well as barriers. We can help you set achievable goals.

#03 Prioritize Ethics

We are members of The Academy of Nutrition and Dietetics which emphasizes ethics and honoring our patients' privacy, as well as provide the same care for everyone without discrimination.

#04 Team Player

We are a team of dietitians who collaborate to provide the best patient care, and use HIPAA compliant medical charting to coordinate care with your medical provider. It takes a team to meet all wellness needs.

All insurance accepted.
Coverage may vary.

www.biodietitian.com

Lifepak : > 7 Formulas in 1

Complete, Balanced and Convenient



How Do You Improve Your Results?

To get all the nutrients available in one daily dose of lifepak® nano you could... eat all of this...

- | | | | |
|---|---|--|---|
| 8 eggs (Vitamin A) | 20 cups cooked soy beans or 15 bananas (Vitamin B6) | 8 oz. tofu (Magnesium) | 5 tbl. canola oil or 8 oz. pistachio nuts (CoQ10, Inositol, Carotenoid Blend) |
| 1 cups cooked carrots (b-carotene) | 9 cups raw lettuce or 3 purple globe eggplants (Folate) | 16 oz. Turkey (Zinc) | 1.3 tomatoes (Lycopene) |
| 8 oranges (Vitamin C) | 3 oz. clams or 20 oz. steamed crab (Vitamin B12) | 10 oz. salmon or halibut (Selenium) | 0.4 cups cooked carrots (Alpha Carotene) |
| 6 oz. canned tuna (Vitamin D) | 3 cups cooked soybeans (Biotin) | 1 cup walnuts (Copper) | 100g yellow corn (Zeaxanthin) |
| 12 oz. Almonds (Vitamin E) | 30 cups cauliflower or 18 California avocados or 178 oz. yogurt (Pantothonic Acid) | 2 cups cooked lentils or pinto beans (Manganese) | 2-3 oz. wild salmon (Astaxanthin) |
| 1/3 cup raw spinach or green leaf lettuce (Vitamin K) | 2 cups milk (Calcium (as Calcium Carbonate, Calcium Ascorbate, Calcium Propionate)) | 9 cups of broccoli (Chromium) | 1 cup green peas (Lutein, Silicon, Vanadium) |
| 16 cups peas or 4 cups wheat-germ breakfast cereal or 30 oz. lean pork (Thiamin) | 5 oz. yellow corn or 3 oz. cooked lentils (Phosphorous) | 6 oz. rice (Molybdenum) | 10 tbsp. soybean oil (Other Tocopherols, Boron) |
| 20 cups cooked spinach or 7 cups fortified breakfast cereal or 25 cups nonfat milk (Riboflavin) | 2 baked potatoes with peel (Iodine) | 4 cups green tea (Catechins, Quercetin) | 2-3 oz. wild salmon or 4 oz. tuna (Marine Lipid Conc.) |
| 7 oz. canned tuna or 10 oz. canned chicken or 9 oz. dry-roasted peanuts (Niacin) | | 2 glasses red wine—preferably pinot noir (Resveratrol, Grape Seed, Citrus Bioflavonoids) | |

or take this.



You decide.



Note: The number of servings indicated is necessary to equal single key antioxidants and other important nutrients found in lifepak® nano. Many of the foods selected are also sources of nutrients found in other foods chosen for this list. This list does not account for duplication of some nutrients.

lifepak® comparison

Lifepak®

angelOC
Youth®

Lifepak &
angelOC Youth®

Per Daily Dosage (two packets)				
Vitamin A (83% as natural beta-carotene)	15000 IU		15000 IU	
Vitamin D	400 IU	1000 IU	1400 IU	
Vitamin C	400 mg		400 mg	
Vitamin E (as natural mixed tocopherols)	150 IU		150 IU	
Vitamin K	40 mcg	40 mcg	80 mcg	
Thiamin	7.5 mg		7.5 mg	
Riboflavin	8.5 mg		8.5 mg	
Niacin	35 mg		35 mg	
Vitamin B6	10 mg		10 mg	
Folate	600 mcg		600 mcg	
Vitamin B12	30 mcg		30 mcg	
Biotin	150 mcg		150 mcg	
Pantothenic Acid	30 mg		30 mg	
Calcium	500 mg		500 mg	
Phosphorus				**
Iron				**
Iodine	100 mcg		100 mcg	
Magnesium	250 mg		250 mg	
Zinc	15 mg		15 mg	
Selenium	140 mcg		140 mcg	
Copper	1 mg		1 mg	
Manganese	2 mg		2 mg	
Chromium	200 mcg		200 mcg	
Molybdenum	75 mcg		75 mcg	
Catechins (from 20:1 green tea extract)	90 mg		90 mg	
Citrus Bioflavonoids	25 mg	200 mg	225 mg	
Quercetin	50 mg	75 mg	125 mg	
Grape Seed Extract (minimum 95% Polyphenols)	25 mg		25 mg	
Resveratrol (as trans resveratrol)	5 mg	30 mg	35 mg	
Alpha-Lipoic Acid	30 mg	100 mg	130 mg	
N-Acetyl-L-Cysteine				**
Gamma-Tocopherol	75 mg		75 mg	
Beta-and Delta-Tocopherols	32 mg		32 mg	
Lycopene	5 mg	5 mg	10 mg	
Alpha-Carotene	2 mg		2 mg	
Lutein (as Lutein Ester from Marigold Flower Extract)	2 mg	4 mg	6 mg	
Astaxanthin		1 mg	1 mg	
Zeaxanthin				**
Isoflavones (from Soy Extract)	5 mg		5 mg	
Reduced L-Glutathione				
Inositol	10 mg		10 mg	
Silicon	3 mg		3 mg	
Nano Coenzyme Q10 (Ubiquinone)				**
Coenzyme Q10 (Ubiquinone)		30 mg	30 mg	
Boron	3 mg		3 mg	
Vanadium	20 mcg		20 mcg	
Glucosamine				**
Milk Thistle Extract (Silybum marianum, 80% Silymarin)				**
BioGinkgo® 27/7 (Ginkgo biloba), Leaf Extract				**
EPA		600 mg	600 mg	
DHA		400 mg	400 mg	
Krill Oil				**
Rosemary		37.5 mg	37.5 mg	
D-Limonene		50 mg	50 mg	
Purple Corn		133.34 mg	133.34 mg	

** These products are available through other Pharmanex Products.

* New, more tolerated and bioavailable source.

+ 50% natural Beta C.