

LifePak®

ANTI-AGING FORMULA FOR OPTIMAL NUTRITION*



Positioning Statement

You try to eat a variety of healthy foods, but you never quite manage to consume all the whole grains, vegetables, fruits, calcium-rich foods, and lean proteins that make up a well-balanced diet. It's time to balance yourself with LifePak. This exceptional nutritional supplement provides your body with a variety of micronutrients, phytonutrients, and antioxidants—compounds essential to optimal health. Scientifically formulated to support longevity and wellness, it supplies a comprehensive array of vitamins and minerals to fill the nutrient gaps your daily diet may leave. When taken with MarineOmega, LifePak provides a nutritional foundation for a life full of vitality and energy and free of debilitating conditions associated with nutritional deficiencies and low antioxidant levels*

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.

Data from the USDA's most recent national survey released in 2007 (NHANES 2002) showed that most people do not meet even the most basic recommendations for nutrient intake. Another report released by the Centers for Disease Control in 2007 indicates that most individuals consume fruits and vegetables far below the recommended intake. A 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. A supplement program can fill the nutrient gaps and act as insurance against nutritional deficiencies, which studies show to be common in even the best of diets.

LifePak's 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 subjected to several clinical studies that have demonstrated specific antioxidant and cardiovascular benefits from regular and consistent use of LifePak. Pharmanex's extensive testing procedures and quality control processes guarantee a highly efficacious product*

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

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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 including highly absorbable calcium (500 mg) and magnesium (250 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 bones. Magnesium and boron work synergistically for maximum efficacy*.

Balances Immune Support

Vitamins A, C, and E, carotenoids, vitamin B₆, and zinc help to bolster the immune system and give your body the nutrients it needs 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 helps maintain 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 supports cardiovascular health through a number of important mechanisms, including improved resistance of LDL cholesterol against free radical oxidation, promotion of normal circulation and blood pressure, and maintenance of normal low blood levels of homocysteine*.

Helps Protect the Body Against the Symptoms of Aging

LifePak contains proprietary Tēgreen 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 blueprint 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 numbers of free radicals produced in the mitochondria damage mitochondrial DNA, which leads to diminished energy production, cellular function, and cellular regeneration. All of this can lead to symptoms of aging*.

Protects Cells With a Powerful Antioxidant Network

LifePak contains more than 40 antioxidants (including proprietary Tēgreen 97) for cell health. Pollution, stress, and modern 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) is 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, more than 20 flavonoids (including catechins and more than 10 grape seed polyphenols), alpha-lipoic acid, and resveratrol*.

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 an excellent nutritional foundation and anti-aging supplement program*.

Product Benefits

LifePak provides health benefits that are the result of millions of hours of research and development throughout the world*.

- Corrects nutritional deficiencies*
- Targets nutritional needs at the cellular level with optimal amounts of nutrients essential for vigor and vitality*
- Gives 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 with powerful antioxidants*
- Supplies a comprehensive blend of nutrients to support and enhance a healthy cardiovascular system*
- Provides comprehensive bone nutrition support*
- Promotes healthy immune system function and support*
- Supports normal blood sugar metabolism*
- Offers anti-aging benefits including longevity and wellness*
- Helps maintain healthy eyesight*
- Promotes healthy teeth and gums*
- Supports weight management efforts*
- Encourages optimal skin function and protection*
- Enhances energy metabolism*
- Helps maintain mental performance*

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 average diet*.
- LifePak promotes your entire antioxidant defense network to protect against free radical damage*.

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- LifePak provides a wide range of antioxidants for optimal benefits*
- LifePak provides significant doses of antioxidant vitamins, mineral cofactors, a broad spectrum carotenoid blend, more than 20 flavonoids, and scientifically advanced antioxidants, such as alpha-lipoic acid, resveratrol, and quercetin*
- LifePak is scientifically validated.
- The conveniently packaged sachet goes with you and your busy lifestyle.

Who Should Use This Product?

Every adult ages 18 and up concerned with improving health and nutrition. Teens ages 13 to 17 may take one packet daily if their body weight is less than 45 kg (100 pounds) and two packets daily if their body weight is greater than 45 kg.

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.

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?

LifePak is a comprehensive multivitamin/mineral/phytonutrient supplement that contains 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, six catechins (epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECg), epigallocatechin, gallate (EGCg), DL-catechin (DL-C), gallic acid gallate (GCGs), all eight forms of natural vitamin E (alpha-tocopherol, beta-tocopherol, gamma-tocopherol, delta-tocopherol, alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol),

resveratrol polyphenols (trans-resveratrol, cis-resveratrol, trans-piceid, cis-piceid), and more than 10 grape seed polyphenols (catechin, epicatechin and gallic acid epigallocatechin 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. Moreover, because of this antioxidant network, humans have a need to supplement a broad range of antioxidants into the diet, such as the 40+ antioxidants found in LifePak*

What is the difference between LifePak, LifePak Women, LifePak Prime, LifePak PreNatal, and lifepak nano?

Although LifePak can be taken by all healthy adults, Pharmanex has tailored unique formulations to meet the specific nutritional needs of women, pregnant women, and men and women over the age of 40. LifePak Women contains all the same nutrients as regular LifePak with the addition of cranberry (urinary track health), additional bone nutrients, GLA (hormone support), and iron (to support menses). LifePak PreNatal has been formulated to include only nutrients studied during pregnancy, and therefore does not contain the full spectrum of phytonutrients found in LifePak. Special attention was given to provide impressive levels of nutrients necessary during pregnancy like iron and folic acid, expertly blended with nutrient sources that ensure good digestive tolerance. LifePak Prime is intended for men over the age of 40 and postmenopausal women. It shares the same nutrient profile as regular LifePak but delivers increased amounts of nutrients for additional joint, heart, bone, brain, and energy support. Lastly, lifepak nano delivers the benefits of LifePak, LifePak Women, and LifePak Prime, but with the exciting addition of nanotechnology and the convenience of MarineOmega all in a twin sachet*

Which LifePak supplement should I take?

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 men and women at different stages of life.

- Lifepak® nano is the most comprehensive LifePak product and includes nanotechnology and omega-3 fatty acids not found in other LifePak products. It is formulated for all adults 18 and up.
- LifePak® is recommend for adults 18 to 40 years of age.
- LifePak® Women is formulated for premenopausal and perimenopausal women.
- LifePak® Prime is formulated to meet the specific needs of men age 40 and older and post-menopausal women.
- LifePak® PreNatal is formulated for pregnant or lactating women.

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- LifePak® Teen is formulated for children and teenagers 9 to 17 years of age.
- Jungamals® (LifePak for kids) is formulated for children ages 2 to 8.

Key Scientific Studies

1. Smidt, C.R.; Seidehamel, R.J.; 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, R.H.; Fairfield, K.M. Vitamins for chronic disease prevention in adults: clinical applications. *J Am Med Assoc*. 2002 Jun 19; 287(23):3127–9.
4. McKay, D.L., 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.

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Directions for Use

Take one (1) packet twice daily with eight (8) ounces of liquid with your morning and evening meals. For optimal results, take with Pharmanex® MarineOmega and g3. 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.

CONTAINS: seafood (cod, pollock, haddock, hake, cusk, redfish, sole, and flounder)

Supplement Facts

Serving Size One Packet

Amount Per Packet	mg	0%**
Vitamin A (83% as Beta Carotene, 1875 mcg RAE) from <i>Blakeslea trispora</i> , and Vitamin A palmitate) (375 mcg RAE)	2250 mcg RAE	250%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D (as Cholecalciferol)	5 mcg (200 IU)	25%
Vitamin E (as d-Alpha-Tocopheryl Acetate, D-Alpha Tocopherol, Tocotrienols)	50 mg	333%
Vitamin K (as Phytonadione)	20 mcg	17%
Thiamin (as Thiamine Mononitrate)	3.75 mg	313%
Riboflavin (as Riboflavin)	4.25 mg	327%
Niacin (as Niacinamide)	17.5 mg NE	109%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate	500 mcg DFE (300 mcg folic acid)	125%
Vitamin B12 (as Cyanocobalamin)	15 mcg	625%
Biotin (as Biotin)	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%
Calcium (as Calcium Carbonate, Dicalcium Malate, Calcium Ascorbate)	250 mg	19%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Bisglycinate, Magnesium Oxide)	125 mg	30%
Zinc (as Zinc Bisglycinate)	7.5 mg	68%
Selenium (as L-Selenomethionine, Sodium Selenite)	70 mcg	127%
Copper (as Copper Bisglycinate)	0.5 mg	56%
Manganese (as Manganese Bisglycinate)	1 mg	43%
Chromium (as Chromium Nicotinate Glycinate)	100 mcg	286%
Molybdenum (as Molybdenum Bisglycinate)	37.5 mcg	83%
Polyphenol and Flavonoid Blend	97.5 mg	*
Catechins (from <i>Camellia sinensis</i>)	(45 mg)	*
Quercetin	(25 mg)	*
Grape Seed Extract	(12.5 mg)	*
Citrus Bioflavonoids	(12.5 mg)	*
Resveratrol (from <i>Polygonum cuspidatum</i> root)	(2.5 mg)	*
Mixed Tocopherols (Gamma, Delta & Beta Tocopherols)	50 mg	*
Alpha-Lipoic Acid	15 mg	*
Inositol (as Inositol)	5 mg	*
Carotenoid Blend	3.5 mg	*
Lycopene	(2.5 mg)	*
Lutein (from Marigold Flower Extract)	(1 mg)	*
Boron (as Boron Citrate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

*Daily Value not established.

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

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Titanium Dioxide.

CONTAINS: Fish (Cod, Pollack, Haddock, Hake, Cusk, Redfish, Sole, Flounder).

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