

# 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 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 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

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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 B<sub>12</sub> 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 (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 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 B<sub>6</sub>, 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 Tëgreen 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 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 Tëgreen 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, 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\*

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## 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 doses 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
- Conveniently packaged sachet goes with you and 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

## 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 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. 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®, LifePak® Prime, LifePak® Women, and LifePak® PreNatal?*

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® is recommended for adults 18-40 years of age.
- LifePak® Prime has been formulated to meet the specific needs of men age 40 and older and post-menopausal women.
- LifePak® Women is formulated for pre- and perimenopausal women.
- LifePak® PreNatal is formulated for pregnant or lactating women.

## 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.

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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. 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.

**Other Ingredients:** Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

## Supplement Facts

Serving Size One Packet

Amount Per Packet		%Daily Value*
Vitamin A (83% as Beta-Carotene from Palm Fruit and Blakeslea trispora Extracts, Vitamin A Palmitate)	7500 IU	150%
Vitamin C (as Calcium Ascorbate)	250 mg	417%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl)	150 IU	500%
Vitamin K (as Phytonadione)	20 mcg	25%
Thiamin (as Thiamine Mononitrate)	3.75 mg	250%
Riboflavin (as Riboflavin)	4.25 mg	250%
Niacin (as Niacin, Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folate (as Folic Acid)	300 mcg	75%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin (as Biotin)	150 mcg	50%
Pantothenic Acid	15 mg	150%
Calcium (as Tricalcium Phosphate, Calcium Carbonate, Calcium Propionate, Calcium Ascorbate)	250 mg	25%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium	125 mg	31%
Zinc (as Zinc Chelate)	7.5 mg	50%
Selenium	70 mcg	100%
Copper (as Copper Chelate)	0.5 mg	50%
Manganese (as Manganese Chelate)	1.0 mg	100%
Chromium (as Chromium Chelate)	100 mcg	83%
Molybdenum (as Molybdenum Chelate)	37.5 mcg	50%
Polyphenol and Flavonoid Blend	97.5 mg	*
Catechins (from Camellia sinensis)	(45 mg)	*
Quercetin	(25 mg)	*
Grape Seed Extract	(12.5 mg)	*
Citrus Bioflavonoids	(12.5 mg)	*
Isoflavones (from Soy Extract)	(2.5 mg)	*
Alpha-Lipoic Acid	15 mg	*
Inositol (as Inositol)	5 mg	*
Carotenoid Blend (other than Beta-Carotene)	4.5 mg	*
Lycopene (as Lycopene)	(2.5 mg)	*
Alpha-Carotene (from Palm Fruit Extract)	(1 mg)	*
Lutein (from Marigold Flower Extract)	(1 mg)	*
Boron (as Boron Citrate)	1.5 mg	*
Silicon (as Sodium Metasilicate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

\*Daily Value not established.

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