

LifePak®

Anti-Ageing 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, LifePak helps to support your cells, immune system and blood sugar metabolism, promotes cardiovascular health and bone nutrition along with many other anti-ageing benefits. Used with Pharmanex MarineOmega™, LifePak provides a nutritional foundation for a long life full of vitality and energy, helping to minimise debilitating conditions associated with nutritional deficiencies. Convenient packaging of four tablets in a small sachet make it easy for all adults to take LifePak every day with morning and/or evening meals.

Concept

Enjoying excellent health and staying healthy throughout one's lifespan 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.

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 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 your nutritional health status. But a nutritional foundation for optimal health and wellness should include a comprehensive dietary supplement programme to fill in the nutrient gaps.

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 vigour and vitality.

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 a 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 ingredients. Furthermore, LifePak has been subject 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.

Helps to Minimise 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.

Balance Bone Nutrition

Bone health is a growing concern globally, especially for women. LifePak provides key bone nutrients in clinically scientific amounts to maintain bone health. Bone minerals calcium (250 mg per sachet) and magnesium (125 mg per sachet) 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.

Bone Immune Support

Vitamin 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 optimal amounts of chromium, vitamin C, vitamin E, alpha-lipoic acid, magnesium and zinc, each important nutrients clinically shown to support normal blood sugar metabolism.

Helps Protect the Body with Cardiovascular Nutrients

LifePak provides the optimal amount of different antioxidant nutrients that work synergistically in the body to help 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 Ageing

LifePak contains proprietary Tēgreen 97, one of the most powerful antioxidants on earth, to address the central cause of ageing – 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 support system becomes weaker.

At the same time, the large amounts of free radicals produced in the mitochondria damage mitochondria DNA, which leads to diminished energy production and also diminished cellular function and regeneration. All of this leads to the appearance of ageing symptoms.

Supports Cells with a Powerful Antioxidant Network

LifePak contains more than 40 antioxidants (including proprietary Tēgreen 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 forms of natural vitamin E, buffered vitamin C, selenium, copper, zinc and manganese. Other antioxidants include six carotenoids, 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-ageing 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.

Primary Benefits

- Offers superior anti-ageing benefits and cell support by providing the body with important antioxidants and phytonutrients such as alpha-lipoic acid and catechins
- Improves your antioxidant support 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
- Helps to minimise the risk of nutritional deficiencies.

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 support network to fight 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 sachets go with you and your busy lifestyle.

Who Should Use This Product?

Every adult over 18 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 of products are comprehensive multivitamin/mineral/phytonutrient supplements that contain a potent blend of nutrients. It should be taken twice a day 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 antioxidants in LifePak?

Beta-carotene, lycopene, lutein, alpha-carotene, buffered vitamin C, selenium, copper, zinc, manganese, quercetin, alpha-lipoic acid, 6 catechins (epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECg), epigallocatechin gallate (EGCg), DL-Catechin (DL-C), Gallocatechin gallate (GCG)), natural vitamin E (alphatocopherol, delta-tocopherol), over 10 grape seed polyphenols (catechin, epicatechin and gallic acid epigatchin 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 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 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. 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) packet daily with liquid with your morning and/or 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

LIFEPAK EUROPE		
	1 packet	% RDA
Vitamin A as Palmitaat	375 mcg RE	47%
Beta carotene	625 mcg RE	
Vitamin D (as Cholecalciferol)	5 mcg	100 %
Vitamin C (as Calcium Ascorbate)	250 mg	417 %
Vitamin E (as D-Alpha Tocopherol Acetate)	100 mg	1000 %
Vitamin B1 (as Thiamine Monoitrate)	3.8 mg	271 %
Vitamin B2 (as Riboflavine)	4.3 mg	268 %
Vitamin B3 (as Nicotinamide)	20 mg	111 %
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	250 %
Vitamin K (as Phytonadione)	20 mcg	36.5%
Vitamin B9 (as Folic Acid)	250 mcg	125 %
Vitamin B12 (as Cyanocobalamine)	10 mcg	1000 %
Vitamin H (Biotin)	0.15 mg	100 %
Vitamin B5 (as D-Calcium Pantothenate)	15 mg	250 %
Calcium (as Calcium Carbonate)	250 mg	31 %
Iron (as ferrous gluconate)	1.5 mg	11 %
Magnesium (as Magnesium Citrate)	125 mg	42 %
Molibden (as molibdenian sodu)	37.5 mcg	*
Zinc (as Zinc gluconate)	7.5 mg	50 %
Copper (as Copper gluconate)	1mg	*
Selenium (as Sodium Selenite)	60 mcg	*
Manganese (as Manganese gluconate)	2 mg	*
Chromium (as Chromium sulphate)	100 mcg	*
Also Contains:		
Choline Bitrartrate	5 mg	*
Quercetin	25 mg	*
Green Tea Extract	70 mg	*
Inositol	5 mg	*
Citrus Bioflavonoids (from Citrus Fruits)	12.5 mg	*
Lutein (from Marigold Flower Extract)	1 mg	*
Lycopene (from Tomato Extract)	2.5 mg	*
Alpha-Lipoic Acid	15 mg	*
Grape Seed Extract with Leucoanthocyanin	12.5 mg	*

* RDA not established