

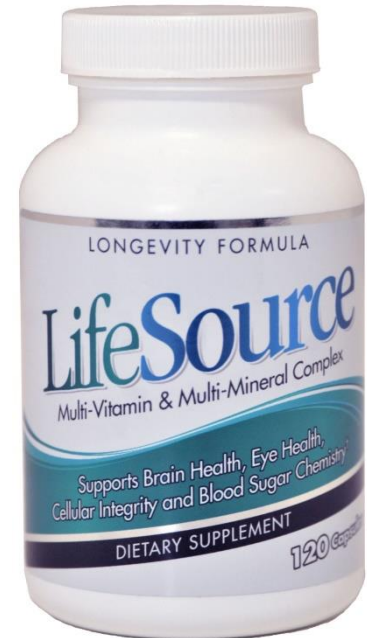
LifeSource™ white paper

“The most expensive multivitamin you’ll ever take is the one that doesn’t work.”

LifeSource™

LifeSource is a premium quality multivitamin / multiminerall formula that contains specialized nutrients that are proven to positively impact biological aging systems (brain health, eye health, cellular integrity and blood sugar chemistry).

With unmatched quality and performance, this synergistic formula contains optimal daily intakes or ODI’s of each vitamin and mineral. LifeSource also has the benefit of additional research revealing proven nutrients that impact the biological aging of various cells and genes throughout the body. Higher quality ingredients lead to better absorption by the body, increased health benefits, and a better value for your money. With the addition of four powerful longevity factors, such as Alpha Lipoic Acid, Resveratrol, Lutein and DMAE, you’ll understand why LifeSource is unmatched for quality and performance in the multivitamin category!



Longevity Components

In recent years, longevity (anti-aging) researchers have been able to identify the key mechanisms behind “cellular aging” and have isolated the factors that can slow or reverse those aging processes. The most important of these factors are actually determined by your environment, lifestyle and dietary choices. In other words, how “old” your body feels is largely determined by what you do to support your health on a daily basis.

LifeSource contains the following 4 longevity factors, each of which is briefly described below:

- **Alpha Lipoic acid** is a naturally occurring and essential cofactor in energy metabolism that also acts as one of the bodies most powerful antioxidants. Lipoic acid has been shown to help prevent both vitamin C and vitamin E deficiency as it helps keep water soluble and fat soluble antioxidants active over extended periods. Research also shows that lipoic acid may be a strong inhibitor of energy loss through aging, as it helps protect the bodies premiere energy factories—mitochondria—from decay.*
- **Resveratrol** is one of the most powerful antioxidants produced by the plant kingdom—found especially in grapes and red wine. It has been shown in studies to exert powerful positive effects on the heart and blood vessels by inhibiting the narrowing of arteries, keeping blood cells from sticking together. Harvard researchers have also discovered that Resveratrol has the ability to activate a “longevity gene,” which could possibly extend life span.”

- **Lutein** is a naturally occurring carotenoid (one of 600) which is found in green leafy vegetables like spinach and kale. Lutein is a very powerful antioxidant where eye health is concerned. Several studies indicate that the higher the lutein concentration in the macula, the lower the risk for age related eye disease such as **Macular Degeneration (AMD)**.
- **DMAE (Dimethylaminoethanol):** is a biochemical precursor to the neurotransmitter involved in memory—acetylcholine. DMAE is often referred to as the main “brain food” associated with fish consumption, as it is naturally occurring in fishes like sardines and anchovies. Studies have indicated that DMAE (in smaller dosages, as found in LifeSource) may be able to enhance brain function and overall mood. DMAE has also been shown to increase the lifespan of animals.*

Revolutionary multi-vitamin / multi-mineral product

With all the multi-vitamin / multi-mineral product choices in the marketplace today, LifeSource is one of the very few that offers a complete and balanced combination of high quality ingredients that deliver real results and at a reasonable price. But, don't take our word for it. Try LifeSource for yourself and experience the exciting health benefits a **true** high quality supplement can deliver to your body. And if you want to get the most benefits out of LifeSource, make sure you are using X2O in your water each and every day.

Supplemental Facts

Supplement Facts			
Serving Size: 4 Capsules • Servings Per Container: 30			
	Amount Per Serving	% DV*	
Vitamin A (as retinyl palmitate and 65% as beta-carotene with mixed carotenoids)	10,000 IU	200%	Phosphorus (as hydroxyapatite and dicalcium phosphate)
Vitamin C (as ascorbic acid, niacinamide ascorbate and calcium ascorbate)	500 mg	833%	Iodine (from kelp)
Vitamin D (as cholecalciferol)	400 IU	100%	Magnesium (as magnesium oxide and magnesium citrate)
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU	667%	Zinc (as zinc oxide and OptiZinc® monomethionine)
Vitamin K (as phytonadione)	25 mcg	31%	Selenium (as selenium methionine complex)
Thiamin (as thiamin mononitrate and thiamin cocarboxylase)	30 mg	2,000%	Copper (as copper sebacate)
Riboflavin (as riboflavin and riboflavin-5'-phosphate)	30 mg	1,765%	Manganese (as manganese citrate)
Niacin (as niacinamide and niacinamide ascorbate)	30 mg	150%	Chromium (as chromium ChromeMate® polynicotinate)
Vitamin B6 (as pyridoxine HCl and pyridoxal-5'-phosphate)	30 mg	1,500%	Molybdenum (as molybdenum chelate)
Folate (as folic acid)	800 mcg	200%	Potassium (as potassium citrate)
Vitamin B12 (as cyanocobalamin and cobamide)	100mcg	1,667%	Alpha-Lipoic acid
Biotin	300 mcg	100%	Resveratrol (from <i>Polygonum cuspidatum</i> root extract)
Pantothenic acid (as D-calcium pantothenate and pantethine)	50 mg	500%	Lutein
Calcium (as hydroxyapatite, dicalcium phosphate, calcium carbonate and calcium citrate)	500 mg	50%	DMAE bitartrate
			Greens Blend
			Alfalfa (leaf), spirulina, chlorella, dulse, wheat grass

*Daily Value not established

Other Ingredients: Gelatin, maltodextrin, magnesium stearate, and silica. Contains wheat.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.