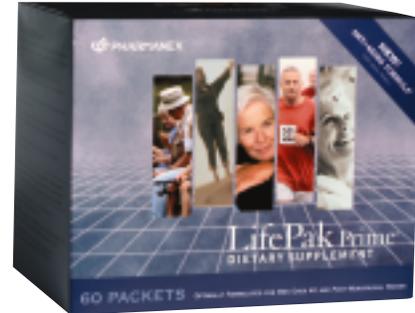


LifePak Prime®

OPTIMALLY FORMULATED FOR MEN OVER 40 AND POSTMENOPAUSAL WOMEN



Positioning Statement

LifePak Prime® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated to support longevity and wellness for the general health of men over 40 and postmenopausal women. LifePak Prime® provides a comprehensive array of antioxidants, vitamins, and minerals typically lacking in the average adult diet, as well as BioGinkgo® extract, glutathione, alpha-lipoic acid, coenzyme Q10, and grape seed extract to combat the effects of the normal aging process. In addition to meeting 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 Prime® provides a nutritional foundation for a long life—full of vitality and energy—free of many health issues associated with nutritional deficiencies. Convenient packaging of five gelatin capsules in a small sachet make it easy for all adults to take LifePak Prime® every day with morning and evening meals.*

Concept

Enjoying excellent health and staying healthy throughout one's lifespan begins with eating right. This is particularly important as women go through menopause and men surpass 40 years of age because several physiological and lifestyle changes significantly alter their nutritional needs. For example, there is a decreased ability for the body to assimilate certain nutrients, so there is an increased need for bone-related nutrients, heart and brain support, and antioxidants.

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 of people 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 Prime® 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 Prime® provides your body with optimal levels of nutrients that are essential for vigor and vitality.

Proven Science—The Measurable Difference

There are more than 200,000 published studies on the antioxidants in LifePak Prime® 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

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specific antioxidant and cardiovascular benefits from regular and consistent use of LifePak®.*

LifePak Prime® Addresses Specific Health Needs With Comprehensive Formulas in One Product

LifePak Prime® consists of individual product formulas scientifically combined into one convenient product. Each sachet contains one vitamin capsule, one phytonutrient capsule, and three mineral capsules.

Corrects Nutritional Deficiencies

LifePak Prime® improves the foundation of your daily health by supplying the body with over 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 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 Prime® provides key bone nutrients in clinically significant amounts to strengthen and maintain bone health. Bone minerals calcium (1000 mg) and magnesium (500 mg) are included in LifePak Prime® as the building blocks of bone health. LifePak Prime® 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 B₆, and zinc help to bolster the immune system and give your body the nutrients to perform optimally. LifePak Prime® contains optimal levels of these nutrients to support the normal function of the immune system and keep the body healthy.*

Supports Blood Sugar Metabolism

LifePak Prime® 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 Prime® 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 Prime® is clinically proven to make LDL particles more resistant against oxidation by free radicals.*

Helps Protect the Body Against the Symptoms of Aging

LifePak Prime® contains proprietary Tëgreen 97®, one of the most powerful antioxidants on earth, to address the central cause of aging—cellular DNA damage. 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 Prime® 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) is more effective in combating these damaging molecules. The body relies on a steady supply of dietary antioxidants to maintain optimal health. LifePak Prime® 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 Prime® 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 Prime® supplies these nutrients in significant amounts, with bioavailable formulas and ingredients. Used together, LifePak Prime® and MarineOmega constitute the most comprehensive anti-aging supplement program available.*

Primary Benefits

- Offers superior anti-aging benefits and cell protection against damaging free radical attacks by providing the body with important antioxidants and phytonutrients such as alpha-lipoic acid and catechins*
- Supplies B₆, B₁₂, zinc, and an optimal level of bone nutrients for specific needs of individuals over age 40*
- 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*

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LifePak Prime®

- Supports normal blood sugar metabolism*
- Corrects nutritional deficiencies*

What Makes This Product Unique?

- Supplies targeted nutrients for men over 40 and postmenopausal women, such as turmeric, milk thistle, and coenzyme Q10 for increased heart function*
- LifePak® was the first comprehensive dietary supplement to show antioxidant benefits in double-blind, placebo-controlled studies
- LifePak Prime® provides clinically-significant amounts of essential vitamins and minerals typically lacking in the diet*
- LifePak Prime® promotes your entire antioxidant defense network to protect against free radical damage*
- LifePak Prime® provides a wide range of antioxidants for optimal benefit*
- Provides significant doses of antioxidant vitamins, mineral cofactors, broad spectrum carotenoid blend, over 20 flavonoids, and scientifically advanced antioxidants, such as alpha-lipoic acid
- Conveniently packaged sachet goes with you and your busy lifestyle

Who Should Use This Product?

Men over 40 and postmenopausal woman concerned with improving their health should take LifePak Prime®

Did You Know?

- Normal aging and many medications alter smell and taste sensations, contributing to poor diets in older populations
- Persons aged 65 years and older are the fastest growing population in the United States
- Almost 80% of females do not get the recommended daily amount of calcium
- Today, people are living 30 years longer than a century ago
- The DNA in each cell of your body receives 70,000 free radical hits per day

Frequently Asked Questions

Why should I take LifePak Prime® with MarineOmega?

LifePak Prime® 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 Prime® by enhancing nutrient bioavailability and absorption for maximum health benefits.

Why is it important to take LifePak Prime® twice a day?

LifePak Prime® 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 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. These antioxidants work synergistically to protect all of the delicate DNA tissue in the body from free radical attack. 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 Prime®, LifePak®, 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 recommend for adults 18 to 40 years of age.
LifePak® is a comprehensive nutritional wellness program containing a broad range of antioxidants and all the essential and beneficial micronutrients.*
- LifePak Prime® has been formulated to meet the specific needs of men age 40 and older and postmenopausal women. It contains additional amounts of calcium, magnesium, vitamin D, and phosphorous. It also contains additional antioxidants such as glutathione and coenzyme Q10, which have been shown to provide additional support as we age.*
- LifePak Women® is formulated for pre- and perimenopausal women. LifePak Women® contains additional bone nutrients and provides evening primrose oil (EPO) and borage seed oil (BSO), both of which contain gamma-linoleic acid, an essential fatty acid beneficial to women's health. Cranberry has also been included in this formula.*
- LifePak® PreNatal is formulated for pregnant or lactating women. Levels of nutrients shown to benefit developing fetuses have been increased, such as calcium, iron, inositol, and folate.*

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.

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- 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.
- Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. J Am Med Assoc. 2002 Jun 19; 287(23):3127-9.
- 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.
- Nelson JL, Bernstein PS, Schmidt MC, et al. Dietary modification and moderate antioxidant supplementation differentially affect serum carotenoids, antioxidant levels and markers of oxidative stress in older humans. J Nutr. 2003 Oct; 133(10):3117-23.

Directions for Use

Take one (1) packet twice daily with eight (8) ounces of liquid during your morning and evening meals. Store in a cool, dry place.

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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 Serving		%Daily Value*
Vitamin A (83% as Beta-Carotene from Palm Fruit and Blakeslea trispora Extracts, Vitamin A Palmitate)	7500 IU	150%
Vitamin D (as Cholecalciferol)	300 IU	75%
Vitamin C (as Calcium Ascorbate)	250 mg	417%
Vitamin E (as d-Alpha Tocopheryl Acetate, Beta, Gamma, Delta Tocopherols, Tocotrienols)	150 IU	500%
Vitamin K (as Phyttonadione)	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 B ₆ (as Pyridoxine Hydrochloride)	5 mg	250%
Folate (as Folic Acid)	300 mcg	75%
Vitamin B ₁₂ (as Cyanocobalamin)	30 mcg	500%
Biotin (as Biotin)	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Tricalcium Phosphate, Calcium Carbonate, Calcium Propionate, Calcium Ascorbate)	500 mg	50%
Phosphorus (as Tricalcium Phosphate)	100 mg	10%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Chelate, Magnesium Oxide)	250 mg	62%
Zinc (as Zinc Chelate)	10 mg	67%
Selenium (as L-Selenomethionine, Sodium Selenite)	70 mcg	100%
Copper (as Copper Chelate)	1 mg	50%
Manganese (as Manganese Chelate)	1 mg	50%
Chromium (as Chromium Chelate)	100 mcg	83%
Molybdenum (as Molybdenum Chelate)	37.5 mcg	50%
Polyphenol and Flavonoid Blend	110 mg	
Catechins (from Camellia sinensis) Leaf Extract (20:1)	(45 mg)	*
Grape Seed Extract (min. 92% Polyphenols)	(25 mg)	*
Quercetin	(25 mg)	*
Citrus Bioflavonoids (from Citrus Fruits)	(12.5 mg)	*
Isoflavones (from Soy Extract)	(2.5 mg)	*
Glucosamine (as Glucosamine Hydrochloride)	100 mg	*
Alpha-Lipoic Acid	25 mg	*
n-Acetyl-L-Cysteine	25 mg	*
Milk Thistle Extract (Silybum marianum, 80% Silymarin), Fruit	25 mg	*
BioGinkgo® 27/7 (Ginkgo biloba) Leaf Extract	20 mg	*
Coenzyme Q-10 (Ubiquinone)	10 mg	*
Inositol (as Inositol)	5 mg	*
Silicon (as Sodium Metasilicate)	5 mg	*
Reduced L-Glutathione	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 (as Lutein Ester from Marigold Flower Extract (100:1-2))	(1 mg)	*
Boron (as Boron Citrate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

*Daily Value not established.

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