

# LifePak Teen™

**IDEALLY FORMULATED FOR ADOLESCENTS AGES 9–18\***



## Positioning Statement

LifePak Teen™ is a comprehensive dietary supplement that protects and nourishes growing bodies between the ages of 9 to 18 with a broad spectrum of antioxidants, vitamins, minerals, and trace elements. LifePak Teen™ is high in antioxidant vitamins, including all-natural vitamin E, beta-carotene, and buffered vitamin C. It also provides optimum amounts of bone-building calcium (500 mg) and magnesium (200 mg).\*

## Concept

An expert panel from the Institute of Medicine, part of the National Academies, says that a complex set of factors, including unhealthy eating habits, industry promotion of junk food, widespread elimination of school physical education classes, and a sedentary lifestyle marked by hours in front of television and video games, has caused 16% of the nation's children to become overweight. Moreover, it has been shown that adolescents are deficient in several essential vitamins and minerals, including calcium, magnesium, and iron.

It is a well-established fact that multivitamin and mineral supplements (MVMS) are beneficial in those suffering from nutrient deficiencies. A recent study in healthy individuals, however, showed that use of MVMS is safe and beneficial to those who aren't deficient as well. The article, published in the Journal of American Medical Association (JAMA), stated that healthy individuals can derive benefit from regular use of multivitamin and mineral supplements and even encourages everyone to use some sort of MVMS daily.

## Primary Benefits

- Powerful antioxidants protect young growing bodies from free radical damage\*
- Rich in calcium (500 mg) and magnesium (200 mg) to help promote normal bone growth and strength\*
- Supports immune function for better health\*

- Delivers a broad-spectrum of health-maintaining trace minerals such as iron\*
- Balanced B-vitamins support normal cellular metabolism\*

## What Makes This Product Unique?

- High in antioxidant vitamins, including all-natural beta-carotene, vitamin E, and buffered vitamin C, LifePak Teen™ promotes your entire antioxidant defense network to protect against free radical damage\*
- LifePak Teen™ provides clinically-significant amounts of all the essential vitamins and minerals\*
- LifePak Teen™ is specifically designed to meet the needs of children 9 to 18 years of age

## Who Should Use This Product?

Children and teenagers 9 to 18 years of age should take LifePak Teen™

## Did You Know?

- 50% of our total bone mass is accumulated during the adolescent years making calcium status in youth important to long-term bone health
- Almost 80% of females do not get the recommended daily amount of calcium
- The DNA in each cell of your body receives 70,000 free radical hits per day.

## Frequently Asked Questions

### *What ingredients does this product have?*

LifePak Teen™ is high in antioxidant vitamins, including all-natural vitamin E, beta-carotene, and buffered vitamin C. It provides optimum amounts of bone-building calcium (500 mg) and magnesium (200 mg). LifePak Teen™ protects and nourishes growing bodies with a broad spectrum of antioxidants, vitamins, minerals, and trace minerals like iron. The product also has a balanced B-vitamin formula.\*

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

# LifePak Teen™

## How does this product work?

LifePak Teen™ addresses all of the frequently encountered vitamin and mineral deficiencies of teenagers, especially vitamin A, vitamin E, vitamin B6, calcium, magnesium, iron (critical for girls), and zinc. LifePak Teen™ provides the right nutrients in the right amount.

## Why is our product unique?

This comprehensive supplement is designed to meet the specific nutritional needs of teens. LifePak Teen™ provides four complete formulas in one—optimum-potency antioxidant formula, balanced B-vitamin formula, complete bone support formula, and a complete trace element formula. This product offers a broad spectrum of essential nutrients paramount to developing bodies. LifePak Teen™ provides high quality nutrient sources, such as natural vitamin E (mixed tocopherols), natural beta-carotene, and buffered vitamin C. Unlike other products, LifePak Teen™ gives the right nutrients in just the right amount, with nutrient levels in relation to typical intake.\*

## Is this product safe?

All vitamin and mineral levels in LifePak Teen™ are below the NOAEL (No Observed Adverse Effect Level) established by the CRN (Council for Responsible Nutrition, 1998).

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## Key Scientific Studies

1. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. J Am Med Assoc, 2002 Jun 19; 287(23):3127-9.
2. 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.

## Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Vitamin A (as Vitamin A Palmitate, 50% as Beta Carotene (from Blakeslea trispora)	5000 IU	100%
Vitamin C (as Calcium Ascorbate)	100 mg	167%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as Mixed Natural Tocopherols)	50 IU	167%
Vitamin K (as Phytonadione)	20 mcg	25%
Thiamin (as Thiamine Mononitrate)	1.5 mg	100%
Riboflavin (as Riboflavin)	1.7 mg	100%
Niacin (as Niacin, Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	5.0 mg	250%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin (as Biotin)	150 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate, Calcium Ascorbate)	250 mg	25%
Iron (as Iron Chelate)	4.5 mg	25%
Iodine (as Potassium Iodide)	37.5 mcg	25%
Magnesium (as Magnesium Chelate, Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Chelate)	7.5 mg	50%
Selenium (as L-Selenomethionine, Sodium Selenite)	35 mcg	50%
Copper (as Copper Chelate)	1.0 mg	50%
Manganese (as Manganese Chelate)	2.0 mg	100%
Chromium (as Chromium Chelate)	60 mcg	50%
Molybdenum (as Molybdenum Chelate)	37.5 mcg	50%
Boron (as Boron Citrate)	1.5 mg	*
Silicon (as Sodium Metasilicate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Maltodextrin, Magnesium Stearate, Silicon Dioxide.

## Directions for Use

Take two (2) capsules twice daily with eight (8) ounces of liquid during 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.

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