

LifePak Women®

VITAMIN AND MINERAL SUPPLEMENT



Positioning Statement

LifePak Women® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated to support longevity and wellness. LifePak Women® provides a comprehensive array of antioxidants, vitamins, and minerals typically lacking in the average adult woman’s diet, and specifically supplies additional calcium, magnesium, silicon, and vitamin B₆ for optimal health. Other important health benefits include powerful antioxidant support to protect cells, immune system support, cardiovascular health support, blood sugar metabolism support, complete bone nutrition, as well as support normal energy metabolism and promote neural tube health in developing babies. Used with Pharmanex® MarineOmega, LifePak Women® 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 four gelatin capsules in a small sachet make it easy to take LifePak Women® 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 eating a diet rich in fruits and vegetables with the prevention of 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 Women® Dietary Supplement

Pharmanex® LifePak Women® is a comprehensive dietary supplement of important antioxidants and phytonutrients, vitamins, minerals, and other metabolic cofactors that promote longevity and wellness. Targeting needs at the cellular level, LifePak Women® provides your body with optimal levels of nutrients that are essential for vigor and vitality. LifePak Women®’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 Women® 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. Healthful diets with adequate folate may reduce a woman’s risk of having a child with a brain or spinal cord defect. These health benefits are the result of millions of hours of research and development across the world.*

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LifePak Women®

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 subjected to several double-blind clinical studies that have demonstrated specific antioxidant and cardiovascular benefits from use of LifePak®.

LifePak Women® Addresses Specific Health Needs With Comprehensive Formulas In One Product

LifePak Women® is really many 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 Women® 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 Women® 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 Women® as the building blocks of bone health. LifePak Women® 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 Women® 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 Women® 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.

Helps Protect Your Body With Cardiovascular Nutrients

LifePak Women® provides the optimum amounts of more than 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 Women® is clinically proven to make LDL particles more resistant against oxidation by free radicals.

Helps Protect Your Body Against the Symptoms of Aging

LifePak Women® contains proprietary Têgreen 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 Women® contains over 40 antioxidants (including proprietary Têgreen 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 Women® 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 Women® 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 Women® supplies these nutrients in clinically significant amounts with the most bioavailable formulas and ingredients. Used together, LifePak Women® and MarineOmega constitute the most comprehensive anti-aging supplement program available.

Primary Benefits

- Supplies an optimal level of bone nutrients*
- 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*
- Improves and supports your antioxidant defense network*

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LifePak Women®

- Supplies a comprehensive blend of nutrients to support a healthy cardiovascular system*
- Promotes healthy immune function*
- Supports normal blood sugar metabolism*
- Corrects nutritional deficiencies*

What Makes This Product Unique?

- Formulated to address the unique nutritional issues of women with clinically proven nutrients
- Contains safe levels of vitamin A for women of child bearing years
- LifePak® was the first comprehensive dietary supplement to show antioxidant benefits in double-blind, placebo-controlled studies
- LifePak Women® provides clinically-significant amounts of all of the essential vitamins and minerals
- LifePak Women® promotes your entire antioxidant defense network to protect against free radical damage*
- LifePak Women® 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
- LifePak Women® is scientifically proven and highly researched, with over 200,000+ published studies on the LifePak Women® antioxidants and nearly 800,000 published studies on all LifePak Women® ingredients
- Conveniently packaged sachet goes with you and your busy lifestyle

Who Should Use This Product?

Pre- and perimenopausal women concerned with improving their health should take LifePak Women®.

Did You Know?

- By age 18, female bone growth is nearly complete, with minor accumulations in bone density occurring until around the age of 30
- 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
- Today, people are living 30 years longer than a century ago
- More than 9.8 billion LifePak® capsules and tablets have been sold since 1992

Frequently Asked Questions

Why should I take LifePak Women® with MarineOmega?

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

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

LifePak® 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 Women®?

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 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 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. Moreover, because of this antioxidant network, humans have a need to supplement a broad range of antioxidants into the diet, as found in the LifePak Women® 40+ antioxidants.

Can I take LifePak Women® if I am pregnant?

While many pregnant women take LifePak Women® without complications, it is advised on the package label that pregnant women consult with their physician before taking any of the Pharmanex® supplements. LifePak PreNatal® is an optimal dietary supplement designed to help meet the basic and specific nutrient requirements for pregnant and lactating women.

What is the difference between LifePak Women®, LifePak Prime®, LifePak®, 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 Prime® has been formulated to meet the specific needs of men age 40 and older and postmenopausal women.

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LifePak 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.

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.

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.

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 C (as Calcium Ascorbate)	250 mg	417%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Acetate, Beta, Gamma, Delta Tocopherols, Tocotrienols)	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 B ₆ (as Pyridoxine Hydrochloride)	10 mg	500%
Folate (as Folic Acid)	300 mcg	75%
Vitamin B ₁₂ (as Cyanocobalamin)	15 mcg	250%
Biotin (as Biotin)	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate, Tricalcium Phosphate, Calcium Propionate, Calcium Ascorbate)	500 mg	50%
Phosphorus (as Tricalcium Phosphate)	100 mg	10%
Iron (as Iron Chelate)	5 mg	28%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Chelate Magnesium Oxide)	250 mg	62%
Zinc (as Zinc Chelate)	7.5 mg	50%
Selenium (as L-Selenomethionine Sodium Selenite)	70 mcg	100%
Copper (as Copper Chelate)	0.5 mg	25%
Manganese (as Manganese Chelate)	1 mg	50%
Chromium (as Chromium Chelate)	100 mcg	83%
Molybdenum (as Molybdenum Chelate)	37.5 mcg	50%
Cranberry Powder	200 mg	*
Inositol (as Inositol)	125 mg	*
Polyphenol and Flavonoid Blend	107.5 mg	*
Catechins (from Camellia sinensis) Leaf Extract (20:1)	(45 mg)	*
Quercetin	(25 mg)	*
Grape Seed Extract (min. 95% Polyphenols)	(12.5 mg)	*
Citrus Bioflavonoids (from Citrus Fruits)	(12.5 mg)	*
Isoflavones (from Soy Extract)	(12.5 mg)	*
Evening Primrose Oil Powder with Gamma Linolenic Acid (Seed)	75 mg	*
Borage Seed Oil Powder with Gamma Linolenic Acid	75 mg	*
Alpha-Lipoic Acid	15 mg	*
Silicon (as Sodium Metasilicate)	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.

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

