

LifePak PreNatal®

OPTIMALLY FORMULATED FOR PREGNANT OR LACTATING WOMEN



Positioning Statement

LifePak PreNatal® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated to support the additional nutritional needs of pregnant or lactating women.

LifePak PreNatal® provides a comprehensive array of antioxidants, vitamins, and minerals typically lacking in the average adult diet, in a safe, tested formula mothers can feel confident about taking every day. In addition to meeting common nutritional deficiencies, the many health benefits of LifePak PreNatal® include supporting normal hormone function, supporting normal blood flow, promoting neural tube health in developing babies, providing antioxidant support to protect cells, as well as immune system support, promotion of cardiovascular health, blood sugar metabolism support, and complete bone nutrition. Used with Pharmanex® MarineOmega, LifePak PreNatal® provides a nutritional foundation for a long life—full of vitality and energy—free of debilitating conditions associated with nutritional deficiencies. Convenient packaging of three gelatin capsules in a small sachet make it easy to take LifePak PreNatal® 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 for pre-pregnant, pregnant, and lactating women, because several physiological and lifestyle changes significantly alter their nutritional needs throughout this stage of life. For example, pregnant women need extra iron, folate, manganese, and inositol. These nutrients are crucial for healthy development of baby and mother. In fact, research shows that healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

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. 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 also 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 PreNatal® Dietary Supplement

Pharmanex's LifePak PreNatal® is a safe, effective dietary supplement providing important antioxidants, phytonutrients, vitamins, minerals, and other metabolic cofactors that support the nutritional needs of pregnant or lactating women and help promote longevity and wellness. Targeting needs at the cellular level, LifePak PreNatal® provides your body with optimal levels of nutrients that are essential for vigor and vitality. LifePak PreNatal® provides folate to promote neural tube health in developing babies, supplies inositol for normal hormone function, provides iron and zinc to support normal blood flow, provides antioxidant protection, provides immune system

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support, promotes cardiovascular health, supports normal blood sugar metabolism, and offers complete bone nutrition.*

Additionally, LifePak PreNatal® helps maintain healthy eyesight, promotes skin function and protection, supports energy metabolism, and helps maintain mental performance. These health benefits LifePak PreNatal® provides are the result of millions of hours of research and development across the world.*

Proven Science—The Measurable Difference

There are over 200,000 published studies on the antioxidants in LifePak® and nearly 800,000 published studies on its comprehensive list of 59+ ingredients (note that LifePak PreNatal® has safe levels of 35 ingredients formulated specifically for mothers). Furthermore, LifePak® has been subjected to several clinical studies that have demonstrated specific antioxidant and cardiovascular benefits from regular and consistent use of LifePak®.*

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

LifePak PreNatal® consists of individual product formulas scientifically combined into one convenient product. Each sachet contains one vitamin/phytonutrient capsule and two mineral capsules.

Corrects Nutritional Deficiencies

LifePak PreNatal® 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 (vitamin 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 PreNatal® provides key bone nutrients in clinically significant amounts to strengthen and maintain bone health. Bone minerals calcium (650 mg) and magnesium (350 mg) are included in LifePak PreNatal® as the building blocks of bone health. LifePak PreNatal® 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 PreNatal® contains optimal levels of these nutri-

ents to support the normal function of the immune system and keep the body healthy.*

Supports Blood Sugar Metabolism

LifePak PreNatal® helps maintain normal blood sugar levels, glucose tolerance and insulin metabolism by supplying the body with optimum amounts of chromium, vitamin C, vitamin E, magnesium, and zinc—important nutrients clinically shown to support normal blood sugar metabolism.*

Helps Protect the Body with Cardiovascular Nutrients

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

Helps Protect the Body Against the Symptoms of Aging

LifePak PreNatal® contains antioxidants 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 an Antioxidant Network

LifePak PreNatal® contains many antioxidants 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.

The Leader in Nutritional Supplementation

LifePak PreNatal® provides important vitamin, mineral, phytonutrient, and antioxidant micronutrients for the day-to-day health needs of the human body. LifePak PreNatal® supplies these nutrients in safe, clinically significant amounts, with bioavailable formulas and ingredients.*

Primary Benefits

- Provides folate, which when taken before conception and in early pregnancy, can help promote the healthy development of the brain and spinal cord*
- Provides inositol, important for normal hormone function*
- Provides calcium and magnesium for comprehensive bone nutrition support*

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- Provides safe, effective amounts of essential vitamins and minerals necessary for the general health and wellness of pregnant and lactating women
- Improves and supports your antioxidant defense network*
- 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?

- LifePak PreNatal® provides safe, yet nutritionally significant levels of essential vitamins, minerals, and antioxidants*
- LifePak PreNatal® is specifically designed with appropriate folate, iron, zinc, calcium, manganese, and inositol levels

Who Should Use This Product?

LifePak PreNatal® is an optimal dietary supplement designed to help meet the basic and specific nutrient requirements for pregnant and lactating women.*

Did You Know?

- Almost 80% of females do not get the recommended daily amount of calcium
- Neural tube defects are the most common type of birth defect
- In the United States about 2,500 babies are born each year with neural tube defects

Frequently Asked Questions

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

The LifePak® Family 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 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 that 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® 40+ antioxidants.*

What is the difference between LifePak®, LifePak Prime®, 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 18-40 years of age.
- LifePak Prime® has been formulated to meet the specific needs of men age 40 and older and postmenopausal women.
- LifePak Women® is formulated for pre- and perimenopausal women.
- LifePak PreNatal® is formulated for pregnant or lactating women.

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.
3. Hoag SW, Ramachandrani H, Shangraw RF. Failure of prescription prenatal vitamin products to meet USP standards for folic acid dissolution. J Am Pharm Assoc. 1997 Jul–Aug; NS37(4):397–400.
4. 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.
5. 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.
6. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. J Am Med Assoc. 2002 Jun 19; 287(23):3127–9.

LifePak PreNatal®

Supplement Facts

Serving Size One Packet

Amount Per Serving	%Daily Value*
Vitamin A (as Vitamin A Palmitate, 5000 IU 50% as Beta Carotene from Dunaliella salina)	63%
Vitamin C (as Calcium Ascorbate) 150 mg	250%
Vitamin D (as Cholecalciferol) 200 IU	50%
Vitamin E (as D-Alpha Tocopheryl Succinate) 75 IU	250%
Thiamin (as Thiamine Mononitrate) 1.7 mg	100%
Riboflavin (as Riboflavin) 2 mg	100%
Niacin (as Niacin, Niacinamide) 20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride) 2.5 mg	100%
Folate (as Folic Acid) 400 mcg	50%
Vitamin B12 (as Cyanocobalamin) 8 mcg	100%
Biotin (as Biotin) 150 mcg	50%
Pantothenic Acid 10 mg (as D-Calcium Pantothenate)	100%
Calcium (as Calcium Carbonate, 325 mg Calcium Citrate, Calcium Chelate)	25%
Iron (as Iron Chelate) 15 mg	83%
Iodine (as Potassium Iodide) 75 mcg	50%
Magnesium (as Magnesium Aspartate, 175 mg Magnesium Oxide, Magnesium Chelate)	39%
Zinc (as Zinc Chelate) 10 mg	67%
Copper (as Copper Chelate) 1 mg	50%
Inositol 250 mg	**
Manganese (as Manganese Chelate) 1.5 mg	**
Boron (as Boron Citrate) 1.5 mg	**
Lutein (from Marigold Flower Extract) 1 mg	**
Lycopene (from Tomato Extract) 0.5 mg	**
Chromium (as Chromium Chelate) 90 mcg	**
Molybdenum (as Molybdenum Chelate) 37.5 mcg	**
Selenium (as L-Selenomethionine) 35 mcg	*
Vitamin K1 (as Phytonadione) 20 mcg	**
Vanadium (as Vanadyl Sulfate) 10 mcg	**

* Daily Value for pregnant or lactating women.

** Daily Values not established.

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

Directions for Use

Recommended adult use—Two packets daily. Take the contents of one (1) LifePak PreNatal® packet with eight (8) ounces of liquid with your morning and evening meals.

Warnings

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.