

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-lipoid 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 Pharmed® 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 lifetime 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 vitamins and mineral supplements.”

Making a better effort to consume whole, fresh foods in the right proportion 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®

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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 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 individuals 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-lipoid 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 Tēgreen 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 Tēgreen 97[®]) for cell health. Pollution, stress, and rundown 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 over 20 flavonoids (including catechins and over 10 grape seed polyphenols), and alpha-lipoc 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 antiaging supplement program available.*

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PRIMARY BENEFITS AND FEATURES

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

WHAT MAKES THIS PRODUCT UNIQUE?

- LifePak was the first comprehensive dietary supplement to show antioxidant benefits in double-blind, placebo-controlled studies.
- LifePak provides clinically significant amounts of essential vitamins and minerals typically lacking in the average diet.*
- LifePak promotes your entire antioxidant defense network to protect against free radical damage.*
- LifePak provides a wide range of antioxidants for optimal benefits.*
- LifePak provides significant doses of antioxidant vitamins, mineral cofactors, a broad spectrum carotenoid blend, more than 20 flavonoids, and scientifically advanced antioxidants, such as alpha-lipoic acid, resveratrol, and quercetin*.
- LifePak is scientifically validated.
- The conveniently packaged sachet goes with you and your busy lifestyle.

WHO SHOULD USE THIS PRODUCT?

Men over 40 and postmenopausal women 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 10,000 free radical hits per day

FREQUENTLY ASKED QUESTIONS

Why should I take LifePak with MarineOmega?

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

Why is it important to take LifePak twice a day?

LifePak 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 are the 40+ antioxidants in LifePak?

Beta-carotene, lycopene, lutein, alpha-carotene, beta-cryptoxanthin, zeaxanthin, buffered vitamin C, selenium, copper, zinc, manganese, quercetin, naringenin, hesperidin, alpha-lipoic acid, six catechins {epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECg), epigallocatechin gallate (EGCg), DL-catechin (DL-C), gallic acid (GCG)s}, all eight forms of natural vitamin E (alpha-tocopherol, beta-tocopherol, gamma-tocopherol, delta-tocopherol, alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol), resveratrol polyphenols (trans-resveratrol, cis-resveratrol, trans-piceid, cis-piceid), and more than 10 grape seed polyphenols (catechin, epicatechin and gallic acid epigallocatechin 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. Moreover, because of this antioxidant network, humans have a need to supplement a broad range of antioxidants into the diet, such as the 40+ antioxidants found in LifePak*.

What is the difference between LifePak, LifePak Women, LifePak Prime, LifePak PreNatal, and lifepak nano?

Although LifePak can be taken by all healthy adults, Pharmanex has tailored unique formulations to meet the specific nutritional needs of women, pregnant women, and men and women over the age of 40. LifePak Women contains

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all the same nutrients as regular LifePak with the addition of cranberry (urinary track health), additional bone nutrients, GLA (hormone support), and iron (to support menses). LifePak PreNatal has been formulated to include only nutrients studied during pregnancy, and therefore does not contain the full spectrum of phytonutrients found in LifePak. Special attention was given to provide impressive levels of nutrients necessary during pregnancy like iron and folic acid, expertly blended with nutrient sources that ensure good digestive tolerance. LifePak Prime is intended for men over the age of 40 and postmenopausal women. It shares the same nutrient profile as regular LifePak but delivers increased amounts of nutrients for additional joint, heart, bone, brain, and energy support. Lastly, lifepak nano delivers the benefits of LifePak, LifePak Women, and LifePak Prime, but with the exciting addition of nanotechnology and the convenience of MarineOmega all in a twin sachet.*

Which LifePak supplement should I take?

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[®] nano is the most comprehensive LifePak product and includes nanotechnology and omega-3 fatty acids not found in other LifePak products. It is formulated for all adults 18 and up.
- LifePak[®] is recommend for adults 18 to 40 years of age.
- LifePak[®] Women is formulated for premenopausal and perimenopausal women.
- LifePak[®] Prime is formulated to meet the specific needs of men age 40 and older and post-menopausal women.
- LifePak[®] PreNatal is formulated for pregnant or lactating women.
- LifePak[®] Teen is formulated for children and teenagers 9 to 17 years of age.
- Jungamals[®] (LifePak for kids) is formulated for children ages 2 to 8.

DIRECTIONS FOR USE

Take one (1) packet twice daily with eight (8) ounces of liquid with your morning and evening meals. For optimal results, take with Pharmanex[®] MarineOmega and g3. 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.

CONTAINS: Fish (Cod, Pollack, Haddock, Hake, Cusk, Redfish, Sole, Flounder), Shellfish (Shrimp, Crab), & Soy.

KEY SCIENTIFIC STUDIES

1. Smidt, C.R.; Seidehamel, R.J.; 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. Louis J, Hausswirth C, Bieuzen F, Brisswalter J. Vitamin and mineral supplementation effect on muscular activity and cycling efficiency in master athletes. *Appl Physiol Nutr Metab*. 2010 Jun;35(3):251-60.
3. Fulgoni VL 3rd, Keast DR, Bailey RL, Dwyer J. Foods, fortificants, and supplements: Where do Americans get their nutrients? *J Nutr*. 2011 Oct;141(10):1847-54.
4. McKay, D.L., 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.

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Supplement Facts

Serving Size 1 Packet

Amount per Packet	% Daily Value	
Total Calories	5	
Protein	1 g	
Vitamin A (83% as Beta Carotene (1875 mcg RAE) from <i>Blakeslea trispora</i> , and Vitamin A palmitate (375 mcg RAE))	2250 mcg RAE	250%
Vitamin C (as Calcium Ascorbate)	250 mg	278%
Vitamin D (as Cholecalciferol)	7.5 mcg (300 IU)	38%
Vitamin E (as D-Alpha Tocopheryl, Acetate, Alpha, Beta, Gamma, Delta Tocopherols, Tocotrienols)	101 mg	673%
Vitamin K (as Phytonadione)	20 mcg	17%
Thiamin (as Thiamine Mononitrate)	3.75 mg	313%
Riboflavin (as Riboflavin)	4.25 mg	327%
Niacin (as Niacin, Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate 500 mcg DFE (300 mcg Folic Acid)		125%
Vitamin B12 (as Cyanocobalamin)	30 mcg	1250%
Biotin (as Biotin)	150 mcg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	15 mg	300%
Calcium (as Tricalcium Phosphate, Calcium Carbonate, Dicalcium Malate, Calcium Ascorbate)	500 mg	38%
Phosphorus (as Tricalcium Phosphate)	100 mg	8%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Oxide, Magnesium Bisglycinate)	250 mg	60%
Zinc (as Zinc Bisglycinate)	10 mg	91%
Selenium (as L-Selenomethionine, Sodium Selenite)	70 mcg	127%
Copper (as Copper Bisglycinate)	1 mg	111%
Manganese (as Manganese Bisglycinate)	1 mg	43%
Chromium (as Chromium Nicotinate Glycinate)	100 mcg	286%
Molybdenum (as Molybdenum Bisglycinate)	37.5 mcg	83%
Polyphenol and Flavonoid Blend	110 mg	
Catechins (from <i>Camellia sinensis</i> Leaf Extract)	(45 mg)	*
Grape Seed Extract	(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, 65% Silymarin), Fruit	25 mg	*
Ginkgo (<i>Ginkgo biloba</i>) Leaf Extract (27% flavone glycosides and 7% terpene lactones)	20 mg	*
CoQ10 (Ubiquinone)	10 mg	*
Inositol	5 mg	*
Reduced L-Glutathione	5 mg	*
Carotenoid Blend	3.5 mg	*
Lycopene	(2.5 mg)	*
Lutein (from Marigold Flower Extract)	(1 mg)	*
Boron (as Boron Citrate)	1.5 mg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: GELATIN, CROSCARMELLOSE SODIUM, MICROCRYSTALLINE CELLULOSE, STEARIC ACID, MAGNESIUM STEARATE, SILICON DIOXIDE, TITANIUM DIOXIDE.

CONTAINS: Fish (Cod, Pollack, Haddock, Hake, Cusk, Redfish, Sole, Flounder), Shellfish (Shrimp, Crab), & Soy.