

LIFESOURCE VITAMINS

**REACH WIDE
GROW DEEP
UNLEASH COMPASSION**

*FROM THE NUTRIENTS WE CHOOSE, TO THE WAY WE RUN OUR BUSINESS...
WE ARE A COMPANY THAT ANSWERS TO GOD IN ALL WE DO!
SINCE 1992*

LIFESOURCE VITAMINS



Bruce Brightman, Founder

26 Years and counting...

Our core beliefs have never changed. We believe in commitment to charity, health and most importantly honoring God. By committing ourselves to a greater cause, we've been able to help fund major Christian outreach organizations worldwide, at the same time providing customers with superior, whole food based multivitamins and nutritional supplements to help people live longer and healthier lives.

In 1992, we started out with just one product: our flagship Multivitamin that is still our #1 supplement today. Today, we work with a team of doctors, pharmacists and nutritionists to create and perfect over 400 types of high-quality natural supplements, all designed to work together with your body's chemistry at the cellular level.

We're passionate about living longer and healthier lives so we can fund missions that spread love, kindness and the hope that only Jesus Christ can deliver all around the world. We invite you to join us now by making LifeSource Vitamins your natural health source.

When you buy from us, 100% of the proceeds go to supporting fine organizations including:

- Campus Crusade for Christ (CRU)
- The Jesus Film Project
- Samaritan's Purse
- Compassion International
- St. Jude Children's Research Hospital
- The Tim Tebow Foundation - and numerous other great organizations.

Vitamins & Supplements for a cause!

THE STATEMENTS IN THIS CATALOG HAVE NOT BEEN EVALUATED BY THE FDA. WE BELIEVE THE NUTRITIONAL SUPPLEMENTS AND INFORMATION OFFERED IN THIS CATALOG CAN BENEFIT YOUR ATHLETIC PERFORMANCE AND LONG TERM HEALTH. OUR PRODUCTS DO NOT SERVE AS A REPLACEMENT FOR ANY TREATMENT PROGRAM PRESCRIBED OR RECOMMENDED BY A PHYSICIAN OR HEALTHCARE PROFESSIONAL. COMBINED WITH FUNCTIONAL FOODS, LIFESOURCE PRODUCTS ARE AMONG THE BEST DIETARY SUPPLEMENTS AVAILABLE. HEALTHY NUTRITION AND PHYSICAL EXERCISE ARE KEYS TO LONG TERM HEALTHY LIVING. ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE

5-HTP

60 Veg Caps — \$19.99 PER BOTTLE



- Enhances sleep
- Relieves symptoms of seasonal affective disorder
- Relieves anxiety
- Cognitive enhancement

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings per Container: 60
Amt/Serving DV%*	
5-HTP (5-hydroxytryptophan) (Griffonia)	100 mg †

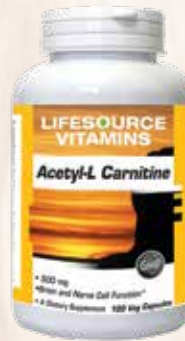
* Percent Daily Values are based on 2,000 calorie diet.
 † Daily Value not established.

Other Ingredients: Rice Flour and Cellulose (capsule)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Acetyl-L-Carnitine

100 Veg Caps — \$28.99 PER BOTTLE



Common uses for supplemental Acetyl-L Carnitine:

- To enhance cognition.
- Supports the metabolism of food into energy.
- May be effective in the treatment of dementia.
- Reduce severity of depressive symptoms in the elderly.

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsule	Servings per Container: 50
Amt/Serving DV%*	
Acetyl-L-Carnitine (from Acetyl-L-Carnitine HCl)	1000 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established

Other Ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Stearic Acid (vegetable source)

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

7-Keto / DHEA

90 Veg Caps — \$19.99 PER BOTTLE



- Weight management
- DHEA metabolite
- Safely promotes Thermogenesis
- A better, safer form of DHEA
- Vegetarian formula

SUPPLEMENT FACTS

Serving Size: 3 Veg Caps	Servings Per Container: 30
Amt/Serving DV%*	
7-KETO® (DHEA Acetate 7-one)	75 mg †

* Daily value based on a 2,000 calorie diet. † Daily value not established.

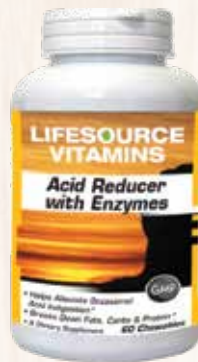
Other Ingredients: Rice Flour, Vegetable Polysaccharide (capsule) and Magnesium Stearate (vegetable source).

Contains no: sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives. Vegetarian Formula.

Warning: Please keep out of the reach of children.

Acid Reducer with Enzymes

60 Chewables - \$15.99 PER BOTTLE



Our Acid Reducer with Enzymes has a soothing influence on the smooth muscle, esophageal mucosa (mucus membranes) and blood vessels of the gastrointestinal system (GI) by buffering the hydrochloric acid secretions that cause the irritation experienced by those with GERD or acid reflux. LifeSource's Acid Reducer with Enzymes does not treat GERD or acid reflux disease, but does relieve the symptoms.

- Heartburn
- Acid Reducing
- Sour Stomach
- Indigestion
- GERD - Acid Reflux

SUPPLEMENT FACTS

Serving Size: 2 Chewable Tablets	Servings per Container: 30
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* Daily values are based on 2,000 calorie diet. † Daily value not established.

	Amt/Serving	DV%*	Amt/Serving	DV%*
Calories	<5	(from Bacillus subtilis)	1,500 PC	
Total Carbohydrate	1 g	< 1%	Protease	
Sugars	0 g		(from Aspergillus niger)	100 SAPU
Xylitol	1 g	†	Glucosylase	
Calcium			(from Aspergillus niger)	10 AGU
(from Calcium Carbonate)	560 mg	56%	Invertase	
Enzyme Blend	204 mg		(from Saccharomyces cerevisiae)	800 SU
Amylase			Diastase	
(from Aspergillus oryzae)	7,000 DU		(from Aspergillus oryzae)	3,000 DP
Protease			Lipase	
(from Aspergillus oryzae)	42,000 HUT		(from Candida rugosa, Aspergillus niger and Rhizopus oryzae)	1,000 FIP
Protease	8,000 PC			

Other Ingredients: Natural Flavors, Cellulose, Maltodextrin, Citric Acid, Magnesium Stearate (vegetable source) and Beet Powder

Acai Plus

32oz/32 Day Supply - \$22.99 PER BOTTLE



Our Acai Plus contains only the finest quality ingredients. The Acai Palm Trees blossom in the lush rainforests that are fed by the mighty Amazon River. The synergy of the nutrient rich soil and tropical climate guarantee nearly perfect conditions for these plants to thrive.

The dark purple berries of the Acai plant (Euterpe Oleracea) contain up to 33 times the antioxidant content as red wine grapes. These amazing berries have traditionally been used to increase energy, stamina, vitality, and to promote overall healthy living. The amazing acai fruit is considered nature's perfect food. Some commonly reported benefits of Acai Juice include the following:

- Greater energy/stamina
- Improved digestion
- Improved mental focus
- Better sleep
- All nutrients come from one berry
- Acai has more proteins than an average egg
- Also contains blueberry, raspberry, and pomegranate juice.
- Acai has essential minerals such as iron, potassium, phosphorus and calcium.
- Acai has all natural Vitamin B1, B2, B3, C & E

* Daily value based on a 2,000 calorie diet. † Daily value not established.

INGREDIENTS: Reconstituted Acai juice from whole Euterpe Oleracea fruit, Tripled Filtered Water, Blueberry juice concentrate, Raspberry juice concentrate, Pomegranate juice concentrate, Citric Acid, Natural Flavor.

Alfalfa

250 Tablets - \$7.99 PER BOTTLE



Alfalfa supplements are a natural source of protein, enzymes, vitamins, amino acids and minerals. Nutritional support for the digestive, skeletal, glandular and urinary systems.

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings Per Container: 250
Amt/Serving DV%*	
Alfalfa (8.5 Grains)	550 mg †

* Daily value based on a 2,000 calorie diet. † Daily value no established.

Aloe Vera Gels 100 Softgels - \$12.99 PER BOTTLE



Aloe Vera offers a variety of nutrients, including vitamins, minerals, enzymes and amino acids. Aloe Vera's constituent mucopolysaccharides are thought to be its active components. Scientific studies have indicated that Aloe can help to support the body's own healing processes. In addition, Aloe Vera has been shown to support a healthy digestive system.

SUPPLEMENT FACTS

Serving Size: 2 Softgels	Servings per Container: 50	
	Amt/Serving	DV%*
Calories	5	
Calories from Fat	5	
Total Fat	0.5	<1%
Trans Fat	0	0%
Aloe Vera Extract (Aloe barbadensis) (Inner Leaf) (200:1 Concentrate) (Equivalent to 20,000mg of pure Aloe Vera Gel)	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Organic Extra Virgin Olive Oil, Softgel Capsule (bovine gelatin, water, glycerin) and Silica
Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients, NON-GMO

Allergy Support 90 Tablets - \$32.99 PER BOTTLE



This is the ideal product for seasonal airborne allergens. Containing MSM for glutathione production, as well as a proprietary blend of botanical extracts and berries, this product supports normal respiratory function during allergy season and year round.

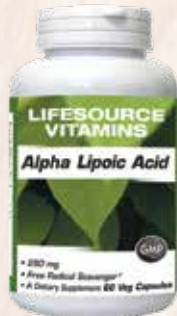
- Reduce and/or prevent symptoms of seasonal allergies and hay fever
- No side effects of traditional Antihistamines
- Improve resistance to allergens
- Support a healthy immune system

SUPPLEMENT FACTS

Serving Size: 3 Tablets	Servings per Container: 30	
	Amt/Serving	DV%*
Vitamin C (as ascorbic acid)	100 mg	167%
Proprietary Herbal Blend (from Aller-7™)		
Phyllanthus emblica, Terminalia chebula, Terminalia bellerica, Albizia lebbek, Zingiber officinale, Piper longum, and Piper nigrum	660 mg	†
Quercetin	500 mg	†
MSM (from OptiMSM™)	1,300 mg	†
Stinging nettles (Urtica dioica) freeze-dried leaf (standardized to contain 1% [2 mg] silicic acid)	200 mg	†
Bromelain (2400 GDUs/g) (pineapple [Ananas comosus stem] enzyme)	25 mg	†
Proprietary Berry Blend (from OptiBerry™)		
Wild blueberry, strawberry, cranberry, wild bilberry, elderberry and raspberry	25 mg	†
Feverfew (Tanacetum parthenium) leaf	25 mg	†
Turmeric (Curcuma longa) rhizome	50 mg	†
Ginger (Zingiber officinale) rhizome	35 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose, stearic acid, cellulose gum, dicalcium phosphate, silica, magnesium stearate and pharmaceutical glaze.
Contains No sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Alpha Lipoic Acid 60 Veg Capsules - \$18.99 PER BOTTLE
 120 Veg Capsules - \$32.99 PER BOTTLE (SAVE \$5)



Alpha Lipoic Acid is an extremely important antioxidant that destroys many of the free-radicals that are harmful to the human body. Alpha Lipoic Acid is both water & fat soluble.

- Aids in slowing Degenerative Diseases such as: Diabetes, Multiple Sclerosis, Parkinson's and Alzheimer's
- HIV/AIDS treatment • Fights Against Free Radicals
- Supports Healthy Liver
- Reduces Skin Damage & Wrinkles
- Reduces Oxidative Stress

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 60	
	Amt/Serving	DV%*
Alpha Lipoic Acid	250 mg	†

* Daily Value Not Established
Other Ingredients: Rice Flour, Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source) and Silica.
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients

P = LifeSource Proprietary Blend

Aloe Vera Juice 32 oz - \$10.99 PER BOTTLE



LifeSource's Certified Organic Aloe Vera Juice is packed full of nutrients your body needs to feel great and look amazing!

For years we have known about the many benefits of using Aloe Vera on the skin – to treat rashes, cuts, bruises, sunburn and so on. But many are unaware of the incredible health benefits from drinking the nectar of the Aloe Vera Plant.

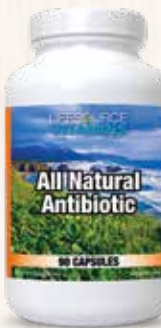
- Soothes symptoms of Irritable Bowel Syndrome
- Natural Anti-Inflammatory
- Collagen and Elastic Repair of Skin
- Regulate Weight & Energy Levels

SUPPLEMENT FACTS

Serving Size: 1 to 4oz daily Servings Per Container: 32

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5	†	Sugars	0 g	†
Calories from Fat	0	†	Protein	1 g	†
Total Fat	0	0%	Potassium	35 mg	1%
Saturated Fat	0	0%	Vitamin C	15 mg	25%
Cholesterol	0	0%	Calcium	210	21%
Sodium	0	1%	Iron	8.46 mg	47%
Total Carbohydrate	1 g	<1%			
Dietary Fiber	0 g	0%			

All Natural Antibiotic 90 Capsules - \$19.99 PER BOTTLE
 180 Capsules - \$34.99 PER BOTTLE (SAVE \$5)



Antibiotics, first used in the 1940's, are certainly one of the great advances in modern medicine. While antibiotics are appropriate and effective cures, they are also outrageously over-prescribed. Many types of bacteria have become antibiotic-resistant due to over-prescription. Antibiotic are only effective against bacteria, they are useless against viruses, fungi, worms and parasites. Over use of antibiotics can depress your immune system, stimulate allergies and damage your kidneys and liver.

LifeSource's All Natural Antibiotic can assist in the treatment of: dental infections, eye infections, ear infections, intestinal infections, pneumonia, sinus

infections, athlete's foot, candida/yeast infections and many more. In a 2008 study, antibiotic side effects led to greater than 140,000 emergency room admissions per year in the United States. Roughly 50 percent of emergency visits were due to reactions to antibiotics in the penicillin class of drugs, and the other 50 percent were due to a wide variety of antibiotics used to treat many different types of infections.

- Strengthens immune system.
- Fight off infections before they take hold.
- Eliminate tough infections after they have already set in.
- Safe and effective - while being mild on the system.
- Non-toxic, non-caustic, non-allergenic.
- No risky side-effects.
- No negative interactions with other medications.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
Echinacea extract	300 mg	†	Barberry	50 mg	†
Garlic extract (odor less)	200 mg	†	Astragalus Root	50 mg	†
Burdock Root powder	150 mg	†	Grapefruit seed oil extract	50 mg	†
Red Clover Blossoms powder	100 mg	†	Neem Oil	50 mg	†
Turmeric extract	100 mg	†	Pau D'Arco	40 mg	†
Molkosan	100 mg	†	Golden Seal powder	25 mg	†
Ganoderma Mycelium	100 mg	†	Caprylic Acid	20 mg	†
Olive leaf extract	75 mg	†			

Ultra Aminos

120 Capsules – \$15.99 PER BOTTLE



People with limited diets or poor digestion may not get enough essential amino acids from their diet. In contrast to proteins or peptide-bound amino acids, our Ultra Amino blend at LifeSource Vitamins contains all 9 essential amino acids in their superior free-form state and in the proportions recommended by the National Academy of Sciences to optimize protein synthesis and tissue repair for adults age 19 and over. Amino acids are the building blocks of protein and make up 3/4 of the body's solid material. They are found in muscle tissue, organs, blood and skin. Amino acids also make hormones, enzymes, and vitamins and are essential for a healthy immune system and proper neurological functions.

SUPPLEMENT FACTS

Serving Size: 4 Capsules		Servings per Container: 30	
Amt/Serving	DV%*		
Calories	15	L-Phenylalanine	72 mg
Protein	3 g	L-Threonine	141 mg
Vitamin	B-6	L-Tryptophan	37 mg
(from Pyridoxine HCl)	13 mg	L-Valine	141 mg
		Non-Essential Amino Acids	
Blend of peptide-bound Amino Acid sources (Whey Protein Isolate, Soy Protein Isolate, Sodium Caseinate, Gelatin) plus Free-Form Amino Acids (L-Glutamine, L-Arginine, L-Ornithine)		L-Alanine	135 mg
		L-Arginine	306 mg
		L-Aspartic Acid	246 mg
		L-Cysteine	38 mg
		L-Glutamic Acid	454 mg
TYPICAL AMINO ACID PROFILE (example) (per serving)**		L-Glutamine	200 mg
Essential Amino Acids		Glycine	167 mg
Mg per 4 Capsule Serving		L-Histidine	37 mg
L-Isoleucine	115 mg	L-Hydroxyproline	44 mg
L-Leucine	205 mg	L-Ornithine	24 mg
L-Lysine	185 mg	L-Proline	179 mg
L-Methionine	35 mg	L-Serine	106 mg
		L-Tyrosine	66 mg

* Percent Daily Values are based on 2,000 calorie diet. **Subject to natural variability † Daily Value not established. **Other Ingredients:** Gelatin (capsule), Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), and Silica. **Contains** milk and soy. **Not manufactured with** wheat, gluten, egg, fish, shellfish or tree nut ingredients.

Arthritis Relief & Joint Rebuilder

100 Tablets – \$24.99 PER BOTTLE
200 Tablets – \$44.99 PER BOTTLE
(SAVE \$5)



With 32 ingredients, including: Glucosamine, Chondroitin, Shark Cartilage, EPA fish oil and many others; this product will produce results! We have a two-part approach. First, we attack the pain. After the pain subsides, the rebuilding process begins. LifeSource's Proprietary Blend helps to rebuild your joints, tissues and tendons, while relieving the pain through proper joint lubrication. Complete, well-rounded nutrition including vitamins & minerals speeds up the healing process without robbing other areas of the body to meet nutritional needs. It is the synergy of the ingredients in this product that make it work so effectively!

SUPPLEMENT FACTS

Serving Size: 4 Tablets.		Servings Per Container: 25	
Amt/Serving	DV%*	Amt/Serving	DV%*
Glucosamine	300 mg	Vitamin B-6	25 mg
Chondroitin	300 mg	Niacinamide	250 mg
Shark Cartilage	250 mg	Niacin	25 mg
Cat's Claw	300 mg	Pantothenic Acid	100 mg
Boswellia	40 mg	Magnesium	100 mg
Borage Oil	50 mg	Selenium	100 mcg
Prime Rose Oil	50 mg	Copper	300 mg
Yucca	400 mg	Citrus Bio-	100 mg
Alfalfa	400 mg	Flavonoid Complex	
White Willow Bark	400 mg	Bromelain	100 mg
Horsetail	200 mg	Grape Seed Extract	2,000 mcg
Ginger	200 mg	Devils Claw	400 mg
EPA (Fish Oil)	100 mg	Calcium Lactate	200 mg
Vitamin A	5,000 IU	Licorice	150 mg
Vitamin C	200 mg	Zinc (Gluconate)	15 mg
Vitamin D	200 IU	Boron	100 mcg
Vitamin E	75 IU	Quercetin	25 mg

Antioxidants (Super) 90 Capsules – \$15.99 PER BOTTLE



Every cell in our body produces tens of thousands of free radicals on a daily basis. From a long-term perspective, the oxidation that inevitably results can have a devastating effect on the integrity of our healthy cells. LifeSource's Super Antioxidants are comprised of the most powerful oxidation quenching nutrients available today.

Countering the effects of oxidation provides us with greater amounts of energy, increased stamina, and a better state of overall health. Our distinctive blend of these highly effective free radical fighters can play a substantial role in warding off some of life's most damaging toxins.

SUPPLEMENT FACTS

Serving Size: 3 Capsules		Servings Per Container: 30	
Amt/Serving	DV%*	Amt/Serving	DV%*
Superoxide Dismutase	1000 mg	Alpha Lipoic Acid	30 mg
Aloe Vera Extract 200:1	25 mg	L-Cysteine	15 mg
Grape Seed Extract 95%	30 mg	Rosemary Leaf Extract	25 mg
Beta Carotene	5000 IU	Selenium Chelate	100 mcg

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Aspirin (All Natural) 90 Capsules – \$13.99 PER BOTTLE 180 Capsules – \$23.99 PER BOTTLE (SAVE \$4)



Get the benefits of Aspirin without the side effects! LifeSource's Proprietary Blend includes a wide array of herbs and dietary enzymes that contain anti-inflammatory properties. This product supports healthy blood circulation, is effective in pain management & relieves tension headaches.

A Safer Alternative!

SUPPLEMENT FACTS

Serving Size: 2 Capsules		Servings per Container: 45	
Amt/Serving	DV%*	Amt/Serving	DV%*
White Willow Bark Ext.	15% 450 mg.	Thymus Vulgaris	60 mg.
Feverfew	120 mg.	Chamomile Flower Powder	60 mg.
Cherry Flex	100 mg.	Pau D'Arco	50 mg.
Nettle Extract	100 mg.	Magnesium Oxide	50 mg.
Codonopsis root	100 mg.	Alfalfa	10 mg.
Bonaset	100 mg.	Cramp Bark	10 mg.
Jamaican Dogwood	100 mg.	Fo-Ti	5 mg.
Malic Acid	100 mg.	Capsicum	5 mg.
Sambucus Nigra	85 mg.	Bromelain	5 mg.
Quercetin	75 mg.	Papain	5 mg.

* Daily Value Not Established.
Directions: Take 1-2 capsules daily.

Arthrigone Cream 4 oz. - \$9.99 PER BOTTLE



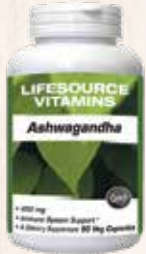
LifeSource's Arthrigone Cream has been designed by health care professionals as a homeopathic formula for the relief of symptoms of pain in joints associated with minor arthritis symptoms. It may also be helpful for minor muscular pain associated with over-exertion, especially in back and neck. Working without contraindications or side effects, this cream stimulates your body's natural healing response to relieve symptoms.

- Relief of arthritis related joint pain
- Muscle pain associated with over exertion

Also See Our Glucosamine, MSM & Arica Organic Cream on page 21

At our lowest, God is our hope
At our weakest, God is our strength
At our saddest, God is our comforter

Ashwagandha 90 Capsules - \$16.99 PER BOTTLE



Medical researchers have been studying Ashwagandha (Winter Cherry) for years, there have been more than 200 studies on the healing benefits of this botanical. Some key examples of the potential healing effects of Ashwagandha are:

- Brain Health
- Alzheimer's Support
- Promotes Graceful Aging
- Thyroid Benefits
- Menopausal Support
- Memory Support
- Protects & Strengthens the Immune System

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Servings per Container: 90
	Amt/Serving DV%*
Ashwagandha Extract (Withania somnifera) (Root) (Standardized to min. 2.5% Total Withanolides-11mg)	450 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source)

B-12 Complex 2 fl oz - \$9.99 PER BOTTLE



Vitamin B-12's primary functions are in the formation of red blood cells and the maintenance of a healthy nervous system. B12 is necessary for the rapid synthesis of DNA during cell division. This is especially important in tissues where cells are dividing rapidly, particularly the bone marrow tissues responsible for red blood cell formation. If B-12 deficiency occurs, DNA production is disrupted and abnormal cells called megaloblasts occur. This results in anemia. Symptoms include excessive tiredness, breathlessness, listlessness, pallor, and poor resistance to infection. Other symptoms can include a smooth, sore tongue and menstrual disorders.

Anemia may also be due to folic acid deficiency, folic acid also being necessary for DNA synthesis. Fortunately, oral supplementation with vitamin B-12 is safe, efficient and inexpensive. LifeSource's B-12 provides the necessary amount of the vitamin to help from becoming B-12 deficient. Sublingual B-12 gives your body the vitamin B-12 nutrients it needs to naturally give you:

- Increased energy
- Reduced daily stress and irritability
- Restored mental clarity
- Help with memory loss

SUPPLEMENT FACTS

Serving Size: ¼ tsp (approx. 1 mL)	Servings per Container: 59
	Amt/Serving DV%*
Vitamin C (as Ascorbic Acid)	20 mg 22%
Thiamin (from Thiamin HCl) (Vitamin B1)	.6 mg 50%
Riboflavin (Vitamin B2)	1.7 mg 131%
Niacin (as Niacinamide) (Flush-Free)	20 mg 125%
Vitamin B6 (from Pyridoxine HCl)	2 mg 118%
Folate	333 mcg (200 mcg folic acid) 83%
Vitamin B12 (as Cyanocobalamin)	1 mg (1,000 mcg) 41667%
Pantothenic Acid (from Calcium Pantothenate)	30 mg 600%
Stevia Extract (Leaf)	2 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: De-ionized Water, Glycerin, Xylitol, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Ginger Root, Grapefruit Fibers and Cinnamon Bark Oil
Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients

Astaxanthin 4mg 60 Softgels - \$17.99 PER BOTTLE



Scientific studies have demonstrated that Astaxanthin can help to support a healthy inflammatory response, enhance immune function, and provide neurological support. Recent research indicates that Astaxanthin may even help to support the skin's structure during exposure to sunlight.

- Eye problems such as age-related macular degeneration (AMD).
- Alzheimer's disease.
- Parkinson's disease.
- Improving recovery after stroke.
- Protecting against cancer.
- Reducing cholesterol levels.
- Reducing skin damage from ultraviolet (UV) light.

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings per Container: 60
	Amt/Serving DV%*
Zanthin® Natural Astaxanthin (from Haematococcus pluvialis extract)	4 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetarian Softgel Capsule (modified corn starch, carrageenan, glycerin, water), Extra Virgin Olive Oil, Mixed Tocopherols and Rosemary Leaf Extract. Mixed Tocopherols from soy.
Not manufactured with wheat, gluten, milk, egg, fish, or shellfish ingredients.

Methyl-B-12 1000mcg 100 Lozenges - \$12.99 PER BOTTLE



Methylcobalamin is a form of bio-active Vitamin B12 that is well absorbed and crosses the blood brain barrier more effectively than other forms of B12. This makes it suitable for general/systemic wide B12 deficiency, and more uniquely for brain/nerve disorders. It is the form of vitamin B12 active in the central nervous system. It is essential for cell growth and replication. The body relies on the efficient conversion of carbohydrates and fatty acids to glucose, the body's fuel. Vitamin B12 plays a major role in that conversion.

SUPPLEMENT FACTS

	Amt/Serving DV%*
Vitamin B-12	1,000 mcg 16,667%

Suggested usage: Take 1 lozenge daily

Astaxanthin Extra Strength 10mg 60 Softgels - \$32.99 PER BOTTLE



Zanthin® Natural Astaxanthin Patented and Guaranteed Strength. Scientific studies have demonstrated that Astaxanthin can help to support a healthy inflammatory response, enhance immune function, and provide neurological support. Recent research indicates that Astaxanthin may even help to support the skin's structure during exposure to sunlight.

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings per Container: 60
	Amt/Serving DV%*
Calories	5
Natural Astaxanthin (from Haematococcus pluvialis extract)	10mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Safflower Oil, Softgel Capsule (gelatin, water, glycerin) and Vitamin E (as natural d-alpha tocopherol), Vitamin E from Soy.
Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients.

Methyl-B-12 5000mcg 60 Lozenges - \$22.99 PER BOTTLE



SUPPLEMENT FACTS

Serving Size: 1 Lozenge	Servings per Container: 60
	Amt/Serving DV%*
Folic Acid	400 mcg 100%
Vitamin B-12 (as Methylcobalamin)	5,000 mcg 83,333%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Fructose, Sorbitol, Cellulose, Citric Acid, Stearic Acid (vegetable source), Natural Flavors and Magnesium Stearate (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Astragalus Root Extract 100 Capsules - \$15.99 PER BOTTLE



Stimulates and supports the immune system. Considered by some to be stronger than Echinacea.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100
	Amt/Serving DV%*
Astragalus Root Extract (Astragalus membranaceus)(root)	500 mg †

* Daily Value Not Established.
Free of: soy, yeast, sugar, dairy, gluten, artificial colors, flavors or preservatives. **Other Ingredients:** Silica, Water, and Gelatin



Liquid Methyl B-12

2,500 mcg

2 fl oz. - \$14.99 PER BOTTLE



- Maintaining normal energy levels
- Healthy neurological functioning, including mental alertness and clarity
- Supporting normal homocysteine levels for healthy cardiac function
- Helping to ease occasional stress and sleeplessness
- Maintaining healthy cell growth and repair
- Promoting normal immune function
- Supporting normal metabolism of carbohydrates and fats

SUPPLEMENT FACTS

Serving Size: 1 ml	Servings per Container: 59	
	Amt/Serving	DV%*
Calories	5	
Total Carbohydrates	0 g	
Sugars	0 g	
Vitamin B-12 (as Methylcobalamin)	2,500 IU	41,667%

Other Ingredients: Aloe Vera juice, Vegetable glycerin (USP), Natural flavoring, Potassium Sorbate, Potassium Benzoate
Contains no Sugar, Starch, Salt, Wheat, Gluten, Yeast, Milk or Soy Derivatives



Sublingual Methyl B-12

1,000 mcg

100 Instant Dissolve Tablets - \$14.99 PER BOTTLE



What are Instant Dissolve Tablets?
 Instant Dissolve Tablets are Sublingual Vitamins that quickly dissolve under the tongue, eliminating the artificial colors, flavors, chemicals and fillers found in other vitamins. Perfect for those who have difficulty swallowing tablets or bad tasting liquids.

Methylcobalamin (Methyl-B) is a form of bio-active Vitamin B12 that is well absorbed and crosses the blood brain barrier more effectively than other forms of B12. This makes it suitable for general/systemic wide B12 deficiency.

SUPPLEMENT FACTS

Serving Size: 1 Micro Quick Absorb® Tablet	Servings per Container: 100	
	Amt/Serving	DV%*
Vitamin B12 (as Methylcobalamin)	1,000 mcg	16,670%

Other Ingredients: Lactose (Milk) and acacia gum
Free of Preservatives, Gluten and Dye. Non-GMO Ingredients

B-100 Complex

100 Capsules - \$17.99 PER BOTTLE



B-Vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. B-100 Caps provide a full complement of B-Vitamins plus Choline and Inositol.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100	
	Amt/Serving	DV%*
Thiamin (from Thiamin HCl) (Vitamin B-1)	100 mg.	6.667%
Riboflavin (Vitamin B-2)	100 mg.	5.882%
Niacin (Vitamin B-3) (as Niacinamide)	100 mg.	500%
Vitamin B-6 (from Pyridoxine HCl)	100 mg.	5,000%
Folate (as Folic Acid)	400 mcg.	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg.	1.667%
Biotin	100 mcg.	33
Pantothenic Acid (from Calcium Pantothenate)	100 mg.	1,000%
Choline (from Choline Bitartrate)	10 mg.	†
Inositol	10 mg.	†
PABA	10 mg.	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

B-50 Complex

100 Capsules - \$12.99 PER BOTTLE



B-50 Caps provide a full compliment of B-Vitamins plus Choline and Inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100	
	Amt/Serving	DV%*
Vitamin B-1 (Thiamine)	50 mg.	3333%
Vitamin B-2 (Riboflavin)	50 mg.	2941%
Vitamin B-6 (Pyridoxine HCl)	50 mg.	2500%
Vitamin B-12 (Cyanocobalamin)	50 mcg.	833%
Biotin	50 mcg.	17%
Niacin (Vitamin B3) (as Niacinamide)	50 mg.	250%
Choline Bitartrate	25 mg.	*
Pantothenic Acid (d-Cal Pant.)	50 mg.	500%
Folic Acid	400 mcg.	100%
Para Aminobenzoic Acid	25 mg.	*
Inositol	25 mg.	*

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Vitamin B6

100 Tablets - \$7.99 PER BOTTLE



Vitamin B6 is involved in the process of making serotonin and also norepinephrine, both of which are chemicals that transmit signals to your brain. Vitamin B6 is also involved in the formation of myelin, which is a protein layer that forms around your nerve cells.

- Cardiovascular Disease
- Cognitive Function
- Helps reduce Premenstrual Syndrome
- Can help with Nausea and Vomiting in Pregnancy

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings per Container: 100	
	Amt/Serving	DV%*
Vitamin B-6 (pyridoxine HCl)	100 mg	5882%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established
Other Ingredients: Dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium stearate and silica
Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors
Suggested usage: Take 1 tablet daily

Beet Root Powder Organic

10 oz. - \$21.99 PER CONTAINER



- Beneficial for purifying & strengthening the blood
- Improves blood circulation and regulates blood pressure levels
- Effective in encouraging good digestion

NUTRITIONAL FACTS

Serving Size: 1 Scoop (7g of Organic Beet Root Powder)
 Servings Per Container: 40

*Percent Daily Values are based on a 2,000 calorie diet. **Ingredients:** Raw Organic Beet Powder

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	23		Other Carbohydrates	2 g	1%
Calories from Fat	0		Protein	1 g	2%
Total Fat			Vitamin A	11 IU	0%
Saturated Fat	0		Vitamin C	6 mg	10%
Trans Fat	0	0%	Calcium	9 mg	1%
Cholesterol	0 mg	0%	Folate	49 mcg	12%
Sodium	38 mg	1%	Magnesium	11 mg	3%
Total Carbohydrate	5 g		Phosphorus	26 mg	3%
Dietary Fiber	0 g		Potassium	173 mg	5%
Sugars	3 g				

*Percent Daily Values are based on a 2,000 calorie diet. **Ingredients:** Raw Organic Beet Powder

Beta Carotene 25,000 IU 90 Softgels - \$6.99 PER BOTTLE



- Antioxidant Support
- Converts to Vitamin A as needed

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 90	
	Amt/Serving	DV%*
Vitamin A (Beta Carotene)	25,000 IU	500%

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Bee Pollen 500mg 100 Capsules - \$6.99 PER BOTTLE



- Relieve allergies
- Strengthen the immune system
- Increase stamina, mental clarity and alertness
- Provide antioxidants and work as an anti-microbial and anti-bacterial agent

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 100

	Amt/Serving	DV%*
Bee Pollen	500 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Beta-Sitosterol 90 Capsules - \$13.99 PER BOTTLE



Beta-Sitosterol is a unique dietary supplement rich in plant sterols. Scientific studies have shown that plant sterols can help lower cholesterol levels. LifeSource's formula provides high potency botanicals to address the challenges of prostate health that can lead to an enlarged prostate.

- Cardiovascular Health
- Healthy Urinary Flow
- Healthy Prostate Function
- Provides Cholesterol Lowering Benefits

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 90

	Amt/Serving	DV%*
Beta-Sitosterol Complex (providing an average of 225mg of beta-sitosterol)	500 mg	†

Other Ingredients: Gelatin (bovine), microcrystalline cellulose and vegetable magnesium stearate

BCAA 5,000 Powder 11.65 oz - \$39.99 PER CONTAINER



Our All-New BCAA Powder optimizes protein synthesis and tissue repair for adults 18 and over. Branched Chain Amino Acids stimulate the building of protein and muscle and reduces muscle breakdown, and also accounts for nearly 1/3rd of the amino acids in muscle protein.

LifeSource Vitamins BCAA Powder is packed with 5,000mg of L-Leucine, L-Isoleucine, and L-Valine. We're also added L-Glutamine to help build, repair, and maintain muscle tissue.

- Train harder, longer, and stronger without fatigue.
- Ideal for both high intensity training as well as endurance training.
- Increases testosterone in the post-training period, and also builds muscle by improving the body's testosterone to cortisol ratio.

SUPPLEMENT FACTS

Serving Size: 1 Scoop Servings Per Container: 30

	Amt/Serving	DV%*
Calories	4	
Potassium	34 g	1%
Vitamin B-1	1.5 mg	100%
Niacin	20 mg	100%
Pantothenic Acid	10 mg	100%
Branched Chain Amino Acids	5 grams	**
Leucine	2,500 mg	**
Isoleucine	1,250 mg	**
Valine	1,250 mg	**
Glutamine	3 grams	**

Bilberry Extract 60 Veg Capsules - \$17.99 PER BOTTLE



- Promotes healthy eye function and vision
- Reduces free radical damage to the retina
- Improves night vision
- Soothes sore, tired eyes

SUPPLEMENT FACTS

Serving Size 1 Capsule Servings Per Container 60

	Amt/Serving	DV%*
Bilberry Extract (berry) (25% anthocyanins)	100mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, Vegetarian capsule (Cellulose), silica, Magnesium Stearate (Vegetable Source)
Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish Suitable for vegans.

Biotin 5,000 mcg 60 Veg Caps - \$9.99 PER BOTTLE



Biotin is a water-soluble vitamin necessary for normal growth and body function. Biotin promotes healthy immune system function and plays a critical role in skin health.

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings Per Container: 60

	Amt/Serving	DV%*
Biotin	5.0 mg (5,000 mcg)	16,667%

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Ultra Beta Glucan 90 Veg Caps - \$16.99 PER BOTTLE



Naturally boosts the immune system by optimizing its response to diseases and infections. But because the body doesn't produce beta glucans naturally, the only way to get the compound is through outside sources. Beta Glucan is a powerful immune stimulator, activating the macrophages in the immune system. Studies have found that this product not only has a positive effect on the macrophages, but also on B lymphocytes, natural killer cells, and suppressor T cells. In addition, Beta Glucan is an effective antioxidant and free radical scavenger. Maitake mushroom has the active ingredient beta glucan. These mushrooms have been used in Japan for centuries to promote longevity and overall well-being.

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings Per Container: 90

	Amt/Serving	DV%*
Beta - 1,3/1,6 -D- Glucan Powder (from <i>Saccharomyces cerevisiae</i>)	100 mg*	†
Maitake Mushrooms (<i>Grifola frondosa</i>)	160 mg*	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

NEW Black (Cumin) Seed Oil 90 Veg Caps - \$12.99 PER BOTTLE



LifeSource Vitamins Black (Cumin) Seed Oil. Pure pressed without chemical extractions, and available in our new Liquid Vegetable Capsules for quick absorption in your system.

- Relief of Allergies and Asthma
- Boosting of Immune System
- Anti-inflammatory
- Anti-microbial
- Digestive Aid

SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule Servings per Container: 90

	Amt/Serving	DV%*
Black Cumin Seed Oil (<i>Nigella sativa</i>)	500 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetable cellulose and d-alpha tocopheryl acetate

Black Cohosh Extract 120 Capsules - \$12.99 PER BOTTLE



Relief of many menopausal symptoms and menstrual dysfunctions

- Hot flashes • Headaches
- Mood • Cramps

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 120

	Amt/Serving	DV%*
Black Cohosh (Cimicifuga racemosa) (root) (Standardized to contain 2.5% Triterpene glycosides)	40 mg	*
Chasteberry Fruit Powder	100 mg	*
Dong Quai (Angelica sinensis) (root powder)	100 mg	*

* Percent Daily Values are based on 2,000 calorie diet. + Daily Value not established

Suggested Use: As an herbal dietary supplement, take 2 Capsules daily, preferably at separate times (1 in the morning, 1 in the evening).

Free of: milk, wheat, corn, yeast, sugar, salt, soy

Other Ingredients: White Rice Powder, Magnesium Stearate

Warnings: If you are taking a birth control pill, are pregnant, lactating or are considering becoming pregnant, seek the advice of your physician prior to using this product.

Blood Pressure Support 90 Veg Caps - \$26.99 PER BOTTLE



Emerging evidence indicates the role of Grape Seed Extract (GSE) supporting cardiovascular health may extend beyond its important antioxidant functions. Scientific studies show the proprietary GSE found in LifeSource's Blood Pressure Support, MegaNatural®-BP™ contains flavonoids that can support healthy arterial function already within the healthy range through a number of mechanisms. In addition, we have included standardized Hawthorn Extract as a synergist. Hawthorn Extract provides powerful antioxidant flavonoids, including standardized Vitexin that, along with other components in Hawthorn, have also been found to support healthy range blood pressure and blood flow.

- Cardiovascular support
- Helps maintain blood pressure already within the healthy range

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings per Container: 90

	Amt/Serving	DV%*
MegaNatural®-BP™ (Grape Seed Extract) (Vitis vinifera) (Standardized to min. 90% Polyphenols)	150 mg *	*
Hawthorn Extract (Leaf & Flower) (Crataegus laevigata) (Standardized to min. 1.8% Vitexin)	300 mg	*

* Percent Daily Values are based

* Percent Daily Values are based on 2,000 calorie diet. + Daily Value not established.

Other Ingredients: Cellulose (capsule), Rice, Flour, Magnesium Stearate (vegetable source) and Silica.

Contains no: sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives. Vegetarian/Vegan Product.

**Blood Sugar Control 90 Capsules - \$15.99 PER BOTTLE P
180 Capsules - \$28.99 PER BOTTLE
(SAVE \$3)**



Helps balance and maintain healthy blood sugar levels. Chromium and Fenugreek improve glucose tolerance and balance blood-sugar levels. Gymnema to improves insulin production in the pancreas, (as well as insulin's ability to lower blood-sugar levels). Bitter melon improves the body's ability to use blood sugar and improves glucose tolerances. Vanadium mimics the actions of insulin, improving glucose tolerance by restoring receptor sensitivity to insulin.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin C Buffered	250 mg	417%	Chromium	400 mcg	†
Zinc (L-Monomethionine)	30 mg	200%	Vanadium (vanadyl) sulfate	7 mg	†
Gymnema Sylvestre	750 mg	†	Bitter Melon Extract	50 mg	†
Alamime (Crystalline Amino Acid)	100 mg	†	Fenugreek	100 mg	†
Glutamine (Crystalline Amino Acid)	100 mg	†			

Bronchial Support 8 oz - \$16.99 PER BOTTLE



LifeSource's unique Bronchial Support formula is designed to loosen phlegm (mucus) & clear the bronchial tubes. It also temporarily relieves bronchial congestion and coughing associated with bronchitis and the common cold. Also great for increasing circulation and strengthening the immune system.

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon Servings per Container: 48

	Amt/Serving	DV%*
Proprietary Blend		
Proprietary Blend: Bee Honey, Rosemary Extract, Horseradish Extract, Onion Extract, Watercress, Menthol and Eucalyptus	1,000 mg	†
Vitamin A (as Acetate)	4,000 IU	80%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Magnesium (as Magnesium Chloride)	6 mg	<1%
Zinc (as Zinc Lactate)	3 mg	20%

Other Ingredients: Corn Syrup, Methylparaben, Propylene Glycol, Glycerin, Sodium Benzoate, Potassium Sorbate, Citric Acid and Purified Water

Suggested usage: 2 to 4 teaspoons two times daily

BONE BROTH PROTEIN 1.1 LBS - \$39.99 PER BOTTLE



- 20g of Protein Per Serving
- Perfect for Paleo Diets
- Low in Carbohydrates
- Helps Support Healthy Muscles and Muscular Function
- Dairy and Gluten Free
- Available in Chocolate or Vanilla

SUPPLEMENT FACTS

Serving Size: 1 Scoop (approx. 25 g) Servings per Container: 20

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	90		Protein	20 g	40%
Cholesterol	< 5 mg	1%	Calcium	10 mg	1%
Sodium	190 mg	8%	Potassium	210 mg	4%
Total Carbohydrates	1 g	< 1%	Chicken Bone Broth Protein Concentrate	210 mg	†
Dietary Fiber	< 1 g	2%			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cocoa powder, natural flavors, guar gum, stevia leaf extract powder (Reb A), silica and sea salt

Vitamin C Crystals Buffered 4.4 oz - \$11.99 PER BOTTLE



100% Calcium Ascorbate – Non Acidic

LifeSource Vitamin C Crystals are a scientifically advanced form of vitamin C!

- Able to enhance the absorption and utilization of vitamin C.*
- Added calcium ascorbate to create non-acidic (buffered), "GI friendly" delivery system.

Vitamin C is a water-soluble vitamin that has many important functions in the body including antioxidant activity, support of normal, healthy collagen, synthesis of neurotransmitters such as serotonin, carnitine production and the support of normal, healthy immune function.

Our Vitamin C Crystals are a scientifically advanced form of vitamin C which binds ascorbic acid to lipid metabolites such as fatty acids, esters and fatty alcohols to enhance digestion, absorption, cellular uptake and retention as well as utilization of essential vitamin C in the body. This increased cellular uptake and retention of vitamin C results in enhanced vitamin C functions.

SUPPLEMENT FACTS

Serving Size: 1/4 teaspoon Servings Per Container: 105

	Amt/Serving	DV%*
Vitamin C (as calcium ascorbate)	1,000 mg	1,777
Calcium (as calcium ascorbate)	110 mg	12

* Daily values are based on 2,000 calorie diet.

Calcium Ascorbate Crystals are a non-acidic form of powdered Vitamin C and are gentler on the stomach and teeth than non-buffered Vitamin C.

Vitamin C 1,000 mg 100 Tablet - \$8.99 PER BOTTLE
200 Tablets - \$14.99 PER BOTTLE
(SAVE \$3)



Essential for healthy teeth, gums & bones, helps heal wounds, scar tissue, & fractures, prevents scurvy, builds resistance to infection, aids in the prevention & treatment of the common cold, gives strength to blood vessels, aids in the absorption of iron.

Vitamin C is required for the synthesis of collagen, the intercellular "cement" which holds tissues together. It is also one of the major antioxidant nutrients. It prevents the conversion of nitrates (from tobacco smoke, smog, bacon, lunchmeats, & some vegetables) into cancer-causing substances.

Vitamin C w/Rose Hips 500 mg 100 Tablets - \$6.99 PER BOTTLE
250 Tablets - \$14.99 PER BOTTLE



SUPPLEMENT FACTS

Serving Size: 1 Tablet Servings per Container: 250

	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid with Rose Hips)	500 mg	833%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Cellulose, vegetable stearin, cellulose gum, magnesium stearate and silica

Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors

Superior C 500 mg 180 Veg Caps - \$26.99 PER BOTTLE



This buffered, non-acidic Vitamin C supplement is superior as it also contains Alpha Lipoic Acid, an antioxidant known to help regenerate Vitamin C in the body. Studies suggest that Alpha Lipoic Acid may enhance the body's utilization of Vitamin C. The addition of Bioflavonoids as synergists helps to create a well-absorbed, highly effective Vitamin C supplement. The metabolics allows our Superior C 500 mg to work by:

- Increasing viability of Vitamin C
- Increasing the activity twice that of conventional Vitamin C to utilize Vitamin C for health and healing
- Stores in cells and tissues twice as long giving the body more time to absorb Vitamin C for health and healing

Absorbed approximately 4 times the rate of normal Vitamin C!

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsules Servings Per Container: 180

	Amt/Serving	DV%*
Vitamin C (from Threonic Acid Enhanced Buffered Calcium Ascorbate)	500 mg	556%
Calcium (from Buffered Calcium Ascorbate)	60 mg	6%
Transport C-Plus (Trademarked blend of Threonic Acid enhanced buffered Calcium Ascorbate and Alpha Lipoic Acid)	650 mg	†
Alpha Lipoic Acid	40 mg	†
Citrus Bioflavonoids (37% total bioflavonoids as Hesperidin)	100 mg	†
Acerola Powder	25 mg	†
Rose Hips Powder (Rosa canina) (Seed)	25 mg	†
Rutin	25 mg	†

Suggested Usage: As a dietary supplement, take 1 Vcap® 1 to 3 times daily, preferably with meals.

Other Ingredients: Cellulose (capsule), Cellulose Powder, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica. Vegetarian/Vegan Product.

Vitamin C Chewable 100 Lozenges - \$12.99 PER BOTTLE



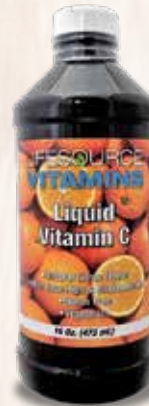
- Great Tasting & Great for you! Kids love them!
- Sweetened with Xylitol
- Natural Orange Juice Flavor

SUPPLEMENT FACTS

Serving Size: 1 Lozenge Servings Per Container: 100

	Amt/Serving	DV%*
Calories	5	
Total Carbohydrate	1g	<1%*
Sugars	1g	†
Sodium	40mg	2%
Vitamin C (from Sodium Ascorbate and as Ascorbic Acid)	500mg	833%
Acerola	5mg	†
Citrus Bioflavonoid Complex	5mg	†
Orange Juice Powder	100mg	†

Liquid Vitamin C 16 fl oz. - \$14.99 PER BOTTLE



Our Liquid Vitamin C provides 1,000mg of Vitamin C, features Rose Hips and Bioflavonoids to ensure absorption and efficacy. Delicious natural citrus flavor, readily absorbable with all natural ingredients.

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 mL) Servings per Container: 32

	Amt/Serving	DV%*
Calories	15	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	0 g	0%
Total Carbohydrates	4 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	0%
Protein	0 g	0%
Vitamin C	1,000 mg	1,670%*
Lemon Bioflavonoids	500 mg	†
Rose Hips	500 mg	†
Rutin	33 mg	†
Hesperidin	33 mg	†
Acerola	17 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Filtered water, glycerin USP (Vegetable), organic agave nectar, natural citrus flavor and potassium sorbate (to maintain freshness) Lemon bioflavonoids, hesperidin & rutin do not always dissolve and may cause a cloudy appearance

NEW Sublingual Vitamin C 90 Instant Dissolve Tablets
500 mg - \$14.99 PER BOTTLE



What are Instant Dissolve Tablets?

Instant Dissolve Tablets are Sublingual Vitamins that quickly dissolve under the tongue, eliminating the artificial colors, flavors, chemicals and fillers found in other vitamins. Perfect for those who have difficulty swallowing tablets or bad tasting liquids.

SUPPLEMENT FACTS

Serving Size: 1 Micro Quick Absorb® Tablet Servings per Container: 90

	Amt/Serving	DV%*
Vitamin C (as ascorbic acid and sodium ascorbate)	500 mg	833%
Sodium	23 mg	1%
Stevia Leaf Extract (as rebaudioside A)	4 mg	†

† Daily Value not established.

Other Ingredients: Lactose (Milk)**, natural cherry flavor and acacia gum

Free of Preservatives, Gluten and Dye. **Non-GMO Ingredients**

**Adds a negligible amount of sugar

Vitamin C Gummies 90 Gummies - \$16.99 PER BOTTLE
250 mg



LifeSource Vitamins Vitamin C Gummies are perfect for those adults and children who want a different and fun way to take their vitamins. If you don't like swallowing pills, these are for you. They taste great and are a great way to ensure you are getting an adequate intake of these key nutrients your body needs.

SUPPLEMENT FACTS

Serving Size: 2 Gummies Servings per Container: 45

	Amt/Serving	DV%*
Calories	20	
Total Carbohydrates	5g	2%
Sugars	3g	†
Vitamin C (ascorbic acid)	250mg	417%
Sodium	20mg	1%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Glucose syrup, sugar, water, pectin, sodium citrate, natural flavors and natural colors (annatto)

Allergen Warning: May contain tree nuts

Calcium Citrate Plus 120 Veg Caps - \$13.99 PER BOTTLE
240 Veg Caps - \$24.99 PER BOTTLE
(SAVE \$3)



SUPPLEMENT FACTS

Serving Size: 3 Veg Caps Servings Per Container: 40

	Amt/Serving	DV%*
Vitamin D (as Ergocalciferol - a vegetarian source)	750 IU	188%
Calcium (from Calcium Citrate)	450 mg	45%
Magnesium (from Magnesium Oxide)	225 mg	56%
Zinc (from Zinc Amino Acid Chelate)	11 mg	73%
Copper (from Copper Amino Acid Chelate)	0.75 mg	38%
Manganese (from Manganese Amino Acid Chelate)	4 mg	200%

*Daily values are based on a 2,000 Calorie Diet.

Free of: sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives

Other ingredients: Cellulose (capsule), Cellulose, Ascorbyl Palmitate and Silica.

Ultra Bone Builder 120 Capsules – \$19.99 PER BOTTLE



Bone health continues to be a key concern for people of all ages. Building good bone density begins when you are young by providing the nutrients that will lay the foundation for good bone health later in life. Calcium is not only required for optimal bone health, it is also necessary for nerve impulse transmission and normal muscle contractions. More recent research suggests that other benefits may include weight management, colon health and the maintenance of healthy blood pressure. Not all Calcium MCHA is created equal! Do not find the cheapest version of Calcium MCHA, in which you may be buying bone meal with low absorption potential. Bone meal is not the same as Calcium MCHA.

At LifeSource Vitamins our goal is results, nothing else matters with regards to supplements. This is a great dosage for long and steady usage to gradually help with your bone strength.

SUPPLEMENT FACTS

	Serving Size: 4 Capsules	Servings per Container: 30		
			Amt/Serving	DV%*
Calories			5	
Protein (from MCHA and Amino Acid Chelates)			1 g	2%
Vitamin C (from Magnesium Ascorbate)			133 mg	148%
Vitamin D3 (as Cholecalciferol)			667 IU	83%
Vitamin K2 (as Menaquinone-4) MK-4			67 mg	56%
Thiamin (Vitamin B1) (from Thiamin HCl)			3 mg	250%
Calcium (from MCHA)			667 mg	51%
Phosphorus (from MCHA)			287 mg	23%
Magnesium (from Magnesium Oxide and Ascorbate)			400 mg	95%
Zinc (from Zinc Amino Acid Chelate)			7 mg	64%
Copper (from Copper Amino Acid Chelate)			.7 mg	78%
Manganese (from Manganese Amino Acid Chelate)			2 mg	87%
Horsetail Herb (Equisetum arvense) (Aerial Parts)			67 mg	†
Boron (from Boron Amino Acid Chelate)			467 mcg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Bovine Gelatin (capsule), Magnesium Stearate (vegetable source), Silica, Glucosamine Potassium Sulfate Complex, Stearic Acid (vegetable source) and cellulose
Contains shellfish (crab, shrimp, lobster, crayfish)

Liquid Cal/Mag 16 fl. oz. - \$16.99 PER BOTTLE
 Blueberry Flavor



LifeSource Vitamins Liquid Cal/Mag provides 500 mg of Calcium from Calcium Citrate, a superior form of Calcium and also contains 400 IU of Vitamin D, which increases the absorption of Calcium while providing 250mg of Magnesium from Magnesium Citrate per serving.

- Healthy Bones & Teeth
- Muscle Activities & Health
- Blood Pressure Support
- Weight Support
- Great-Tasting Blueberry Flavor is Back!!!

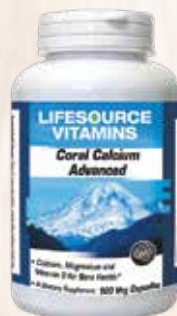
Adequate Calcium and Vitamin D, as part of a healthy diet, throughout life, along with physical activity may reduce the risk of osteoporosis later in life.

SUPPLEMENT FACTS

	Serving Size: 1 Tbsp	Servings Per Container: 32		
			Amt/Serving	DV%*
Calories			40	
Total Carbohydrate			9 g	
Xylitol			2 g	†
Vitamin D (as Ergocalciferol)			400 iu	100%
Calcium (from Calcium Citrate)			500 mg	50%
Magnesium (from Magnesium Citrate)			250 mg	63%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: De-ionized Water, Vegetable Glycerin, Malic Acid, Xanthan Gum, Potassium Sorbate (as preservative), Natural Blueberry Flavor and Grape Skin Extract. Contains Soy
Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients

Coral Calcium Advanced 100 Veg Caps - \$19.99 PER BOTTLE



Coral Calcium is an alkalinizing mineral power house that has been shown to help balance the Ph level of the body, creating an environment where the body can heal itself, the God given way. Our new formula contains higher levels of Coral Calcium and Magnesium. We've also added Vitamin D to help your body absorb the calcium.

SUPPLEMENT FACTS

	Serving Size: 2 Veg Capsules	Servings per Container: 50		
			Amt/Serving	DV%*
Vitamin D (as Ergocalciferol)			10 mcg (400 IU)	50%
Calcium (from fossilized Coral Calcium)			500g	38%
Magnesium (from Magnesium Oxide, Citrate and Aspartate)			250g	60%
Fossilized Coral Calcium			1,430 mg	†

* Percent Daily Values are based on 2,000 calorie diet.
Other Ingredients: Cellulose (capsule), Silica and Magnesium Stearate (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients

Liquid Coral Calcium Complex 32 fl. oz. - \$19.99 PER BOTTLE



SUPPLEMENT FACTS

	Serving Size: 2 Tbsp	Servings Per Container: 32		
			Amt/Serving	DV%*
Calories			10	†
Total Carbohydrate			2g	<1%
Vitamin A (as beta-carotene)			2000 IU	40%
Vitamin C (as ascorbic acid)			60mg	100%
Vitamin D3 (as Cholecalciferol)			40 IU	100%
Vitamin E (d-alpha Tocotheryl Succinate)			15 IU	25%
Calcium (826 mg total Coral Calcium)			300 mg	30%
Magnesium (150 mg from Coral Calcium & Magnesium Oxide)			150 mg	38%
Zinc (as zinc oxide)			5mg	33%
Ionic Bio-Available Minerals			100 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.
Other Active Ingredients: (Marine Nutrients and Trace Minerals): Calcium, Neodymium, Carbon, Chloride, Silicon, Rubidium, Vanadium, Potassium, Nickel, Cobalt, Yttrium, Strontium, Cerium, Lithium, Thallium, Palladium, Lanthanum, Ytterbium, Rhenium, Phosphorus, Thorium, Osmium, Fluoride, Bromine, Thulium, Gadolinium, Beryllium, Gold, Titanium, Dysprosium, Samarium, Caesium, Zirconium, Iodine, Erbium, Praseodymium, Ruthenium, Tin, Scandium, Terbium, Selenium, Germanium, Holmium, Gallium, Hatnium, Tellurium, Lutetium, Bismuth, Indium, Molybdenum, Niobium, Barium, Rhodium, Europium, Tantalum, Tungsten and Silver.
Other Ingredients: Triple Filtered Spring Water, Invert Red Beet Syrup, Pectin (Citrus), Guar Gum (from the seed of the guar plant *Cyamopsis tetragonoloba* L.), Natural Orange and Mango Flavors, Citric Acid, and Potassium Sorbate (as oxidation inhibitor)

Suggested usage: 2 Tbsp daily preferably in the morning with a meal. Children 12 years of age: 1 Tbsp daily (with a meal) as directed by a health professional. Please consult your physician before taking any supplements or medications.

Oyster Calcium 100 Tablets - \$9.99 PER BOTTLE
 200 Tablets - \$16.99 PER BOTTLE (SAVE \$3)



with Magnesium and Vitamin D

SUPPLEMENT FACTS

	Serving Size: 2 Tablets	Servings Per Container: 50		
			Amt/Serving	DV%*
Calcium (from Oyster Shell and Calcium Carbonate)			1000 mg	
Magnesium (from Magnesium Oxide)			500 mg	
Vitamin D (from Fish Oil)			200 IU	



Liquid Cal/Mag
Orange/Vanilla Flavor

32 fl oz - \$24.99 PER BOTTLE



- 500mg Calcium Citrate Blend
- 250mg Magnesium Citrate Blend
- 1,000 IU Vitamin D3
- 1,000 mg Natural Silica Blend
- L-Lysine, Boron, Ionic Trace Minerals and much more
- 100% Vegetarian
- Natural Orange/Vanilla Flavor

SUPPLEMENT FACTS

Serving Size: 1 tbsp. (2 tablespoons = 1 fl oz)
Servings per Container: 32

	Amt/Serving	DV%*
Calories	4	
Total Carbohydrates	1	
Sugars	0	
Calcium (as Calcium lactate gluconate, Calcium citrate (Lithothamnium corallioides) (whole plant)	500 mg.	50%
Magnesium (as Magnesium citrate, Magnesium gluconate, (Lithothamnium corallioides) (whole plant)	250 mg	63%
Manganese (as Manganese Bisglycinate chelate)	2 mg	100%
Boron (as bororganic glycine)	2 mg	†
L-Lysine	100 mg	†
Natural Silica Blend (providing 100 mg of natural silica) Aloe Vera juice, Bamboo extract (Bambusa vulgaris) (stem), Horsetail extract (Equisetum arvense) (leaf)	1,000 mg	†
Sea Vegetarian Derived Ionic Trace Minerals	3 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Triple filtered water, Citric acid, Xanthan gum, Natural flavoring, Reb. A (Stevia rebaudiana extract, Potassium sorbate, Potassium benzoate (to preserve freshness)

Contains No artificial colors, flavors or sweeteners. Gluten, Milk, Salt, Soy, Starch, Wheat and Yeast free

Candida Cleanse

90 Veg Caps - \$17.99 PER BOTTLE



Candida albicans is a yeast that normally resides in the body in the digestive tract and vagina. Candida levels are kept in check by the immune system and beneficial probiotic bacteria in the body. If probiotic bacteria are killed by antibiotics or if the immune system becomes weakened, Candida yeast may grow unchecked.

LifeSource's Candida Cleanse is a combination of herbal ingredients (Pau D'Arco, Black Walnut and Oregano Oil), Biotin (a B-complex vitamin) and Caprylic Acid (a naturally occurring fatty acid derived from plant oils). These synergistic ingredients help to support a healthy balance of intestinal bacteria. The beneficial bacteria that normally populate the gut assist in the digestion of food, produce certain vitamins and promote detoxification processes.

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps

Servings Per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	10		Caprylic Acid (from		
Calories from Fat	5		Magnesium Caprylate)	500 mg	†
Total Fat	0.5 g	< 1%*	Pau D'Arco (Tabebuia		
Saturated Fat	0.5 g	3%	impetiginosa) (Bark)	300 mg	†
Total Carbohydrate	1 g	< 1%*	Black Walnut		
Biotin	2 mg	667%	(Juglans nigra L.) (Hull)	300 mg	†
Magnesium (from			Oregano Oil (Origanum vulgare)		
Magnesium Caprylate)	45 mg	11%	(min. 1.75% Volatiles)	200 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Suggested Use: As a dietary supplement, take 2 Veg caps daily, preferably with meals.

Free of: sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, preservatives or artificial colors
Other Ingredients: Cellulose (capsule), Garlic (Allium sativum) (Bulb), Olive Leaf Extract (Olea europaea), Cat's Claw (Uncaria tomentosa)(bark), Wormwood (Artemisia absinthium)(Ariel Parts), Silica, Magnesium Stearate (vegetable source) and Cellulose Powder

Cat's Claw

100 Veg Caps - \$9.99 PER BOTTLE



- Stimulates immune system • Reduces inflammation
- Protects cells • Fights free radicals

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules Servings per Container: 50

	Amt/Serving	DV%*
Total Carbohydrates	<1 g	< 1%
Cat's Claw (Uncaria tomentosa) (Inner Bark)	1,000 mg	†

Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Cellulose (capsule) and Stearic Acid (vegetable source)

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, or tree nut ingredients

Charcoal

100 Capsules - \$8.99 PER BOTTLE



- Detoxification of the stomach and intestines
- Bloating
- Malodorous gas
- High Cholesterol

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 50

	Amt/Serving	DV%*
Charcoal	520 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Cayenne 500 mg

100 Veg Caps - \$9.99 PER BOTTLE



Capicum, also known as red pepper or chili pepper, is an herb. Many countries have a history of using cayenne pepper therapeutically. This powerful compound has many uses such as cleansing and detoxifying, and can be used to stimulate circulation as well as neutralizing acidity.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 100

	Amt/Serving	DV%*
Cayenne Pepper (capsicum frutescens) (Fruit) (40,000 heat units)	500 mg	†

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Cellulose (capsule)

Not Manufactured with yeast, wheat, gluten, soy, milk, eggs, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens

Suggested usage: Take 1 capsule 2 to 4 times daily preferably after eating

Chlorella (USDA Organic)

200 Tablets - \$19.99 PER BOTTLE



Chlorella is a green single-celled microalgae that has naturally occurring chlorophyll, plus beta-carotene, mixed carotenoids, vitamin C, iron, and protein. The cell wall in this high quality, USDA Organic Chlorella has been broken down to aid digestibility.

SUPPLEMENT FACTS

Serving Size: 6 Tablets

Servings per Container: 33

	Amt/Serving	DV%*
Calories	10	
Total Fat	0 g	
Sodium	0 g	
Total Carbohydrates	< 1 g	< 1%
Chlorella	3,000 mg	†
Protein	2 g	4%
Vitamin A		60%
Vitamin C		130%
Iron		35%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Ingredients: Organic Chlorella (Broken Cell Wall)

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients

NEW Choline Bitartrate 30 Capsules - \$12.99 PER BOTTLE



Choline Bitartrate has numerous benefits but is mostly known as a brain supplement. People use Choline for improved memory and mental performance, but it has many other studied benefits.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 30

	Amt/Serving	DV%*
Choline Bitartrate	250 mg	†

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate

Suggested usage: Take 1 capsule daily

Cholesterol Support 90 Tablets - \$19.99 PER BOTTLE **P**
180 Tablets - \$34.99 PER BOTTLE (SAVE \$5)



LifeSource's Cholesterol Support™ is a dietary supplement specifically formulated to support your body's natural metabolism of cholesterol. In addition to this effective supplement, we recommend a diet low in saturated fats and regular aerobic exercise, walking, jogging, anything aerobic.

SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin B6	20 mg	250%	Cellulose		
Folic Acid	400 mcg	100%	(Micro Crystalline)	100 mg	†
Vitamin B12			Garlic Odorless Extract	100 mg	†
(as cyanocobalamin)	25 mcg	417%	Inositol	100 mg	†
Pantothenic Acid	10 mg	100%	Psyllium Husk		
Chromium			(Seed, Powdered)	100 mg	†
(as polynicotinate)	200 mcg	167%	Bromelain 600 GDU	50 mg	†
Plant Sterols	800 mg	†	Pantethine 20%	50 mg	†
Commiphora Mukul			Quercetin	30 mg	†
(Gum Guggul 25% Extract)	400 mg	†	Artichoke Extract	25 mg	†
Soy Bean Extract			Phosphatidylcholine	20 mg	†
(Glycine Max)	250 mg	†	Inositol Hexanicotinate	10 mg	†
Inositol Hexanicotinate	200 mg	†	Oat Bran	200 mg	†
Oat Bran	200 mg	†	Phaseolamin	150 mg	†
Phaseolamin	150 mg	†	Tocotrienols	5 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Suggested Usage: Take 2 to 3 Tablets Daily

Chlorophyll Liquid 16 fl oz - \$16.99 PER BOTTLE



Chlorophyll is a unique substance found in all plant life. It is the pigment that gives plants their characteristic green color. Chlorophyll also absorbs light necessary for photosynthesis, which sustains plant life through the conversion of sunlight into chemical energy. Identified as sodium copper chlorophyllin, this water-soluble extract is derived exclusively from Alfalfa through a natural extraction process. LifeSource Vitamin's Triple Strength product delivers 94 servings - offering you a tremendous value.

- Purify blood
- Assist in building red blood cells
- Help wound healing and tissue repair
- Internally deodorize

SUPPLEMENT FACTS

Serving Size: 1 teaspoonful, 5 ml Servings Per Container: 94

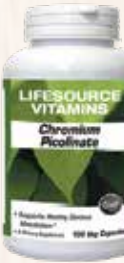
	Amt/Serving	DV%*
Calories	15	†
Total Carbohydrate	3.5 g	1%*
Copper (from Sodium Copper Chlorophyllin)	4 mg	200%
Sodium (from Sodium Copper Chlorophyllin)	6 mg	<1%
Chlorophyll	100 mg	†

[as Sodium Copper Chlorophyllin - a stanilized, water-soluble from a Natural Chlorophyll extracted from Alfalfa (Medicago sativa) (Leaves) (USP Grade)]

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Other Ingredients: Vegetable Glycerin, De-ionized Water, Peppermint (Menta piperita) Oil and Potassium Sorbate.

Chromium Picolinate 100 Veg Caps - \$9.99 PER BOTTLE



Chromium Picolinate may enhance insulin's effect in the body, improving the uptake of glucose, thereby causing better blood circulation and maintenance of blood sugar levels.

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule Servings per Container: 100

	Amt/Serving	DV%*
Chromium (from Chromium Picolinate)	200 mcg	571%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Rice Flour and Cellulose (capsule)

Not manufactured with Yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients

Chitosan Advance 120 Veg Caps - \$19.99 PER BOTTLE



As a dietary supplement, Chitosan has been marketed for about 20 years in Europe and Japan as a "fat blocker". When combined with a sensible diet and moderate exercise, Chitosan can work with your body to help eliminate unwanted fat. LifeSource's Chitosan acts as a "fat blocker" by attaching to fat particles, Chitosan prevents fat from being absorbed through the intestinal tract. Instead, the fat bound to Chitosan passes safely through the body.

- Absorbs fat
- Inhibits LDL (bad) cholesterol
- Improves HDL (good) cholesterol
- Promotes weight loss
- Safe dietary fiber
- No caloric value
- Purify blood
- Assist in building red blood cells
- Help wound healing and tissue repair
- Internally deodorize
- Aid in cancer prevention

SUPPLEMENT FACTS

Serving Size: 3 Veg Capsules Servings per Container: 40

	Amt/Serving	DV%*
Chromium (from Chromium Chelavite®)	300 mcg	857%
LipoSan ULTRA® Chitosan	1,500 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose (capsule), Stearic Acid (vegetable source) and Silica

Not manufactured with wheat, gluten, soy, milk, egg, fish or tree nut ingredients

Cider Vinegar Diet 180 Capsules - \$13.99 PER BOTTLE



Apple Cider Vinegar Diet contains the ingredients your body needs to help control weight and achieve that healthy, fit body you've always dreamed about. Chromium helps to promote sugar and fat metabolism while Glucomannan contains soluble fiber that promotes a feeling of fullness. Vitamin B6 supports energy metabolism. When used with your diet and exercise plan, LifeSource's Apple Cider Vinegar Diet puts you on the right track in winning the weight loss challenge!

- Excellent, proven weight loss results.
- A powerful combination of time tested herbs.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 90

	Amt/Serving	DV%*
Vitamin B-6 (Pyridoxine HCl)	7 mg.	412%
Chromium (as Amino Acid Chelate)	200 mcg.	571%
Apple Cider Vinegar	500 mg.	+
Soy Lecithin	200 mg.	+
Glucomannan (from Konjac Root)	100 mg.	+
Organic Kelp (Laminaria spp.) (whole plant)	20 mg.	+
Grapefruit Fiber	30 mg.	

* Percent Daily Values are based on 2,000 calorie diet.

+ Daily Value not established.

Not manufactured with wheat, gluten, milk, egg, fish shellfish or tree nut ingredients

Other Ingredients: Bovine Gelatin (capsule), Silica and Magnesium Stearate (vegetable source).

CLA Conjugated Linoleic Acid 90 Softgels - \$19.99 PER BOTTLE



A natural source of conjugated linoleic acid, shown to reduce fat and increase lean muscle mass

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Serving Size: 3 Softgels		Servings Per Container: 30
Calories	25	†
Calories from Fat	25	†
Total Fat	3 g	5%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Polyunsaturated Fat	3 g	†
Non-GMO Safflower Oil	3.0 g (3,000 mg)	†
Conjugated Linoleic Acid (CLA)	2.4 g (2,400 mg)	†

* Daily value based on a 2,000 calorie diet. † Daily value not established

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Produced in a GMP facility the processes other ingredients containing these allergens.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water, natural color).

Cinnamon Bark 120 Capsules - \$12.99 PER BOTTLE



- Digestive aid
- Support healthy serum lipid levels
- Potent antioxidant to support cardiovascular function

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Serving Size: 2 Capsules		Servings Per Container: 60
Calories	5	
Total Carbohydrate	<1 g	<1%*
Cinnamon (Cinnamomum verum) (Bark) (Ceylon) (True Cinnamon)	1,000 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established

Other Ingredients: Gelatin (capsule), Silica, Stearic Acid and Magnesium Stearate.

Cod Liver Oil 100 Softgels - \$8.99 PER BOTTLE



Cod Liver Oil is well-known for its naturally occurring Omega-3 Fatty Acids, EPA and DHA and has a long history or traditional use for the support of overall health and well-being. Our Cod Liver Oil is also rich in Vitamin A and D-3

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Serving Size: 1 Softgel		Servings Per Container: 100
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%
Cholesterol	0 mg	0%
Vitamin A (from Cod Liver Oil and Retinyl Palmitate)	2,500 IU	50%
Vitamin D3 (from Cod Liver Oil and Cholecalciferol)	270 IU	68%
Cod Liver Oil	650 mg	†
Typical Values of Omega-3 Fatty Acids:		
Eicosapentaenoic Acid (EPA)	30 mg	†
Docosahexaenoic Acid (DHA)	30 mg	†

Percent Daily Values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water)

Not manufactured with wheat, gluten, soy, milk, egg or shellfish ingredients. Contains fish (cod). Cod Liver Oil is a product of Norway

Coconut Oil Softgels 60 Softgels - \$12.99 PER BOTTLE



Coconut Oil is a source of lauric acid, a medium chain triglyceride (MCT) that possesses health benefits. In the body, lauric acid is converted into monolaurin, a compound that supports the body's defenses. Coconut Oil Softgels are an easy and convenient means to consume this unique fatty acid. May support healthy triglyceride levels, brain health, and promote satiety.

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Serving Size: 1 Softgel		Servings per Container: 60
Organic Virgin Coconut Oil	1,000 mg	†

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Capsule (modified cornstarch, glycerin, Irish moss extract, water) Contains No artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, soy, crustacean shellfish or fish. Vegetarian/Vegan Product

Colloidal Minerals (liquid) 32 oz. - \$18.99 PER BOTTLE



Why are we eating more, yet consuming less? It's not a secret our soils have been depleted of essential, trace and rare minerals so vital to health and life. Eighty years ago in 1936 the United States Department of Agriculture issued U.S. Senate Document 264, stating "that virtually all soils in the United States were mineral deficient. Scientists at the 1992 Earth Summit in Brazil submitted documentation that soils world-wide were depleted of minerals. The United States soils rated as one of the most serious with 85% of essential minerals depleted. Minerals make up four percent of the body's total weight. They're found in body fluids and tissues working in conjunction with vitamins, enzymes, hormones, and other substances. Minerals play an important role in numerous biological functions.

NUTRITION FACTS

	Amt/Serving	DV%*
Serving Size: 2 Tablespoons / 1 fl. oz.		Servings Per Container: 32
Calories	10	
Total Carbohydrate	2 g	<1%*
Sugars	2 g	†
Liquid Colloidal Minerals	30 ml*	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Purified Water, Fructose, Citric Acid, Natural Raspberry Flavors, Fulvic Acid, Natural Vegetable Extract, Potassium Sorbate (as preservative), Potassium Benzoate (as preservative) and Stevia Extract (Leaf). Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Organic Coconut Oil 12 oz. - \$10.99 PER JAR



Use it for cooking and baking in place of less healthy cooking oils or add it to your favorite smoothie. Use it as a spread on your favorite breads and muffins or add a subtle hint of tropical sweetness to your popcorn.

Organic Virgin Coconut Oil Cold Pressed and Unrefined - 12 oz. NUTRITIONAL FACTS

	Amt/Serving	DV%*
Serving Size: 1 Tbsp (15 mL)		Servings Per Container: 24
Calories	120	
Calories from Fat	120	
Total Fat	14 g	22 %
Saturated Fat	12 g	60 %
Trans Fat	0 g	
Polyunsaturated Fat	<0.5 g	
Monounsaturated Fat	1 g	

*Daily Value Not Established.

Ingredients: Organic Virgin Coconut Oil

Since 1992, LifeSource Vitamins has been giving ALL proceeds to fine Christian Organizations worldwide

Collagen Tablets

90 Tablets - \$19.99 PER BOTTLE **P**
 180 Tablets - \$34.99 PER BOTTLE
 (SAVE \$5)



SUPPLEMENT FACTS

Serving Size: 2 Tablets	Servings Per Container: 45	
	Amt/Serving	DV%*
Collagen	1000 mg.	†
Silica Complex	100 mg.	†
Papain	50 mg.	†
Bromelain	50 mg.	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Suggested usage: Take 2 tablets 3 times daily.

Collagen Cream **P**

4 oz. - \$12.99 PER BOTTLE



- Boosting Natural Collagen Production
- Delay Signs Of Aging
- Rejuvenate Dull Lifeless Skin
- Provides Soluble Collagen, Elastin Protein Hydrolysate and Vitamin E

Collagen Liquid

(Enzyme Hydrolyzed Collagen)

16 fl oz / 30 Day Supply **P**

\$44.99 PER BOTTLE

3 Bottles for \$114.99 (SAVE \$20)



An incredible multi-function liquid that helps rejuvenate and maintains tendons, ligaments, skin, hair, nails, bones, teeth, energy, blood vessels, arteries and probably most widely known for weight/fat loss! Collagen is the primary connective tissue protein in your body. The word Collagen is derived from kolla, the Greek word for glue. As we age, every year we lose 1% of our collagen content, collagen we need to keep us looking young as well as keeping us healthy and strong. Collagen is the most abundant protein found in our body. LifeSource's Collagen does not contain aloe vera, as other brands do, due to the fact that ours is Enzymatically hydrolyzed. It does not need the acid to hydrolyze, as other brands do. Ours is all natural, and results driven.

NUTRITION FACTS

Serving Size: 1 Tablespoon		Servings per Container: 30	
	Amt/Serving	DV%*	
Calories	36		L-Glutamic Acid 1727 mg †
Total Fat	0		Glycine 4167 mg †
Cholesterol	0		L-Histidine 118 mg †
Total Carbohydrate	3 g	1 %	L-Hydroxylysine 181 mg †
Protein	8 g	16 %	L-Hydroxyproline 2197 mg †
L-Citrulline	500 mg	†	L-Isoleucine 272 mg †
Each Tablespoon (15 ml) contains 8 grams of Enzyme Hydrolyzed Bovine Collagen Protein			L-Lysine 697 mg †
			L-Methionine 136 mg †
			L-Phenylalanine 379 mg †
Amino Acid Composition of LifeSource Collagen™:			L-Proline 2477 mg †
L-Alanine	1667 mg	†	L-Serine 636 mg †
L-Arginine	1333 mg	†	L-Threonine 300 mg †
L-Aspartic Acid	1045 mg	†	L-Tyrosine 152 mg †
L-Cystine	10 mg	†	L-Valine 515 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Ingredients: Enzyme Hydrolyzed Concentrated Pure Bovine Collagen Protein, Purified Water, Fructose, Citric Acid, Glycerin, Natural Orange Flavor, Phosphoric Acid, Sodium Benzoate and Potassium Sorbate (to preserve freshness), Stevia Rebaudiana Leaf Extract

Variety of Colors and Sizes to Choose From.
 20oz: \$7.49
 28oz: \$7.99



NEW

Collagen Peptides Powder

1 LB. - \$39.99 PER CONTAINER

3 Pack Special for \$99.99 (SAVE \$20)



- Helps support normal joint function, fights against arthritis.
- Can enhance high levels.
- Preserves lean body mass for people trying to lose weight & build mass. Supports cartilage, tendons, muscles, bones, teeth and joint health.
- Helps reduce the appearance & causes of wrinkles.
- Promotes better sleeping.
- Provides protein energy, which is utilized and not stored as fat.
- The highest bio availability of any collagen on the market.
- Overall toning for body builders and weight loss individuals.
- Promotes a greater sense of wellness.
- Immediate improvements in skin, hair and nail texture and appearance.
- Helps lessen snack cravings.
- Studies have shown to help slow the aging process.
- Provides increased stamina, and turns up your metabolism
- Supports rapid muscle repair and muscle growth enhancement naturally for weight loss and building muscle. Crucial for body builders and anyone trying to lose weight.

SUPPLEMENT FACTS

Serving Size: 10 Grams (1 heaping scoop)	Servings per Container: about 45	
	Amt/Serving	DV%*
Calories	35	
Total Fat	0 g	0%
Total Carbohydrates	0 g	0%
Protein	9 g	18%
Collagen Peptide Complex (from Hydrolyzed Collagen Type I & III) (bovine)	10 g	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Suggested usage: 1 serving daily to supplement the diet with protein

NEW

CoQ10 50 mg

100 Softgels - \$24.99 PER BOTTLE



Coenzyme Q10 (CoQ10) is a vitamin-like compound that plays a central role in cellular energy production. CoQ10 is found throughout the body, but is especially concentrated in the heart, liver and kidney and production has been found to decline with age. CoQ10 works with Vitamin E as a potent free radical scavenger in cell membranes, as well as within blood vessels. Years of scientific research have shown that CoQ10 helps to maintain a healthy heart and vascular system.

NUTRITION FACTS

Serving Size: 1 Softgel	Servings Per Container: 100	
	Amt/Serving	DV%*
Vitamin E (from d-alpha Tocopherol)	30 IU	100%
Selenium (from L-Selenomethionine)	70 mcg	100%
Coenzyme Q10	50 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Rice Bran Oil, Softgel Capsule (gelatin, glycerin, water, carob), Beeswax and Soy Lecithin

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients

CoQ10 100 mg softgels

50 Softgels- \$31.99 PER BOTTLE



SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 50	
	Amt/Serving	DV%*
Vitamin E (from Mixed Tocopherols) (soy free)	30 IU	100%
Coenzyme Q10	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel capsule (bovine gelatin, water, glycerin, organic caramel color), Organic Extra Virgin Olive Oil, Sunflower Lecithin and Silica

Not manufactured with wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients.

Non-GMO

CoQ10 400 mg softgels

30 Softgels - \$39.99 PER BOTTLE




SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 30	
	Amt/Serving	DV%*
Calories	7	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Trans Fat	0 g	†
Vitamin E	30IU	100%
(as d-alpha Tocopherol)		
Coenzyme Q10 (CoQ10)	400 mg	†
Soy Lecithin	35 mg	†

* Daily values are based on 2,000 calorie diet.

† Daily value not established.

NEW **Liquid CoQ10 50 mg** 16 fl oz - \$32.99 PER BOTTLE



Lifesource Vitamins Liquid CoQ10 50mg, clinically tested for potency and efficacy. This Hydrosoluble formula has been specifically created to increase the dissolution and absorption of CoQ10 into the bloodstream within seconds. CoQ10 (also known as Ubiquinone and Ubidecarenone) is the fully oxidized form of CoQ10. Combined with the synergistic antioxidant properties of fresh Blueberry juice, Goji berry extract, Vitamin C and E, this product not only provides cardiovascular support, but also enhance your complete antioxidant defense system.

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon Servings per Container: 32

	Amt/Serving	DV%*
Calories	6	
Sugars	2 g	<1%
Sodium	20 mg	<1%
Vitamin C (as calcium ascorbate and ascorbic acid)	25 mg	40%
Vitamin E (as d-alpha tocopherol acetate)	20 IU	66%
Coenzyme Q10 (as Hydrosoluble ubidecarenone)	50 mg	†
Hawthorn Berry (Crataegus oxyacantha)	75 mg	†
Goji Berry (Lycium barbarum)	50 mg	†
Blueberry (Vaccinium angustifolium)	50 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Purified Water, Agave Cactus Nectar, Vegetable Glycerin, Xanthan Gum, Natural Flavors, Citric Acid, Potassium Sorbate, Potassium Benzoate
Contain no added starch, salt, wheat, gluten, yeast, or milk derivatives

Ubiquinol 50 mg 60 Softgels - \$29.99 PER BOTTLE




Ubiquinone is converted within our body into Ubiquinol, the potent anti-oxidant portion of CoQ10. However, as we age, our ability to make this conversion reduces significantly. Ubiquinol is already in its reduced form as a potent anti-oxidant. Ubiquinol inhibits protein and lipid oxidation in cell membranes, and helps to minimize oxidative injury to DNA. There is every indication that the Ubiquinone form has benefits other than those of Ubiquinol. To take full advantage of the benefits of CoQ10, the dosage should include both forms and then according to age as to which one you take the most. Also, as demonstrated, Ubiquinol does not require the high amount needed by Ubiquinone to gain the same therapeutic effect for certain conditions.

SUPPLEMENT FACTS

Serving Size: 1 Softgel Servings Per Container: 60

	Amt/Serving	DV%*
Ubiquinol (Kaneka QH™) (Reduced Form CoQ10)	50 mg	†

Colon Cleanse 180 Capsules - \$14.99 PER BOTTLE



Cleansing, also called detoxification, is our body's normal process of elimination through our colon, liver, kidney, lungs, lymph and skin. An effective colon cleanse can often result in:

- Increased energy level and a feeling of improved health
- Healthier bowel movements (eliminates constipation problems, and prevents disease of the colon)
- Weight loss
- Improved look and strength of hair, skin, and nails
- Elimination of fatty wastes, mucus, and other toxic buildups
- Decreased cholesterol


SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 90

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5		Insoluble Fiber	.1 g	†
Total Carbohydrates	1.2 g	< 1%	Psyllium Husk Powder	1,400 mg	†
Dietary Fiber	1 g	4%	(Husk/Seed)	100 mg	†
Soluble Fiber	.9 g	†	Apple Pectin Powder		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source), Stearic Acid (vegetable source) and Silica
Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.
Non-GMO

Cortisol Support 90 Veg Caps - \$24.99 PER BOTTLE



Cortisol is nicknamed the "stress hormone" for its role in the fight or flight response, a physiological mechanism that releases hormones like adrenalin and cortisol to prioritize important body functions under stressful circumstances. Combats Adrenal Fatigue – Allows Adrenals time to Rest and Reset.


SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 90

	Amt/Serving	DV%*
Vitamin C (from Calcium Ascorbate)	33 mg	37%
Pantothenic Acid (from Calcium Pantothenate)	10 mg	200%
Calcium (from Calcium Carbonate and Ascorbate)	12 mg	1%
Magnesium (from Magnesium Oxide)	8 mg	2%
Chromium (from Chromium Chelavite® AAC)	20 mcg	57%
Relora® (a proprietary blend of a patented extract from Magnolia officinalis bark and a proprietary extract from Phellodendron amurense bark)	200 mg	†
Green Tea Extract (Camellia sinensis) (Leaf) (min. 50% EGCg)	90 mg	†
Ashwagandha Extract (Withania somnifera) (Root)	20 mg	†
Holy Basil Extract (Ocimum tenuiflorum) (Leaf)	20 mg	†
Reishi Mushroom Powder (Ganoderma lucidum)	20 mg	†
Rhodiola Extract (Rhodiola rosea) (Root)	20 mg	†
Banaba Extract (Lagerstroemia speciosa) (Leaf)	4 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and silica
Not manufactured with wheat, gluten, milk, egg, fish. Shellfish or tree nut ingredients

Cranberry Concentrate 100 Capsules - \$14.99 PER BOTTLE



Cranberries are packed with polyphenols, tannins, and other phytonutrients that have been researched for their role in urinary tract health. Our Cranberry Caps are also rich in Vitamin C.


SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Calories	5	
Total Carbohydrate	1.1 g	<1%*
Dietary Fiber	560 mg	2%*
Sugars	630 mg	†
Vitamin C (as Ascorbic Acid)	20 mg	33%
Cranberry Concentrate (fruit) (1400 mg of 8:1 Concentrate)	1.4 g	†

*Daily values are based on 2,000 calorie diet. † Daily value not established.
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Creatine Monohydrate Powder 8.8 oz - 50 Servings \$11.99 PER CONTAINER



100% Pure – Pharmaceutical Grade. 5 Grams of Creatine Per Serving! Overall, researchers have found that Creatine will provide the following benefits: Enhanced muscle mass/strength, promote greater gains in increasing FFM (Fat Free Mass, which includes muscle mass), increased muscle protein synthesis, increased muscle energy availability, increased power output (more sets/ reps), enhanced recovery after exercise, increases muscle fiber size, increases myosin, improves single-effort sprint performance and anything to do with performance for athletes.

Driven by Faith-Powered by God
bracelets available in various colors and sizes



Curcumin Extract

60 Veg Capsules - \$23.99 PER BOTTLE
120 Veg Capsules - \$41.99 PER BOTTLE
(SAVE \$6)



LifeSource Vitamins Curcumin Extract is the major component of Turmeric, shown to help with arthritis, heartburn, stomach pain, diarrhea, intestinal gas, liver problems, and gallbladder disorders. It can also be used for headaches and colds. A potent yet safe anti-inflammatory

- Prevent and reverse:
- depression • digestive disorders
 - pain & arthritis • heart disease

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings Per Container: 60
	Amt/Serving DV%*
Tumeric Root Extract (Curcuma longa) (Standardized to Min. 95.0% Curcuminoids (630 mg) (containing Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin))	665 mg *
Demethoxycurcumin and Bisdemethoxycurcumin	

* Percent Daily Values are based on 2,000 calorie diet. † Daily value not established.

Free of: yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.
Other Ingredients: Cellulose (capsule), Silica and Magnesium Stearate (vegetable source)

Liquid Vitamin D-3 1,000 IU 1 fl. oz. - \$12.99 PER BOTTLE



- Maintains bone health
- Enhances immunity
- Decreases risk of breast, colon & colorectal cancer
- Each drop is 1000 IU's. You control the dose

SUPPLEMENT FACTS

Serving Size: 1 Drop	Servings Per Container: 925
	Amt/Serving DV%*
Vitamin D3 (Cholecalciferol)	1,000 IU 250%

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: glycerin, water, hydroxy lecithin.

Vitamin D-3 1,000 IU 180 Softgels - \$8.99 PER BOTTLE



Our Vitamin D-3 softgels supply this key vitamin in a highly absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 180
	Amt/Serving DV%*
Vitamin D-3 (as Cholecalciferol)	1,000 IU †

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Vitamin D-3 5000 IU Softgels

120 Softgels - \$11.99 PER BOTTLE
240 Softgels - \$20.99 PER BOTTLE
(SAVE \$3)



Our Vitamin D-3 maintains healthy calcium and phosphorus levels in the body for strong bones; it increases muscle strength in older adults; and it also plays an active role in a healthy immune response. Vitamin D-3 (cholecalciferol) is the optimal form of vitamin D. It is the form of vitamin D that the body manufactures in sunlight, and the form most efficient for the body's needs.

- Maintains Bone Health
- Decreases risk of Colon & Colorectal Cancer
- Enhances Immunity
- Decreases pain associated with Fibromyalgia
- Reduces risk of Breast Cancer

SUPPLEMENT FACTS

Serving Size: 1 Softgel Capsule	Servings Per Container: 120
	Amt/Serving DV%*
Vitamin D-3 (as Cholecalciferol)	5,000 IU 1250%

* Daily values are based on 2,000 calorie diet. † Daily value not established.
Other Ingredients: Softgel (gelatin, glycerin and water), virgin olive oil.



Sublingual Vitamin D-3 1,000 IU

100 INSTANT DISSOLVE TABLETS
\$12.99 PER BOTTLE



What are Instant Dissolve Tablets?

Instant Dissolve Tablets are Sublingual Vitamins that quickly dissolve under the tongue, eliminating the artificial colors, flavors, chemicals and fillers found in other vitamins. Perfect for those who have difficulty swallowing tablets or bad tasting liquids.

Vitamin D is essential for strong bones. Low blood levels of Vitamin D have been associated with increased risk of cardiovascular disease, cognitive impairment in older adults and severe asthma in children.

SUPPLEMENT FACTS

Serving Size: 1 Micro Quick Absorb® Tablet	Servings per Container: 100
	Amt/Serving DV%*
Vitamin D3 (as cholecalciferol)	1,000 IU 250%

Other Ingredients: Lactose (Milk) and acacia gum
Free of Preservatives, Gluten and Dye.
Non-GMO Ingredients

Vitamin D3 Gummies 90 Gummies - \$14.99 PER BOTTLE



If you can't get enough sunlight, or if you are worried about exposing your skin, then LifeSource Vitamin D3 Gummies are a great way to get this critical nutrient. You can't get enough D3 in your diet, so taking a D3 supplement helps your body maintain proper bone structure. Many people are deficient in Vitamin D3. Our 2,000 IU Gummies can help enhance your immunity and maintain strong bones and healthy teeth.

SUPPLEMENT FACTS

Serving Size: 2 Gummies	Servings per Container: 45
	Amt/Serving DV%*
Calories	15
Total Carbohydrate	4 g 1%
Sugars	3 g †
Vitamin D3 (as cholecalciferol)	2,000 IU 500%
Sodium	10 mg <1%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Glucose syrup, sugar, water, pectin, citric acid, sodium citrate, natural flavors, natural color (annatto and elderberry juice), coconut oil and camauba wax
Allergen Warning: Contains Tree Nuts (Coconut Oil)

D-Mannose 120 Veg Caps - \$24.99 PER BOTTLE



Clinical studies have demonstrated that when taken regularly, D-Mannose can help to maintain a healthy urinary tract. Because insubstantial amounts of D-Mannose are used by the body, it does not interfere with healthy blood sugar regulation.

SUPPLEMENT FACTS

Serving Size: 3 Veg Capsules	Servings per Container: 40
	Amt/Serving DV%*
Calories	5
Total Carbohydrates	1.5 g <1%
Sugars	1.5 g †
D-Mannose	1,500 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Rice Flour, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica. Non-GMO
Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Diet & Energy P 90 Capsules - \$14.99 PER BOTTLE



Metabolic Diet and Adrenal Support
 LifeSource's Diet & Energy is an all natural weight loss supplement that is safe to use with no long term side effects. LifeSource Vitamin's Diet / Energy combines a comprehensive array of nutrients and dietary ingredients that provide your body with a natural source of energy. This formula does not contain Ephedra (Ma Huang). Instead, we use ingredients such as Guarana and Green Tea to provide a natural source of caffeine and Bitter Orange to support thermogenic processes in the body.

SUPPLEMENT FACTS

Serving Size: 2 Capsules		Servings per Container: 45	
	Amt/Serving	DV%*	
Vitamin E (d-alpha Tocopherols Succinate)	15 IU	50%	
Vitamin B1 (from Thiamine HCl)	10 mg	670%	
Vitamin B2 (Riboflavin)	10 mg	590%	
Vitamin B3 (Niacin)	25 mg	125%	
Vitamin B5 (from Calcium Pantothenate)	10 mg	100%	
Vitamin B6 (from Pyridoxine HCl)	10 mg	500%	
Vitamin B12 (from Cyanocobalamin)	100 mcg	1670%	
Iodine (from Kelp)	225 mcg	150%	
Chromium (as Chromium Chelavite)	200 mcg	166%	
Potassium (from Potassium Aspartate)	55 mg	2%	
Guarana (seed extract)	280 mg	*	
Green Tea Extract (Leaf Extract)	200 mg	*	
Bitter Orange Extract	180 mg	*	
Eleuthero (Siberian Ginseng Root)	150 mg	*	
Panax Ginseng (Root)	150 mg	*	
Gotu-Kola (Whole Plant)	100 mg	*	
Licorice (Root)	100 mg	*	
Cayenne (Fruit)	50 mg	*	
Alpha Lipoic Acid	25 mg	*	
CoQ10	10 mg	*	
Octacosanol (from Spinach)	30 mcg	*	

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Vitamin E-400 100 Softgels - \$11.99 PER BOTTLE
 200 Softgels - \$20.99 PER BOTTLE (SAVE \$3)



Vitamin E is key for strong immunity and healthy skin and eyes. Benefits include balancing cholesterol, fighting free radicals, preventing disease development, repairing damaged skin and much more.

SUPPLEMENT FACTS

Serving Size: 1 Softgels		Servings Per Container: 100	
	Amt/Serving	DV%*	
Vitamin E	400 IU	500%	

(d-alpha tocopherol, plus beta, delta, and gamma tocopherols)

NEW Echinacea 100 Capsules - \$9.99 PER BOTTLE
 1,000 mg



Echinacea herbal medicines are traditionally used for treatment of inflammatory and viral diseases such as cold, cough and upper respiratory infections. Recent studies show that they can also be used as antioxidants or free radical terminators to prevent cardiovascular disease, arthritis and aging.

SUPPLEMENT FACTS

Serving Size: 2 Capsules		Servings per Container: 50	
	Amt/Serving	DV%*	
Echinacea (Echinacea angustifolia)	1,000 mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Super Digestive Enzymes 90 Capsules - \$16.99 PER BOTTLE
 180 Capsules - \$29.99 PER BOTTLE (SAVE \$4)



It is estimated that more than 100 million people in America are affected by some form of digestive disease. That's more than half of the U.S. population! LifeSource's Super Enzyme formula, based on its high potency and complete profile, has quickly become a favorite among our customers. Scientifically engineered with an extensive blend of essential enzymes, papain, pancreatin, bromelain and more, this is a highly effective product that can greatly assist in the digestion of foods.

SUPPLEMENT FACTS

Serving Size: 1 Capsule		Servings per Container: 90			
	Amt/Serving	DV%*			
Calcium (from Calcium Carbonate)	36 mg	3%	Protease	37,000 USP Units	†
Betaine HCl	200 mg	†	Lipase	2,960 USP Units	†
Ox Bile Extract			Bromelain (from Pineapple)	120 GDU	†
(Min. 45% Total Choic Acids)	100 mg	†	Papain (from Papaya)	100,000 PU	†
Papaya Fruit Powder	45 mg	†	Cellulase	10 CU	†
Enzyme Blend	200 mg	†	Acid Stable Protease		†
Pancreatin 10X Supplying:			†		
Amylase	37,000 USP Units	†	(Aspergillopepsin)	50 SAPU	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Gelatin (capsule), Microcrystalline, Cellulose, Magnesium Stearate (vegetable source) and Silicon Dioxide. Contains sulfites.
Not manufactured with wheat, gluten, soy, milk, eggs, fish, shellfish or tree nut ingredients

New Formula Deer Antler Spray w/IGF-1 2 fl. oz - \$29.99 / 3 for \$74.97 PER BOTTLE (SAVE \$15)



LifeSource Vitamins Deer Antler IGF-1 is a safe and effective oral supplement for increasing the body's levels of IGF-1 naturally. For centuries, ancient Chinese medicine used the power of deer antler velvet to improve vitality and overall function. Unbeknownst to them, the deer antler velvet they were taking was loaded with IGF-1 and other important nutrients. In recent studies, deer antler velvet has been found to be a rich source of insulin-like growth factors (IGF-1). By taking our Deer Antler IGF-1, you are increasing your body's levels of IGF-1 slowly and naturally, not bombarding your system, resulting in improved muscle repair, better joint health and overall well-being. As an athlete, this means quicker recovery from the intensive training sessions, less joint pain and a strengthened immune system and so much more. Several studies have shown when taken over time:

- Increase Lean Muscle Mass
- Reduce Body Fat % with Increased Metabolism
- Improves Muscle Recovery after Intense Training
- Boost Endurance Threshold
- Increase Energy, Vitality & Stamina Levels
- Increase Protein Synthesis
- Increases Athletic Performance and Strength
- Improves Aerobic Capacities
- Increases Immune System
- Improves Tissue Regeneration for Healthier Joints
- Enhances Sexual Drive and Function

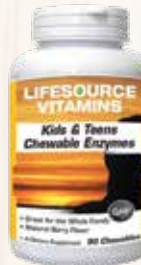
SUPPLEMENT FACTS

Serving Size: 3 Sprays		Servings per Container: Approx. 60	
	Amt/Serving	DV%*	
Niacin	20 mg	100%	
Proprietary Blend	200 mg	†	
Deer Antler Velvet Extract, L-Arginine, Epimedium (Horny Goat Weed), Tribulus, Eurycoma Longifolia (Tongkat Ali)			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Purified Water, Natural & Artificial Flavors, Xylitol, Citric Acid, Stevia, Potassium Sorbate (as preservative)
Suggested usage: Spray three times under tongue twice daily 20 minutes before a meal

NEW Kids & Teens Chewable Enzymes 90 Chewables - \$19.99 PER BOTTLE



- Broad spectrum digestive enzyme formulation
- Natural berry-flavored
- Supports optimal digestion of meals
- Shown to be active throughout the entire pH range of the digestive system
- Not degraded by the acid in the stomach
- Great for Kids, Teens, or Adults!

SUPPLEMENT FACTS

Serving Size: 2 Chewables		Servings per Container: 45			
	Amt/Serving	DV%*			
Total Carbohydrates	1 g	< 1%	Protease (from Aspergillus niger)	50 SAPU	†
Sugars	< 1 g	†	Invertase (from Saccharomyces cerevisiae)	400 SU	†
BioCore Kids® Vegetarian Enzymes	144 mg	†	Lipase (from Canada rugosa, Aspergillus niger and Rhizopus Oryzae)	500 FIP	†
Amylase (from Aspergillus Oryzae)	3,500 DU	†	Diastase (from Aspergillus Oryzae)	1,500 DP	†
Protease (from Aspergillus Oryzae)	21,000 HUT	†	Protease (from Aspergillus Oryzae)	2 AP	†
Protease (from Aspergillus Oryzae)	4,000 PC	†			
Lactase (from Aspergillus Oryzae)	1,000 ALU	†			
Glucoamylase (from Aspergillus niger)	5 AGU	†			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Fructose, Natural Flavors, Rice Maltodextrin, Citric Acid, Magnesium Stearate (vegetable source) and Beet Powder
Not manufactured with wheat, soy, milk, egg, fish, shellfish or tree nut ingredients



Advanced Papaya Enzymes

90 Chewable Tablets - \$8.99 PER BOTTLE



Healthy digestion allows our bodies to receive nutrients from food. Enzymes support the breakdown of food, making nutrients more bioavailable to our bodies. This product contains 100% natural plant enzymes, making it an ideal supplement for both vegetarians and non-vegetarians alike. By taking our Advanced Papaya Enzyme, you will support your body's natural ability to utilize carbohydrates and proteins from food.

SUPPLEMENT FACTS

Serving Size: 2 Tablets	Servings per Container: 45	Amt/Serving	DV%*
Calories		5	
Total Carbohydrates		1 g	<1%
Sugars		1 g	
Papain		200 mg	†
Natural Papaya		10 mg	†
Bromelain		10 mg	†
Plant Enzyme Blend (supplying amylase, protease, lipase)		10 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Fructose, Sorbitol, Stearic Acid (vegetable source), Calcium Stearate (vegetable source), Natural Tropical Fruit Flavor, Citric Acid, Silica, Beet Root Fiber

Contains no artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish



Elderberry Syrup

4 fl oz - \$16.99 PER BOTTLE



Elderberry has been reported to have beneficial effects when used with antibiotics to treat sinus infection. The elder flowers are classically used for colds, flu, and to reduce high fever, as they contain strong diaphoretic and cooling activity.

SUPPLEMENT FACTS

Serving Size: 2 Teaspoons (10 ml)	Servings per Container: 12	Amt/Serving	DV%*
Calories		30	
Total Carbohydrates		6 g	2%
Elderberry Fruit (Organic)		6,400 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Vegetable glycerin, deionized water

Contains no salt, wheat, gluten, yeast, corn, soy, preservatives, artificial colors or flavors, glucose or fructose

Suggested usage: Adults: Take 2 Teaspoons once daily
Children: Take 1 Teaspoon once daily



Electrolyte Balance

100 Veg Capsules - \$13.99 PER BOTTLE



LifeSource Vitamins Electrolyte Formula is loaded with nutrients designed for a perfect balance of 6 electrolytes plus support minerals and BioPerine® (black pepper fruit extract) that work together to provide complete hydration without worrying about having an upset stomach that you find with powders, so you can feel and perform your best in life.

SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule	Servings per Container: 100	Amt/Serving	DV%*
Vitamin D (cholecalciferol)		400 IU	100%
Calcium (carbonate)		25 mg	3%
Phosphorous (sodium phosphate)		37 mg	4%
Magnesium (oxide)		50 mg	13%
Chloride (sodium/potassium chloride)		271 mg	8%
Sodium (sodium chloride/phosphate)		202 mg	8%
Potassium (chloride)		99 mg	3%
Boron (aminoate)		500 mcg	†
BioPerine® (black pepper fruit extract)		5 mg	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Vegetable cellulose, vegetable magnesium stearate, and rice flour

Esiak 750 mg

120 Capsules - \$16.99 PER BOTTLE



- Cleanse the blood and normalize enzymes
- Nourishes and stimulates the brain and nervous system
- Expel mucus clearing the lungs
- Enhance immune system

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings per Container: 120	Amt/Serving	DV%*
Ojibwa Tea - Esiak		750 mg.	*
Proprietary Blend of			
Burdock Root Extract 4:1,			
Sheep Sorrel Herb 4:1,			
Slippery Elm Bark Extract 4:1,			
Turkish Rhubarb Root Extract 4:1,			
Watercress Herb, Blessed Thistle Herb,			
Red Clover Blossom and Kelp			

*Daily value not established

Evening Primrose Oil

100 Softgels - \$9.99 PER BOTTLE



- Premenstrual tension • Blood pressure
- Cholesterol • Internal treatment of eczema and acne

SUPPLEMENT FACTS

Serving Size: 3 Softgels	Servings Per Container: 33	Amt/Serving	DV%*
Evening Primrose Oil		1.5 g	†
Gamma Linolenic Acid (GLA)		1355 mg	†
Cis-Linoleic Acid (Omega 6)		1095 mg	†

Fibroid Formula

90 Tablets - \$12.99 PER BOTTLE



LifeSource's Fibroid Formula is uniquely designed for women to decrease the symptoms of menstruation, symptoms associated with endometriosis and other types of cystic fibroids associated with the uterus and ovaries.

SUPPLEMENT FACTS

Serving Size: 2 Tablets	Servings per Container: 45	Amt/Serving	DV%*
Shepherd's Purse		400 mg	†
Cat's Claw		400 mg	†
Pau D' Arco		400 mg	†
Dong Quai		100 mg	†
Echinacea		100 mg	†
Astragalus Root		100 mg	†
Anamu		100 mg	†
Golden Seal		25 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Feverfew

90 Capsules - \$10.99 PER BOTTLE



- Migraines and headaches
- Rheumatoid arthritis (eases inflammation)
- Eases Tinnitus (ringing in the ears)

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings Per Container: 45	Amt/Serving	DV%*
Fever Few		1000 mg	†

* Daily values are based on 2,000 calorie diet.
† Daily value not established.

ClearFiber™ Powder

Net Wt. 5 oz. (142g) - \$12.99 PER BOTTLE



- No grit • No flavor
- No thickening • Mixes easily

Soluble fiber found in beans and fruits have many health benefits. Studies show soluble fiber helps support healthy cholesterol and triglyceride levels as well as normal, healthy blood sugar levels.* ClearFiber™ provides 3 grams of soluble fiber per serving and is a convenient way to ensure you meet your daily intake for dietary fiber. ClearFiber™ uses the patented SunFiber® derived from partially hydrolyzed guar gum. SunFiber® has been used in numerous clinical studies demonstrating its many health benefits.

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon	Servings Per Container: 35	Amt/Serving	DV%*
Calories		20	†
Total Carbohydrates		4 g	1
Dietary Fiber		3 g	12
Soluble Fiber		3 g	†
Sodium		20 mg	1

* Daily value based on a 2,000 calorie diet. † Daily value not established

Ingredients: Partially Hydrolyzed Guar Gum (natural fiber). Contains no: sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Did you know Magnesium is a mineral that helps turn the food we eat into energy and helps the parathyroid glands, which produce hormones important for bone health, work normally? Turn to page 27 for more info

Ultra Fiber Gummies 60 Gummies- \$14.99 PER BOTTLE



The average American consumes less than 1/3 the recommended dietary fiber intake. The American Dietetic Association and the American Cancer Society recommend 25-35 grams of total dietary fiber per day, which is more than double what the average American gets. Even for those individuals with a healthy diet, there are some days when it might be difficult to meet the recommended amount. Ultra Fiber Gummies provides 5 grams of dietary fiber per serving and is a convenient way to help you meet your daily intake for dietary fiber. *All Natural Orange & Mixed Berry Flavor *Colors are derived from the fruit we use: No synthetic dyes! *Gluten Free-Vegetarian Formula

SUPPLEMENT FACTS

Serving Size: 3 Gummies	Servings per Container: 20	
	Amt/Serving	DV%*
Calories	20	
Total Carbohydrates	8 g	3%
Dietary Fiber	5 g	20%
Sugars	3 g	†
Sodium	10 mg	<1%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Chicory root fiber, sugar, water, pectin, natural flavors, citric acid, sodium citrate, natural color (annatto and elderberry juice), coconut oil and carnauba wax.
Allergen Warning: Contains Tree Nuts (Coconut Oil)

Flax Seed Oil 100 Softgels - \$12.99 PER BOTTLE



Flax oil is a natural reservoir for the omega-3 fatty acid alpha-linolenic acid (ALA). ALA is considered an essential fatty acid because the body cannot make it from other fats and must obtain it from the diet. Flax oil has been shown to support cardiovascular health and to promote the maintenance of healthy skin.

SUPPLEMENT FACTS

Serving Size: 3 Softgels	Servings Per Container: 33	
	Amt/Serving	DV%*
Calories	25	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	<0.5 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†
Organic Flax Seed Oil	3 g (3,000 mg)	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Softgel Capsule (gelatin, water, glycerin, organic caramel color)
Not manufactured with yeast, wheat, gluten, soy, corn, milk, eggs, fish or shellfish ingredients
Each serving may also have the following naturally occurring amounts of polyunsaturated fats and monounsaturated fats: Linolenic Acid (Omega-3): 55%, Linoleic Acid (Omega-6): 14%, Oleic Acid (Omega-9): 19%, Other (Saturated): 12%
NON-GMO

Organic Flax Oil 16 fl oz - \$19.99 PER BOTTLE



Our Organic product is cold-pressed and comes fresh to you in our heat, light, and oxygen-protected bottles to ensure the best quality product. Our Organic Flax is grown in North America.

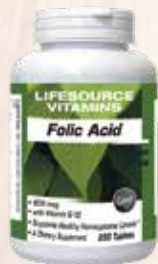
- Omega 3: 7650 mg
- Omega 6: 2410 mg
- Omega 9: 2120 mg

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 mL)	Servings per Container: 31	
	Amt/Serving	DV%*
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%
Saturated Fat	1.5 g	8%
Polyunsaturated Fat	10 g	†
Monounsaturated Fat	2.5 g	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Ingredients: Organic Flax Oil, Antioxidant Blend (Organic, Rosemary, Mixed Tocopherols, Ascorbyl Palmitate, Citric Acid)

Folic Acid with Vitamin B-12 250 Tablets - \$7.99 PER BOTTLE



- Helpful in preventing neural tube birth defects
- Helps the body make healthy new cells
- Important for production, repair and functioning of DNA

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings Per Container: 250	
	Amt/Serving	DV%*
Folic Acid	800 mcg	333%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%

* Daily values are based on 2,000 calorie diet. † Daily value not established.
 Free of: yeast, wheat, soy, milk, gluten, sugar or salt.
Other Ingredients: Cellulose, stearic acid, magnesium stearate.



Methyl Folate 90 Tablets - \$15.99 PER BOTTLE



5-Methylfolate is the biologically active form of folate. Methylfolate is required to support cardiovascular and cognitive health, as well as the production of new cells and maintain healthy homocysteine levels.

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings per Container: 90	
	Amt/Serving	DV%*
Folate (from 800 mcg Quatrefolic® 5-methyl-tetrahydrofolate glucosamine)	667 mcg (400 mcg 5-MTHF)	167%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose, Silica, Stearic Acid (vegetable source), Calcium Stearate (vegetable source)
Contains no Artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

GABA w/Vit B6 500 mg 100 Capsules - \$11.99 PER BOTTLE



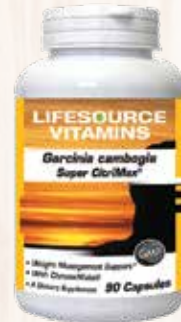
GABA is a non-protein amino acid that functions as a neurotransmitter in the human brain. GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100	
	Amt/Serving	DV%*
Vitamin B-6	2 mg	100%
GABA (Gamma Aminobutyric Acid)	500 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.
NON-GMO

Garcinia Cambogia (Super CitriMax) 90 Capsules - \$19.99 PER BOTTLE



LifeSource Vitamins Garcinia cambogia uses the patented Super CitriMax® in our formula and is a potent combination of ingredients that help to support a healthy body weight and proper glucose management. Super CitriMax® is a proprietary blend (-)hydroxycitric acid (HCA) extract, naturally derived from the Garcinia cambogia fruit that has clinically demonstrated its appetite and weight management support properties. This formula also provides ChromeMate®, a Niacin-bound Chromium, which has been shown to support proper glucose metabolism.

Our Garcinia cambogia (HCA) is known for its appetite suppressing qualities & can also help provide natural energy which is another plus for those who are decreasing their calories & increasing their exercise in an effort to lose weight.


- Helps Control Appetite
- Helps Convert Stored Fat into Energy

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 90	
	Amt/Serving	DV%*
Calcium (from Super CitriMax)	50 mg	5%
Iodine (from Organic Kelp)	150 mcg	100%
Chromium (from Chromium Polynicotinate) (ChromeMates)	100 mcg	83%
Sodium (naturally occurring)	5 mg	< 1%
Super CitriMax (Garcinia cambogia Extract) (Fruit) [containing 900 mg (-)Hydroxycitric Acid (HCA)]	750 mg	†
Panax Ginseng Root Extract	100 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Garlic Odorless 2000 mg **100 Softgels - \$9.99** PER BOTTLE
200 Softgels - \$16.99 PER BOTTLE (SAVE \$3)




- Cholesterol-lowering
- Anti-thrombotic
- Mild but broad-spectrum antibiotic

SUPPLEMENT FACTS

Serving Size: 2 Softgels	Servings Per Container: 50
	Amt/Serving DV%*
Garlic (Odorless) (Extract from the equivalent of 5 g. of whole clove garlic)	2000 mg †

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Ginger Root 500 mg **100 Capsules - \$9.99** PER BOTTLE




Ginger Root has been used since antiquity to support digestive function and Ginger's historical applications have been validated by modern research. Scientific studies have demonstrated that Ginger may help to maintain healthy GI flora, aid the digestion of dietary fats, and calm and soothe the digestive tract.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100
	Amt/Serving DV%*
Ginger Root (Zingiber officinale)	500 mg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Silica.
Not manufactured with yeast, wheat, gluten, soy, milk, eggs, fish, shellfish or tree nut ingredients.

Ginkgo Biloba **60 Capsules - \$9.99** PER BOTTLE



- Support healthy brain and memory function
- Improve concentration • Antioxidant properties

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 60
	Amt/Serving DV%*
Ginkgo Biloba (Leaf Extract 24%)	320 mg. *
Ginkgo Biloba (Leaf Powder)	30 mg. *

G.I. & Colon Support **90 Capsules - \$16.99** PER BOTTLE



LifeSource's Gastro Intestinal and Colon Support takes care of your inner system so you'll stay healthier longer. With LifeSource's G.I. and Colon Support you've got what you need to maintain a well-functioning, efficient digestive system. LifeSource's G.I. and Colon Support has been carefully formulated by our panel of nutritional experts and is based on traditional techniques used by generations of naturopathic pioneers. G.I. Colon Support supports the naturopathic technique of colon cleansing.


SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 90
	Amt/Serving DV%*
	750 mg †

Proprietary Blend: Bentonite Powder (organic clay a natural detoxifier), Concentrated Aloe Vera Powder, Psyllium Powder Seeds, Celery Powder, Prune Concentrate, Mint, Lactobacillus Acidophilus, Flax Seed Powder, Anise, Vitamin C, Magnesium, Papain (from tropical papaya fruit) and Bromelain Enzymes (from pineapple).

* Daily value based on 2,000 calorie diet. † Daily value not established.

Panax Ginseng **100 Capsules - \$12.99** PER BOTTLE



Ginseng is primarily promoted as an adaptogen, which means that it helps the body to cope with physical, mental and emotional stress.


- Stimulate nervous system
- Enhance oxygenation of cells and tissues
- Reduce fatigue and stress
- Adaptogen to help the body cope with physical, mental & emotional stress

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100
	Amt/Serving DV%*
Korean Ginseng	650 mg †

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Glucosamine, MSM, & Arnica Cream - Organic **8 oz - \$16.99** PER BOTTLE



Joint Support Factors

If you're one of the 86 million American adults afflicted with an "itis" such as arthritis or bursitis, or suffer from sore knees, hip pain or carpal tunnel, the pain can cause misery and keep you from living life to the fullest. LifeSource Vitamins Glucosamine, MSM & Arnica Liposomal Lotion is a soothing, fast-acting lotion specifically formulated to support normal joint function. Glucosamine supports healthy cartilage formation. This product's active ingredients are packaged in Liposomes. Liposomes are very similar to the different layers of the skin barrier and combine well with cell membranes. Due to their mimicking ability, the core ingredients of the liposome can merge more easily with the skin's natural barrier layers, allowing the active ingredients to penetrate effectively.

Glucosamine & Chondroitin **1500 mg 120 Tablets - \$24.99** PER BOTTLE
1200 mg 240 Tablets - \$44.99 PER BOTTLE (SAVE \$5)



Joint Support Factors

Glucosamine and chondroitin sulfate are substances found naturally in the body. Glucosamine is a form of amino sugar that is believed to play a role in cartilage formation and repair. Chondroitin sulfate is part of a large protein molecule (proteoglycans) that gives cartilage elasticity.


Glucosamine and Chondroitin work together to replenish joint tissues and promote normal movement while protecting our healthy cartilage from potential future damage.

SUPPLEMENT FACTS

Serving Size: 2 Tablets	Servings Per Container: 60
	Amt/Serving DV%*
Glucosamine Sulfate	1500 mg †
Chondroitin Sodium Sulfate	1200 mg †

* Daily value based on 2,000 calorie diet. † Daily value not established.

Glucosamine, Chondroitin & MSM (Liquid) **16 fl. oz. / 32 Day Supply - \$19.99** PER BOTTLE



With virtually every move we make, our joints are constantly being stressed. As the years pass, these countless movements can take a tremendous toll on the integrity of our cartilage. LifeSource Vitamins Glucosamine and Chondroitin liquid provides a fast and convenient way to replenish joint tissues and promote normal movement while protecting our healthy cartilage from potential future damage. To increase its absorption and functionality, we've added MSM, and essential trace minerals.

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 mL)	Servings per Container: 32
	Amt/Serving DV%*
Calories	15
Vitamin C (as Ascorbic Acid)	125 mg 10%
Manganese (from Manganese AAC*)	4 mg 200%
Sodium	95 mg 2%
Potassium	5 mg <1%
Glucosamine HCl	750 mg †
Chondroitin Sodium Sulfate (from Bovine Carilage)	600 mg †
MSM (Methylsulphonylmethane)	150 mg †

* Daily values are based on 2,000 calorie diet. † Daily value not established.
Suggested Use: As a dietary supplement, take 1 tablespoon (15 mL) twice daily. Contains shellfish derivative.
Contains no starch, yeast, wheat, gluten, soy, milk, egg or artificial colors or flavors.
Other Ingredients: De-ionized Water, Vegetable Glycerin, Fructose, Malic Acid, Xanthan Gum, Citric Acid, Potassium Sorbate, Natural Beta-Carotene. Contains shellfish (crab, shrimp, lobster, crayfish)
Not manufactured with wheat, gluten, milk, egg, fish, or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Glucosamine Sulfate & MSM (Vegetarian) 120 Tablets - \$26.99 PER BOTTLE



Relief for those who are allergic to shellfish or who keep Kosher! LifeSource Vitamin's unique and synergistic formula is suitable for vegetarians, because it contains only Glucosamine from a vegetarian source and not from shellfish. Joint pain and decreased mobility are common complaints among people with arthritis. Glucosamine has always been a popular and effective supplement for their relief. Unfortunately, the only way to get glucosamine was from a shellfish extract. This excluded many from its benefits including vegetarians, people with shellfish allergies or those with a kosher diet.

SUPPLEMENT FACTS

Serving Size: 1 Tablet		Servings per Container: 120	
	Amt/Serving	DV%*	
Potassium (from glucosamine sulfate potassium chloride)	85 mg	†	
Glucosamine sulfate (from 667 mg of glucosamine sulfate potassium chloride)	500 mg	†	
MSM (methylsulfonylmethane)	500 mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other ingredients: Cellulose, modified cellulose, vegetable stearin, cellulose gum, magnesium stearate, silica and food glaze

Shellfish free, Vegetarian and Vegan.

L- Glutathione 250 mg 60 Veg Caps - \$23.99 PER BOTTLE



It is called the Master Antioxidant, because it can regenerate itself after each fill-up of free radicals and go back to work. Free radicals are often the by-product of normal cellular metabolic oxidation and toxic overload, leading to autoimmune diseases, several cancers, or heart attacks.

- Kills Free Radicals • Immune Function • Anti-Aging
- Anti-inflammation
- Heavy Metal Chelator – Environmental Dangers
- Detoxification of Free Radicals
- Liver Health
- Cognitive Health – Brain Health

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule		Servings per Container: 60	
	Amt/Serving	DV%*	
Setria™ Glutathione (Reduced Form)	250 mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Rice Flour, Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source) and silica

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

NEW Gluten-ADE 60 Veg Capsules - \$21.99 PER BOTTLE



Gluten-ADE is a comprehensive Gluten Digestive Enzyme formula with acidophilus, prebiotics and probiotics. This formula contains high potency DPP IV enzyme activity for optimal digestion of gluten peptides. Helps gluten intolerant and Celiac patients break down the protein in gluten that their bodies cannot process correctly.

SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsules		Servings per Container: 30	
	Amt/Serving	DV%*	
Gluten Enzyme Formula	850 mg		
Strong Acid Protease (Aspergillus oryzae/niger)	75,000 HUT		
DPPzyme IV Blend			
Protease FCC (aspergillus oryzae/niger)	120,000 HUT	†	
Protease FCC (Bacillus subtilis)	20,000 PC		
Protease USP (Carica papaya)	15,000 USP		
Amylase I FCC (Aspergillus oryzae)	10,695 DU		
Amylase II FCC (bacillus subtilis)	6,150 BAU		
Glucosylase FCC (Aspergillus niger)	15.5 AGU		
Cellulase FCC (Trichoderma reesei)	520 CU		
FloraFit™ Lactobacillus acidophilus La-14 (500 million)	3 mg		
FiberAid® Arabinogalactans 10 mg FOS	10 mg		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose, water), cellulose, magnesium stearate and silica

Contains No sugar, salt, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors

Suggested usage: Take 2 capsules 10-15 minutes prior to meal

Goji Juice (Liquid) 32 fl. oz. \$22.99 PER BOTTLE



Goji Juice is enriched with naturally occurring minerals (Zinc, Calcium, Germanium, Selenium, Phosphorus, Copper and Iron) and many amino acids (Isoleucine & Tryptophan). Goji Juice is also a natural source of antioxidant vitamins. It contains four unique polysaccharides and phytonutrient compounds, that work in the body as directors and carriers of the instructions that cells use to communicate with each other. These polysaccharides are "master molecules" that command and control many of the body's most important defense systems and encourage good overall health:

SUPPLEMENT FACTS

Serving Size 1 fl oz. (30-90mL) Serving per container 32 fl oz.

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	20		Total Carbohydrate	5 g	2%
Calories from Fat	0		Dietary Fiber	1 g	0%
Total Fat	0	0%	Sugars	4 g	†
Saturated Fat	0	0%	Protein	0 g	
Cholesterol	0	0%	Potassium	35 mg	1%
Sodium	0 mg	0%	Vitamin C	15 mg	25%

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Your daily values may be higher or lower depending on your clorie needs.

*The above statements have not been evaluate by the FDA.

*This products is not intended to diagnose, treat, cure or prevent any disease.

INGREDIENTS: Goji juice from whole Lycium Barbarum fruit, Pear juice, Apple juice, natural flavors with citric acid and potassium sorbate added to maintain freshness. Contains No Added Sugar, Artificial Colors or Artificial Flavors.

Grape Seed Extract 250 mg 90 Veg Caps - \$29.99 PER BOTTLE



High in Oligomeric Proanthocyanidins (OPC's or PCO's), a powerful antioxidant which can reduce the damage done by free radicals, strengthen and repair connective tissue, and promote enzyme activity.

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule		Servings per Container: 90	
	Amt/Serving	DV%*	
Grape Seed Extract (vitis vinifera) (min. 90% Total Polyphenols)	250 mg	†	
Amla Extract (Fruit) (Phyllanthus emblica)	60 mg	†	
Rutin Powder (Sophora japonica) (Flower Bud)	50 mg		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Rice Flour, Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source) and silica

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

NEW Formula Green Coffee Bean Extract with 200mg Svetol® 120 Capsules - \$26.99 PER BOTTLE



What took LifeSource Vitamins so long to make Green Coffee Bean Extract? That is easy, RESEARCH. What we found out was exactly why we took our time. There is a difference in absorption with Green Coffee Bean just like any other nutrient. After all of our research we found that Svetol was our unanimous choice and it is backed by science!

Why is Svetol so important and why do most Green Coffee Bean Extracts on the market not have Svetol in them? Cost, simply put. Svetol® is the only plant extract of decaffeinated green coffee that helps you simultaneously lose weight and improve your body's form. The slimming action of Svetol® refines your form. Scientifically proven, Svetol® is today's exclusive solution for weight loss.

SUPPLEMENT FACTS

Serving Size: 2 Capsules		Servings per Container: 60	
	Amt/Serving	DV%*	
Svetol® (Coffea Canephora Robust P., Standardized to 50% total Polyphenols and 45% Chlorogenic Acids)	200 mg	†	
Green Coffee Bean Extract (Coffea Canephora, Standardized to 50% total chlorogenic acids)	900 mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Vegetable Cellulose (Veggie Capsule) Svetol® is a registered trademark of Naturex

Directions: Take 2 capsules once daily 30 minutes before meal

Green Tea Extract 100 Capsules - \$12.99 PER BOTTLE



Green tea extract is one of nature's most powerful antioxidants. This all natural ingredient is recognized for its beneficial health properties, as well as being a natural fat inhibitor.

- Green tea extract contains EGCG, a powerful antioxidant 200 times more potent than vitamin E
- Its rich in bioflavonoid, and protects against digestive and respiratory infections
- It has thermogenic effects that aids in weight loss without causing jitters or other unwanted side effects
- Green tea extract helps decrease hormone activity and is an effective treatment for acne

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings Per Container: 100	
	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	60 mg	67%
Green Tea Extract	400 mg	†
Extract (Leaf) (up to 32 mg of naturally occurring caffeine) (min. 40% Catechins)		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule) and Magnesium Stearate (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, shellfish or tree nut ingredients

NEW Ultra Hair Skin & Nails Gummies 60 Gummies - \$14.99 PER BOTTLE



LifeSource Vitamins Ultra Hair, Skin and Nails combines the most important vitamins and minerals for supporting healthy hair skin and nails. Most diets today lack key nutrients that naturally support beauty through health. This product contains vitamins A, C, D, E, B-6, B-12 as well as Biotin, Folic Acid, Pantothenic Acid, Iodine and Zinc. These nutrients provide the primary components for supporting lustrous hair, glowing skin and flawless nails.

SUPPLEMENT FACTS

Serving Size: 2 Gummies	Servings per Container: 30	
	Amt/Serving	DV%*
Calories	15	
Total Carbohydrates	4 g	1%
Sugars	3 g	†
Vitamin A (retinyl acetate)	4,000 IU	80%
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin D (cholecalciferol)	400 IU	100%
Vitamin E (dl-alpha-tocopheryl acetate)	40 IU	133%
Vitamin B6 (pyridoxine HCl)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12 (cyanocobalamin)	8 mcg	133%
Biotin	5,000 mcg	1,667%
Pantothenic Acid (calcium d-pantothenate)	10 mg	100%
Iodine (potassium iodide)	80 mcg	53%
Zinc (citrate)	5 mg	33%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Malt syrup, sugar, glucose, pectin, citric acid, sodium citrate, natural flavors, coconut oil (contains carnauba wax), and black carrot juice concentrate Natural Cherry Flavor

Ultra Hair, Skin & Nails 60 Tablets - \$16.99 PER BOTTLE

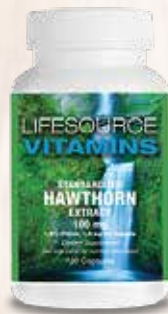


LifeSource Ultra Hair, Skin & Nails combines the most important vitamins and minerals for supporting healthy hair skin and nails. Most diets today are lack key nutrients that naturally support beauty through health. This amazing product includes optimum levels of Biotin, Beta Carotene, Vitamin C, Vitamin B Complex, Kelp and many others. These nutrients provide the primary component for supporting lustrous hair, glowing skin and flawless nails. Healthy hair, skin and nails are the outward appearance of a proper diet.

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings Per Container: 60				
	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (50% as beta-carotene, 50% as palmitate)	2,500 IU	50%	Magnesium (from magnesium oxide)	50 mg	13%
Vitamin C (as ascorbic acid)	80 mg	133%	Zinc (from zinc gluconate)	12.5 mg	83%
Vitamin D3 (as cholecalciferol)	200 IU	50%	Selenium (from selenomethionine)	100 mcg	143%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%	Copper (from copper gluconate)	1 mg	50%
Thiamin (as thiamin mononitrate)	5 mg	333%	Manganese (from manganese gluconate)	0.5 mg	25%
Riboflavin	5 mg	294%	Chromium (from chromium chloride)	100 mcg	83%
Niacin (as niacinamide)	10 mg	50%	Molybdenum (from sodium molybdate)	25 mcg	33%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%	Potassium (from potassium molybdate)	25 mg	1%
Folic Acid	200 mcg	50%	MSM (methylsulfonylmethane)	125 mg	†
Vitamin B12 (as cobalamin)	7.5 mcg	125%	L-methionine	50 mg	†
Biotin	1,000 mcg	333%	Citrus bioflavonoid complex	50 mg	†
Pantothenic Acid (as d-calcium pantothenate)	15 mg	150%	Alpha lipoic acid	50 mg	†
Calcium (as di-calcium phosphate calcium pantothenate)	135 mg	13%	Silica	40 mg	†
Iron (from ferrous fumarate)	5 mg	28%	Choline	25 mg	†
Phosphorous (from di-calcium phosphate)	100 mg	10%	Inositol	25 mg	†
			Grape seed extract (Leucoselect ©)	15 mg	†

Hawthorn Extract 120 Capsules - \$11.99 PER BOTTLE w/Garlic & Cayenne



LifeSource Vitamins Hawthorn Extract contains various compounds such as procyanidins, flavonoids and flavonols which have shown to exhibit antioxidant properties. Hawthorn is one of the oldest known herbs used in traditional European herbal medicine. Hawthorn is first mentioned in the journal of Dioscorides, a Greek physician of the first century. Today, the berry, leaf and flower of the plant are all used in various herbal formulations and can help support

- Circulatory Support
- Supports Heart Health
- Blood pressure support
- Antioxidant Properties
- 100 mg Hawthorn, 50 mg Cayenne, 50 mg Garlic

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings per Container: 120	
	Amt/Serving	DV%*
Garlic (Allium sativa) bulb powder	50 mg	†
Cayenne (Capsicum annum) fruit powder	50 mg	†
Hawthorn flower and leaf extract (Crataegus oxyacantha) (Standardized to 1.8% [1.8mg] Vitexin)	100 mg	†
(Crataegus oxyacantha)	1.06 g (1,080 mg)	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other ingredients: Gelatin (capsules), rice powder, silica and Magnesium Stearate.

Heart / Vascular Support 90 Capsules - \$22.99 PER BOTTLE



LifeSource's Heart and Vascular Support is augmented with vitamins and phytochemically-rich herbs to help maintain a healthy heart. Heart and Vascular Support contains a proprietary blend of nutrients and synergistic ingredients to promote cardiovascular health, circulatory function, and normal lipid levels. LifeSource's Heart and Vascular Support is for those who desire to improve all aspects of healthy cardiovascular function. Heart and Vascular Support is designed to help with cholesterol health, vascular strength, homo-cysteine maintenance, and cardiac function.

SUPPLEMENT FACTS

Serving Size: 3 Capsules	Servings Per Container: 30				
	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin E (as d-Alpha Tocopheryl Acetate)	600 IU	200%	Diosmin	100 mg	†
Calcium EDTA	1000 mg	†	Grape Seed Powder Extract	100 mg	†
Ginkgo Biloba Leaf Powdered Extract	100 mg	†	Bromelain (2,400 GDU)	100 mg	†
Gotu Kola (Centella asiatica)	100 mg	†	Quercetin	100 mg	†
Horse Chestnut (Aesculus hippocastanum)	100 mg	†	Odorless Super Garlic	100 mg	†
Butcher's Broom (Ruscus aculeatus)	100 mg	†	Cayenne Pepper	100 mg	†
			Citrus Flavonoids	50 mg	†
			Witch Hazel (Hamamelis virginiana)	30 mg	†
			Niacin (as Flush Free niacin)	20 mg	†

Maximum HGH Powder 10.83 oz powder - \$46.99 PER BOTTLE



LifeSource's Maximum HGH Formula is an amino acid complex specifically formulated to act as a secretagogue to stimulate the release of the body's own Human Growth Hormone (HGH) naturally.

SUPPLEMENT FACTS

Serving Size: 1 Scoop	Servings Per Container: 30	
	Amt/Serving	DV%*
L-Ornithine	1,000 mg	†
L-Arginine	1,000 mg	†
L-Lysine	1,250 mg	†
Glycine	1,000 mg	†
L-Glutamine	6,000 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

HGH Formula Tablets

90 Tablets - \$19.99 PER BOTTLE
180 Tablets - \$34.99 PER BOTTLE (SAVE \$5)



Human Growth Hormone (HGH) is a hormone produced by the anterior pituitary gland in the brain. HGH promotes tissue repair, cell regeneration in the bones, muscles and vital organs, and supports the immune system in combating infection and disease. As we age, our HGH levels decline to a fraction of the levels of our youth. Studies now indicate that as much as 90-95% of our HGH levels have dropped by the time a person reaches the age of 80. It has been discovered that as your pituitary gland produces less and less HGH, the symptoms of many of our age-related problems increase

Benefits Shown by LifeSource HGH Tablets

- Increases energy level
- Improves sleep
- Strengthens immune system
- Increase memory
- Improves cholesterol levels
- Lowers blood pressure
- Improves kidney function
- Supports mental clarity
- Increases muscle mass & tone
- Improves skin and hair
- Help create stronger bones
- Increase strength, energy and endurance
- Reduces wrinkles, and creates tighter, smoother skin
- Improves sex drive and performance

SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings Per Container: 30

Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*	
Glutamic Acid	471 mg	†	T hreonine	129 mg	†	Histidine	48 mg	†
Proline	153 mg	†	Serine	120 mg	†	G lycine	47 mg	†
Pituitary Growth			Phenylalanine	87 mg	†	Methionine	45 mg	†
Hormones	150 mg	†	Arginine HCL	72 mg	†	Cystine	45 mg	†
Alanine	129 mg	†	Valine	72 mg	†	Soy Protein	27 mg	†
Isoleucine	129 mg	†	Tyrosine	63 mg	†	Leucine	24 mg	†

Hoodia Complex P

90 Capsules - \$19.99 PER BOTTLE



In a nutshell, the best product on the market to help you lessen your caloric (calorie) intake without feeling hungry all of the time. A must for anyone who has tried every other weight loss program that never worked! Unlike any other formula available, this product has been developed to release hoodia into the system over a prolonged period of time. By taking 2 tablets daily, this helps maintain the benefits of hoodia around the clock, even while you sleep.

LifeSource's Hoodia Caps are NOT detoxifying, amphetamine, diuretic, or Ephedra weight loss pills, what Hoodia does is suppress your appetite, stopping you from thinking about food, thereby reducing your caloric intake. How does it do this? LifeSource's Hoodia contains the extract of Hoodia Cactus. This is estimated to be up to 100,000 times as potent as glucose in sending a signal to the brain that the body is in a state of satiety, or in common terms: not hungry, and in clinical trials on obese subjects it has been proven to reduce caloric intake by as much as 40%.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 45

Amt/Serving	DV%*		Amt/Serving	DV%*	
Hoodia Cactus Extract 20:1	200 mg	†	Glucomanan	400 mg	†
Green Tea 60%	250 mg	†	Guarana Extract 40%	200 mg	†
Colcus Forskolu Extract 10%	100 mg	†	Chromium Polynicotinate	1000 mcg	†
Garcinia Cambogia	150 mg	†	Chick Weed	190 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Hyaluronic Acid

60 Veg Caps - \$18.99 PER BOTTLE



Hyaluronic acid, a key component of collagen, makes up much of the material in between cells and provides structure to various organs, such as the eyes, joints and skin.

- Arthritis relief and healing
- Improved bone density
- Improved muscle strength
- Tissue reconstruction
- Increased mental alertness

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps Servings Per Container: 30

	Amt/Serving	DV%*
Sodium (from Sodium Hyaluronate)	10 mg	<1%
Hyaluronic Acid (from Sodium Hyaluronate)	100 mg	†
Lignisul® MSM (Methylsulphonylmethane)	900 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.



Hemp Seed Oil

60 Liquid Caps - \$9.99 PER BOTTLE



Cold-pressed hemp seed oil has a dark green color and lends its nutty flavor to a wide variety of foods. Hemp seed oil has a very high content of polyunsaturated fats, perfect for a healthy lifestyle but also for the treatment of a variety of ailments as it helps boost the immune system with a very rich Omega 3 & 6 as well as Omega-9 essential fatty acid profile. Our hemp seed oil has not been genetically modified - Non GMO. The hemp seed oil we offer is cold-pressed from raw whole hemp seeds to deliver the best possible quality and freshness.

- Great for Heart Health
- Healthier Hair, Skin and Nails
- Brain Health and Memory Support
- Boosts a Healthier Immune System
- A Mercury Free Fatty Acid Supplement

SUPPLEMENT FACTS

Serving Size: 2 Liquid Capsules Servings per Container: 30

	Amt/Serving	DV%*
Calories	10	
Calories from Fat	10	
Total fat	1 g	2%
Hemp Seed Oil (Organic) Providing a Typical Profile of the following:	1,000 mg.	†
Alpha-Linolenic acid (Omega-3)	14% Minimum	
Linoleic Acid (Omega-6)	44% Minimum	
Oleic Acid (Omega-9)	8.5% Minimum	
Palmitic Acid	4.5% Minimum	
Stearic Acid	2% Minimum	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Vegetable cellulose, organic orange oil, and silicon dioxide



Immune Support

60 Softgels - \$19.99 PER BOTTLE



Immune Support is an herbal combination formulated for the support of a healthy Immune system.

- Garlic Extract for Overall Wellness
- ImmunEnhancer™ a non-digestible soluble fiber from Larch, used as a prebiotic supplement for the support of healthy intestinal flora- a key component of normal immune function
- Elderberry, Olive leaf Extract and Oregon Oil to complete this comprehensive formula
- Ideal for Daily Maintenance of your Immune System!

SUPPLEMENT FACTS

Serving Size: 1 Softgel

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5		Oregano Oil (Origanum vulgare)		
Elderberry (Sambucus nigra) (Fruit/Berry) (50:1 Concentrate) (Equivalent to 2,500 mg)	50 mg	†	(min. 55% Carvacrol)	40 mg	†
Olive Leaf Extract (Olea europaea) (min. 18% Oleuropein)	40 mg	†	ImmunEnhancer™ [Arabinogalactan from Larch Tree (Larix laricina)]	10 mg	†
Garlic Extract (Allium sativum) (Bulb)	40 mg	†	Rosemary Oil (Rosmarinus officinalis)	5 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, enteric coating, water, carob), Rice Bran Oil, Beeswax and Soy Lecithin

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients

Iron Complex

100 Tablets - \$10.99 PER BOTTLE



Normally, the body gets sufficient amounts of iron from the foods you eat. It manages to self-regulate itself, storing amounts you will need by automatically absorbing more iron when the need is high, and less when levels are adequate. Nonetheless, iron deficiency is still a significant public health problem. It can occur during periods of rapid growth--infancy, adolescence, and pregnancy--which increase the body's demand for this mineral. In addition, women who menstruate heavily tend to have lower iron levels.

SUPPLEMENT FACTS

Serving Size: 1 Tablet Servings per Container: 100


	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	50 mg	56%
Folate	200 mcg	83%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Iron (as 158 mg Ferrocchel Iron Bisglycinate)	27 mg	150%
Dong Quai (Angelica sinensis) (root)	100 mg	†
Red Raspberry (Rubus idaeus) (leaf)	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica and Magnesium Stearate (vegetable source) and Vegetarian coating.

Super Kelp 250 Tablets - \$6.99 PER BOTTLE



- Healthy thyroid function • Metabolism
- Proper glandular function • Nervous system function
- Supports natural PH levels


SUPPLEMENT FACTS

Serving Size: 1 Tablet / 125 mg Servings Per Container: 250

	Amt/Serving	DV%*
Kelp	125mg	†
Iodine	225mcg	†

* Daily values are based on 2,000 calorie diet.
† Daily value not established.

Vitamin K-2 w/D3 90 Chewable Tablets - \$9.99 PER BOTTLE



Our New Vitamin K2 w/ Vitamin D3 is now in the more bioavailable MK-7 form. This is a game-changer for heart health! Although Vitamin K is best known for its role in normal blood clotting function, recent research has revealed Vitamin K's beneficial effects on bone and cardiovascular health. In bone tissue, Vitamin K is critical for the formation of healthy, strong bone matrix. In fact, bone quality is dependent on the presence of adequate Vitamin K. Vitamin K's role in arterial health revolves around its ability to support proper calcium metabolism in vascular structures. Vitamin K2 is the most biologically active form of vitamin K. It is also the most beneficial for bone integrity, as well as for the support of arterial health.

- Supports Bone Health • Most Biologically Active Form
- Vegetarian Formula • Supports a Healthy Cardiovascular System*

SUPPLEMENT FACTS

Serving Size: 1 non-GMO Chewable Tablet Servings per Container: 90


	Amt/Serving	DV%*
Vitamin K-2 (Mk7)	75 mg	94%
Vitamin D-3 (cholecalciferol)	2,000 IU	500%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Dextrose, natural cherry flavoring, vegetable stearic acid, vegetable magnesium stearate, citric acid and silicon dioxide.

Suggested usage: Take 1 tablet 1 to 3 times daily with meals.

Kidney Support 60 Veg Caps - \$17.99 PER BOTTLE



LifeSource Vitamins Kidney Support is a combination of 14 different ingredients designed to help optimize your kidney health.

Keeping your kidneys in good health is paramount. These body parts are often taken for granted or ignored unless there is a problem like kidney stones. Our kidneys function day in and day out without much fanfare, but they are so vitally important to our entire body and how our system functions.

- Kidney Stones
- Urination Support
- Chronic Fatigue
- Skin Irritations
- Healthy Uric Acid Levels

SUPPLEMENT FACTS


Serving Size 2 Veg Caps Servings per Container 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin B6 (pyridoxine HCl)	5 mg	250%	Milk Thistle 80% Extract (seed)	100 mg	†
Citric Acid	250 mg	†	Cranberry 4:1 Extract (fruit)	100 mg	†
Chanca Piedra 4:1 Extract (Phyllanthus nirun)			Pomegranate 40% Extract (fruit)	100 mg	†
(stem and leaf)	250 mg	†	Amla 4:1 Extract (fruit)	25 mg	†
Celery 10:1 Extract (seed)	200 mg	†	Bromelain (2400 GDU/g)	25 mg	†
Tart Cherry 4:1 Extract (fruit)	200 mg	†	Yucca 4:1 Extract (root)	25 mg	†
Green Coffee Bean 50% Extract	100 mg	†	Devil's Claw 5% Extract (root)	25 mg	†
			Turmeric 95% Extract (rhizome)	25 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose, vegetable magnesium stearate and silicon dioxide

L-Arginine 100 Capsules - \$10.99 PER BOTTLE



L-Arginine is considered the most potent free form Amino Acid ever discovered, due to its powerful health properties, and is referred to by scientists as the "Miracle Molecule". L-Arginine is converted to nitric oxide which aids in the relaxation of blood vessels. The effect is better blood circulation in the body, especially in the extremities. L-Arginine is a component of collagen, enzymes, hormones, skin and connective tissues. It reduces accumulation of compounds such as ammonia and plasma lactate, which are by-products of physical exercise. It inhibits platelet aggregation and can also decrease blood pressure. L-Arginine has been found to play a supporting role in cardiovascular, immune and nervous systems and has been validated by hundreds of studies

- Build Muscle Mass • Enhance Immune Function
- Improve Blood Pressure • Increase Memory
- Speed Wound Healing • Increase Libido

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
L-Arginine (Free-Form)	1.0 g (1,000 mg)	*

* Daily value based on 2,000 calorie diet. † Daily value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. The L-Arginine used in this product is Pharmaceutical Grade (USP).

L-Carnitine Liquid 16 fl. oz. / 32 day supply \$22.99 PER BOTTLE



LifeSource's L-Carnitine Liquid provides all of the extensive benefits of Carnitine in a highly absorbable liquid form. L-Carnitine Liquid is a non-essential amino acid that helps to maintain overall good health by facilitating the transfer of fatty acid groups. Our L-Carnitine 2X Liquid provides double (1g) the potency of some competing brands per serving size. Liquid L-Carnitine is a convenient way to get a potent dose of pure L-Carnitine. Clinical research reveals muscle levels of L-Carnitine are markedly increased after supplementation. L-Carnitine plays a critical metabolic role. It is essential for the transport of fat into the body's fat burning factories. Clinical research has also shown L-Carnitine supports athletic performance in endurance athletes. So if you take L-Carnitine to maximize levels or to support athletic performance, you can be sure you are getting quality.

- Studies shown to support athletic performance in endurance athletes.
- Essential for the transport of fat into the body's fat burning factories.
- 100% Pure L-Carnitine
- L-Carnitine plays a crucial role in cardiovascular metabolism

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 mL) Servings Per Container: 32

	Amt/Serving	DV%*
Calories	15	
Total Carbohydrates	4 g	1%*
Vitamin B-6 (as Pyridoxine HCl)	2 mg	100%
Pantothenic Acid (from D-Calcium Pantothenate)	10 mg	100%
L-Carnitine (Carnipure™) (Free-Form Base)	1.0 g (1,000 mg)	†
Stevia Extract (Leaf)	16 mg	†


*Percent Daily Values are based on a 2,000 Calorie Diet. † Values not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Malic Acid, Citric Acid, Natural Flavors, Potassium Sorbate (as preservative), and Lemon (Citrus limon) oil.

Non-GMO

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients.

L-Glutamine Powder 200 Servings - \$44.99 PER BOTTLE



LifeSource L-Glutamine is 100 percent pure pharmaceutical grade L-Glutamine. The highest quality glutamine available today! Glutamine is the most common free form amino acid in the body. Intense exercise dramatically increases the need for glutamine. While L-Glutamine builds, repairs, and maintains muscle tissue, it is also a major source of energy for the entire body in particular the brain!

- Assisting Muscle Growth
- Improves Athletic Performance
- Helps with Diabetes and Blood Sugar
- Metabolism and Growth
- Brain Function
- Essential Neurotransmitter

L-Lysine 100 Capsules - \$9.99 PER BOTTLE



L-Lysine plays a particularly important role in the immune system. It is involved in the development of antibodies and has important antiviral properties.

- Immune System
- Increased Calcium Absorption
- Treating Cold Sores
- Helps with Shingles
- Fights Hair Loss

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings per Container: 100	
	Amt/Serving	DV%*
L-Lysine (from L-Lysine Hydrochloride)	500 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Gelatin (capsule), Stearic Acid (vegetable source), Cellulose, Rice Flour and Magnesium Stearate (vegetable source).
Not manufactured with wheat, gluten, soy, milk, eggs, fish, shellfish or tree nut ingredients.

L-Theanine 60 Veg Caps - \$21.99 PER BOTTLE



L-Theanine is a powerful stress and anxiety reliever. It effectively reduces both mental and physical stress. L-Theanine has been shown to improve attention and concentration.

- Alleviates depression
- Increases GABA in the body
- Supports concentration and mental performance
- Helps focus attention on critical tasks
- Improves learning, memory and reaction times

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings per Container: 60	
	Amt/Serving	DV%*
L-Theanine	200 mg	†
Inositol	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetable Polysaccharide (capsule), Magnesium Stearate (vegetable source) and Silica.
Not Manufactured with wheat, gluten, soy, milk, eggs, fish, shellfish or tree nut ingredients.

L-Tryptophan 60 Veg Caps - \$19.99 PER BOTTLE



Tryptophan possesses a remarkable array of applications for maintaining good health. This can be traced to the fact that Tryptophan is an essential amino acid that is necessary for life and growth, so it cannot be replaced by any vitamin, mineral, herb, or prescription chemical, and it cannot be made by your own body.

- Mood Lifting Effects
- Serotonin Levels- The Happiness Hormone
- Insomnia - Encourage a Healthy Sleep Pattern
- Plays a Role in the Metabolism and Production of Energy

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules	Servings per Container: 30	
	Amt/Serving	DV%*
L-Tryptophan (Free-Form)	1,000 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Cellulose Powder and Stearic Acid (vegetable source).
Non-GMO
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredient

Lecithin 1200 mg 100 Softgels - \$9.99 PER BOTTLE



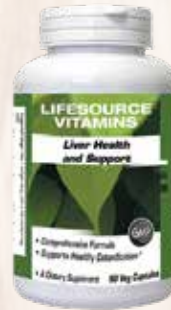
Lecithin is the popular name for a compound mixture known as phosphatides. Our lecithin supplement provides three forms of phosphatides to support memory function and learning. In addition, lecithin promotes health of the liver and the reproductive system.

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings per Container: 100	
	Amt/Serving	DV%*
Lecithin (from soy)	1,200 mg	†
Typical Analysis		
Phosphatidyl Choline (from soy)	180 mg	
Phosphatidyl Inositol (from soy)	102 mg	†
Phosphatidyl Ethanolamine (from soy)	144 mg	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Capsule (gelatin), Glycerin, Soybean Oil, Water

Liver Health & Support 90 Capsules - \$21.99 PER BOTTLE
 180 Capsules - \$37.99 PER BOTTLE (SAVE \$6)



LifeSource's Liver Health is a proprietary blend of herbs and nutrients designed to support healthy liver function. This formula contains Milk Thistle Extract, which has been shown in clinical and non-clinical studies to support the liver, as measured by standard liver enzyme laboratory tests. In addition, LifeSource's "Liver Health contains N-Acetyl Cysteine and Methionine, two amino acids known to enhance the production of glutathione in the liver. Glutathione, a major cellular antioxidant plays an essential role in liver detoxification mechanisms. Also included in this Liver Health are other herbs (Schisandra, Bupleurum, and Scute) that have been developed by our team of doctors, pharmacists and nutritionists.

SUPPLEMENT FACTS

Serving Size: 3 Capsules	Servings per Container: 30	
	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	<1 g	3%*
Milk Thistle Extract (Silybum marianum) (Fruit/Seeds)		
(Standardized to 240mg Silymarin Flavonoids-equivalent 80%)	300 mg	†
Herbal-Enzyme Blend: Artichoke (Cynara scolymus) (Leaf), Beet (Beta vulgaris) (root), Raspberry (Rubus idaeus) (Leaf), Pancreatin (Pancreatic Enzymes)	90 mg	†
Setria™ L-Glutathione (Reduced)	100 mg	†
N-Acetyl Cysteine (NAC)	100 mg	†
Grape Seed (Standardized Extract) (Vitis vinifera) (Standardized for Polyphenols)	100 mg	†
Dandelion Root (Taraxacum officinale)	100 mg	†
L-Carnitine (from L-Carnitine Tartrate)	50 mg	†
Scute Root (Sculellariae baicalensis)	50 mg	†
Schisandra (Fruit) (Schisandra chinensis)	100 mg	†
Barberry (Root Bark) (Berberis vulgaris)	30 mg	†
Turmeric (Root) (Curcuma longa)	30 mg	†
L-Methionine	20 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose Powder, Cellulose (capsule), Silica, Stearic Acid (vegetable source), and Magnesium Stearate (vegetable source)
Not Manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Lutein Esters 60 Capsules - \$12.99 PER BOTTLE
 120 Capsules - \$21.99 PER BOTTLE (SAVE \$4)



Lutein and zeaxanthin are the main pigments in part of the eye called the macula. Lutein is strongly implicated in maintaining eye health, and as a preventative against macular degeneration.

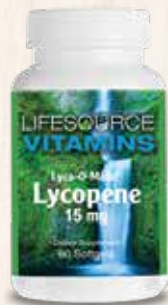
Lutein acts as an antioxidant, protecting cells against the damaging effects of free radicals. At one time researchers believed all antioxidants served the same purpose. Now there is growing evidence that individual antioxidants may be used by the body for specific purposes. Researchers believe that lutein is deposited into areas of the body most prone to free radical damage.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 60	
	Amt/Serving	DV%*
Lutein Esters	20 mg	†
Zeaxanthin	1.23 mg	†
Cryptoxanthin	0.11 mg	†

* Daily value based on 2,000 calorie diet. † Daily value not established.

Lycopene 15 mg 60 Softgels - \$24.99 PER BOTTLE



Some studies suggest that supplements containing lycopene may help prevent macular degeneration, cataracts, cardiovascular disease, and cancer. Lycopene is a powerful antioxidant carotenoid and the pigment that gives tomatoes, watermelon, and pink grapefruit their characteristic red color. Clinical studies have indicated that Lycopene works through a number of mechanisms to support cardiovascular health and immune function. In addition, epidemiological studies have determined that Lycopene may be particularly important for the support of prostate health, as well as for the health of the digestive tract and support their liver health while traveling abroad.

HELPFUL FOR:

- Macular degeneration • Cataracts • Cardiovascular disease • Cancer prevention

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 60
	Amt/Serving DV%*
Lycopene (LYCO-O-MATO®) (From Natural Tomato Extract)	15 mg †

* Daily value based on 2,000 calorie diet. † Daily value not established.

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, preservatives.

Other Ingredients: Softgel (gelatin, Glycerin and water) Rice Bran Oil, medium chain triglycerides, beeswax and silica.

Suggested Use: As a dietary supplement, take one softgel daily, preferably with meals.

Maca 625 mg 90 Capsules - \$12.99 PER BOTTLE



Maca has been traditionally employed, among other things, to improve sexuality and fertility. Recent scientific studies have demonstrated that Maca supports hormonal balance and both male and female reproductive health. Maca is also used to alleviate Post-Menopausal symptoms like hot flashes, low libido, depression, and problems with concentration and mood swings.

- Increase libido and sexual function in both men and women
- Help decrease menopause symptoms
- Increase energy and stamina in athletes
- Promotes mental clarity

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 90
	Amt/Serving DV%*
Maca (Lepidium Meyenil Walp)	625 mg †

* Daily value based on 2,000 calorie diet. † Daily value not established.

Magnesium Citrate 100 Tablets - \$12.99 PER BOTTLE



While this macro-mineral is easily obtained from many foods, magnesium deficiencies are extremely common for many Americans. Magnesium is not only one of the key nutrients required in both calcium utilization and protein synthesis, but it also plays a tremendous role in virtually every enzymatic reaction in our body.

SUPPLEMENT FACTS

Serving Size: 2 Tablets	Servings Per Container: 50
	Amt/Serving DV%*
Magnesium (as Magnesium Citrate)	400 mg 100%

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Cellulose, Vegetarian Coating (cellulose, calcium carbonate, MCT Oil (medium chain triglycerides) (from coconut/palm kernel oil), xylitol, Stearic Acid (vegetable source), Croscarmellose Sodium and Magnesium Stearate (vegetable source).

Non-GMO

Magnesium Glycinate 90 Veg Caps - \$14.99 PER BOTTLE



This form of magnesium (as well as Magnesium Citrate) is easily absorbable in your system. However, it is less likely to cause a laxative effect as found in most other forms of magnesium.

- Pre-Menstrual Syndrome
- Kidney Stones
- Depression
- Fatigue
- Migraine / Tension Headaches

SUPPLEMENT FACTS

Serving Size: 3 Capsules	Servings per Container: 30
	Amt/Serving DV%*
Magnesium (as glycinate)	400 mg 100%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose (vegetable source), Calcium Stearate (vegetable source), Silica
Contains no artificial colors, flavors, or preservatives, no wheat, gluten, milk, eggs, peanuts, tree nuts, soy.

Mellow Mag (Magnesium Carbonate Powder) 8 oz - \$17.99 PER BOTTLE



Magnesium Carbonate Powder, an easily absorbable form of Magnesium shown to help with Pre-menstrual tension, kidney stones, depression, hypertension, chronic fatigue syndrome (CFS), neuro-muscular/skeletal disorders, migraine, nausea in pregnancy.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (4g)	Servings per Container: 57
	Amt/Serving DV%*
Magnesium (as magnesium carbonate)	350 mg 88%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Ionic magnesium (a blend of citric acid and magnesium carbonate), natural cherry flavor, and organic stevia extract

Contains no sugar, salt, dairy, soy, yeast, wheat, gluten, preservatives, artificial colors, artificial flavors.

Suggested usage: Take one (1) scoop daily. Add 1 scoop in a cup and add 2-3oz of hot water. Let it fizz. Stir until dissolved. Fill cup with additional water or other liquid

Ultra Mangosteen (Liquid) 32 fl. oz. - \$22.99 PER BOTTLE

15,000 mg per serving (Organic)



For centuries, the people of Southeast Asia have treasured the mangosteen fruit for its many life-sustaining benefits. In fact, the mangosteen fruit is considered the "Queen of Fruits". Recent scientific findings support the wisdom of these traditional healers.

Recent scientific inquiry has revealed the extraordinary benefits of the mangosteen and its rich supply of antioxidants called xanthones. Studies have identified approximately 200 different types of xanthones, and the mangosteen fruit contains an amazing 43 of them! The antioxidant xanthones found in the juice of the Mangosteen fruit have powerful antioxidant properties. Antioxidants help to neutralize and eliminate free radicals, and may help combat age-related degeneration of cells and body tissue. Some commonly reported benefits of Mangosteen Juice include:

- Prevention of premature aging
- Increased flexibility in joints
- Facilitates weight loss and increased energy levels
- Reduced pain associated with common ailments
- Certified organic

SUPPLEMENT FACTS

Serving Size: 1 Fl. Oz (30 ml), preferably in morning	Servings Per Container: 32
	Amt/Serving DV%*
Calories	10
Calories from Fat	0
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	0 mg 0%
Total Carbohydrate	3 g 2%*
Dietary Fiber	<1 g 0%
Sugars	2 g †
Protein 0 g	
Potassium	35 mg 1%
Organic Mangosteen (Garcinia mangostana) (Fruit)	15 g (15,000 mg) †

*Daily values are based on a 2,000 calorie diet. † Daily values not established

INGREDIENTS: Organic Mangosteen juice from whole Garcinia Mangostana fruit, Organic black cherry juice concentrate, Organic Goji juice, organic blueberry juice concentrate, organic Cranberry juice concentrate, Organic pomegranate juice concentrate, citric acid, natural flavor. Contains No Added Sugar, Salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish, preservatives, Artificial Colors or Artificial Flavors..

MCT Oil

32 fl. oz. - \$24.99 PER BOTTLE



MCT oil is a specially engineered fat which contains medium-chain fatty acids (MCFAs). It provides twice the energy of protein and carbohydrate (8.3 calories per gram versus four) and is absorbed into the bloodstream as rapidly as glucose. MCT oil is preferentially used as fuel for energy instead of being stored as body fat. As an added benefit, MCT oil has a thermogenic effect because it is converted to energy very rapidly. In short, it is an extremely concentrated source of calories that is rapidly absorbed and metabolized for energy by the body.

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15mL) (14 g MCT Oil)
Servings per Container: 63

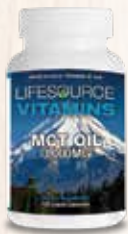
	Amt/Serving	DV%*
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%
Saturated Fat	14 g	70%
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

MCT Oil has naturally occurring fatty acids Caprylic Acid (C8:0) and Capric Acid (C10:0).

NEW MCT OIL
3,000 mg

120 Liquid Softgels - \$12.99 PER BOTTLE



Medium chain triglycerides (MCT's) are fats that are naturally found in coconut and palm kernel oils. They're more easily and rapidly digested than other types of fats. MCT's are readily absorbed from the GI tract and are metabolized very quickly by the liver, where they are reported to encourage the use of fat for energy rather than for storage.

SUPPLEMENT FACTS

Serving Size: 4 Liquid Capsules Servings per Container: 30

	Amt/Serving	DV%*
Medium Chain Triglycerides	3,000 mg	†
Typically Providing:		
Caprylic Acid	1,652 mg	†
Capric Acid	1,052 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Palm Oil, gelatin (bovine) and Vitamin E (d-alpha tocopheryl acetate)

Melatonin 3 mg

120 Capsules - \$11.99 PER BOTTLE



Melatonin is a naturally occurring hormone that plays a significant role in the regulation of the sleep-wake cycle. It is also a powerful antioxidant that supports immune system function.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 120

	Amt/Serving	DV%*
Melatonin	3 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Melatonin 1 mg

60 Veg Lozenge - \$6.99 PER BOTTLE



As a naturally-occurring hormone, Melatonin is involved in setting our body's natural physiologic cycles. It assists the body to normalize sleep disruption, thereby helping alleviate the fatigue that often accompanies chronic lack of sleep.

SUPPLEMENT FACTS

Serving Size: 1 Lozenge Servings Per Container: 60

	Amt/Serving	DV%*
Melatonin	1 mg.	†

* Percent Daily Values are based on 2,000 calorie diet. †Daily Value not established.
Other Ingredients: Sorbitol, xylitol, cellulose, modified cellulose gum, stearic acid (vegetable source), silicon dioxide, citric acid, natural peppermint flavor and magnesium stearate (vegetable source)
Contains no artificial colors, flavors, or preservatives, no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans

Ultra Meal Replacement

48 g of Clean Pure Protein per serving

Double Chocolate Fudge or Creamy French Vanilla
3 lbs. - \$57.99
6 lbs. - \$97.99
(SAVE \$18)



48 g of Clean Pure Protein per Serving. In fact, they really are not supplements at all when you come to think of it. They should be complete meals, which most meal replacements are not. Many have no vitamins or minerals in them, therefore your body is being starved of these needed nutrients, which in turn causes your body not to lose weight or gain the muscle mass you are looking for. People are always looking for the magic solution to fat loss or building muscle, buying some drink or pill that promises miraculous results. We gain body fat by having poor eating habits, so the only way to undo the damage is to reverse the cycle by developing good eating habits. LifeSource's Meal Replacements can help make this possible.

- Our Whey Protein in our Meal Replacements comes from grass fed cows that are disease-free, pesticide-free, chemical-free, hormone treatment-free and GMO-free.
- Loaded with 48 grams of protein per serving with a complete vitamin/mineral complex
- Non Pasteurized!

LIFESOURCE'S MEAL REPLACEMENTS DO NOT CONTAIN:

- Aspartame or Acesulfame K
- Sucrose, Fructose, Corn Syrup Solids or Hydrogenated Oils
- Any Cholesterol

Our whey protein comes from grass fed cows who are disease free, pesticide free, chemical free, hormone-treatment free and GMO free

NUTRITIONAL FACTS

Servings Size: 2 Scoops (78 g)

Amt/Serving	DV%*	Typical Amino Profile:	
Calories	282	Alanine	1,842 mg.
Calories from fat	8	Arginine	1,647 mg.
Total Fat	2 g	Aspartic Acid	3,127 mg.
Saturated Fat	1.5 g	Cystine	821 mg.
Cholesterol	0 g	Glutamic Acid	10,225 mg.
Sodium	84 mg	Glycine	1,339 mg.
Total Carbohydrate	20 g	Histidine	965 mg.
Dietary Fiber	4 g	Isoleucine	2,294 mg.
Sugars	4 g	Leucine	3,254 mg.
Protein	48 g	Lysine	3,560 mg.
Vitamin A	100%	Methionine	1,172 mg.
Vitamin C	100%	Phenylalanine	2,048 mg.
Vitamin D3	100%	Proline	2,021 mg.
Vitamin B1	100%	Serine	2,983 mg.
Vitamin B2	100%	Threonine	2,147 mg.
Vitamin B3	100%	Tryptophan	998 mg.
Vitamin B5	100%	Tyrosine	1,468 mg.
Vitamin B6	100%	Valine	2,145 mg.
Vitamin B12	100%		
Vitamin K1	100%		
Biotin	100%		
Zinc	100%		
Calcium	20%		

Ingredients: Cross Filtered Whey Protein Isolate, L-Glutamine, Vitamin Mineral Complex, Natural Cocoa and French Vanilla Flavoring and Stevia.

P = LifeSource Proprietary Blend

Plant - Based Balanced Meal Complete Nutritional Shake

1 LB - \$34.99 CHOCOLATE OR VANILLA

Finding a quick, easy, but most importantly, complete meal replacement for the vegan and vegetarian can be difficult on the run, but not when you have the LifeSource Vitamins Vegan Wholefoods Meal Replacement Formula to help you out. We have created a great tasting, great mixing meal replacement formula to meet your vegan lifestyle, and yes it tastes great!

GLUTEN FREE | NO DAIRY | NO SOY | NON-GMO

One of the most distinguishable features of the vegetarian Meal Replacement Shake is its balanced blend of diverse plant proteins. The 18 grams of easily-to-digest protein support your body's ability to lower body fat and support muscle growth. 6 Grams of fiber Balanced Meal Complete Nutritional Shake is chock full of Whole-Food Fermented Vitamins & Minerals, Five Plant Proteins, Organic Fermented Sprouts, Herbs, Vegetables, Fruits, Spices, Fiber, Essential Fatty Acids, Antioxidants, Probiotics, Prebiotics and Digestive Enzymes.

- **21 Whole Super Foods Fermented Vitamins & Minerals** is real nutrition from real foods. Organic fermented sprouts, herbs, vegetables, fruits and spices give you plenty of essential nutrients while also providing naturally occurring enzymes and unique phytonutrients.
- **Multi-Source Plant Protein Matrix** contains 18g of complete plant protein from Organic Sprouted Amaranth & Quinoa, Chlorella, Cranberries and Peas. BCAA's, Glutamine and Glycine help create the perfect balance of essential amino acids.
- **Multi-Source Low-Glycemic Energy Matrix** provides slow-release complex carbs from Organic Oats, Amaranth, Quinoa, Buckwheat, Millet and Chia.
- **Multi-Source Fiber/Antioxidant Matrix** is packed with 25 fruits, berries, vegetables and herbs which are some of the most powerful plant sources of antioxidants that nature can provide. You'll also receive 6g of organic fiber in every serving.
- **Multi-Source Plant EFA Matrix** is four of nature's richest sources of essential fatty acids: Flax, Chia, Hemp and Sacha Inchi. They contain all three types of EFAs your body needs including, Omega 3, 6 & 9.
- **Probiotic, Prebiotic and Digestive Enzyme Matrix** jump starts digestion and nutrient absorption the moment you drink your shake and ensures that you get the most out of the proteins, complex carbohydrates and healthy fats in Balanced Meal.



SUPPLEMENT FACTS

Serving Size: 2 Scoops (approximately 39.5 g)

Servings per Container: 12

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	160		Multi-Source Vitamins & Minerals Matrix with Fermented Whole Foods:		
Calories from Fat	30		Organic Fermented Herbal Blend: Reishi, Shiitake, Maitake;		
Total Fat	3 g	4%	Organic Fermented Vegetable Blend: Tomato, Pea,		
Saturated Fat	.5 g	3%	Carrot, Spinach, Pepper;		
Sodium	290 mg	13%	Fermented Fruit Blend: Cherry, Banana, Apple, Strawberry, Blueberry;		
Potassium	290 mg	6%	Organic Fermented Sprout Blend: Amaranth, Quinoa, Millet;		
Total Carbohydrates	15 g	5%	Organic Cultured Spice Blend: Cinnamon, Allspice, Cloves;		
Dietary Fiber	6 g	21%	Essential Glyconutrient Blend: Mannose, Glucose, Galactose,		
Sugars	<1 g	†	Xylose from (Coffea Arabica), Aloe barbadensis	850 mg	†
Protein	18 g	36%			
Vitamin A (as beta carotene)	353 mcg RAE	39%	Multi-Source Plant Protein Matrix: Pea Protein Isolate,		
Vitamin C (as ascorbic acid)	25 mg	28%	Organic Sprouted Amaranth, Organic Sprouted Quinoa,		
Vitamin D-3 (as cholecalciferol)	4 mcg (160 IU)	20%	Chlorella protein, Cranberry Seed protein, and a proprietary		
Vitamin E (as succinate, acetate)	7 mg	46%	amino acid blend of Leucine, Isoleucine, Valine and Glutamine	20,295 mg	†
Vitamin B-1 (as thiamine, hydrochloride, mononitrate)	590 mcg	49%			
Vitamin B-2 (as riboflavin)	800 mcg	62%	Multi-Source Low-Glycemic Energy Matrix: Organic Oat Bran,		
Niacin (as niacinamide)	9 mg	56%	Organic Amaranth, Organic Quinoa, Organic Buckwheat,		
Vitamin B-6 (as hydrochloride)	775 mcg	46%	Organic Mullit, Organic Chia, Broccoli sprouts, Watercress sprouts,		
Folate	400 mcg DFE (240 mcg folic acid)	100%	Kale sprouts, Mustard sprouts, and Cabbage sprouts	6,075 mg	†
Vitamin B-12 (as cyanocobalamin)	2.5 mcg	104%			
Biotin	135 mcg	450%	Multi-Source Fiber/Antioxidant Matrix: Organic Acacia Gum Fiber,		
Pantothenic Acid (as d-calcium pantothenate)	4 mg	80%	Organic Beet, Grape seed extract, Plum Fruit extract, Strawberry juice,		
Calcium (as carbonate)	240 mg	18%	Hawaiian Noni fruit, Pineapple juice, Guava juice, Organic apple,		
Iodine (as potassium iodide)	67 mcg	45%	Orange juice, Raspberry juice, Mango juice, Acai juice, Cupuacu juice,		
Magnesium (as citrate, oxide)	8 mg	2%	Camu Camu fruit extract, Green tea extract, Watermelon juice,		
Zinc (as citrate, oxide)	6 mg	55%	Organic Hawthorne berry extract, Grape skin extract, Elderberry fruit,		
Selenium (as methionine, selenite)	9 mcg	16%	Organic Goji extract, Bilberry extract, Protease, Amylase,		
Copper (as gluconate)	350 mcg	39%	Cellulase, Lactase, Lipase, and Wild Alaskan Aurora Blue Blueberry	3,950 mg	†
Manganese (as citrate, gluconate)	2.2 mg	96%			
Chromium (as amino acid chelate, chloride)	40 mcg	114%	Multi-Source Plant EFA Matrix: Flax Seed Oil Powder, Flax seed,		
Molybdenum (as amino acid chelate, molybdate)	8 mcg	18%	Sacha inchi seed, Chia seed and Hemp seed	1,516 mg	†
			Probiotic, Prebiotic, & Digestive Enzyme Matrix: Bacillus coagulans		
			(1 Billion viable cells), Fructo-Oligosaccharides (Inulin),		
			Alpha-galactosidase and Bromelain	988 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cocoa, natural chocolate flavors, inulin, stevia, guar gum, silica, natural vanilla flavor, natural caramal flavor, lo han guo, organic maltodextrin and organic corn starch.

Contains No sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Suggested usage: Add two (2) level scoops to 9-12oz of Chilled water or preferred beverage in a shaker cup

**HAVE QUESTIONS? IT CAN BE OVERWHELMING WE KNOW.
CALL US, WE WILL WALK YOU THROUGH WHAT SUPPLEMENTS WILL TRULY HELP YOU
AND WHICH ONES YOU REALLY DON'T NEED. IT'S WHAT WE DO!**

800-567-8122

Melatonin Plus 50 Veg Tablets - \$7.99 PER BOTTLE



SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings per Container: 50	
	Amt/Serving	DV%*
Vitamin B-6 (Pyridoxine HCl)	1 mg	50%
Calcium (Calcium phosphate)	50 mg	5%
Melatonin	5 mg	†

* Percent Daily Values are based on 2,000 calorie diet.
 † Daily Value not established.
Other Ingredients: Cellulose (Vegetable Source), Calcium Stearate (Vegetable Source), Silica.
Contains No artificial colors, flavors, or preservatives, no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.
Suggested usage: Take 1 tablet 15 minutes before bedtime

Melatonin 5 mg 90 Gummies - \$14.99 PER BOTTLE



Melatonin Gummies have shown to help with sleeping issues and ease jet lag, without the hazards or side effects of prescription sleeping pills.

- Easy to chew
- Hastens Sleep
- Great Tasting Strawberry Flavor

SUPPLEMENT FACTS

Serving Size: 2 Gummies	Servings per Container: 45	
	Amt/Serving	DV%*
Calories	15	
Total Carbohydrates	4 g	1%
Sugars	3 g	†
Sodium	5 mg	<1%
Melatonin	5 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Glucose syrup, sugar, water, pectin, natural flavors, natural color (elderberry concentrate), citric acid, sodium citrate, coconut oil and carnauba wax
Allergen Warning: Contains Tree Nuts (Coconut Oil)

Memory Enhancer & Brain Connector 90 Capsules - \$24.99 PER BOTTLE
 180 Capsules - \$44.99 PER BOTTLE (SAVE \$5)



All natural product that is completely safe and extremely effective for memory retention and memory enhancement/ recall. Promotes overall mental well being with an exceptional blend of natural ingredients that works synergistically to provide optimum results. LifeSource Vitamin's Memory Enhancer & Brain Connector have had great results for: Alzheimer's patients, autistic children and also overall memory enhancement for adults all over the world.

- Contains Ginkgo Biloba which has demonstrated positive effects on memory enhancement and mental clarity
- Promotes mental health and immune system function
- Exerts a positive impact on mood, attention, concentration, and the nervous system in general
- Promotes bio-modulation within the entire body to enhance overall performance
- Provides all essential amino acids which feed and enhance brain activity

SUPPLEMENT FACTS

Serving Size: 4 Capsules		Servings per Container: 22			
	Amt/Serving	DV%*	Amt/Serving	DV%*	
Vitamin A (as Beta Carotene)	4000%	2000 IU	Chlorella (Algae Chlorophyll)	120 mg	†
Vitamin B1	2667%	40 mg	Polygonum Multiflorum		
Vitamin B3 (Niacin)	200%	40 mg	(Fo-ti Root)	150 mg	†
Vitamin B6	4000%	80 mg	Choline (Bitartrate)	100 mg	†
Vitamin B12 (Vegetarian Source)	4000%	400 mcg	DMAE	100 mg	†
Vitamin B5 (Pantothenic Acid)	1600%	160 mg	L-Phenylalanine	80 mg	†
Phosphorus (Di Calcium Phosphate)	4%	40 mg	L-Tyrosine	80 mg	†
Calcium	12%	120 mg	Glycine	75 mg	†
Magnesium	20%	80 mg	L-Alanine	75 mg	†
Zinc	20%	80 mg	L-Glutamic Acid	75 mg	†
Selenium	114%	80 mcg	Pygeum Africanum Extract	75 mg	†
Astragalus Root	†	400 mcg	Acetyl-L-Carnitine	50 mg	†
Alpha Lipoic Acid	†	200 mg	Ginkgo Biloba Extract	40 mg	†
L-Glutamine	†	200 mg	Grape Seed Extract	20 mg	†
Mucuna Pruriens (Velvet Bean)	†	200 mg	5-HTP	10 mg	†
Vicia Faba-fava (Broad Bean)	†	200 mg	Pregnenolone	10 mg	†
Spirulina	†	160 mg	CoQ10	2 mg	†
			Melatonin	1 mg	†
			Huperzine-A	10 mcg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.



Liquid Memory Enhancer & Brain Connector 32 fl oz - \$34.99 PER BOTTLE



Lifesource Vitamins Liquid Memory Enhancer & Brain Connector provides many of the essential vitamins, minerals, fruits, vegetables, and fatty acids necessary for proper brain function and development. This all-natural product is safe and effective for memory retention, focus, mental clarity and the nervous system in general.

Rich in phospholipids, essential fatty acids, amino acids and trace minerals, this product can be used by children, adults or seniors to promote overall mental well-being with an exceptional blend of natural ingredients that work together synergistically to provide optimum results.

For those dealing with neurodevelopmental disorders such as Attention-Deficit Disorder or Attention Deficit Hyperactivity Disorder, the carefully selected ingredients in this product can help to improve attention and focus in both children and adults.

SUPPLEMENT FACTS

Serving Size: 1 fl oz = 2 tablespoons		Servings per Container: 32			
	Amt/Serving	DV%*	Amt/Serving	DV%*	
Calories	35		ginger extract,		
Total Carbohydrates	3 g	1%	broccoli extract,		
Sugars	0 g		spinach extract, kale extract,		
Vitamin C (as Calcium ascorbate)	225 mg	375%	cabbage extract, orange extract,		
Thiamine (B1)	6 mg	400%	grapefruit extract, lime extract,		
Riboflavin (B2)	15 mg	882%	green tea extract, bilberry extract,		
Niacin (B3)	15 mg	75%	certified organic guava		
Pyridoxine (B6)	15 mg	750%	[Psidium guajava] extract,		
Folic Acid	225 mcg	56%	certified organic lemon		
Cyanocobalamin (B12)	60 mcg	1000%	[citrus limon] extract,		
Pantothenic Acid (B5)	30 mg	300%	certified organic sesbania		
Calcium (Lactate gluconate)			grandiflora extract,		
(22 mg elemental)	250 mg	2%	certified organic amia		
Magnesium (gluconate)			[Phyllanthus emblic]		
(13 mg elemental)	250 mg	2%	berry extract, certified organic		
Chromium Polynicotinate	60 mcg	†	holy basil [ocimum sanctum]		
Choline	15 mg	†	extract, certified organic annatto		
Phospholipid & Essential Fatty Acid Blend	258 mg	†	[bixa Orellana] extract,		
Soy Lecithin blend (containing: phosphatidyl choline, phosphatidyl ethanolamine, phosphatidyl inositol), borage oil (containing: gamma linolenic, linolenic, alpha linolenic oleic, stearic, and palmitic acid), phosphatidyl serine)			green coffee extract,		
Proprietary Blend	1,050 mg	†	camu camu concentrate,		
GABA (Gamma-Aminobutyric Acid), Taurine, L-Tyrosine, Hi-Orac fruit and vegetable blend (banana extract, kiwi extract, mango extract, pineapple extract, cranberry extract, cherry extract, raspberry extract, red pepper extract, plum extract, apricot extract,			quercetin, tomato concentrate,		
			broccoli concentrate,		
			acai concentrate,		
			turmeric concentrate,		
			garlic concentrate,		
			basil concentrate,		
			oregano concentrate,		
			cinnamon concentrate,		
			elderberry concentrate,		
			carrot concentrate,		
			Mangosteen concentrate,		
			blackcurrant extract,		
			blueberry extract,		
			sweet cherry concentrate,		
			blackberry concentrate,		
			chokeberry concentrate,		
			raspberry concentrate,		
			spinach concentrate,		
			kale concentrate, brussels		
			sprout concentrate), DMAE,		
			Red algae (lithothamnion calcareum),		
			Stevia (stevia rebaudiana) (leaf),		
			Grape seed extract, L-TheanineTrace Mineral		
			Blend	3 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Purified Water, 100% Pure aloe Vera juice, Vegetable glycerin, Xanthan gum, citric acid, Natural flavoring, Potassium sorbate (to preserve freshness), Potassium benzoate (to preserve freshness).

Contains no artificial colors, flavors or sweeteners; gluten, milk, salt, starch, wheat or yeast.

Menopause Support 120 Capsules-\$19.99 PER BOTTLE



New & Improved Menopause Support from LifeSource is formulated to the exact specifications of our certified nutritionists, doctors and scientists. It contains recommended potencies of key ingredients that have been shown to support normal hormonal levels during menopause. This synergistic blend includes standardized herbal extracts and other nutrients, which form a truly well-balanced and effective product for women. LifeSource's Menopause Support contains a special blend of soy and other herbal extracts that provide a rich supply of isoflavones - a type of plant chemical that has been shown in clinical studies to promote bone and cardiovascular health and help relieve symptoms of menopause.

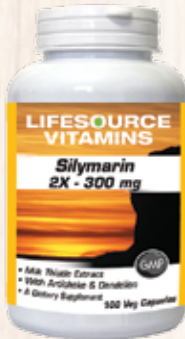
SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules	Servings Per Container: 60	
	Amt/Serving	DV%*
Soy Isoflavones	30 mg	*
Black Cohosh (2.5% extract) (root)	160 mg	*
Dong Quai (1% extract) (root)	150 mg	*
Licorice (1% extract) (root)	150 mg	*
Red Clover (1% extract) (aerial parts)	400 mg	*
Sage (3% extract) (leaf)	200 mg	*
Chasteberry (0.5% extract) (fruit)	50 mg	*
Blessed Thistle (herb powder)	50 mg	*
Red Raspberry (20% extract)	50 mg	*
Mexican Wild Yam (16% extract)	15 mg	*
trans-Resveratrol Powder (from Polygonum cuspidatum extract) (root)	1 mg	*

* Daily values not established

Other ingredients: Microcrystalline cellulose, gelatin (bovine), vegetable magnesium stearate and silicon dioxide.

Milk Thistle (Silymarin) 100 Veg Capsules - \$22.99 PER BOTTLE



Silymarin, the key active compound in milk thistle, is one of the most potent liver protective substances known. Silymarin has been shown to increase glutathione production in the liver by around 30%, thus increasing detoxification capabilities significantly. Silymarin also stimulates protein synthesis in the liver encouraging the growth of healthy liver cells.

- Vegetarian formula
- Silymarin has antioxidant properties.
- Anti-inflammatory effects of silymarin help keep liver cells from swelling in response to injury
- Silymarin seems to encourage the liver to grow new cells, while discouraging the formation of inactive fibrous tissue.
- May also keep certain harmful chemicals from getting into liver cells
- May help the immune system to be more active.

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings Per Container: 100	
	Amt/Serving	DV%*
Sodium	5 mg	<1%
Milk Thistle Extract (Silybum marianum) (Fruit and Seeds) (Standardized to 80% Silymarin Flavonoids)	300 mg	†
Dandelion Root Extract (Taraxacum officinale) (4:1)	100 mg	†
Artichoke Extract (Cynara scolymus) (Leaf) (Standardized to 2% Cynarin)	50 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Suggested Usage: As an herbal dietary supplement, take 1 Veg Capsules 1 to 3 times daily.

Other Ingredients: Cellulose (capsule), Cellulose,

Moringa Leaf Extract 60 Veg Caps - \$9.99 PER BOTTLE



Moringa Oleifera contains more than 92 nutrients and 46 types of antioxidants. Moringa is said to cure about three hundred diseases and almost have all the vitamins found in fruits and vegetables. With all the health benefits of this miracle herb, it can easily be termed as the most nutritious herb on Earth. It can be consumed by small children and adults. Today, millions world over have started using Moringa based products in porridge, pastas, bread and to reap the everlasting health benefits of the extraordinary 'Moringa' herb.

SUPPLEMENT FACTS

Serving Size: 1 Veggie Cap	Servings per Container: 60	
	Amt/Serving	DV%*
Moringa Leaf Extract 10:1 Moringa oleifera	500 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Suggested usage: Take 1 capsule with a meal daily or as otherwise recommended by your health care professional.

Men's Potency & Libido Enhancer P

60 Tablets - \$17.99 PER BOTTLE

120 Tablets - \$31.99 PER BOTTLE (SAVE \$4)



An inadequate amount of vitamins, minerals, amino acids, carbohydrates and enzymes have produced a reduction in intimate relations between couples. The combination of our 37 synergistic nutrients including Pantothenic Acid, which we can find in plant cells with Ginseng, Gotu Kola, Yohimbe, and Guarana, form a unique combination that helps against impotency & Erectile Dysfunction.

SUPPLEMENT FACTS

Serving Size: 3 Tablets	Servings per Container: 20			
	Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin E (as Alpha tocopheryl)	200 IU	667%	Orchic Extract	100 mg †
Niacin	50 mg	250%	Prostate Extract	100 mg †
Vitamin B6 (Pyridoxine)	25 mg	1250%	Sarsaparilla	100 mg †
Vitamin B12 (cobalamin conc.)	100 mcg	1667%	Saw Palmetto	100 mg †
Pantothenic Acid	100 mg	1000%	Wild Mexican Yam	100 mg †
Zinc (as gluconate)	22 mg	147%	Wild Oats	100 mg †
Manganese (as gluconate)	10 mg	500%	Horny Goat Weed	75 mg †
Octacosanol	500 mg	†	Alanine	50 mg †
Yohimbe	325 mg	†	Beta Sitosterol	50 mg †
Damiana	250 mg	†	Capsicum (Cayenne)	50 mg †
Ginseng	250 mg	†	Glutamic Acid	50 mg †
Raw Testicular	250 mg	†	Glycine	50 mg †
Liver Extract	150 mg	†	Guarana	50 mg †
Tongkat Ali	150 mg	†	Histidine	50 mg †
Bee Pollen	100 mg	†	Kola Nut	50 mg †
Carnitine	100 mg	†	Maca	50 mg †
Fo-Ti	100 mg	†	Royal Jelly	50 mg †
Gotu Kola	100 mg	†	Avena Sativa	25 mg †
Muira Puama	100 mg	†	Gamma Oryzanol	25 mg †
Oat Straw	100 mg	†	Inosine	10 mg †
			DHEA	2 mg †
			Dimethyl Glycine	100 mcg †

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

P = LifeSource Proprietary Blend



Moringa Leaf Powder 10 oz - \$19.99 PER CONTAINER



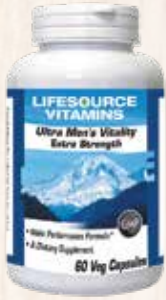
- 36 Anti-Inflammatories
- 18 Amino Acids, 9 Essential Amino Acids
- Nourishes the Immune System
- Promotes Healthy Circulation
- Supports Normal Glucose Levels
- Provides Anti-Inflammatory Support
- Promotes Healthy Digestion
- Promotes Heightened Mental Clarity

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon	Servings per Container: 56	
	Amt/Serving	DV%*
*Moringa Leaf Powder (Moringa oleifera)	5,000 MG	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Men's Ultra Vitality 60 Veg Caps – \$31.99 PER BOTTLE



This unique formula is comprised of potent all natural concentrates that work synergistically. Together they stimulate sexual activity, maintain and enhance erections and increase sperm production in the testis. Our formula is an extra strength combination of natural herbal ingredients known to support a man's healthy sexual activity and overall vitality. With Tongkat Ali, Tribulus, Maca and Horny Goat Weed, our Men's Vitality is a targeted botanical formula that a man can use to maintain reproductive function, libido, and sexual performance.

- Supports Healthy Sexual Function & Activity
- Strengthens & Enhances Libido (Sexual Desire)
- Improves Energy Levels
- Boosts Your Sexual & Life Stamina
- Supports overall Vitality
- Helps Refuel Your Sex Drive!

SUPPLEMENT FACTS

Serving Size: 2 Veggie Capsules	Servings Per Container: 30	
	Amt/Serving	DV%*
Tongkat Ali (Eurycoma longifolia Extract) (Root) (min. 10% Saponins)	200 mg	†
Maca Root (Lepidium meyerii) (4:1 Concentrate)	500 mg	†
Epimedium Extract (Horny goat Weed) (Aerial Parts/Leaf) (Epimedium sagittatum) (min. 10% Icarin)	250 mg	†
Tribulus terrestris Extract (Fruit) (min. 45% Saponins)	250 mg	†
American Ginseng Root (Panax quinquefolium)	75 mg	†
Panax Ginseng Root (Panax ginseng)	75 mg	†
Muir Puama (Ptychopetalum olacoides) (Bark) (10:1 Concentrate)	50 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

MSM Capsules 120 Capsules - \$14.99 PER BOTTLE



MSM is an organic form of sulfur found in every cell.

- Alertness
- Blood clotting
- Joint pain
- Migraines
- Scleroderma
- Athletic injuries/pain
- Depression
- Enhances vitamin C
- Muscle pain
- Rheumatoid arthritis

SUPPLEMENT FACTS

Serving Size: 2 Capsules / 2000 mg	Servings Per Container: 60	
	Amt/Serving	DV%*
MSM (Methylsulphonylmethane)	2000 mg	†

* Daily values are based on 2,000 calorie diet.
† Daily value not established.

MSM Powder 16 oz Powder - \$16.99 PER BOTTLE



MSM is an organic form of sulfur found in every cell.

- Alertness
- Blood clotting
- Joint pain
- Migraines
- Scleroderma
- Athletic injuries/pain
- Depression
- Enhances vitamin C
- Muscle pain
- Rheumatoid arthritis

SUPPLEMENT FACTS

Serving Size: ½ Teaspoon (scoop not included)	Servings per Container: 226	
	Amt/Serving	DV%*
MSM (Methylsulphonylmethane)	2,000 mg	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.
Suggested usage: Take one-half (1/2) to two (2) teaspoons with water or juice one to three times per day

Max Mushroom Wellness 60 Veg Caps - \$21.99 PER BOTTLE



Scientific research is proving that some of the most powerful immune-supportive nutrients are found in mushrooms. People who realize the critical importance of optimizing immune function should seriously consider adding our advanced mushroom complex to their daily regimen.

8 Mushroom Complex:

- Reishi
- King Trumpet
- Cordyceps
- Turkey Tail
- Maitake
- Himematsutakea
- Lions Mane
- Antrodia Camphorata

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap	Servings per Container: 60	
	Amt/Serving	DV%*
Organic Mushroom Mycelial Biomass Blend	700 mg	†
King Trumpet (Pleurotus eryngii), Cordyceps (Cordyceps militaris), Turkey Tail (Trametes versicolor), Reishi (Ganoderma lucidum), Himematsutake (Agaricus blazei), Lion's Mane (Hericium erinaceus), Maitake (Grifola frondosa), Antrodia camphorata on myceliated organic oats.		

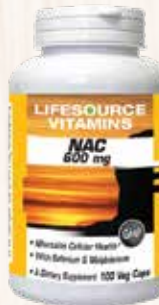
† Daily Value not established.

Other Ingredients: Vegetable Capsule (cellulose).

Contains No artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Suggested usage: Take one capsule daily between meals.

NAC 100 Veg Capsules - \$18.99 PER BOTTLE



NAC has been shown to increase levels of the antioxidant glutathione, which can reduce cell damage, speed recovery from injury and aid muscle growth.

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap	Servings Per Container: 100	
	Amt/Serving	DV%*
Molybdenum (as Amino Acid Chelate)	50 mcg	67%
Selenium (as L-Selenomethionine)	25 mcg	36%
N-Acetyl Cysteine	600 mg	†

* Daily values are based on 2,000 calorie diet.
† Daily value not established.

Niacin Flush Free 90 Capsules - \$12.99 PER BOTTLE
(Vitamin B3)



Help lower cholesterol and triglycerides.

- Support proper nervous system function.
- Help with lowering blood pressure
- Improve poor circulation, stress, leg cramps, headaches and poor immunity

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings Per Container: 45	
	Amt/Serving	DV%*
Niacin Flush Free (Inositol Hexanicotinate)	1000 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Are you or someone you know on prescriptions for High Blood Pressure or Cholesterol? We can help you get off of those. Call us: 800-567-8122

Olive Leaf Glycerite

2 fl oz - \$12.99 PER BOTTLE



Olive leaf extracts and their oleuropein constituents are best known for their blood pressure-lowering effects. Additional anti-inflammatory and antioxidant properties offer promise in fighting atherosclerosis, diabetes, neurodegenerative diseases, and even arthritis.

- Blood Pressure Support • Brain – Neuroprotection
- Diabetes Support • Heart Support
- Arthritis - Rheumatoid • Virus Protection

SUPPLEMENT FACTS

Serving Size: 2 Droppersful (1.6mL)
Servings per Container: about 38

	Amt/Serving	DV%*
Calories	5	
Olive Leaf Extract (<i>Olea europaea</i>) (min. 18%Oleuropein)	200 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Olive Leaf Extract

60 Veg Caps - \$14.99 PER BOTTLE

750 mg



SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings per Container: 60

	Amt/Serving	DV%*
Olive Leaf (20% extract) (standardized to contain 150mg of Oleuropein)	750 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, vegetable magnesium stearate and silicon dioxide.

Suggested usage: Take 1 capsule 1 to 2 times daily.

Oregano Oil

90 Softgels - \$15.99 PER BOTTLE



- Clear congestion
- Antibacterial & antifungal properties
- Soothe digestive tract • Powerful antioxidantn

SUPPLEMENT FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Oregano Oil (<i>Origanum vulgare</i>) (min. 55% Carvacrol)	0.2 mL/181 mg	†
Ginger Oil (<i>Zingiber officinale</i>)	0.2 mL/17.6 mg	†
Fennel Oil (<i>Foeniculum vulgare</i>)	0.2 mL/19.3 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water, enteric coating, carob) and Extra Virgin Olive Oil.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients.

Omega w/DHA Gummies

60 Gummies - \$13.99 PER BOTTLE



Most people believe that fish are a rich source of DHA, when in fact fish get DHA from the algae in their food chain. LifeSource Vitamins goes straight to the source, producing DHA from the same microalgae sources fish get it from. Grown in a controlled environment, our Gummies are a vegetarian and sustainable source of Omega 3-6-9 & DHA.

This product is for those 2 years or older, meaning it's great for kids or adults. Also, it tastes great with natural Lemon and Orange flavors. Gluten-free and Vegetarian.

SUPPLEMENT FACTS

Serving Size: 3 Gummies Servings Per Container: 20

	Amt/Serving	DV%*
Calories	30	
Total Carbohydrate (Ages 2 to 4)	7 g	*
Sugar	4 g	*
Total Carbohydrate (Ages 4 & up)	7 g	2%
Sugars 4 g *		
Vitamin C (ascorbic acid)	20 mg	50/33%
Sodium	20 mg	*/1%

Omega Oil (Chia & DHA)

- Omega-3 (Alpha Linolenic Acid)130mg		
- Omega-6 (Linolenic Acid) 65mg		
- Omega-9 (Oleic Acid) 30mg	275 mg	*
DHA (life'sDHA™ from algae)	50 mg	*

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other ingredients: Softgel capsule (gelatin, glycerin, water, enteric coating) and Vitamin E (as natural d-alpha tocopherol) Contains fish (tuna). Fish oil is a product of India.

NON-GMO

DHA 500 mg

90 Softgels - \$24.99 PER BOTTLE



Contrary to most leading fish oils available in the market place (which contain more EPA than DHA), LifeSource DHA-500 contains 500mg of DHA and 250mg of EPA in each enteric-coated softgel.

DHA (docosahexaenoic acid) is a long-chain omega-3 fatty acid that comes from fish oil. It is the longest and most unsaturated of the omega-3 fatty acids and is considered physiologically essential in the proper growth and development of the brain, nervous system and retina to support optimal cognitive function. DHA accumulates in the brain our first couple years of life; no other omega fatty acid does this. DHA = brain food.

- Cardiovascular Support
- Helps with Cholesterol Support
- Can lower blood pressure

SUPPLEMENT FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0 g	†
Cholesterol	0 mg	0%
Natural Fish Oil Concentrate (1,000 mg)		†
Omega-3 Fatty Acids		
Docosahexaenoic Acid (DHA)	500 mg	†
Eicosapentaenoic Acid (EPA)	250 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other ingredients: Softgel capsule (gelatin, glycerin, water, enteric coating) and Vitamin E (as natural d-alpha tocopherol) Contains fish (tuna). Fish oil is a product of India.

NON-GMO

Multi Vitamin & Minerals Tablets



90 Tablets / 30 Day Supply - \$18.99 PER BOTTLE
 180 Tablets / 60 Day Supply - \$29.99 PER BOTTLE (SAVE \$7)
 360 Tablets / 120 Day Supply - \$54.99 PER BOTTLE (SAVE \$5)

“LifeSource Multi Vitamin tablets are the most complete, well rounded, scientifically advanced vitamins in the world. This multi vitamin is the most important supplement that anyone can take to help prolong life and fight off disease for long term health.”
 — Bruce Brightman, Founder

LifeSource Multi-Vitamins are made with:

- Whole foods (not synthetic)
- Chelated minerals (the most absorbable)
- Digestive aids (to ensure absorption to the blood stream)
- Enzymes (critical for digesting these vitamins and minerals)
- Special herbs (critical for your body’s health)
- Probiotics (essential for digestive tracts, immune system, and disease fighting)

Nutritional Information:

- Developed by a team of doctors, pharmacists, & nutritionists to ensure maximum absorption, optimum potency, and safety.
- The most complete vitamin in the World.
- Better overall health, no more catching every cold and virus from your work, church, grocery store, or brought home by a family member.
- Immediate noticeable improvement of your hair, skin, & nails.
- Consistent energy level throughout the day.

Great for:

- Professional, Olympic & intense athletes, who break down their bodies and deplete nutrients through working and playing hard.
- Seniors who are both active and not so active, who need vitamins more than any other age group as their bodies quit producing needed nutrients and antibodies the older they get, therefore getting arthritis, bursitis, pneumonia etc.
- Busy adults have extremely bustling, day-to-day lives with work and family obligations and can’t afford to be sick all the time and feel sluggish throughout the day.
- Lastly, any adults who want to optimize their health today and in years to come.

FACT: Over 40% of North American’s are currently taking a multi vitamin. Most of them are not aware that they are getting less than half of what their body needs to function properly. Therefore, the body will rob and store nutrients, which then deplete other areas of the body, thus causing other illnesses due to this depletion of nutrients.

FACT: Synthetic vitamins, which are the main vitamins being made around the world by all different vitamin companies have been shown to be extremely dangerous for your health. Your body cannot process these synthetic vitamins. Why do these major name brand companies use synthetic vitamins? Cost, plain and simple. It is far cheaper to produce vitamins synthetically, even at the cost of those who take them. Your body needs to attain its nutrition from fruit, vegetables and whole foods to get the absorption needed for optimum health. Most vitamin companies in the world do not use these ingredients due to cost constraints and need for profit. We work for God, profits are not our motivating force! Good health & God are!

LifeSource Multi Vitamins are unmatched anywhere in the world. Here are just some of the benefits of our LifeSource Vitamins “Signature Series” where other vitamin companies just can’t match up:

Pre-Mature Aging, Strengthening of Bones, Decrease Body Fat, Fight Against Cancer, Cardiovascular Health, Lowering Cholesterol, Digestion Aid, Anti-Depression, Diabetes, Energy, Good Bacteria, Heart, Hearing, Immune System, Kidney/ Liver Functioning, Memory, Stress Level Balancing, Sleep Regulating, Stroke, Skin & Hair and Vision Health.

Article by The Journal of American Medical Association: JAMA Recommends a Multi-vitamin (JAMA stands for the Journal of American Medical Association, the foremost authority on Supplements).



The American Medical Association is advising all adults to take at least one multi-vitamin per day a reversal of their long-standing anti-vitamin policy. According to Drs. Robert Fletcher and Kathleen Fairfield of Harvard University, scientists’ understanding of the benefits of vitamins has rapidly advanced. It now appears that people who get enough vitamins may have a lower risk of some common chronic illnesses as cancer, heart disease and osteoporosis.

JAMA’s last comprehensive review of vitamins was about 20 years ago. It concluded that people of normal health did not need to take a multivitamin. JAMA advised that people can get all the necessary nutrients from their diet. Only pregnant women and chronically sick people may need to supplement their diets with certain vitamins. At that time, the knowledge about vitamins was just beginning to expand. The value of folic acid in preventing some birth defects and heart disease was not yet known. Researchers hope that JAMA’s endorsement will encourage

more people to take daily multi vitamins. Health experts are increasingly worried that many American adults are not consuming enough vitamins in their diet. Almost 80 percent of Americans do not eat the recommended five servings of fruits and vegetables a day to provide essential nutrients.

SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings Per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*
VITAMINS					
Vitamin A (w/Beta Carotene)	10,000 I.U.	200	WHOLE FOODS ***		
Vitamin D (fish liver oil)	240 I.U.	100	Spirulina	150 mg	***
Vitamin E (d-alpha tocoph.)	120 I.U.	400	Garlic	150 mg	***
Vitamin C (ascorbic acid)	300 mg	500	Bee Pollen	50 mg	***
Vitamin B1 (thiamine)	30 mg	2000	Siberian Ginseng	50 mg	***
Vitamin B2 (riboflavin)	30 mg	1765	Soya Lecithin	50 mg	***
Vitamin B3 (niacinamide/niacin)	90 mg	450	Oat bran	50 mg	***
Vitamin B-5 (pantothenic acid)	90 mg	900	HERBS***		
Vitamin B6 (pyridoxine HCl)	30 mg	1500	Kola Nut	50 mg	***
Vitamin B12 (cobalamin)	150 mcg	2500	Ginger root	50 mg	***
Vitamin H (d-Biotin)	90 mcg	**	Cayenne	25 mg	***
Vitamin M (Folic Acid)	240 mcg	100	Yellow Dock	50 mg	***
Choline (bitartrate)	90 mg	**	Fo-Ti	50 mg	***
Inositol	60 mg	***	Alfalfa Concentrate	50 mg	***
Para Amino Benzoic Acid	30 mg	**	Aloe Vera	50 mg	***
Bioflavonoids	30 mg	**	Ginkgo Biloba	25 mg	***
Rutin	18 mg	**	Dandelion	25 mg	***
Hesperidin	9 mg	**	Shiitake	25 mg	***
			Golden Seal	25 mg	***
			Echinacea	25 mg	***
MINERALS (elemental values)					
Calcium (chelate/ascorbate)	400 mg	40	OTHER NUTRITIONAL FACTORS***		
Magnesium (chleate/oxide)	250 mg	50	RNA	100 mg	***
Potassium (amino acid complex)	150 mg	**	DNA	30 mg	***
Iodine (Kelp)	225 mcg	**	Royal Jelly	100 mg	***
Zinc (protein chelate)	30 mg	200	L-Glutathione	3 mg	***
Manganese (protein chelate)	15 mg	**	L-Phenylalaline	100 mg	***
Chromium (GTF/protein chelate)	150 mcg	***	L-Glutamine	100 mg	***
Selenium (amino acid complex)	100 mcg	100	L-Tyrosine	100 mg	***
Phosphorous (cal. phosphate)	125 mg	125	Coenzyme Q10	3 mg	***
Vanadium**	50 mcg	**	Sprouted barley juice (dry)	150 mg	***
Molybdenum**	15 mcg	**	Chlorella	150 mg	***
			Wheatgrass juice	150 mg	***
			Flaxseed oil (dry)	150 mg	***
			Cat’s Claw	250 mg	***
DIGESTIVE AIDS-ENZYMES***					
Bromelain (pineapple)	50 mg	***	* U.S. Recommended Daily Allowance for adults.		
Papain (papaya)	50 mg	***	** No USRDA has been established.		
Citrus Pectin	50 mg	***	*** Need in human nutrition not established.		
Acidophilus	50 mg	***	Sugar Free • Starch Free • Salt Free		
Betaine HCL (beets)	50 mg	***	• Yeast Free • Wheat Free		
Amylase	5 mg	***	• No Animal, Milk or Egg Products		
Lipase	5 mg	***	• No Artificial Colors, Flavors or Preservatives		
Cellulase	5 mg	***			

P = LifeSource Proprietary Blend

Ultra Multi Vitamin & Immune Booster Liquid P
 32 oz. – \$39.99 PER BOTTLE OR 3 Bottles for \$99.99 (SAVE \$20)

100% Plant Sourced – Whole Food Based

LifeSource Vitamins Ultra Liquid Multivitamin & Immune Booster is 100% Plant Sourced, packed with Phyto-Nutrients, Macro Nutrients, Micro Nutrients, Green and Red Super Foods and what we feel to be the most complete well-rounded liquid vitamin in the world. This multi has been developed after years of research and testing, and we have finally reformulated this proprietary formula to provide exactly what your body truly needs. Synergistically designed to work with one another and provide maximum absorption at the cellular level of the body. And tastes great!

So what does 100% Plant Sourced mean?

Just that, everything in our Ultra Multivitamin & Immune Booster is derived by our Fruits & Veggies. The way God intended it to be.

No Soy – No Gluten – No Artificial Sweeteners – No Sugar –
 No Yeast – No Salt – No Milk Derivatives – No GMO's –
 No Preservatives

- Super Phyto Food Complex
- Immune Boosting Support with an All Natural and Complete Antioxidant Blend
- Prebiotic Multi-Fiber Complex and Digestive Support
- Plant Based Omega 3, 6 & 9
- Youth and Energy Complex
- Cardiovascular Support and Liver Cleansing/Detox Support

LifeSource Vitamins Ultra Multi Liquids were formulated to meet the needs of a wide range of individuals, no matter what their age. From Children to the Seniors, all of the known essential nutrients will be uploaded to the bloodstream in the correct balance, ratio, and potency. Our Ultra Multi contains vitamins, minerals, fruits, vegetables, antioxidants, green super foods, mushrooms, amino acids, herbs, EFAs and other natural nutrients to help nourish, protect and revitalize your body. And through this formulation, we are able to enhance proper pH and particle sizes in our liquid multi, which maximizes absorption, which in turn maximizes effectiveness, which means optimum health. By re-balancing the body chemistry, toxins and other wastes are eliminated easily and safely via the kidneys. Then the body goes to work and begins the healing processes through having optimum nutrition and no waste problems, which allows everything to function, as it should. When your wastes aren't eliminated properly & efficiently, your body is holding on to all of these toxins and basically garbage, that it must try to keep away from the rest of your system, as a result, it sometimes neglects what it is really supposed to be doing, which is to be orchestrating your body's balances, and this is when problems arise in our health, skin, mental acuity etc.

SUPPLEMENT FACTS

Serving Size: 1 fl oz	Servings per Container: 32	
	Amt/Serving	DV%*
Calories	28	
Total Carbohydrates	5 g	2%
Sugars	0	
Fat	< 1g	<1%
Sodium	23 mg	<1%
Dietary Fiber	2 g	
*Vitamin A (Natural Beta Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid, Acerola cherry, Citrus Bioflavonoids)	120 mg	200%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopherol acetate) (non-GMO from sunflower)	30 IU	100%
Vitamin B1 (Thiamin as Thiamine HCL USP)	3 mg	200%
Vitamin B2 (Riboflavin as Riboflavin 5 Phosphate)	3.5 mg	200%

Vitamin B3 (Niacin as Inositol Hexanicotinate USP)	20 mg	100%
Vitamin B6 (as Pyridoxal 5 Phosphate)	4 mg	200%
Folate (L-Methylfolate, Metafolin, Folic Acid)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	200 mcg	3,333%
Biotin (as Biotin USP)	600 mcg	200%
Vitamin B5 (Pantothenic Acid as calcium pantothenate)	D-20 mg	200%
Calcium (from Lithothamnion Red Algae) (plant so urce)	32 mg	3%
Magnesium (from Lithothamnion Red Algae) (plant source)	5 mg	1%
Zinc (as Zinc Picolinate)	3 mg	21%
Selenium (Selenium Glycinate Chelate)	70 mcg	100%
Chromium (as Chromium Polynicotinate)	120 mcg	100%
Manganese (as Manganese Glycinate Chelate)	1 mg	100%
Molybdenum (as Sodium Molybdenate)	75 mcg	100%
Omega 3, 6 & 9 Plant Based Blend (Borage Oil, Flax Seed Oil, Safflower Oil, Sunflower Oil)	30 mg	†



All-Natural Carotenoid Blend

(Aztec Marigold (flower)
(containing Lutein & Zeaxanthin),
LycO-Mato®
(containing Lycopene, Beta-Carotene,
Phytoene, Phytofluene
(from natural tomato extract) 10 mg †

Prebiotic Multi-Fiber Complex and Digestive

Support: Isomalto-oligosaccharides (prebiotic fiber), NutraFlora® ScFOS Prebiotic Blend,
Green Papaya Juice, Bromelain
2,250 mg †

Phyto Fruit, Veggie, & Herb Complex/ Ultra Immune Support: Aloe Vera Juice (ActivAloe®),

Seaweed blend: Citrus Bioflavonoids, Noni Extract (fruit), Pomegranate 4:1 extract, Pau d' Arco, Spirulina, Acerola Cherry, Irish Moss (aerial stems), **Hi-Orac Fruit & Vegetable Blend:** Banana extract, Kiwi extract, Mango extract, Pineapple extract, Cranberry extract, Cherry extract, Raspberry extract, Red Pepper, extract, Plum extract, Apricot extract, Ginger extract, Broccoli extract, Spinach extract, Kale extract, Cabbage extract, Orange extract, Grapefruit extract, Lime extract, Green Tea extract, Bilberry extract, Green Coffee extract, Broccoli Sprout concentrate, Onion extract, Apple extract, Acerola extract, Camu Camu concentrate, Quercetin, Tomato concentrate, Broccoli concentrate, Acai concentrate, Turmeric concentrate, Garlic concentrate, Basil concentrate, Oregano concentrate, Cinnamon concentrate, Elderberry concentrate, Carrot concentrate, Mangosteen concentrate, Blackcurrant extract, Blueberry extract, Sweet Cherry concentrate, Blackberry concentrate, Chokeberry concentrate, Raspberry concentrate, Spinach concentrate, Kale concentrate, Brussels Sprout concentrate), Organic Broken Cell Chlorella 5,300 mg †

Cardiovascular, Liver Cleanse & Detox Support: TMG-Trimethylglycine (all natural betaine from sugar beets), Choline (as choline chloride), Goji Berry extract, Hawthorn Berry 4:1 extract, Whole Grape extract, (seed, skin & pulp), Panax Ginseng extract (leaf), Milk Thistle (Silymarin) fruit extract, Suma extract (root), Alpha Lipoic Acid, Horse Chestnut (seed) extract, CoQ10 (as ubiquinol), Resveratrol (root)
400 mg †

Anti-Aging Complex: MSM, Glucosamine HCL USP (vegan source), Rhodiola Rosea extract (root), Olive Leaf extract, Ginkgo Biloba Leaf Extract, Hyaluronic Acid, Horsetail Extract (aerial stems) 235 mg †

Vegetarian Amino Acid Complex **
(from organic quinoa): Alanine, Arginine, Aspartic Acid, Cystine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tyrosine, Valine
Sea Vegetarian Derived Trace Mineral Complex: Antimony, Barium, Beryllium, Bismuth, Boron, Bromine, Cadmium, Calcium, Carbon, Cerium, Cesium, Chromium, Cobalt, Copper, Dysprosium, Erbium, Europium, Fluoride, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Indium, Iridium, Iron, Lanthanum, Lithium, Lutetium, Magnesium, Manganese, Molybdenum, Neodymium, Nickel, Niobium, Osmium, Palladium, Phosphorous, Platinum, Potassium, Praseodymium, Rhenium, Rhodium, Rubidium, Ruthenium, Samarium, Scandium, Selenium, Silicon, Silver, Sodium, Strontium, Sulfur, Tantalum, Tellurium, Terbium, Thallium, Thorium, Thulium, Tin, Titanium, Tungsten, Vanadium, Ytterbium, Yttrium, Zinc, Zirconium **

* Percent Daily Values are based on 2,000 calorie diet.

** Naturally Occurring † Daily Value not established.

Other Ingredients: Filtered water, erythritol, vegetable glycerin USP, Xylitol, citric acid, malic acid, natural flavoring, xanthan gum, potassium sorbate and potassium benzoate (to preserve freshness), rosemary leaf extract

Suggested usage: Take 1 fl oz daily

Ultra Multi Vitamin & Mineral Powder

A Whole Food Based Multi Vitamin



30 Day Supply - \$29.99 PER BOTTLE



LifeSource Vitamin's Powdered Ultra Multivitamin provides a synergistic blend of vitamins & minerals as well as a vast array of Co-nutrients, Antioxidants, Bioflavonoids, Plant Enzymes, Digestive Enzymes, Herbal Extracts and Green Phyto Foods. Our whole food based Multivitamin will energize every cell in the body enabling those cells to produce more energy on their own and to function at peak efficiency. With optimum cell function you will feel more alive, more alert and more aware than you have in years! This is a great formula for those who struggle to swallow tablets and the added benefit of only needing to take one dose per day makes it a great choice for those who are on the go.

- Whole Food Based & Super Enzymes
- Energizing Super Foods & Superior Tonic Herbs.
- Superior Antioxidant Formula.
- Suitable for Vegetarians
- Metabolic Efficiency
- Bones & Joint Support
- Electrolyte Balancing
- Energy & Endurance
- Immune Function Enhancing
- Vision & Eye Health Functions
- Mixes Fast & Absorbed in the body Immediately

SUPPLEMENT FACTS

Serving Size: 1 Scoop (13 grams)

Servings per Container: 30

Amt/Serving		DV%*	Amt/Serving		DV%*	Amt/Serving		DV%*	Amt/Serving		DV%*
Vitamin A	5,000 IU	100%	Manganese	2 mg	13%	Acidophilus	50 mg	†	DNA	30 mg	†
Vitamin C	500 mg	883%	Selenium	100 mcg	143%	Advantra Z	50 mg	†	Rutin	30 mg	†
Vitamin D3	400 IU	100%	Chromium	150 mcg	125%	Alfalfa Concentrate	50 mg	†	Ginkgo Biloba	25 mg	†
Vitamin E	200 IU	667%	Molybdenum	15 mcg	20%	Aloe Vera	50 mg	†	Dandelion	25 mg	†
Vitamin B1	50 mg	3333%	Cat's Claw	250 mg	†	Bee Pollen	50 mg	†	Echinacea	25 mg	†
Vitamin B2	50 mg	2941%	Chlorella	150 mg	†	Betaine Hydrochloride	50 mg	†	Golden Seal	25 mg	†
Niacinamide	40 mg	200%	Choline	150 mg	†	Bioflavonoids	50 mg	†	Shitake	25 mg	†
Vitamin B6	50 mg	2500%	Flaxseed Oil	150 mg	†	Bromelain	50 mg	†	Hesperidin	15 mg	†
Folic Acid	400 mcg	100%	Spirulina	150 mg	†	Citrus Pectin	50 mg	†	Amylase	5 mg	†
Vitamin B12	250 mcg	4166%	Sprouted Barley Juice	150 mg	†	Fo-Ti	50 mg	†	Cellulose	5 mg	†
Biotin	150 mcg	50%	Wheat Grass Juice	150 mg	†	Guarana	50 mg	†	Lipase	5 mg	†
Pantothenic Acid	50 mg	500%	Camu Camu	100 mg	†	Kola Nut	50 mg	†	CoQ10	3 mg	†
Calcium	400 mcg	40%	Inositol	100 mg	†	Oat Bran	50 mg	†	L-Glutathione	3 mg	†
Potassium	150 mg	4%	L-Glutamine	100 mg	†	Papain	50 mg	†	Cayenne	1 mg	†
Phosphorous	125 mg	13%	L-Phenylalanine	100 mg	†	Para Amino Benzoic Acid	50 mg	†	Garlic	1 mg	†
Iodine	225 mcg	150%	L-Tyrosine	100 mg	†	Siberian Ginseng	50 mg	†	Ginger Root	1 mg	†
Magnesium	250 mg	63%	RNA	100 mg	†	Soy Lecithin	50 mg	†	Yohimbe Bark	1,000 mcg	†
Zinc	15 mg	100%	Royal Jelly	100 mg	†	Yellow Dock	50 mg	†	Vanadium	50 mcg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Ultra Multi Vitamin & Mineral Powder + Phyto Foods

Loaded With Phyto Reds, Phyto Blues, Phyto Purples and Phyto Oranges



30 Day Supply - \$39.99 PER BOTTLE



LifeSource Vitamins Proprietary Blended Powdered Ultra Multivitamin with Phyto Reds, Oranges, Purples & Blues provides a synergistic blend of vitamins & minerals as well as a vast array of Co-nutrients, Antioxidants, Bioflavonoids, Plant Enzymes, Digestive Enzymes, and Herbal Extracts. Our whole food based Multivitamin will energize every cell in the body enabling those cells to produce more energy on their own and to function at peak efficiency. With optimum cell function you will feel more alive, more alert and more aware than you have in years! This is a great formula for those who struggle to swallow tablets and the added benefit of only needing to take one dose per day makes it a great choice for those who are on the go. See the difference when you take this multi vitamin and what your body can do to heal itself and become amazingly healthy!

SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (10 g)

Servings Per Container: 30

Amt/Serving		DV%*	Amt/Serving		DV%*	Amt/Serving		DV%*	Amt/Serving		DV%*
Calories	17		Molybdenum	8 mcg	11%	Para Amino Benzoic Acid	25 mg	†	Black Currants, Plums, Elderberries,		
Calories from Fat	0		WHOLE FOODS			Bioflavonoids	25 mg	†	Bilberries, Figs and Raisins		
Total Fat	0 g		Cat's Claw	125 mg	†	Rutin	15 mg	†	Proprietary Vegetable		
Saturated Fat	0 g		Spirulina	75 mg	†	DNA	15 mg	†	Powder Blend	208 mg	†
Total Carbohydrates	4 g	1%	Sprouted Barley Juice	75 mg	†	Hesperidin	8 mg	†	Eggplant, Purple Carrots,		
Sugars	2 g	2%	Chlorella	75 mg	†	L-Glutathione	2 mg	†	Purple Cabbage and		
Sodium	10 g	<1%	Wheat Grass Juice	75 mg	†	Coenzyme Q-10	2 mg	†	Beets Acai Fruit Powder	67 mg	†
Fiber	4 g	16%	Flaxseed Oil	75 mg	†	RED PHYTO			Camu Camu Powder	50 mg	†
Protein	2 g	4%	Camu Camu	50 mg	†	Proprietary Fruit and		†	Mangosteen	50 mg	†
VITAMINS						Vegetable Blend	1113 mg	†	Goji Berry	33 mg	†
Vitamin A	5,000 IU	100%	Bee Pollen	25 mg	†	Blackberries, Acerola, Black Raspberries,		†	Proprietary "Brain" Blend	17 mg	†
Vitamin C	283 mg	314%	Siberian Ginseng	25 mg	†	Blueberries, Cherries, Nectarines, Peaches, Gogi		†	(L-Carnosine and Alpha GPC)		
Vitamin D-3	400 IU	100%	Oat Bran	25 mg	†	Berries, Mangos, Pomegranates, Papayas, Black		†	P40p Pomegranate Extract	7 mg	†
Vitamin E	100 IU	333%	Soya Lecithin	25 mg	†	Currants, Blood Oranges, Cranberries, Red Plums,		†	Stevia	6 mg	†
Vitamin B-1	25 mg	2083%	Advantraz	25 mg	†	Strawberries and Watermelon		†	Other Ingredients: Natural Raspberry, Strawberry, Cherry, Vanilla and Spearmint flavors, Banna powder, Citric Acid		
Vitamin B-2	27 mg	2077%	Kola Nut	25 mg	†	Carrot Powder	100 mg	†			
Vitamin B-3	20 mg	133%	Yellow Doc	25 mg	†	Apple Pectin	42 mg	†	ORANGE PHYTO		
Vitamin B-5	25 mg	50%	FO-Ti	25 mg	†	Flax Seed	42 mg	†	Proprietary Fruit Blend	642 mg	†
Vitamin B-6	25 mg	1923%	Alfalfa Concentrate	25 mg	†	Lutein	42 mg	†	Oranges, Peaches, Nectarines,		
as Cyanocobalamin)	125 mcg	2083%	Aloe Vera	25 mg	†	Oat Bran	29 mg	†	Tangerines, Cantaloupe, Pineapple,		
Vitamin H	75 mcg	250%	Guarana	25 mg	†	Lecithin	25 mg	†	Clementines, Papaya, Apricot,		
Vitamin M	267 mcg	673%	Ginkgo Biloba	13 mg	†	Rice Bran	17 mg	†	Mango, Kumquat, Persimmons		
Choline	75 mg	14%	Dandelion	13 mg	†	Probiotic Blend	17 mg	†	Proprietary Vegetable		
Inositol	50 mg		Shitake	13 mg	†	L. Acidophilus, L. Casei, L. Rhamnosus, L.		†	Powder Blend	233 mg	†
MINERALS (Elemental Values)						Plantarum, B. Breve and B. Longum		†	Carrots, Yams, Pumpkin,		
Calcium	202 mg	20%	Echinacea	13 mg	†	ORAC Blend	8 mg	†	Butternut Squash, Rutabaga		
Magnesium	125 mg	31%	Ginger Root	<1 mg	†	Japanese Knotweed	7 mg	†	Proprietary Energy Blend	133 mg	†
Potassium	75 mg	16%	Cayenne	<1 mg	†	Bilberry Std. Extract 25%	7 mg	†	Taurine, Inositol, DMG, HCl and		
Zinc	8 mg	100%	Garlic	<1 mg	†	Grape Seed Extract	5 mg	†	White Panax Ginseng		
Manganese	1 mg	50%	Yohimbe Bark	<1 mg	†	Astaxanthin	3 mg	†	Green Coffee Bean Extract	75 mg	†
Chromium	75 mcg	62%	OTHER NUTRITIONAL FACTORS			PURPLE PHYTO			Polyphenols 40mg,		
Phosphorous	63 mcg	6%	Royal Jelly	50 mg	†	Proprietary Fruit Blend	817 mg	†	Chloregenic Acid 38mg,		
Selenium	50 mcg	71%	RNA	50 mg	†	Berries, Blackberries,		†	Caffeine 2g & Coenzyme Q-10	3mg	
Vanadium	25 mcg	100%	L-Phenylalanine	50 mg	†	Black Cherries, Black Raspberries,		†	Stevia Leaf Extract	6 mg	†
Iodine	113 mcg	75%	L-Glutamine	50 mg	†						
			L-Tyrosine	50 mg	†						

(P) = LifeSource Proprietary Blend

LifeSource Essential Liquid Multi Vitamin (Orange Flavor)

16 fl. oz. Bottle / 32 day supply - \$22.99 PER BOTTLE OR 3 Bottles for \$59.97 (SAVE \$9)



LifeSource Vitamins Liquid Multi provides a solid nutritional base at a great price. It's easy to swallow, easy to digest and has a pleasant orange flavor. Like all of our products we've excluded the additives and impurities that you find in many leading brands of supplements. LifeSource Vitamin's Liquid Multi Vitamin starts working for you faster than any tablet, capsule, or soft-gel product. Because the digestive system becomes less effective with age, assimilation of nutrients becomes less than optimal. Research shows that after age 50, the utilization of essential nutrients is greatly reduced. So when nutrient absorption may be most critical, our bodies lack the ability to break down the tablets, gelatin capsules, and soft-gel caps. Highly absorbable liquid from LifeSource Vitamins is the perfect solution for all ages!

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 ml)

Servings Per Container: 32

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (from 60% Retinyl Palmitate & 40% Beta-Carotene)	5,000 IU	100%	Zinc (from Zinc AAC)	3 mg	20%
Vitamin C (as Ascorbic Acid)	250 mg	417%	Selenium (from Selenopure T L-selenomethionine)	15 mcg	21%
Vitamin D (as Ergocalciferol)	400 IU	100%	Manganese (from Manganese AAC)	2 mg	100%
Vitamin E (from d-alpha Tocopheryl Acetate)	100 IU	333%	Chromium (from Chromium Chelavite® AAC)	10 mcg	8%
Vitamin B-1 (from Thiamine Hydrochloride)	10 mg	667%	Potassium (from Potassium Chloride)	25 mg	<1%
Riboflavin (Vitamin B-2)	10 mg	590%	Orange Juice Powder	100 mg	†
Vitamin B-3 (from Niacinamide) 25 mg 125%			VitaBerry® HI-ORAC Fruit Blend	50 mg	†
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg	500%	Aloe Vera Juice	50 mg	†
Folate (as Folic Acid)	400 mcg	100%	Colloidal Minerals (Fulvic Acid)	50 mg	†
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%	Rice Protein Concentrate 30 mg †		
Biotin	100 mcg	33%	Choline (from Choline Bitartrate)	25 mg	†
Vitamin B-5 (from Calcium d-Pantothenate)	25 mg	3%	Inositol	25 mg	†
Calcium (from Calcium Carbonate)	25 mg	3%	Kelp (Laminaria digitata)	15 mg	†
Iodine [from Kelp (Laminaria digitata)]	75 mcg	50%	Grapeseed Extract 10 mg †		
Magnesium (from Magnesium Oxide)	10 mg	3%	(Vitis Vinifera) (90% Polyphenols)		
			Citrus Bioflavonoids 10 mg †		
			Lutein (from Marigold Extract) 100 mcg †		
			Lycopene (from Natural Tomato Extract) 100 mcg †		

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Adult Gummy Multivitamin

90 Gummies / 45 Day Supply - \$15.99 PER BOTTLE



LifeSource Vitamins Adult Gummies are perfect for those adults who want a different and fun way to take their vitamins. If you don't like swallowing pills, these are for you. They taste great and are a great way to ensure you are getting an adequate intake of the key nutrients your body needs.

Our Adult mixed fruit gummies (Orange, Cherry and Strawberry) have no artificial flavors or colors; we do this from the fruit we use. Not Synthetic Dyes!

SUPPLEMENT FACTS

Serving Size: 2 Gummies (Orange, Cherry and Strawberry Flavor)

Servings per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	15		Folic Acid	400 mcg	100%
Total Carbohydrates	4 g	1%	Vitamin B-12 (Cyanocobalamin)	8 mcg	133%
Sugars	3 g	†	Biotin	150 mcg	50%
Vitamin A (Retinyl Acetate)	4000 IU	80%	Pantothenic Acid (Calcium D-Pantothenate)	10 mg	100%
Vitamin C (Ascorbic Acid)	60 mg	30%	Iodine (Potassium Iodine)	80 mcg	53%
Vitamin D (Cholecalciferol)	400 IU	100%	Zinc (Zinc Sulfate)	5 mg	33%
Vitamin E (dl-Alpha Tocopheryl Acetate)	40 IU	133%	Sodium	15 mg	1%
Vitamin B-6 (Pyridoxine Hydrochloride)	2 mg	100%			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Glucose syrup, sugar, water, citric acid, pectin, sodium citrate, natural flavors, natural colors (annatto, elderberry juice, grape juice concentrate), coconut oil and carnauba wax.

Suggested usage: Take 2 gummies daily. Do not exceed 3 gummies daily.

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd. Lyc-O-Mato © is a registered trademark of LycoRed, Natural Product Industries, Ltd.

Having trouble swallowing a pill? Lifesource Vitamins now has a variety of gummy vitamin products that taste great and have no artificial colors or flavors. Vitamin C, Omega 3, Fiber, Melatonin and many more gummies now available

Men's Ultra Daily Pack (Whole Food Based)

30-Packs - \$39.99 PER BOTTLE

Each Pack contains 3 capsules / 1 softgel / 3 tablets. Men's Ultra Daily Pack provide an array of Men's nutritional needs in the convenience of a single pack. Easy to travel with, throw them in your pocket or suitcase.

A complete vitamin and mineral complex from A to Z and a 42 Fruit and Vegetable blend. Also loaded with what Men really need: Digestive Enzyme Complex, Spirulina, Wheatgrass, Green Tea, Psyllium Husks, Apple Pectin, Trace Mineral Complex, Kelp, CLA, Omega 3's - Essential Fatty Acids (GLA, ALA, EPA, DHA), Saw Palmetto, Pygeum Africanum, Pumpkin Seed and over 50 more nutrients all working together to make this to be the most complete Men's Daily pack available.

These Men's Ultra Packs are designed to help with: **Aging, Immune Support, Prostate Health, Bone Strength, Muscle Growth, Cardiovascular Functioning, Digestion Improvement, Depression, Energy Metabolism, Memory & Cognitive Performance, Hearing, Vision, Sleep, Heart & Circulatory Health, Hair and Skin, Arthritis Support, Kidney & Liver Health and much more.**

DID YOU KNOW: Over 75% or 3 out of 4 Americans do not meet the FDA Recommended Daily Allowance (RDI) for overall nutrition in their diets. For those over 55, the % is even higher. Our Men's Ultra Packs will help you fill the gaps in your diet, leading to healthier you!



Vitamins work through consistent methodical use, just like we don't get overweight from one meal, it takes time to for vitamins to get your body to a complete & nutritional balance. But once your body gets to a complete balance your system will be better equipped to heal itself. Multivitamins quite simply fill in the gaps and help this process. Long term, lacking of these vitamins and minerals in your daily diet have been shown to cause deteriorating energy levels, poor immune system, weak bones, arthritic conditions, cognitive/ brain decline, vision issues and a myriad of other health related problems. This is why you have to take matters into your own hands. Vitamins, taken properly over time will greatly help you age stronger and healthier.

It would be ideal to split these 7 Capsules/Softgel/Tablets throughout the day with breakfast and lunch. But if you take them all at one meal that is ok too. Just take them mid meal or at the end of your meal with 8 ounces of water.

SUPPLEMENT FACTS

Serving Size: 1 Packet (3 Capsules / 1 Softgel / 3 Tablets)

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (67% as beta carotene / 33% palmitate)	15,000 IU	300%	Gotu Kola Powder (aerial parts)	50 mg	†
Vitamin C (ascorbic acid)	500 mg	833%	Echinacea Purpurea Root Powder	25 mg	†
Vitamin D-3 (cholecalciferol)	600 IU	150%	Green Tea (98% extract) (dried leaves)	25 mg	†
Vitamin E (d-alpha toco. Succinate / acetate)	110 IU	367%	PABA (para-Aminobenzoic Acid)	15 mg	†
Vitamin B-1 (thiamine mononitrate)	50 mg	3333%	Psyllium Husk Powder (hulls)	15 mg	†
Vitamin B-2 (riboflavin)	50 mg	2941%	Oat 10:1 Extract (aerial parts)	15 mg	†
Niacin (niacin granular)	10 mg	50%	Apple Pectin (malus domestica) (fruit)	15 mg	†
Vitamin B-6 (pyridoxine hci)	52.5 mg	2625%	Chlorophyll (sodium copper chlorophyllin)	15 mg	†
Folic Acid	400 mcg	100%	Lactobacillus Acidophilus (*Activity level at time of manufacture)	20 million CFU*	†
Vitamin B-12 (cyanocobalamin)	100 mcg	1667%	Octacosanol	15 mcg	†
Biotin	100 mcg	33%	Trace Mineral Complex	3 mg	†
Pantothenic Acid (d-calcium pantothenate)	20 mg	200%	Kelp (thallus)	210 mcg	†
Calcium (carbonate/dicalcium phosphate/citrate/amino acid chelate/hydroxyapatite/gluconate/lactate/orotate/succinate and alpha ketoglutarate)	675 mg	68%	Boron (as amino acid chelate)	2027 mcg	†
Phosphorus (dicalcium phosphate)	111 mg	11%	CLA Complex (80% conjugated linoleic acid from safflower oil)	290 mg	†
Magnesium (oxide/amino acid chelate)	350 mg	88%	GLA Complex (18.5% gamma linolenic acid from borage seed oil)	262 mg	†
Zinc (oxide/glycinate monohydrate)	40 mg	267%	ALA Complex (50% alpha linolenic acid from flaxseed oil)	150 mg	†
Selenium (amino acid chelate)	50 mcg	71%	EPA (eicosapentaenoic acid from fish oil)	125 mg	†
Copper (gluconate/oxide)	450 mcg	23%	DHA (docosahexaenoic acid from fish oil)	100 mg	†
Manganese (sulfate)	2 mg	100%	Saw Palmetto Powder (fruit berries)	300 mg	†
Chromium (as polynicotinate)	50 mcg	42%	Pygeum Africanum (5:1 extract) (bark)	150 mg	†
Potassium (as citrate)	50 mg	1%	Pumpkin Seed Powder	150 mg	†
42 Fruit & Vegetable Proprietary Blend Consisting of Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Alfalfa, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple, Spirulina, Chlorophyllin, Dandelion, Wheat Grass, Green Tea, Milk Thistle, Eleutherococcus Senticosus, Ashitaba, Bing Cherry, Elderberry, Goji Berry, Grapefruit, Mangosteen, Spinach, Tart Cherry, and Papaya	315 mg	†	Burdock Root Powder	2.5 mg	†
Enzyme Complex (from plants) Consisting of Cellulase, Bromelain, Papain, Amylase, Trypsin, and Lipase	75 mg	†	Cayenne Pepper Powder (fruit)	2.5 mg	†
Spirulina Algae	500 mg	†	Goldenseal Root Powder	2.5 mg	†
Wheat Grass Powder (aerial plant)	200 mg	†	Gravel Root Powder (Eupatorium purpureum)	2.5 mg	†
Safflower (powder)	100 mg	†	Juniper Berries Powder	2.5 mg	†
Lecithin	75 mg	†	Marshmallow Root Powder	2.5 mg	†
Choline Bitartrate	75 mg	†	Parsley Leaf Powder	2.5 mg	†
Inositol	75 mg	†	L-Glutamic Acid HCl	35 mg	†
Citrus Bioflavonoids 50% Complex	50 mg	†	L-Alanine	35 mg	†
			L-Glycine	15 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

ALLERGEN WARNING: Contains Soy (Lecithin) and Fish (Anchovy)

Other Ingredients: Gelatin (bovine), vegetable stearic acid, vegetable magnesium stearate, glycerin, rice flour, pharmaceutical glaze, microcrystalline cellulose, croscarmellose sodium, purified water and silicon dioxide

Suggested usage: Take 1 Packet Daily

Women's Ultra Daily Pack (Whole Food Based)

30-Packs - \$39.99 PER BOTTLE

Each Pack contains 3 capsules / 1 softgel / 3 tablets. Women's Ultra Daily Packs are overflowing with the nutrients women need each and every day! Providing a complete array of Women's nutritional needs in the convenience of a single pack. Easy to travel with, throw them in your gym bag, purse, pocket, on your desk at work or in your suitcase.

A complete vitamin and mineral women's formula from A to Z with a powerful 42 Fruit and Vegetable blend. Also loaded with what Women really need: Digestive Enzyme Complex, Calcium, Magnesium, Wheatgrass, Green Tea, Omega 3's - Essential Fatty Acids (GLA, ALA, EPA, DHA), Black Cohosh, Dong Quai, Licorice Extract, Vitex Berry (Chaste Berry), Red Clover, Sage, False Unicorn, Blessed Thistle, Red Raspberry, Mexican Wild Yam and over 50 more nutrients all working synergistically to make this the most complete Women's Daily pack available.

These packs contain Calcium/Magnesium tablets, providing dual support for bone health and strength. Stress can be a major issue for many active women, but Women's Ultra Packs address this by having a soothing herbal blend that helps balance emotions and encourage relaxation.

These Women's Ultra Packs are designed to support: **Aging, Immune Support, Hormone Levels, Bone Strength, Muscle Growth, Mood Balance, Cardiovascular Functioning, Digestion Improvement, Energy Metabolism, Depression, Stabilize Physical, Mental and Emotional Energy, Memory & Cognitive Performance, Hearing, Vision, Sleep, Heart & Circulatory Support, Hair and Skin, Arthritis Support, Kidney & Liver Health and much more.**



DID YOU KNOW: Vitamins and minerals are called "Essential" because they are needed to sustain life and our bodies do not create them, they must be obtained from diet. The most common source are fruits and vegetables, but only 14% of U.S. adults and 9.5% of teens are eating the recommended servings. Our Women's Ultra Daily Packs can fill the gaps in your diet and make a difference in your long term health!

It would be ideal to split these 7 Capsules/Softgel/Tablets throughout the day with your breakfast and lunch. But if you take them all at one meal that is ok too. Just take them mid meal or at the end of your meal and 8 ounces of water.

SUPPLEMENT FACTS

Serving Size: 1 Packet (3 Capsules / 1 Softgel / 3 Tablets)

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (67% as beta carotene / 33% palmitate)	15,000 IU	300%	Spirulina, Chlorophyllin, Dandelion, Wheat Grass, Green Tea, Milk Thistle, Eleutherococcus Senticosus,			from borage seed oil)	262 mg	†
Vitamin C (ascorbic acid)	500 mg	833%	Ashitaba, Bing Cherry, Elderberry, Goji Berry,			ALA Complex (50% alpha linolenic acid		
Vitamin D-3 (cholecalciferol)	600 IU	150%	Grapefruit, Mangosteen, Spinach, Tart Cherry,					
Vitamin E (d-alpha toco. Succinate / acetate)	110 IU	367%	and Papaya	315 mg	†	from flaxseed oil)	150 mg	†
Vitamin B-1 (thiamine mononitrate)	50 mg	3333%	Enzyme Complex (from plants) Consisting of					
Vitamin B-2 (riboflavin)	50 mg	2941%	Cellulase, Bromelain, Papain, Amylase, Trypsin,			EPA (eicosapentaenoic acid from fish oil)	125 mg	†
Niacin (niacin granular)	10 mg	50%	and Lipase	75 mg	†			
Vitamin B-6 (pyridoxine hcl)	50 mg	2500%	Spirulina Algae	500 mg	†	DHA (docosahexaenoic acid from fish oil)	100 mg	†
Folic Acid	400 mcg	100%	Wheat Grass Powder	200 mg	†	Soy Isoflavones	15 mg	†
Vitamin B-12 (cyanocobalamin)	100 mcg	1667%	Safflower (powder)	100 mg	†			
Biotin	100 mcg	33%	Lecithin	75 mg	†	Black Cohosh (2.5% extract) (root)	80 mg	†
Pantothenic Acid (d-calcium pantothenate)	20 mg	200%	Choline Bitartrate	75 mg	†	Dong Quai (1% extract) (root)	75 mg	†
Calcium (carbonate/dicalcium phosphate/citrate/amino acid chelate/ hydroxyapatite/gluconate/lactate/orotate/ succinate and alpha ketoglutarate)	675 mg	68%	Inositol	75 mg	†	Licorice (1% extract) (root)	75 mg	†
Phosphorus (dicalcium phosphate)	111 mg	11%	Citrus Bioflavonoids 50% Complex	50 mg	†	Red Clover Extract (1% extract) (aerial parts)	200 mg	†
Magnesium (oxide/amino acid chelate)	350 mg	88%	Gotu Kola Powder (aerial parts)	50 mg	†			
Zinc (glycinate monohydrate)	15 mg	100%	Echinacea Purpurea Root Powder	25 mg	†	Sage (2.5% extract) (leaf)	100 mg	†
Selenium (amino acid chelate)	50 mcg	71%	Green Tea (98% extract) (dried leaves)	25 mg	†	Chasteberry (0.5% extract) (fruit)	25 mg	†
Copper (oxide)	200 mcg	10%	PABA (para-Aminobenzoic Acid)	15 mg	†			
Manganese (sulfate)	2 mg	100%	Psyllium Husk Powder (hulls)	15 mg	†	Blessed Thistle (herb powder)	25 mg	†
Chromium (as polynicotinate)	50 mcg	42%	Oat 10:1 Extract (aerial parts)	15 mg	†	Red Raspberry Powder (fruit)	25 mg	†
Potassium (as citrate)	50 mg	1%	Apple Pectin (Malus domestica) (fruit)	15 mg	†	Wild Yam (16% extract) (root)	7.5 mg	†
42 Fruit & Vegetable Proprietary Blend			Chlorophyll (sodium copper chlorophyllin)	15 mg	†			
Consisting of Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Alfalfa, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple,			Lactobacillus acidophilus			trans-Resveratrol		
			(*Activity level at time of manufacture)	20 million CFU*	†	(from Polygonum cuspidatum Extract) (root)	500 mcg	†
			Octacosanol	15 mcg	†			
			Trace Mineral Complex	3 mg	†			
			Kelp (thallus)	210 mcg	†			
			Boron (as amino acid chelate)	2027 mcg	†			
			CLA Complex (80% conjugated linoleic acid from safflower oil)	290 mg	†			
			GLA Complex (18.5% gamma linolenic acid					

Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

ALLERGEN WARNING: Contains Soy (Lecithin and Soy Isoflavones) and Fish (Anchovy)

Other Ingredients: Gelatin (bovine), microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, glycerin, pharmaceutical glaze, croscarmellose sodium, rice flour, silicon dioxide and purified water

Suggested usage: Take 1 Packet Daily

Men's Superior Multi Veg Caps

90 Veggie Capsules - \$22.99 PER BOTTLE

Other male multiples are now obsolete with LifeSource Vitamins Men's Multivitamin formula. Our vegetarian vitamins are formulated for higher levels of the nutrients men need to maintain optimum health. What makes our formula better?

- Contains 10,000 IU beta carotene from a vegetarian source, with mixed carotenoids.
- Inositol hexanicotinate for vitamin B-3 - the superior form nutritionists recommend.
- B-6 derived from P-5-P, a more bioavailable and efficient form.
- B-12 as methylcobalamin, the most active co-enzyme form.
- 160 mg of Saw Palmetto - important for every man over 30.
- 50 mg of the powerful metabolic antioxidant Alpha Lipoic Acid - rarely found in other multiples.
- 15 mg of CoQ10 ideal for men of all ages.
- High levels of Lycopene and Lutein, carotenoids critical for prostate and eye health.
- Iron-free formula offers the best value on the market for premium male multiples.
- Vegetarian Formula.
- Keeping men active in all areas of life!



IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 3 Veg Capsules

Servings Per Container: 30

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	10,000 IU 200 %	Biotin	300 mcg 100 %	Saw Palmetto Extract (Berry) (Serenoa repens) (min. 45% Fatty Acids)	160 mg †
Vitamin C (from Calcium Ascorbate)	250 mg 417 %	Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg 500 %	Alpha Lipoic Acid	50 mg †
Vitamin D (as Ergocalciferol)	1,000 IU 250 %	Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg 5 %	Aloe Vera (Leaf) (200:1 Concentrate)	50 mg †
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU 500 %	Iodine (from Potassium Iodide)	150 mcg 100 %	Choline (from Choline Bitartrate)	25 mg †
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg 100 %	Magnesium (from Magnesium Citrate)	25 mg 6 %	Grape Seed Extract (Vitis vinifera) (Standardized for Polyphenols)	25 mg †
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg 1667 %	Zinc (from Zinc Bisglycinate) (TRAACS)	15 mg 100 %	Inositol	25 mg †
Riboflavin (Vitamin B-2)	25 mg 1471 %	Selenium (from L-Selenomethionine)	200 mcg 286 %	CoQ10 (Coenzyme Q10)	15 mg †
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	35 mg 175 %	Copper (from Copper Bisglycinate)(TRAACS)	500 mcg 25 %	Natural Trans-Resveratrol [from Japanese Knotweed Extract (Polygonum cuspidatum) (Root)]	10mg †
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg 1250 %	Manganese (from Manganese Bisglycinate) (TRAACS)	2 mg 100 %	Lycopene (from Natural Tomato Extract)	3 mg †
Folate (as Folic Acid)	400 mcg 100 %	Chromium (from Chromium Picolinate)	200 mcg 167 %	Lutein (from Marigold Flowers)	500 mcg †
Vitamin B-12 (as Methylcobalamin)	250 mcg 4167 %	Molybdenum (from Sodium Molybdate)	75 mcg 100 %		
		Potassium (from Potassium Chloride)	25 mg <1 %		

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Cellulose Powder, Cellulose (capsule), Stearic Acid (vegetable source) and Silica.

Contains: Soy derivatives.

Contains no: sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Men's Superior Multi Softgels

90 Softgels / 45 Day Supply - \$24.99 PER BOTTLE
180 Softgels / 90 Day Supply - \$42.99 PER BOTTLE (SAVE \$7)

Why Softgels?

The softgel medium is a popular way to deliver a dose of vitamins, minerals, or herbs. Unlike hard tablets and capsules, softgels are soft and pliable. This allows them to be swallowed more easily, and exudes a more comfortable appearance.

- With Saw Palmetto, Plant Sterols, Lycopene, Nettle Root & CoQ10
- Supports cardiovascular and prostate health and lower cholesterol

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 2 Softgels

Servings Per Container: 90

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin A (60% as Beta-Carotene (Betatene®) and 40% Retinyl Palmitate)	10,000 IU 200%	Calcium (from Cal. Ascorbate, Aquamin® F Seaweed Derived Minerals and Calcium Pantothenate)	55 mg 6%	Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg †
Vitamin C (from Calcium Ascorbate)	250 mg 417%	Iodine (from Potassium Iodide)	225 mcg 150%	Alpha Lipoic Acid	25 mg †
Vitamin D-3 (as Cholecalciferol)	1,000 IU 250%	Magnesium (from Magnesium Citrate and Aquamin® F Seaweed Derived Minerals)	25 mg 6%	Choline (from Choline Bitartrate)	25 mg †
Vitamin E (as d-alpha Tocopherol)	150 IU 500%	Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg 100%	Grape Seed Extract (Vitis vinifera)	25 mg †
Vitamin K (as Menaquinone and Phytonadione)	80 mcg 100%	Selenium (from Selenium Amino Acid Complex) (TRAACS®)	200 mcg 286%	Inositol	10 mg †
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg 1667%	Copper (from Copper Bisglycinate)(TRAACS®)	500 mcg 25%	CoQ10 (as Ubiquinone)	10 mg †
Riboflavin (Vitamin B-2)	25 mg 1471%	Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg 100%	Lycopene (LYC-O-MATO®)	3 mg †
Niacin (Vitamin B-3) (as Niacinamide)	35 mg 175%	Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg 100%	(from Natural Tomato Extract)	
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg 1250%	Molybdenum (from Molybdenum Bisglycinate)(TRAACS®)	75 mcg 100%	Lutein (FloraGLO®)	
Folate (as Folic Acid)	400 mcg 100%	Potassium (from Potassium Chloride)	25 mg <1 %		
Vitamin B-12 (as Cyanocobalamin and Methylcobalamin)	120 mcg 2000%	Saw Palmetto Extract (Berry) (Serenoa repens) (min. 85% Fatty Acids)	160 mg †		
Biotin	300 mcg 100%				
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg 500%				

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Pumpkin Seed Oil, Softgel Capsule (gelatin, glycerin, water, carob), Soy Lecithin, Beeswax and Cinnamon (Cinnamomum cassia) bark oil

Not manufactured with wheat, gluten, milk, eggs, fish or shellfish ingredients.



Men's Ultra Sport Multi

90 Softgels - \$24.99 PER BOTTLE



Research has proven that strength & endurance athletes, due to their intensity and frequency of their training programs, have higher nutritional requirements than regular athletes. Over 90% of these athletes do not get enough nutrients to reach full potential.

The nutrients in Men's Ultra Sport Multi's have been shown to be much more absorbable and utilizable by the body, meaning you get much more nutrition out of each serving. Men's Ultra Sport Multi's contain a full spectrum blend of vitamins and minerals and the timed-release functionality of the multivitamin which ensures that your body has a steady stream of vital nutrients throughout the day. So work hard, play hard, train hard and these multi's will keep up with you!

This Multivitamin is specifically designed for Men who are between 18 and 75 and are still extremely active in their sport or their profession.

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 3 Softgels

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	25		Vitamin B-12 (as Methylcobalamin)	1,000 mcg	16,667%	Amino Acids, proprietary blend of:		
Calories from Fat	20		Biotin	300 mcg	100%	L-Leucine, L-Isoleucine, L-Valine,		
Total Fat	2.5 g	4%	Pantothenic Acid			L-Glutamine, L-Arginine, Taurine		
Saturated Fat	1.5 g	8%	(from Calcium Pantothenate)	50 mg	500%	(all free-form)	175mg	†
Trans Fat	0 g	†	Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals)]			Tribulus terrestris Extract (Fruit)	100 mg	†
Vitamin A (100% as Beta-Carotene) (Betatene®)	5,000 IU	100%	Iodine (from Potassium Iodide)	50 mg	5%	ZMA® (complex of Zinc Mono-L-methionine, Magnesium/Zinc Aspartate and Pyridoxine HCl)	100 mg	†
Vitamin C (as Ascorbic Acid)	120 mg	200%	Magnesium (from Magnesium Aspartate, Magnesium Citrate and Aquamin® Seaweed Derived Minerals)	25 mg	6%	CardioAid®-S Plant Sterol Esters (with Beta-Sitosterol, plus Campesterol and Stigmasterol)	100 mg	†
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%	Zinc [from Zinc Bisglycinate (TRAACS®), Zinc Mono L-methionine and Zinc Aspartate]	15 mg	100%	Panax Ginseng Extract (Root)	100 mg	†
Vitamin E (from d-alpha Tocopheryl Acetate)	100 IU	333%	Selenium (from Selenium Glycinate Complex)	200 mcg	286%	Maca (Lepidium meyenii) (Root)	50 mg	†
Vitamin K (as Menaquinone and Phytonadione)	45 mcg	56%	Copper (from Copper Bisglycinate) (TRAACS®)	2 mg	100%	Green Tea Extract (Leaf)	50 mg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%	Chromium (from Chromium Picolinate)	200 mcg	167%	Saw Palmetto Extract (Fruit)	50 mg	†
Riboflavin (Vitamin B-2) 50 mg 2941%			Molybdenum (from Sodium Molybdate)	75 mcg	100%	Alpha Lipoic Acid	50 mg	†
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%	MCT (Medium Chain Triglycerides) Oil	1,500 mg	†	Aloe Vega (Leaf) (Concentrate)	50 mg	†
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%				Lutein (from MariGold Extract)	500 mcg	†
Folate (as Folic Acid)	400 mcg	100%				Lycopene (from Natural Tomato Extract)	500 mcg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carb), Beeswax and Soy Lecithin, Contains Soy. MCT Oil from coconut/palm kernel oil.

Not Manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these aller- gens.

Men's Once a Day Whole Food Multi

30 Tablets - \$14.99 PER BOTTLE



LifeSource Vitamins Men's Once Daily Multi, contains all of the basic array of vitamins / minerals in a once per day vegetarian tablet, but also key ingredients studied, and shown to support men's health, with a variety of Plant Foods, Herbs, Enzymes and Probiotics.

- Green Foods, Herbs, Plant Foods and Enzymes for digestion and uploading
- Probiotic Blend, Folic Acid and B Vitamins
- Support Cardiovascular and Prostate health and helps lower cholesterol

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU	100%	Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate malate and calcium pantothenate)	50 mg	5%	Citrus Bioflavonoid Complex	25 mg	†
Vitamin C (as ascorbic acid)	120 mg	200%	Magnesium (from magnesium oxide)	25 mg	6%	Men's Health Blend		
Vitamin D3 (as cholecalciferol)	800 IU	200%	Zinc (OptiZinc®)	20 mg	133%	Saw Palmetto (berry) 2:1 Extract	50 mg	†
Vitamin E (d-alpha tocopheryl succinate)	100 IU	333%	Selenium (from selenomethionine, amino acid complex)	200 mcg	167%	Spirulina platensis	50 mg	†
Vitamin K1 (as phytonadione)	100 mcg	125%	Copper (amino acid chelate)	2 mg	100%	Lycopene (from Tomato, natural)	1,000 mcg	†
Thiamin (as thiamin hydrochloride)	25 mg	1,667%	Manganese (from manganous gluconate)	2 mg	100%	Vegetable Juice Blend		
Riboflavin	25 mg	1,471%	Chromium (from chromium nicotinate)	200 mcg	167%	(Kale [leaf], Spinach [leaf], Dandelion Greens [leaf], Beet (beta vulgaris) [root])	10 mg	†
Niacin (as niacinamide)	25 mg	125%	Molybdenum (from sodium molybdate)	75 mcg	100%	Digestive Support Blend		
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,250%	Choline (as choline bitartrate)	20 mg	†	Protease, Amylase, Lipase, Cellulase	36 mg	†
Folic Acid	800 mcg	200%	Inositol	20 mg	†	Lactobacillus Sporogenes (Probiotic strain)	25 mg	†
Vitamin B12 (as cyanocobalamin)	25 mcg	417%				Betaine HCl	10 mg	†
Biotin	150 mcg	50%						
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%						

** Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Silicon Dioxide and Modified Cellulose.

Contains no artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean.

Women's Superior Multi Tablets

90 Tablets / 30 Day Supply - \$21.99 PER BOTTLE



Our Women's Multi Vitamin & Mineral formula is designed for women who are in their child bearing years. This Multi will bridge the nutrient gap in your daily diet, while assisting in bringing your body back into a naturally balanced state. It's widely known & accepted that a body in proper balance can heal itself. What makes Women's Multi so effective?

- Natural Beta-Carotene as the source of Vitamin A. (safe & effective)
- Recommended potencies of B-vitamins with B-3, B-5 & B-6.
- High potency folate/folic acid – important for women.
- Buffered Vitamin C (calcium ascorbate) for reduced acidity.
- Contains Albion Lab's patented Ferrochel® iron bisglycinate, which is gentle on the stomach.
- Non-GMO

FOR WOMEN AGES 20'S, 30'S & 40'S

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%	Pantothenic Acid (Vitamin B-5)			Molybdenum (from Sodium Molybdate)	75 mcg	100%
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	500%	(from D-Calcium Pantothenate)	50 mg	500%	Potassium (from Potassium Chloride)	25 mg	< 1%
Vitamin D (as Ergocalciferol)	1,000 IU	250%	Calcium [from Calcium Carbonate (Aquamin® TG Red Algae			Cranberry (Vaccinium macrocarpon) (Fruit) (Standardized to min. 6% Quinic Acid)	100 mg	†
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%	Sea Minerals) and Calcium Ascorbate]	250 mg	25%	Pomegranate Extract (Fruit) [min. 40% Punicalagins (Punicosides A and B)]	50 mg	†
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100%	Iron (from Ferrochel® Ferrous Bisglycinate)	18 mg	100%	Organic Acai (Euterpe oleracea) (Fruit Skin and Pulp)	50 mg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%	and Aquamin® TG Red Algae Sea Minerals)	100 mg	25%	Mangosteen Extract (Fruit Peel) (Garcinia mangostana) (min. 10% Mangostin)	50 mg	†
Riboflavin (Vitamin B-2)	25 mg	1471%	Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%	CoQ10 (Coenzyme Q10)	30 mg	†
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	150%	Selenium (from L-Selenomethionine)	200 mcg	286%	Alpha Lipoic Acid	30 mg	†
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%	Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%	Choline (from Choline Bitartrate)	25 mg	†
Folate (as Folic Acid)	800 mcg	200%	Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%	Inositol	25 mg	†
Vitamin B-12 (as Methylcobalamin)	200 mcg	3333%	Chromium (from Chromium Picolinate)	120 mcg	100%	Aloe Vera (Leaf) (200:1 Concentrate)	25 mg	†
Biotin	300 mcg	100%				Lycopene (from Natural Tomato Extract)	500 mcg	†
						Lutein (from Marigold Flowers)		†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Cellulose, Silica, Stearic Acid (vegetable source), Croscarmellose Sodium, Vegetarian Coating and Chlorophyll. Vitamin E from soy.

Women's Superior Multi Softgels

90 Softgels / 30 Day Supply - \$22.99 PER BOTTLE

180 Softgels / 60 Day Supply - \$38.99 PER BOTTLE

(SAVE \$7)



In a perfect world women would get all their vitamins from the food they eat. Although it's not impossible for most of us it's improbable. The fact of the matter is that we live busy high-paced lives. We don't always eat the right foods and therefore don't always get the vitamins that we need. Women are especially susceptible to vitamin deficiency as many of us tend to put everyone and everything before ourselves. This means that we tend to our spouses, children, household chores, and work before we take the time out to take care of ourselves. Vitamin importance takes a backseat to these things as a result. What is the answer to the loss of vitamins in our busy life? Take a multivitamin.

- With Evening Primrose, Cranberry, Green Tea, Horsetail Silica, & CoQ10
- Gentler and easier to swallow and absorb

FOR WOMEN AGE 30'S THROUGH 50'S

SUPPLEMENT FACTS

Serving Size: 3 Softgels

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	25		Pantothenic Acid (Vitamin B-5)			Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	100%
Calories from Fat	20		(from D-Calcium Pantothenate)	50 mg	500%	Potassium (from Potassium Chloride)	25 mg	< 1%
Total Fat	2 g	3%	Calcium (from Aquamin® Seaweed Derived Minerals, Calcium Carbonate, Ascorbate and Pantothenate)	140 mg	14%	Evening Primrose Oil (Oenothera biennis) (Seed)	500 mg	†
Protein	1 g	2%	Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)	6 mg	33%	Cranberry Concentrate (20:1) (Vaccinium macrocarpon) (Fruit)	100 mg	†
Beta-Carotene (100% as Beta-Carotene) (Betatene®)	5,000 IU	100%	Iodine (from Potassium Iodide)	225 mcg	150%	Horsetail Extract (Equisetum arvense) (Aerial Parts) (min. 8% Silica)	50 mg	†
Vitamin C (from Calcium Ascorbate)	200 mg	333%	Magnesium (from Magnesium Citrate, Magnesium Oxide			Alpha Lipoic Acid	25 mg	†
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%	and Aquamin® Seaweed Derived Minerals)	100 mg	25%	Choline (from Choline Bitartrate)	25 mg	†
Vitamin E (as d-alpha Tocopherol)	150 IU	500%	Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%	Grape Seed Extract (Vitis vinifera)	25 mg	†
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100%	Selenium (from Selenium Amino Acid Complex) (TRAACS®) (Albion®)	200 mcg	286%	Green Tea Extract (Camellia sinensis) (Leaf)	25 mg	†
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%	Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%	Inositol	25 mg	†
Riboflavin (Vitamin B-2)	25 mg	1471%	Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%	CoQ10 (as Ubiquinone)	10 mg	†
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	125%	Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	100%	Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	500 mcg	†
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%						
Folate (as Folic Acid)	800 mcg	200%						
Vitamin B-12 (as Methylcobalamin)	120 mcg	2000%						
Biotin	300 mcg	100%						

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Suggested Usage: Take 3 Softgels daily with food.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Flax Seed Oil, Soy Lecithin and Beeswax

Contains no: wheat, gluten, milk, egg, fish or shellfish ingredients.

Women's Once a Day Whole Food Multi

30 Tablets - \$14.99 PER BOTTLE

Women's Once Daily multi contains not only basic nutritional support of vitamins and minerals in one vegetarian tablet, but also key ingredients observed in studies to support female health, including a variety of Herbs, Plant Foods, Enzymes and Probiotics.

- Whole Food Based • Made with Green Foods - Kale, Spinach and Dandelion • Enzymes and Probiotics for digestion and Absorption
- Contains Dong Quai • 120mg of Vitamin C • 800 IU Vitamin D3 • All B Vitamins
- Folic Acid • Magnesium, Zinc, Selenium

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU	100%	Selenium (from selenomethionine, amino acid complex)	200mcg	167%
Vitamin C (as ascorbic acid)	120 mg	200%	Copper (amino acid chelate) 1 mg 50%		
Vitamin D3 (as cholecalciferol)	800 IU	200%	Manganese (from manganous gluconate)	2 mg	100%
Vitamin E (d-alpha tocopheryl succinate)	100 IU	333%	Chromium (from chromium nicotinate)	200 mcg	167%
Vitamin K1 (as phytonadione)	100 mcg	125%	Molybdenum (from sodium molybdate)	75 mcg	100%
Thiamin (as thiamin hydrochloride)	25 mg	1,667%	Choline (as choline bitartrate)	20 mg	†
Riboflavin 25 mg 1,471%			Inositol	20 mg	†
Niacin (as niacinamide)	25 mg	125%	Boron (amino acid complex)	1 mg	†
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,250%	Citrus Bioflavonoid Complex	25 mg	†
Folic Acid	800 mcg	200%	Women's Health Blend		
Vitamin B12 (as cyanocobalamin)	25 mcg	417%	(Dong Quai [root] 4:1 Extract, Spirulina platensis,		
Biotin	150 mcg	50%	Wild Yam Root Extract)	125 mg	†
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%	Vegetable Juice Blend		
Calcium (from calcium carbonate,			(Kale [leaf], Spinach [leaf], Dandelion Greens [leaf],		
dibasic calcium phosphate,calcium citrate malate and			Beet (beta vulgaris) [root])	10 mg	†
calcium pantothenate)	200 mg	20%	Digestive Support Blend		
Magnesium (from magnesium oxide)	100 mg	25%	Protease, Amylase, Lipase, Cellulase	36 mg	†
Zinc (OptiZinc®)	10 mg	67%	Lactobacillus sporogenes (Probiotic strain)	25 mg	†
			Betaine HCl	10 mg	†



* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Modified Cellulose, Silicon Dioxide and Glycerin
Contains no artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean.

Pre-Natal Plus with DHA Multi Vitamin

180 Tablets - \$19.99 PER BOTTLE

We at LifeSource Vitamins are proud to offer this ever so complete Prenatal Multi with DHA. There is no more important time for women to take multivitamins as when they are pregnant, and frankly a few months before they get pregnant as well. Our Prenatal is designed for women who are trying to conceive, are pregnant, or nursing, as we all have learned how important nursing is to the child's lifelong health. The perfect combination of 33 nutrients including DHA for a healthy Mom & Baby during this very special time.

Pregnant women depend on DHA to promote healthy fetal development. According to the Academy of Nutrition and Dietetics, the average woman only eats 2 ounces of the recommended 8 to 12 ounces of fish per week during pregnancy. This is exactly why we added DHA to these multi's.

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A	8000IU	100%	Molybdenum	25mcg	33%
Vitamin C	180mg	300%	Potassium	25mg	<1%
Vitamin D-3	400IU	100%	DHA	100mg	†
Vitamin E	30IU	100%	L-Taurine	50mg	†
Vitamin B1	15mg	882%	Lemon Bioflavonoids	40mg	†
Vitamin B2	17.5mg	875%	Inulin (FOS)	30mg	†
Vitamin B3 Niacin	20mg	100%	Choline	15mg	†
Vitamin B6 (as Pyridoxine HCl)	10mg	400%	DHEA	10mg	†
Folic Acid	800mcg	100%	Inositol	10mg	†
Vitamin B12	12mcg	150%	PABA	5mg	†
Biotin	300mcg	100%	Rutin	5mg	†
Pantothenic Acid	30mg	300%	L-Histidine HCL	3 mg	†
Calcium	660mg	51%	Octacosanol	50mcg	†
Iron	18mg	100%	Protease 50000HUT/GM	1800HUT	†
Iodine from kelp	150mcg	100%	Amylase 5000KB/GM	140 DU	†
Magnesium	900mg	200%	Lipase 1000FIP/GM	1.5LU	†
Zinc	15mg	100%	Cellulase 1000CU/GM	1.75CU	†
Selenium	30mcg	43%	Lactobacillus Sporogenes	1.5 Million	†
Copper	100mcg	5%			
Manganese	3mg	150%			
Chromium	25mcg	21%			

Directions: Pregnant or Lactating women, take three tablets daily.



Childrens Multi Vitamin & Minerals

90 Chewables / 3 Month Supply - \$19.99 PER BOTTLE OR 180 Chewables / 6 Month Supply - \$34.99 PER BOTTLE (SAVE \$5)

Our Childrens Multi is a Phyto Nutrient Whole Food based multivitamin/mineral supplement enriched with Phyto Fruits and Phyto Veggies. Complete B-complex formula balanced for mental clarity and immune strength. LifeSource Vitamins Children's Multivitamin contains Beta Carotene Pro Vitamin A, Bioflavonoids, and 400 IU of Vitamin D3, as recommended by the American Academy of Pediatrics. Loaded with antioxidants provided from our Phyto Fruits and Veggies to protect kids from environmental pollutants and stress. And best of all, they are sugar FREE, not like most other major brands that are packed with unnatural sugar, sucrose, sucralose or other harmful sweeteners! Ours is sweetened simply by the Phyto Fruits inside these Kids' Multi's.



We Consider This Kids Multi to be the Best in the World, Sold Anywhere at Any Price! Loaded with Phyto Fruits and Veggies and they will love the taste

SUPPLEMENT FACTS 4+ YEARS OLD

Serving Size: 1 Tablet

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Beta Carotene 5000 IU	100%	Vitamin B6 2 mg	100%	Calcium, Elemental 100 mg		Green Beans & Parsley.	
Vitamin C (with Rose Hips, Buffered with Mineral Ascorbates) 100 mg 166%		Vitamin B12 3 mcg	100%	Magnesium, Elemental 50 mg	12.50%	Whole Food Fruit Complex: Orange Juice, Pineapple Juice, Raspberry Juice, Dried Apples, Dried Apricots, Dried Peaches, Dried Cherries, Dried Plums & Figs.	
Vitamin D3 400 IU	100%	Choline 5mg	†	Iron, Elemental (Chelated) 6.3 mg	35%	Super Protein Concentrate	
Vitamin E (natural d-alpha) 45 IU	150%	Inositol 2.5 mg	*	Chromium (as Picolinate) 10 mcg	*	Enzyme Blend: Amylase, Protease, Lipase	
Vitamin B1 (Thiamin) 3.4 mg	226%	PABA .5 mg	*	Iodine (as kelp) 75 mcg	50%	Acerola Cherry Juice Concentrate	
Vitamin B2 (Riboflavin) 4.1 mg	239%	Biotin 150 mcg	50%	Phosphorus 10mcg	1%	10 mg	*
Niacinamide 24 mg 120%		Folic Acid 200 mcg	50%	Molybdenum 5 mcg	*	Hesperidin Complex	10 mg
Vitamin B5 (Pantothenic Acid) .22 mg	220%	Vitamin K1 10 mcg	*	Copper 200 mcg	10%	Rutin	5 mg
		Citrus Bioflavonoid Complex (Vitamin P) 30 mg	*	Phyto-Nutrients Whole Foods Concentrate 225 mg	*		
		Zinc, Elemental (Chelated) 5.25 mg	35%	Whole Food Vegetable Complex: Carrots, Broccoli, Spinach, Celery, Beets,			
		Selenium (Yeast Free) 10 mcg	*				

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Kids Gummy Multivitamins

90 Gummies / 45 Day Supply - \$15.99 PER BOTTLE

During this time of your child's life their brain is setting the foundation for all mental capacities for life, their health is formulating whether they will be a healthy child as well as all of their bodily functions are growing & processing to ensure efficiencies for the rest of their lives. No time is more critical to help with their nutritional intake than this time as kids can be picky eaters and not get what they truly need to grow and be healthy and reach their full potential.*

Children need a sound nutritional basis upon which to grow and develop, so it's important to ensure that they eat a balanced diet. Of course, many children do not eat the right foods, opting instead for fast foods and foods containing more sugar than nutritional value. In order to ensure that your children get all the nutrients needed, you may choose to give them a daily vitamin. However, the last thing you want in that vitamin is a bunch of sugar. So what is a parent to do? Try LifeSource Vitamins Gummies for your kids, which is a multivitamin formulated specifically to ensure that children receive the nutrients they need to properly support their bodies during their years of growth and development.

LifeSource Vitamins All Natural Kids Gummies Contain Essential Vitamins and Minerals for your kids growing brains and bodies:

- Vitamin A: Healthy Eye Functioning and Immune System. More than one and a half cups of Broccoli.
- Vitamin C: Helps Support Immune System. More than 2 Tangerines
- Vitamin D: Supports Healthier Bones, Teeth, Muscle and Immune Support
- Vitamin E: Antioxidant and Essential Nutrient, Heart and Immune Health.
- B Vitamins: Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin and Pantothenic Acid to help convert the food we eat into Energy.
- Iodine: An Essential Mineral
- Zinc: Immune Support

Other Highlights:

- All Natural Fruit Flavors: No Synthetics!
- Colors are derived from the fruit we use: No Synthetic Dyes!
- Gluten Free
- No Yeast
- No Preservatives
- 45 Day Supply



SUPPLEMENT FACTS

Serving Size: 2 Gummies

Servings per Container: 45

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Calories 15		Vitamin C (ascorbic acid) 20 mg	50/33%	Biotin 60 mcg	40/20%
Total Carbohydrates (Ages 2 to 4) 4 g	†	Vitamin D (cholecalciferol) 400 IU	100%	Pantothenic Acid (calcium pantothenate) 5.2 mg	104/52%
Sugars 3 g	†	Vitamin E (dl-Alpha Tocopheryl ace) 16.5 IU 1	65/55%	Iodine (potassium iodine) 42 mcg	60/28%
Total Carbohydrates (Ages 4 & Up) 4 g	1%	Vitamin B-6 (pyridoxine hydrochloride) 2 mg	286/100%	Zinc (citrate) 2.7 mg	34/18%
Sugars 3 g	†	Folic Acid 260 mcg	130/65%	Choline (bitartrate) 40 mcg	†
Vitamin A (palmitate) 2100IU	42/84%	Vitamin B-12 (cyanocobalamin) 6 mcg	200/100%	Inositol 40 mcg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Ultra Teen Multi Vitamin & Minerals

60 Tablets / 60 Day Supply - \$15.99 PER BOTTLE



The LifeSource Vitamins Ultra Teen Multi provides older children, teens, and adults with a complete multivitamin containing 100% of the Daily Allowance of 29 vitamins, minerals & nutrients that are all too often inadequately supplied in our teens daily diet. Our Ultra Teen Multivitamins contain higher potencies than in typical children's supplements, in a combination that gives special attention to the balance and bioavailability of nutrients.

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (80% as palmitate, 20% as beta-carotene)	5,000 IU	100%	Biotin	300 mcg	100%	Chromium (from chromium chloride)	120 mcg	100%
Vitamin C (as ascorbic acid)	120 mg	200%	Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%	Molybdenum (from molybdenum aminoacid chelate)	75 mcg	100%
Vitamin D3 (as cholecalciferol)	400 IU	100%	Calcium (from calcium carbonate, dibasic calcium phosphate and calcium pantothenate)	100 mg	10%	Lemon Bioflavonoid Complex	75 mg	*
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%	Iron (from ferrous fumarate)	9 mg	50%	Rutin (Saphora japonica)	45 mg	*
Thiamin (as thiamin mononitrate)	30 mg	2000%	Phosphorus (from dibasic calcium phosphate)	7 mg	6%	Choline (bitartrate)	30 mg	*
Riboflavin	30 mg	1760%	Iodine (from potassium iodide)	150 mcg	100%	Inositol	30 mg	*
Niacin (as niacinamide)	30 mg	150%	Magnesium (from magnesium oxide)	100 mg	25%	Organic Whole Food Blend (Organic spinach, organic blueberry, organic carrots)	30 mg	*
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1500%	Zinc (from zinc oxide)	15 mg	100%	Spirulina	5 mg	*
Folic Acid	400 mcg	100%	Selenium (from sodium selenate)	70 mcg	100%	Chlorella	5 mg	*
Vitamin B12 (as cyanocobalamin)	30 mcg	500%	Copper (from cupric oxide)	2 mg	100%			
			Manganase (from manganous gluconate)	2 mg	100%			

Kids & Teens Liquid Multi Vitamin & Minerals

16 fl oz - \$26.99 / 3 for \$71.97 PER BOTTLE (SAVE \$9)

LifeSource Vitamins Kid's & Teens Liquid Multivitamins & Minerals is a new, full spectrum blend of liquid vitamins designed to provide children with the important vitamins and minerals that their bodies need on a daily basis to grow healthy minds and bodies. Great tasting and a powerful full day of nutrients in one serving. Ideal for all children, and teenagers as well! If you want the most complete multivitamin available, or if your child will not take chewable multi's, these are what just you need. You can mix it right into their juice during the day.

Flora® ScFOSPrebiotic Blend with Green Papaya and Bromelain gently strengthens the immune and digestive system. Hi ORAC Superior Phyto Food Fruit & Veggie Complex - Loaded with: Apricots, Bananas, Broccoli, Cabbage, Cherries, Cranberries, Ginger, Grapefruits, Green Tea, Kale, Kiwis, Lemons, Limes, Mangoes, Oranges, Pineapples, Plums, Raspberries, Red Peppers, Spinach, Sweetened with Xylitol not Sucralose, for its beneficial properties. No Crystalline Fructose! Whole Food Multi Specifically Formulated for our kids and yours.!

- 100% of Vitamins: A, C, D3, E, B1, B2, B3, B6, Folate and B12
- A Full Spectrum of Vitamins, Minerals and Enzymes.
- 98 % Absorption within 90 seconds.
- Vitamin A (as natural beta carotene)
- Vitamin D3 – The American Academy of Pediatrics has doubled it's recommendation of Vitamin D intake. This multi has your kids covered.
- Organic Ingredients – Non GMO – Gluten Free • Sugar Free – Soy Free – 100% Vegetarian & Vegan
- No Artificial Flavors and No Artificial Sweeteners
- Vitamin C w/ Bioflavonoids -120mg, 300% Daily Allowance
- Trace Mineral Blend - Aquamin® - Mineralized Red Algae
- Prebiotic Multi-Fiber Complex and Digestive Support - NutraFlora® ScFOS Prebiotic Blend with Green Papaya and Bromelain gently strengthens the immune and digestive system.
- Hi ORAC Superior Phyto Food Fruit & Veggie Complex - Loaded with: Apricots, Bananas, Broccoli, Cabbage, Cherries, Cranberries, Ginger, Grapefruits, Green Tea, Kale, Kiwis, Lemons, Limes, Mangoes, Oranges, Pineapples, Plums, Raspberries, Red Peppers, Spinach,
- Sweetened with Xylitol not Sucralose, for its beneficial properties.
- No Crystalline Fructose

SUPPLEMENT FACTS

Serving Size: Children 1-4 yrs old: ½ Tablespoon Children 4-12 yrs old: 1 Tablespoon

Servings per Container: 64 / 32

	Amt/Serving	DV% (1-4)	DV% (4-12)		Amt/Serving	DV% (1-4)	DV%(4-12)
Calories	10	†	†	Zinc (as Zinc Picolinate)	5 mg	60%	30%
Sodium	<10mg	†	†	Selenium (as Selenium amino acid chelate)	10 mcg	†	14%
Carbohydrates	4 g	†	†	Manganese (as Manganese Bisglycinate Chelate)	1 mg	†	50%
Dietary Fiber	1 g	5%	4%	Chromium (as Chromium Polynicotinate)	10 mcg	†	8%
Sugars	0 g	†	†	Molybdenum (as Sodium Molybdenate)	20 mcg	†	27%
Vitamin A (as Natural Beta-Carotene)	2,500 IU	100%	50%	Potassium (as Potassium Citrate)	50 mg	†	†
Vitamin C (as Ascorbic Acid, Citrus Bioflavonoids)	120 mg	300%	200%	Choline (Bitartrate)	20 mg	†	†
Vitamin D3 (as Cholecalciferol)	400 IU	100%	100%	Inositol	15 mg	†	†
Vitamin E (as d-alpha-tocopherol acetate)	20 IU	100%	65%	Aquamin® S (as Mineralized Red Algae Sea Minerals)			
Vitamin B1 (as Thiamine HCL)	2 mg	140%	135%	(Lithothamnium coralloides/ Lithothamnium calcareum) (Whole Plant)	44 mg	†	†
Vitamin B2 (as Riboflavin-5-Phosphate)	2 mg	140%	120%	Wellberry™ (Vitamin C, Indian Gooseberry Fruit Extract, Citrus Bioflavonoids, Vegetable Fatty Acids)	205 mg	†	†
Vitamin B3 (as Niacinamide)	10 mg	100%	50%	Digestive Health Blend (Isomalto-oligosaccharides(prebiotic fiber), NutraFlora® (ScFOS Prebiotic Blend), Green Papaya juice, Bromelain 1)	225 mg	†	†
Vitamin B6 (as Pyridoxine HCL)	2 mg	100%	100%	Fruits & Greens Antioxidant Fruit and Vegetable Blend (extracts of Banana, Kiwi, Mango, Pineapple, Cranberry, Cherry, Raspberry, Red Pepper, Plum, Apricot, Ginger, Broccoli, Spinach, Kale, Cabbage, Orange, Grapefruit, Lemon, Lime, Green Tea)	50 mg	†	†
Folate (100% from certified organic Citrus Limon extract (peel) as Origen-FA®)	400 mcg	200%	100%				
Vitamin B12 (as Methylcobalamin)	15 mcg	500%	250%				
Biotin	65 mcg	45%	20%				
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%	100%				
Calcium (as Calcium Citrate and Aquamin® Sea Minerals)	25 mg	8%	5%				
Iodine (Potassium Iodine)	50 mcg	70%	30%				
Magnesium (as Magnesium Citrate and Aquamin® sea minerals)	25 mg	13%	25%				



Other Ingredients: Cellulose, Silica, Modified Cellulose Gum, Stearic Acid (Vegetable Source), Magnesium Stearate (Vegetable Source), Glycerin, Natural Cinnamon Oil. **Contains No** artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish * Daily Value not established.

Men's Senior Multi Vitamin

180 Tablets / 60 Day Supply - \$36.99 PER BOTTLE



LifeSource Vitamins advanced Ultra Senior Multi-Vitamin is a great vegetarian formula for Men ages 50 and older. Contains nutrients ideal for Bone Support, Eye Support, Healthy Digestion, Blood Pressure & Cholesterol Support. LifeSource Vitamins Men's Ultra Senior's also contains Co-Enzyme, or activated forms of B-vitamins, for ease and assurance of activation in the body. Enhanced chelated minerals for optimum bioavailability. Moderate and effective doses of essential nutrients for the entire body. Enzymes support nutrient digestion and assimilation, sparing the body's valuable supply of enzymes and saving energy in the digestive process.

This unique formula is designed to focus on what a man's body needs as he ages, and contains unique nutrients not found in other multi vitamins, such as Lutien / Zeaxanthin, Lycopene, Bilberry, Grapeseed Extract, Saw Palmetto, Lemon bioflavonoid complex, Cinnamon Powder, Tomato Powder, Enzymes, Betaine HCl, Ginger and much more.

IDEAL FOR MEN OVER 50 YEARS OF AGE

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (as beta-carotene)	2,500 IU	50%	Iron (from ferrous fumarate)	4 mg	22%	Bilberry	50 mg	†
Vitamin C (as ascorbic acid)	300 mg	500%	Iodine (from potassium iodine)	150 mcg	100%	Grapeseed extract	20 mg	†
Vitamin D3 (as cholecalciferol)	400 IU	100%	Magnesium (from magnesium oxide)	200 mg	50%	Saw palmetto (<i>Serenoa repens</i>) (berry)	100 mg	†
Vitamin E (d-alpha tocopheryl succinate)	75 IU	250%	Zinc (from zinc oxide)	30 mg	200%	Lemon bioflavonoid complex	10 mg	†
Thiamin (as thiamin mononitrate)	60 mg	4000%	Selenium (from L-selenomethionine)	200 mcg	286%	Cinnamon powder	100 mg	†
Riboflavin	60 mg	3529%	Copper (from cupric oxide)	2 mg	100%	Tomato powder	10 mg	†
Niacin (as nicotinic acid)	30 mg	150%	Manganese (from manganous gluconate)	2 mg	100%	Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase)	20 mg	†
Vitamin B6 (as pyridoxine HCl)	60 mg	3000%	Chromium (from chromium chloride)	200 mcg	167%	Betaine HCl	25 mg	†
Folic Acid	800 mcg	200%	Molybdenum (from sodium molybdate)	45 mcg	60%	Ginger	40 mg	†
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%	Inositol	30 mg	†	Boron	200 mcg	†
Biotin	300 mcg	100%	Choline (bitartrate)	180 mg	†	Vanadium	2 mcg	†
Pantothenic acid (as d-calcium pantothenate)	100 mg	1000%	Lutien/Zeaxanthin (from Lutien™ 2020)					
Calcium (from calcium citrate)	240 mg	24%	(from <i>Tagetes erecta</i>)	3.75 mg	†			
			Lycopene (Lyc-O-Mato®)	2 mg	†			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), silica, magnesium stearate (vegetable source), glycerin, natural cinnamon oil.

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd. Lyc-O-Mato® is a registered trademark of LycoRed, Natural Product Industries, Ltd.

Women's Senior Multi Vitamin

180 Tablets / 60 Day Supply - \$36.99 PER BOTTLE



LifeSource Vitamins has created a Superior Senior Multivitamin just for Women over 50. Our Ultra Senior Women's multiple vitamin and mineral will help to bridge the nutrient gap in your daily diet. These will truly help get your body back to a balance so it can start healing itself. We feel this is the best multi available, just compare labels! In today's world of processed foods and fastpaced lifestyles, most of us do not get the daily recommended allowance of vitamins, minerals and other nutrients. LifeSource's multivitamins & minerals are formulated to provide a broad range of nutrition in a synergistic manner.

Uniquely formulated for the female baby boomer with Alpha Lipoic Acid, Lutien & antioxidants for eye and cell health.

IDEAL FOR WOMEN OVER THE AGE OF 50

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (as beta-carotene)	5,000 IU	100%	Iron (from ferrous fumarate)	10 mg	56%	Pomegranate powder	15 mg	†
Vitamin C (as ascorbic acid)	300 mg	500%	Iodine (from potassium iodine)	150 mcg	100%	Alpha Lipoic Acid	50 mg	†
Vitamin D3 (as cholecalciferol)	400 IU	100%	Magnesium (from magnesium oxide)	240 mg	60%	Grapeseed extract	20 mg	†
Vitamin E (d-alpha tocopheryl succinate)	75 IU	250%	Zinc (from zinc oxide)	15 mg	100%	Soy (non-GMO)	30 mg	†
Thiamin (as thiamin mononitrate)	60 mg	4000%	Selenium (from L-selenomethionine)	200 mcg	286%	Cranberry (CranMax®)	25 mg	†
Riboflavin	60 mg	3529%	Copper (from cupric oxide)	2 mg	100%	Lemon bioflavonoid complex	200 mg	†
Niacin (as nicotinic acid)	20 mg	100%	Manganese (from manganous gluconate)	2 mg	100%	Cinnamon powder	100 mg	†
Vitamin B6 (as pyridoxine HCl)	60 mg	3000%	Chromium (from chromium chloride)	200 mcg	167%	Tomato powder	10 mg	†
Folic Acid	800 mcg	200%	Molybdenum (from sodium molybdate)	45 mcg	60%	Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase)	30 mg	†
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%	Inositol	30 mg	†	Betaine HCl	25 mg	†
Biotin	600 mcg	200%	Choline (bitartrate)	120 mg	†	Ginger Root Extract	60 mg	†
Pantothenic acid (as d-calcium pantothenate)	50 mg	500%	Lutien/Zeaxanthin (from Lutien™ 2020)			Boron	3,000 mcg	†
Calcium (from calcium citrate)	240 mg	24%	(from <i>Tagetes erecta</i>)	3.75 mg	†	Vanadium	2 mcg	†
			Bilberry	50 mg	†			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), Silica, cinnamon oil, glycerin.

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd. CranMax® and CRAN-MAX® logotype are used under licence with permission of their proprietor.

Seniors Ultra Multi Vitamin

180 Tablets / 60 Day Supply - \$36.99 PER BOTTLE



LifeSource's advanced Ultra Senior Multi-Vitamin is a great formula for men or women ages 50 and older. This is designed to focus on what the body needs as we age and contains unique nutrients not found in other multi vitamins such as Coenzyme Q10, Ginkgo Biloba, Alpha Lipoic Acid, Phosphatidylserine, Lycopene, Bilberry Extract, Octacosanol, and more. This combination of 60 ingredients puts focus on cardiovascular, neurological and ocular health, as well as defensive antioxidant support.

IDEAL FOR ANYONE OVER 50 YEARS OF AGE

SUPPLEMENT FACTS

Serving Size: 3 Tablets

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (2000 IU as palmitate and 7500 IU as beta-carotene)	9500 IU	190%	Copper (as Cu AAC)	0.025 mg	36%
Vitamin C (as Ascorbic Acid & Ca Ascorbate)	300 mg	500%	Manganese (as Mn Gluconate)	2.5 mg	125%
Vitamin D3 (Cholecalciferol)	200 IU	50%	Chromium (as Cr Polynicotinate)	25 mcg	21%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%	Molybdenum (as Mo AAC)	25 mcg	33%
Vitamin K (as Phytonadione)	2.5 mcg	3%	Boron (as B AAC)	0.5 mg	*
Thiamin	25 mg	1667%	Potassium (as K citrate)	25 mg	1%
Riboflavin	25 mg	1471%	Silicon (Horsetail Rush)	3 mg	*
Niacin (and as Niacinamide)	25 mg	125%	Vanadium (as V AAC)	10 mcg	*
Vitamin B 6 (Pyridoxine HCl 90%, P-5-P 10%)	25 mg	1250%	Choline (as Choline Bitartrate)	50 mg	*
Folic Acid	200 mcg	50%	Inositol	25 mg	*
Vitamin B12 (Methylcobalamin)	25 mcg	417%	PABA (para-aminobenzoic acid)	25 mg	*
Biotin	150 mcg	50%	L-Cysteine (enteric coated)	25 mg	*
Pantothenic Acid (as Ca Pantothenate)	25 mg	250%	Glutamic Acid	25 mg	*
Calcium (as Ca Citrate)	300 mg	30%	DL-Methionine (enteric coated)	25 mg	*
Iodine (from kelp)	35 mcg	23%	L-Aspartic Acid	50 mg	*
Magnesium (as Mg Carbonate)	150 mg	38%	Phosphatidylserine	12.5 mg	*
Zinc (as Zn Gluconate)	10 mg	67%	Octacosanol	500 mcg	*
Selenium (as Se AAC)	25 mcg		Soy Lecithin	50 mg	*

* Daily Value not established.

Other ingredients: Stearic acid, cellulose, silicon dioxide, pharmaceutical glaze

Servings per Container: 60

Omega 3 Super EPA/DHA

100 Softgels - \$13.99 PER BOTTLE
200 Softgels - \$23.99 PER BOTTLE (SAVE \$4)



Omega-3 fatty acids have earned a wide reputation for preventing heart disease. The Omega-3 fatty acids help lower LDL cholesterol and contribute to functions that help thin blood and decrease plaque along the artery walls, improving blood circulation. Omega 3 has been shown to increase your overall health and energy level.

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Eicosapentaenoic Acid (EPA)	180 mg	↑
Docosahexaenoic Acid (DHA)	120 mg	↑

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Ultra Omega-3

90 Softgels - \$21.99 PER BOTTLE
180 Softgels - \$36.99 PER BOTTLE (SAVE \$7)



The Natural Fish Oil Concentrate used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants) and is Non-GMO.

Specifically, the omega-3 fatty acids found in fish oil have been shown to:

- Reduce the risk of heart attack or stroke
- Lower blood triglyceride levels
- Lower blood pressure
- Decrease inflammation
- Reduce joint stiffness
- Lower cholesterol levels

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	<0.5 g	<1%*
Trans Fat	0 g	†
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	<0.5 g	†
Cholesterol	0 mg	0%
Natural Fish Oil Concentrate	1,000 mg	†
Omega-3 Fatty Acids		
Eicosapentaenoic Acid (EPA)	500 mg	†
Docosahexaenoic Acid (DHA)	250 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel Capsule (bovine gelatin, glycerin, enteric coating, water) and Vitamin E (as natural d-alpha tocopherol).

Contains: Fish (anchovies). Vitamin E from soy. Fish oil is a product of Peru and Chile.

Not manufactured with yeast, wheat, gluten, milk, egg, or shellfish ingredients.

Super Omega 3-6-9

90 Softgels - \$14.99 PER BOTTLE
180 Softgels - \$26.99 PER BOTTLE (SAVE \$3)



Blend of Fish, Borage and Organic Flax Seed Oils. This combination of well-known nutritional oils provides a unique balance of Omega-3 and Omega-6 essential fatty acids plus Omega-9, a non-essential, but beneficial fatty acid.

- Nerve transmission
- Division of cells (growth and healing processes)
- Response to pain, swelling and inflammation
- Transporting of oxygen from cells to tissues
- Supporting immune response
- Providing energy to the heart muscle/heart health

SUPPLEMENT FACTS

Serving Size: 2 Softgels

	Amt/Serving	DV%*
Calories	25	
Total Fat	2.5 g	3%
Saturated Fat	<.5 g	2%
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	.5 g	†
Protein	<.1 g	1%
Borage Oil (seed)	800 mg	†
Natural Fish Oil Concentrate	800 mg	†
Organic Flax Seed Oil	800 mg	†
Naturally Occurring Fatty Acids (example) per serving		
Omega-3 Fatty Acids	604 mg (126mg EPA, 78mg DHA)	†
Omega-6 Fatty Acids	539 mg (160 mg GLA)	†
Omega-9 Fatty Acids	225 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel Capsule (bovine gelatin, glycerin, water) and Vitamin E (as natural d-alpha tocopherol with mixed tocopherols). Non-GMO

Contains Fish (sardines, anchovies). Vitamin E from soy

Krill Oil (Neptune)

60 Softgels - \$33.99 PER BOTTLE



There are many advantages to taking a Neptune Krill Oil supplement. Not only do you get the health benefits of omega 3 fatty acids, you also get a natural source of brain-nourishing phospholipids and a potent antioxidant - Astaxanthin. This unique combination of Neptune Krill Oil ingredients is what separates it from other healthy oils. LifeSource Neptune Krill Oil is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e., mercury, heavy metals, PCB's, dioxins, and other contaminants).

- Cardiovascular health
- Healthy blood sugar levels
- Promotes optimal reproductive cycles
- Supports healthy joints
- Supports mental health and immune system function
- Helps brain and nervous system function

SUPPLEMENT FACTS

Serving Size 2 Softgels

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	10		Eicosapentaenoic Acid (EPA)	120 mg	†
Calories from Fat	10		Docosahexaenoic Acid (DHA)	70 mg	†
Total Fat	1 g	2%*	Phospholipids	390 mg	†
Neptune Krill Oil (NKOT)	1.0 g (1,000 mg)	†	Esterified Astaxanthin	750 mcg	†
Omega-3 Fatty Acids	230 mg	†			

Kids DHA 60 Chewables Softgels - \$12.99 PER BOTTLE



Recent research shows the important role the essential fatty acid DHA plays in the developing brain. DHA is the first fatty acid used by the brain to form healthy cell membranes vital for cell signaling. Molecularly distilled and tested for mercury, PCB's, dioxins and heavy metals in every batch, our Kids DHA provides this essential fat from cold water fish in a chewable, natural orange crème-flavored softgel kids can enjoy.

SUPPLEMENT FACTS

Serving Size: 2 Softgels Servings Per Container: 30

	Amt/Serving	DV%*
Calories	4.5	
Calories from Fat	4.5	
Total Fat	0.5 g	
Vitamin A	0 IU	0%
Vitamin D3	0 IU	0%
Vitamin E (as d-alpha tocopherol from soy)	2 IU	7%
Fish Oil (from anchovy, salmon, sardine, and/or tuna)	500 mg	**
Fatty Acid Composition: Total Omega-3 fatty acids	270mg	**
EPA (as eicosapentaenoic acid)	50 mg	**
DHA (as docosahexaenoic acid)	200 mg	**

* Percent Daily Values are based on 2,000 calorie diet. ** Daily Value not established.

Other Ingredients: Softgel (gelatin, glycerin, water, natural orange flavor), natural orange crème flavor, stevia extract powder

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts or crustacean shellfish.

Ultra High Potency Liquid Omega 3 8.5 fl oz - \$24.99 PER BOTTLE



High Potency Omega-3 is a delicious, yes we said delicious way to complement any diet with a complete and balanced source of natural Omega 3 fatty acids. This essential fatty acid is vital to good health and has been scientifically researched for its role in supporting cardiovascular health and a normal, healthy immune and inflammatory response. This liquid contains the highest combined levels of EPA and DHA of any LifeSource product. You'll love its "Lightly Sweet" Maple Syrup flavor; plus, its sugar and sodium free. High Potency Liquid Omega-3 can be taken by the tablespoon or mixed into smoothies, yogurt or blended beverages to fortify your foods with optimal amounts of omega 3 fatty acids.

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon (5 mL) Servings per Container: 50

	Amt/Serving	DV%*
Calories	40	
Calories from Fat	40	
Total Fat	5 g	8%
EPA (eicosapentaenoic acid)	705 mg	†
DHA (docosahexaenoic acid)	440 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Natural Maple Flavor, Natural Lemon Oil Flavor, Non-GMO Sunflower Lecithin, D-Alpha Tocopherol (from sunflowers), Rosemary extract, Luo Han Guo, Ascorbyl Palmitate

Contains no artificial colors, flavors, or preservatives, no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, or crustacean shellfish.

Para-Cleanse 120 Tablets - \$29.99 PER BOTTLE



LifeSource's Para-Cleanse is designed to rid your body of a wide range of harmful human parasites. This vegetarian formula of plant extracts is designed to support the body in eliminating unwanted microorganisms; while at the same time helping to maintain proper immune system and G.I. tract functions.

DID YOU KNOW?

Millions of people are infected by one or more of over 1000 known human parasites. Intestinal parasites are one of the more common types of parasites, but parasites can be found in all areas of our body. Let us help you rid them!

SUPPLEMENT FACTS

Serving Size: 2 Tablets Servings Per Container: 60

	Amt/Serving	DV%*
Black Walnut (Juglans nigra) Green Hull	400 mg	†
Wormwood (Artemisia annua) (Stem & Leaf Powder)	200 mg	†
Grapefruit Seed Extract	200 mg	†
Olive (Olea europaea) Leaf Extract	200 mg	†
yielding Oleuropein	30 mg	†
Pau D'Arco (Bark)	200 mg	†
Black Cumin (Nigella sativa) Seed	200 mg	†
Garlic (odorless) Extract	200 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silicon dioxide.

Pancreas Health P 90 Tablets - \$17.99 PER BOTTLE



"I lost my father to pancreatic cancer, so this one was easy for me to get into production. I loved him and feel that he could be here today with all of the knowledge we have now on the pancreas, its functions and preventative supplements." —Bruce Brightman, founder of LifeSource Vitamins LifeSource's Pancreas Formula is uniquely designed to give highly concentrated extracts to support pancreatic function and supplement pancreatic enzyme production.

Key Benefits

- All natural, herbal ingredients.
- Supports healthy pancreatic function.
- Rejuvenates digestive system.
- Naturally-occurring vitamins, minerals, and nutrients.

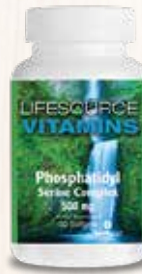
SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*
Chymotrypsin	200 mcg	†
Pancreatin (4 X)	100 mg	†
Biotin 300 mcg †		
Chromium Picolinate (12.5%)	200 mcg	†
GTF Chromium (0.1%)	100 mcg	†
Glucosol (1%)	100 mg	†
Amylase (10,000 RAU/g)	100 mcg	†
Protease (75 HUT/g)	100 mg	†
Lipase (1,000 LA/g)	100 mg	†
Vanadyl Sulfate (31.3%)	500 mcg	†
Nopal Cactus Leaves	300 mg	†
Fenugreek Seed	200 mg	†
Blue Berry Fruit	200 mg	†
Bitter Melon	300 mg	†
Zinc Gluconate	100 mcg	†
Huckleberry Fruit	200 mg	†
Spirulina	100 mg	†
Trypsin (1:75)	30mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Phosphatidyl Serine Complex 30 Softgels - \$19.99 PER BOTTLE



PS or Phosphatidyl Serine, is also referred to as the Essential Brain Nutrient! Phosphatidylserine is a phospholipid that is found in virtually every cell of our bodies, but is most highly concentrated in the walls or membranes of brain cells, that have been shown to make up about 70% of its nerve tissue mass. There it aids in the storage, release and activity of many vital neurotransmitters and their receptors. Phosphatidylserine also aids in cell-to-cell communication. PS is a must have for the maintaining of healthy cognitive functioning over the course of our lives.

SUPPLEMENT FACTS

Serving Size: 1 Softgel Servings per Container: 30

	Amt/Serving	DV%*
Phosphorus	10 mg	1%
Potassium	3 mg	<1%
Phosphatidyl serine complex	500 mg	†
Phosphatidylserine	100 mg	†
Phosphatidylcholine	55 mg	†
Phosphatidylinositol	10 mg	†
Phosphatidylethanolamine	20 mg	†
Linolenic acid	10 mg	†
Linoleic acid	85 mg	†
Oleic acid	15 mg	†
Palmitic acid	27 mg	†
Stearic acid	6 mg	†
Capric acid	51 mg	†
Caprylic acid	120 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Softgel (gelatin, glycerin, water), soybean oil, carob and Vitamin E.

Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors. **Suggested usage:** Take 1 softgel capsule one (1) to three (3)times daily with meals.

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9

Ultra Plant Protein

2.2 lbs. - \$49.99 PER CONTAINER



Chocolate or Vanilla Just Raw, Vegan Whole Food Nutrition To Support Your Busy, Active Lifestyle! LifeSource Vitamins Ultra Plant Protein is a nutritionally-complete plant protein supplement that is highly digestible & free of common food irritants. The combination of our exceptional plant proteins scores a perfect 1.0 on the Protein Digestibility Corrected Amino Acid Score (PDCAAS). PDCAAS is the gold standard for rating the quality of protein for human nutrition. LifeSource Vitamins Ultra Plant Protein also contains added BCAA's to make it unique among protein products. Most plantbased products contain less than optimal amounts of these important compounds. BCAA's are important for preventing muscle breakdown and supporting muscle growth. Finally a deliciously great tasting Vegan Plant Protein that mixes perfectly

- Synergistic enzyme blend ensures easy digestion
- Blended with Omega 3 rich Chia Seed and Sacha Inchi Seed
- 21 grams of pure clean vegan protein
- Provides energy for working muscles and promotes muscle growth
- Great for all diets, sensitivities to whey and other protein sources
- Sweetened w/ Stevia – NOT Sucralose!
- Contains a whopping 6,225mg of BCAA's, (BCAA's: leucine, isoleucine, and valine)
- Also contains 3,475mg of Glutamine to Support Lean Muscle Mass, Muscle Growth & Strength, Immune Function and GI health*
- Boosts your pre-workout energy level and helps your muscles recover after exercising: BCAA's, Amino's & Glutamine.
- Our processing is earth friendly and no chemical processes.

SUPPLEMENT FACTS

Serving Size: 1 Scoop		Servings Per Container: 30	
	Amt/Serving	DV%*	
Calories	130		
Calories from Fat	20		
Total Fat	2.5 g	4	
Sodium	280 mg	12	
Potassium	50 mg	3	
Total Carbohydrate	4 g	1	
Dietary Fiber	1 g	<1	
Sugars	<1 g	**	
Protein	21 g	42	
Calcium	50 mg	5	
Iron	6 mg	33	
Multi Source Plant Protein Blend (Pea protein isolate, Cranberry seed, Chia seed and Sacha Inchi seed)	25,550	mg **	
Branch Chain Amino Acids (L-Leucine, L-Isoleucine and Valine)	6,225 mg	mg **	
Glutamine	3,475	mg **	
Enzyme Blend Alpha-galactosidase and Bromelain	110mg	mg **	

Other ingredients: Inulin, stevia, xanthan gum, glycine, natural flavor and silica.

* Daily values are based on 2,000 calorie diet. † Daily value not established.ed.

FACTS:

What does Plant Protein help with?

- Aid in muscle tissue maintenance
- Comparable to egg and milk proteins
- BCAAs are higher in pea protein than any other vegetable protein
- Helps restore nitrogen balance after intense physiological stress
- Increases muscle mass while reducing body fat during intense exercise
- Improves vasodilation and promotes a healthy heart
- Assists in maintaining lean body mass
- Facilitates calcium absorption (promoting healthy bone development in children)
- Low in sulfur proteins (sulfur proteins speed up the aging process)
- Increases metabolism and satiety (helping you to feel "full")
- Natural tonic for preventing and treating high blood pressure
- Promotes healthy kidney function*



SUBLINGUAL PREGNENOLONE

90 Instant Dissolve Tablets - \$19.99 PER BOTTLE



Pregnenolone is used for symptoms related to aging such as memory loss, fatigue, and mood stabilizing. It may enhance mood elevation and anti-aging and is said to help with Dementia, Alzheimer's, and Adrenal Fatigue Syndrome.

Instant Dissolve Tablets are Sublingual Vitamins that quickly dissolve under the tongue, eliminating the artificial colors, flavors, chemicals and fillers found in other vitamins. Perfect for those who have difficulty swallowing tablets or bad tasting liquids.

SUPPLEMENT FACTS

Serving Size: 1 Micro Quick Absorb® Tablet		Servings per Container: 90	
	Amt/Serving	DV%*	
Pregnenolone	50 mg	†	

† Daily Value not established.

Other Ingredients: Lactose (Milk) and acacia gum

Free of Preservatives, Gluten and Dye. Non-GMO Ingredients

California Health & Safety Code requires the following warning:

*Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified health care professional before using this product if you have a family history of prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms.

Ultra Pre Workout 1.1 Pounds / 525 Grams - \$39.99



Our Proprietary Formulated Ultra Pre Workout formula is redesigned and ready to go to work for you. During the creation of this product we took our original ground breaking pre workout out powder and started from there. We started evaluating studies of what ingredients worked with regard to building lean muscle mass, which nutrients work well with others, which nutrients don't work in synergy with others and created this new amazing product. LifeSource's Pre Workout / Combat Fuel is a Multi Creatine Complex with Beta Alanine, L-Arginine/AAKG (for Nitric-Oxide production), L-Glutamine, as well as a full array of BCAA's, L-Citrulline Malate, L-Carnitine and numerous other synergistic ingredients that will provide maximum results for all athletes. We also have included an All Natural Energy Blend, with No Caffeine added in the formula. This results driven has been a long time in the making. This is a game changer for athletes around the world.

- We have created this product so athletes can use this worldwide and pass and all regulatory testing no matter what sport they are in.
- Creates More Strength and results in the Weight Room - Amazing Pumps!
- Our Dual Creatine forms get delivered to where it is needed most for total muscle cell impact IE; Muscle Gain!
- Loaded with 4,500mg of Pure & Potent BCAA's
- No Fillers like Maltodextrin
- Contains our All Natural Energy Blend, Green Tea Extract w/ Taurine. No Jitters, Just Smooth Energy that is Healthy / Easy for the Body. No Caffeine Anhydrous.
- Contains L-Citrulline Malate for maximum Muscle Recovery
- L-Arginine - Alpha-ketoglutarate - AAKG
- Nitric Oxide Production, Creating Muscle Fullness, Pumps and Vascularity.
- There is no cycling that needs to be done, you can take this all year long.
- Tastes great and NO SUCRALOSE. We Only Use All Natural STEVIA & ERYTHRITOL.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (17.5g)		Servings per Container: 30	
	Amt/Serving	DV%*	
Muscle Blend			
Creatine Monohydrate (200 MESH), Creatine HCL, L-Arginine			
Alpha-ketoglutarate (AAKG) 2:1, Beta Alanine	7,000 mg	†	
BCAA's Complex			
L-Glutamine, L-Isoleucine, L-Leucine, L-Valine, L-Alanine	4,500 mg	†	
Energy Blend			
L-Taurine, L-Citrulline Malate 1:1, L-Tyrosine, L-Carnitine base, Green Tea Leaf Powder (Camellia sinensis), Cinnamon Bark Extract 20:1	4,475 mg	†	

* Percent Daily Values are based on 2,000 calorie diet.† Daily Value not established.

Other Ingredients: Natural Strawberry, Red Beet Root Powder, Erythritol, Stevia Leaf Extract.

Suggested usage: As a dietary supplement, adults mix one (1) flat scoop (17.5g) with 8-12 oz of water, 20-30 minutes before training.

Progesterone (All Natural)

3 oz - \$21.99 PER BOTTLE

Liposomal Skin Cream



Studies have shown that progesterone may provide many benefits such as protection against fibrocystic breasts and breast cancer, protection against osteoporosis, maintaining the sex drive and normalizing blood sugar levels. Research has also indicated the importance of progesterone to the central nervous system (the brain and spinal chord) – finding levels of progesterone to be 20 times higher in brain cells than in the blood. Therefore it has been studied in benefiting brain injuries and preventing migraine headaches. Progesterone has long been studied for its calming almost sedating effect. Proper levels have been linked to sleeping well and maintaining a sense of calm. All natural & plant based. Progesterone Cream can help with

- Depression and sadness
- Anxiety
- Uterine fibroids
- Endometriosis
- Menopause hot flashes
- Urinary incontinence
- Weight gain
- Sleep difficulties
- PMDD-Premenstrual
- Low sex drive
- Dysphoric Disorder
- PCOS-Polycystic Ovary Syndrome
- Breast pain
- Anovulation (lack of ovulation)
- Skin conditions
- Luteal Phase Defect/infertility
- Vaginal dryness
- Premenstrual & chronic headaches
- Irregular bleeding
- Depression, anxiety & sadness
- Estrogen dominance
- No artificial colors or fragrances
- Liposomal skin cream with natural progesterone from wild yam and balancing herbs
- Each pump contains 20 mg of natural progesterone!

Psyllium Husk Powder 12 oz. 12 oz. - \$10.99 PER BOTTLE



Soluble fiber from foods such as psyllium seed husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Psyllium Husk Powder supplies 6 grams of the 7 grams soluble fiber necessary per day to have this effect.

SUPPLEMENT FACTS

Serving Size: 1 Level Tablespoon (about 9g)
Servings per container: 38

	Amt/Serving	DV%*
Calories	30	
Sodium	10 mg	<1%
Total Carbohydrates	8 g	3%*
Dietary Fiber	7 g	28%*
Soluble Fiber 6 g		
Insoluble Fiber 1 g		
Calcium		2%
Iron		8%

* Percent Daily Values are based on 2,000 calorie diet. b† Daily Value not established.
Suggested Use: As a dietary supplement, mix 1 level tablespoon into at least 12 oz of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day.
Other Ingredients: None **Non-GMO**
Notice: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing

Policosanol 10 mg 90 Veg Caps - \$13.99 PER BOTTLE



Policosanol is a blend of long-chain fatty alcohols (LCFA) derived from sugar cane. LCFA's are naturally occurring plant waxes. Studies indicate that these plant waxes may help to support cholesterol levels already within the normal range.

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings Per Container: 90

	Amt/Serving	DV%*
Policosanol (from Sugar Cane)	10 mg	†

Daily value based on a 2,000 calorie diet. † Daily value not established.
Other Ingredients: Rice Flour, Cellulose, Cellulose (capsule), Silica and Magnesium Stearate (vegetable source).
Contains no: salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.
Vegetarian/Vegan Product.

Potassium Gluconate 100 Tablets - \$7.99 PER BOTTLE



This important mineral is a major component of the cells in our body and is required for muscle contraction, production of energy, synthesis of nucleic acids and proteins. Even the beating of the heart depends on potassium. Potassium benefits athletic performance, but is depleted from the body by excessive loss of fluid like that experienced during intense workouts. Many athletes take Potassium to prevent and fight off muscle cramps. Drink a glass of water with your Potassium Gluconate supplement. Also, increase your intake of water when taking this product as it helps with overall performance.

- Prevent and fight muscle cramps.
- Important for healthy nervous system and regular heart rhythm.
- Helps in the overall lowering of blood pressure.

SUPPLEMENT FACTS

Serving Size: 1 Tablet Servings Per Container: 100

	Amt/Serving	DV%*
Potassium (from Potassium Gluconate)	99 mg	3%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose, Modified Cellulose Gum, Silica, Stearic Acid (vegetable source), Calcium Stearate (vegetable source), Glycerin.

Dophilus Plus Probiotic 60 Veg Caps - \$16.99 PER BOTTLE
120 Veg Caps - \$29.99 PER BOTTLE (SAVE \$4)



Dophilus Plus is a combination of 8 different species of beneficial bacteria designed to support gastrointestinal health and immune system function. FOS is also included in this product to assist healthy growth of acidophilus and bifidus organisms. Dophilus Plus exclusively utilizes the finest strains from Rhodia Incorporated, the world's leading supplier of high quality probiotic ingredients, and is enteric-coated to ensure that the bacteria in this product are not destroyed in stomach acid but reach the small and large intestines where they are most beneficial. After opening store in a cool, dry place, refrigeration is recommended.

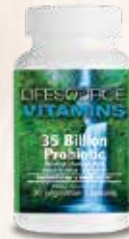
SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 60

Amt/Serving	DV%*	Amt/Serving	DV%*
Blend of 8 Strains of Probiotic Bacteria	4.0 Billion Organisms*	Bifidobacterium longum	200 million*
Lactobacillus acidophilus	1.2 billion*	Bifidobacterium lactis	200 million*
Lactobacillus casei	600 million*	Streptococcus thermophilus	400 million*
Lactobacillus rhamnosus	600 million*	Bifidobacterium bifidum	200 million*

* Percent Daily Values are based on 2,000 calorie diet. + Daily Value not established.
Free of: wheat, milk, egg, fish, shellfish or tree nut ingredients
Other Ingredients: Cellulose (capsule), Ascorbic Acid, Magnesium Stearate (vegetable source), FOS (Fructooligosaccharides), Maltodextrin and Enteric Coating.
Refrigeration after opening is suggested but not required.

35 Billion Probiotic 30 Vegetarian Capsules - \$26.99 PER BOTTLE
60 Vegetarian Capsules - \$49.99 PER BOTTLE (SAVE \$4)



Our 35 Billion Probiotic, also referred to as friendly or good bacteria, gut flora, intestinal flora, microflora, and direct fed microorganisms (DFM), probiotics help maintain the natural balance of organisms (microflora) in the intestines. They are live, microscopic living organisms – such as bacteria, viruses, and yeasts – that play a vital role in the fermentation and digestion of carbohydrates, and aid in the digestion of fats and proteins. Probiotics has shown to prevent bloating, gas, and yeast overgrowth because they help maintain intestinal acidity at a healthy pH level. These probiotic can also help generate certain vitamins and nutrients, support the immune system, and help prevent disease by depriving bad bacteria of nutrients, and secreting acids that harmful bacteria can't cope with.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule Servings per Container: 30

	Amt/Serving	DV%*
Proprietary probiotic blend	35 billion cells per capsule	†
Lactobacilli acidophilus (La-14)		
Bifidobacterium lactis (BI-04)		
Lactobacilli salivarius (Ls-33)		
Lactobacilli plantarum (Lp-115)		
Bifidobacterium bifidum (Bb-02)		
Bifidobacterium longum (BI-05)		
Lactobacilli rhamnosus (Lr-32)		
Lactobacilli bulgaricus (Lb-64)		
Prebiotic blend	50 mg	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetarian capsule (cellulose, water), cellulose, silica, magnesium stearate and calcium silicate
Contains No salt, dairy, wheat, gluten, preservatives, artificial colors or flavors

Kids Dophilus Probiotic Chewables 60 Chewables - \$11.99 PER BOTTLE



- All-natural berry flavor • Naturally aids digestion
- Boosts immunity • No sugar
- Shown to help Irritable Bowel Systems

SUPPLEMENT FACTS

Serving Size: 1 Chewable Servings Per Container: 60

	Amt/Serving	% Daily Value*
Calories	5	†
Total Carbohydrates	1.4 g	1%
Sugar Alcohol	1.2 g	†
Blend of 10 Strains of Probiotic Bacteria	2 Billion Organisms	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Kids Dophilus Probiotic Chewables Extra Strength 50 Chewables - \$21.99 PER BOTTLE



LifeSource Vitamins Kids Dophilus Extra Strength with 10 Billion CFU is a combination of probiotic bacterial strains designed to support gastrointestinal health and immune system function. In addition, healthy intestinal flora also helps to create a favorable environment for the absorption of nutrients. FOS is included in this product to assist healthy growth of acidophilus and bifidus organisms. Kids Dophilus can be used by both adults and children. Because it is sweetened with Xylitol, it won't harm teeth and it tastes great.

SUPPLEMENT FACTS

Serving Size: 1 Chewable Servings per Container: 50

	Amt/Serving	DV%*
Calories	5	
Total Carbohydrates	1 g	<1%
Sugar Alcohols (Xylitol & Sorbitol)	1 g	†
Blend of 10 Strains	10 Billion CFU	†
Lactobacillus acidophilus (La-14)		
Lactobacillus plantarum (Lp-115)		
Lactobacillus rhamnosus (Lr-32)		
Lactobacillus paracasei (Lpc-37)		
Lactobacillus salivarius (Ls-33)		
Bifidobacterium lactis (BI-04)		
Bifidobacterium longum (BI-05)		
Streptococcus thermophilus (S1-21)		
Bifidobacterium breve (Bb-03)		
Lactobacillus casei (Lc-11)		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other ingredients: Xylitol, Sorbitol, Cellulose, Stearic Acid (vegetable source), Silica, Natural Berry Flavors, Beet Powder and FOS (Fructooligosaccharides)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or other tree nut ingredients

Phyto Foods

Green Phyto Foods

(30 Whole Food Concentrates) **P**

- 10 oz Powder / 31 Servings — \$29.99 PER CONTAINER
- 2 lbs. Powder /100 Servings — \$69.99 PER CONTAINER (SAVE \$25)
- 120 Capsules / 20 Servings — \$17.99 PER BOTTLE
- 240 Capsules / 40 Servings — \$31.99 PER BOTTLE (SAVE \$4)

LifeSource's Proprietary Formula is a powerful Mega-Food formulation of certified organically grown grasses, sprouted grains, vegetables, blood purifying and immune enhancing herbs, with antioxidants. LifeSource's Green Phyto SuperFoods Formula is the most complete well-rounded SuperFoods green formula on the market today.

Our Green Phyto Foods are the combination of the best of green SuperFoods available anywhere in the world. Our all-natural nutrients ensure that you will get 100% absorption, while synthetic and non-organic greens will provide 5-15% absorption. Phyto benefits: helps energy levels, cholesterol, fat, strengthens immune system and natural weight loss. Detoxifies the intestinal tracts and cleans/purifies the colon. Neutralizes acidity. Helps with digestion, heartburn, acid reflux, upset stomachs, bodily waste functions, aids in mental clarity, Oxygenates the cells, and helps the skin cells to regenerate more efficiently. Maximizes blood purification and aids in detoxification, dramatically slows the aging processes caused by over-acidification and helps hair and nails strengthen and become healthier. 2.5 lbs of veggies per serving.



NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	40		Chlorella Powder	300 mg	†	Magnesium	24 mg	6%
Barley Grass Powder, Org.	500 mg	†	Protein	1 g	2%	Trace Mineral Concentrate	100 mg	†
Calories from Fat	15		Red Beet Powder	300 mg	†	Zinc	900 mcg	6%
Carrot Powder	500 mg	†	Vitamin A			Milk Thistle Extract (80% Silymarin)	80 mg	†
Total Fat	0.5 g	<1%	(as Beta-Carotene)	6250 IU	125%	Lecithin (Fine Powder)	2.0 g	†
Barley Malt Powder	400 mg	*	Panax Ginseng Root Powder (C.A. Mayer)			Kelp Powder	50 mg	†
Saturated Fat	0 g	0%	(min. 5% Ginsenosides)	250 mg	†	Spirulina (Hawaiian, Org.)	1.0 g	†
Broccoli Powder	350 mg	†	Vitamin K	160 mcg	200%	Ginkgo Biloba Extract (24%		
Cholesterol 0	mg	0%	Eleuthero (Eleutherococcus senticosus) (Root)	100 mg	†	Ginkgo flavoglycosides) (Leaves)	20 mg	†
Brown Rice Bran	350 mg	†	Vitamin B-12	2.1 mcg	35%	Alfalfa Juice Concentrate	700 mg	†
Sodium	30 mg	2%	Peppermint Powder	150 mg	†	Grapeseed Extract (95% Polyphenols)	20 mg	†
Apple Fiber	350 mg †		Calcium	40 mg	4%	Wheat Grass Powder, Org.	500 mg	†
Total Carbohydrate	6 g	2%	Green Tea Extract (40% Catechins)	100 mg	†	Bilberry Extract (25% Anthocyanidins)	20 mg	†
Apple Pectin	300 mg	†	Iron	1.8 mg	10%	Plant Based Enzymes	350 mg	†
Dietary Fiber	2 g	8%	Royal Jelly Powder (min. 5% 10-HDA)	100 mg	†	Coenzyme Q10 (CoQ10)	10 mg	†
Oat Bran	300 mg	†	Iodine (from Kelp)	150 mcg	100%	Alpha Lipoic Acid	10 mg	†
Sugars	1 g		Fructooligosaccharides (NutraFlora™ FOS)	100 mg	†	Stevia Extract (Leaves)	10 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Phyto Reds Powder

(5,000 ORAC per serving) **P**

- 10 oz Powder / 33 Servings - \$29.99 PER CONTAINER
- 2 lbs. Powder / 106 Servings - \$69.99 PER CONTAINER (SAVE \$25)

Phytonutrients appear to serve three major functions in the human body:

1. They act as antioxidants - protect our bodies from free-radical damage and support healthy cellular functions. (Free radical damage)
2. They regulate hormone levels - Phytonutrients provide nutrients required for optimum hormonal functions.
3. Preserve optimal health and longevity.

Phytonutrients can:

- Slow and/or stop the development of cancer cells.
- Block testosterone and estrogen from promoting cancer cell growth.
- Prevent tumors from spreading by choking off their blood supply. • Detoxify environmental carcinogens.
- Reverse coronary artery disease. • Reduce or eliminate the need for insulin injections for type II (adult-onset) diabetes.
- Boost the effectiveness of conventional cancer treatments and reduce their toxic side effects.
- Replace lost bone minerals in people suffering from osteoporosis. • Whole body support with vitamins, enzymes, fruits and fiber.
- High in natural anti-oxidants for healthy aging, vascular and immune support.



NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop (8.5 grams)

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
*Calories	22		Peaches, Pears, Papayas, Mangos,			L. Casei, L. Rhamnosus, L. Plantarum,		
Calories from Fat	0		Watermelon, Black Currents, Nectarines,			B. Breve and B. Longum	100 mg	†
Total Fat	0.5 g	<1%	Blood Oranges, Pomegranates, Acerola,			Grape Seed Extract	30 mg	†
Saturated Fat	0 g	0%	Blueberries, Blackberries and Red Plums	6.675 g	*	ORAC Blend	50 mg	†
Total Carbohydrate	4 g	1.33%	Carrot Powder	600 mg	†	Polygonum Cuspidatum	40 mg	†
Fiber	2 g	8%	Apple Pectin	250 mg	†	Bilberry Std. Extract 25%	40 mg	†
Sugars	0 g		Flax Seed	250 mg	†	Lycopene	5 mg	†
Protein	0 g		Oat Bran	175 mg	†	Lutein	5 mg	†
Proprietary Blend			Lecithin 150 mg †			Astaxanthin	1 mg	†
Goji berries, Cranberries, strawberries,			Rice Bran	100 mg	†			
Cherries, Black Raspberries,			Probiotic Blend (L. Acidophilus,					

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Stevia Allergy Information: This product contains Lecithin (From Soy).

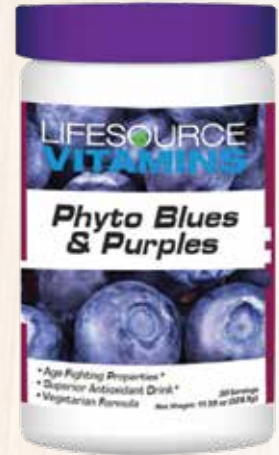
P = LifeSource Proprietary Blend

Phyto Blues & Purples Age Fighter 11.59 oz Powder / 30 Servings - \$29.99 PER CONTAINER P

LifeSource Vitamins Phyto Blues & Purples combine 23 nutrients that are rich whole fruits, vegetables and extracts. This is a great way to get your blue fruits and purple fruits that are so very important in today's hectic lifestyle that we all have. Our goal was to create a delicious, Anti-Aging, drink mix that would change people's lives through better nutrition. These Blues & Purples are the sure to help your nutritional balance and effect your life. When your body gets: Blueberry, Blackberry, Black Cherries, Black Raspberries, Black Currants, Plums, Elderberries, Bilberries, Figs, Raisins, Eggplant, Purple Carrots, Purple Cabbage, Beets, Acai Fruit Powder, Camu Camu, Mangosteen, Goji Berry, L-Carnosine, Alpha GPC & Pomegranate Extract your body will feel absolutely alive with energy, and it will give your body exactly what it needs for optimum health!

LifeSource Phyto Blues & Purples contain powerful color-rich phytonutrients that support:

- Anti-Aging - Healthy Aging
- Circulation & Vascular Health
- Helps overall Memory
- Radiant Skin, Smooth and Healthy
- Mental clarity & focus
- Immune System Function
- Complete Cell Health & Function
- Supports Healthy Nerve and Brain Functions



SUPPLEMENT FACTS

Serving Size: 1 Scoop (10.95g)

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	40		Proprietary Fruit Powder Blend			Camu camu Fruit Powder	300 mg	†
Calories from Fat	1		containing Blueberry, Blackberry,			Mangosteen (Garcinia mangostana)		
Total Fat,	5 g	1%	Black Cherries, Black Raspberries,			Fruit Rind Extract	300 mg	†
Total Carbohydrates	9 g	3%	Black Currants, Plums, Elderberries,			Goji (Wolfberry/Lycium barbarum)		
Sugars	4 g	†	Bilberries, Figs and Raisins	4,900 mg	†	Berry powder	200 mg	†
Fiber	3 g	12%	Soluble Fiber (Fibersol® 2 brand)	2,000 mg	†	Proprietary "Brain Blend" containing		
Protein	1 g	2%	Proprietary Vegetable Powder			Phosphatidylserine, Inositol, L-Carnosine		
Vitamin A	31 IU	1%	Blend containing Eggplant, Purple Carrots,			and Alpha GPC	100 mg	†
Vitamin C	2.95 mg	5%	Purple Carrots, Purple Cabbage and Beets	1,250 mg	†	Pomegranate Extract	40 mg	†
Folic Acid	400 mcg	100%	Acai Fruit Powder	400 mg	†	Stevia Leaf Extract	35 mg	†
Calcium	14 mg	1%						
Iron	.687 mg	4%						
Sodium	50 mg	2%						

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: raspberry, strawberry, cherry, vanilla, and spearmint flavors, banana powder, citric acid
Contains Soy

Phyto Oranges With CoQ10 10.58 oz Powder / 30 Servings - \$29.99 PER CONTAINER P

LifeSource Vitamins Fatigue Fighting Phyto Oranges is a great way to get your day started or a mid-day snack that will keep you energized the healthy way. This formula is a wonderful blend of fruits that will make your body run much more efficiently and will help fight off colds and flus, along with the general feeling of sluggishness that many of us experience. Combat the mid-day lull in a healthy way Have a great all natural fruit shake that is so very good for you and is loaded with Oranges, Peaches, Nectarines, Tangerines, Cantaloupe, Pineapple, Clementines Papaya, Apricot, Mango, Kumquat, Persimmons, Yams, Pumpkin, Butternut Squash, Rutabaga and more. Your body will finally get the fruits that you need to run optimally. You will feel a difference after a just a few servings.



SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop / 10 g

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	40		Riboflavin	12 mg	706%	Proprietary Vegetable Blend: Carrots,		
Calories from Fat	<1		Vitamin C (ascorbic acid)	200 mg	333%	Yams, Pumpkin, Butternut Squash,		
Total Fat	<.5 g	<1%	Proprietary Fruit Blend: Oranges,			Rutabaga	1,400 mg	†
Total Carbohydrates	8 g	3%	Peaches, Nectarines, Tangerines,			Proprietary Energy Blend: Taurine,		
Sugars	4 g	†	Cantaloupe, Pineapple, Clementines,			Inositol, N,N-Dimethylglycine HCl (DMG),		
Fiber	2 g	8%	Papaya, Apricot, Mango, Kumquat,			White Panax Ginseng	800 mg	†
Protein	1 g	2%	Persimmons	3,850 mg	†	Green Coffee Bean Extract	450 mg	†
Iron	16 mg	1%	Soluble Fiber (Fibersol® brand)	1,500 mg	†	CoQ10	15 mg	†
Sodium	14.3 mg	<1%				Stevia Leaf Extract	35 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Natural orange and vanilla flavors, banana powder, citric acid
Product contains natural sources of iron and sodium

P = LifeSource Proprietary Blend



Probiotic Digestive Support

60 Capsules - \$30.99 PER BOTTLE



- A prebiotic (fructo-oligosaccharide) acts as a food source to aid the growth, multiplication, and survival of efficacious probiotics in the gut.
- Restores the Natural Balance of Good Bacteria in Your Digestive Tract*
- Helps maintain a healthy, balanced immune system*
- Helps Entire Digestive System Work Better*
- Provides 10 efficacious bacterial species
- Provides 9 enzymes to further support digestive health and balance

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings per Container: 30	
	Amt/Serving	DV%*
20 billion x10 strain pre- and pro-b blend (grown on milk)	470 mg	†
Fructo-oligosaccharides		
Lactobacillus acidophilus (3.8 billion cfu)		
Lactobacillus rhamnosus (3.75 billion cfu)		
Lactococcus lactis (375 million cfu)		
Bifidobacterium longum (350 million cfu)		
Lactobacillus casei (350 million cfu)		
Bifidobacterium lactis (325 million cfu)		
Lactobacillus brevis (325 million cfu)		
Bifidobacterium bifidum (300 million cfu)		
Streptococcus thermophilus (300 million cfu)		
Lactobacillus bulgaricus (200 million cfu)		
BioCore® Optimum Complete Digestion support	220 mg	
Amylase (3,500 DU)		
Protease (21,000 HUT/4,000 PC/50 SAPU)		
Alpha-galactosidase (150 GalU)		
Glucoamylase (9 AGU)		
Lactase (1,000 ALU)		
Invertase (400 SU)		
Lipase (500 FIP)		
Acid maltase (14 MaltU)		
Peptidase (2 AP)		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Contains No Artificial colors, flavors, or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish



Women's 50 Billion Probiotic

30 Veg Capsules - \$32.99 PER BOTTLE



LifeSource Vitamins Women's 50 Billion Probiotic:
 High Potency Probiotic w/ Prebiotics Specifically Formulated for Women and their exact needs to promote Balance and Harmony.

Supports women's gut flora, intestinal flora, microflora, and direct fed microorganisms (DFM), probiotics help maintains the natural balance of organisms (microflora) in the intestines. They are live, microscopic living organisms – such as bacteria, viruses, and yeasts – that play a vital role in the fermentation and digestion of carbohydrates, and aid in the digestion of fats and proteins.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Servings per Container: 30	
	Amt/Serving	DV%*
Proprietary Lactobacillus blend	(25 billion CFU)	
Lactobacillus acidophilus (La-14)		
Lactobacillus casei (Lc-11)		
Lactobacillus lactis (Li-23)		†
Lactobacillus salivarius (Ls-23)		
Lactobacillus plantarum (Lp-115)		
Proprietary Bifidobacterium blend	(25 billion CFU)	
Bifidobacterium lactis (BI-04)		
Bifidobacterium breve (Bb-03)		
Prebiotic blend (Fructooligosaccharides (FOS), Larch Arabinogalactan (FiberAid®))	50 mg	

* Percent Daily Values are based on 2,000 calorie diet.
 † Daily Value not established.
Other Ingredients: Vegetarian capsule (modified cellulose, water), cellulose, magnesium stearate, silica and calcium silicate
Contains No salt, dairy, wheat, gluten, soy, preservatives, artificial colors or flavors
Suggested usage: Take 1 tablet daily with meals

ProstaPlex

90 Tablets - \$24.99 PER BOTTLE
 180 Tablets - \$44.99 PER BOTTLE (SAVE \$5)



LifeSource's Signature ProstaPlex Formula containing 31 ingredients is 10 times more effective than saw palmetto by itself. Our ProstaPlex Formula helps prevent prostate growth and inflammation, and also restores urinary regularity. ProstaPlex is also fortified with anti-bacterial additives. Some degree of benign prostatic hyperplasia is present in 80% of all men over forty years in age. LifeSource's potent formula protects against urinary and sexual dysfunction associated with BPH. Scientific ratios of potent substrates help block di-hydrotestosterone, an identified cause of enlargement of the prostate, while anti-bacterial additives simultaneously protect against infection.

Hundreds of thousands of men die each year from prostate cancer. It can be prevented! ProstaPlex, the most comprehensive supplement for prostate health on the market today!

SUPPLEMENT FACTS

Serving Size: 2 Tablets	Servings per Container: 45	
	Amt/Serving	DV%*
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin E (Acetate)	100 IU	333%
Vitamin B6 (Pyridoxine)	25 mg	1250%
Zinc Arginate	10 mg	67%
Copper (Sulfate Anhydrous)	2 mg	100%
Saw Palmetto Powder	200 mg	†
Stinging Nettle Root (Extract)	175 mg	†
Saw Palmetto Berry Extract	125 mg	†
Apis Mellifica (Honeybee)	100 mg	†
Dong Quai Powder	100 mg	†
Licorice Root	100 mg	†
Prostate Extract	100 mg	†
African Cherry Extract	75 mg	†
Dong Quai Extract	75 mg	
Glycine	75 mg	†
L-Alanine	75 mg	†
L-Glutamic Acid	75 mg	†
Turmeric Powder	50 mg	†
Cowherb Seed Extract	25 mg	†
European Goldenrod Extract	25 mg	†
Indian Frankincense Extract	25 mg	†
Turmeric Extract	25 mg	†
Panax Ginseng Extract	15 mg	†
Salvia Root	15 mg	†
Hydrangea Root Extract	10 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Suggested usage: Take 2 tablets daily.

100 Billion Probiotic

30 Veg Caps - \$49.99 PER BOTTLE



100 Billion Probiotic is a combination of 12 different strains of beneficial bacteria designed to support gastrointestinal health and immune system function. 100 Billion, High Potency.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule
 Servings per Container: 30

Amt/Serving	DV%*	Amt/Serving	DV%*
Proprietary probiotic blend (100 billion cells per capsule)	421 mg †	Lactobacillus rhamnosus (Lr-32)	
Bifidobacterium lactis (BI-04)		Bifidobacterium longum (BI-05)	
Lactobacilli acidophilus (La-14)		Bifidobacterium bifidum (Bb-06)	
Bifidobacterium infantis (Bi-26)		Lactobacillus salivarius (Ls-33)	
Lactococcus lactis (LI-23)		Lactobacillus plantarum (Lp-115)	
Bifidobacterium breve (Bb-03)		Lactobacillus bulgaricus (Lb-87)	
Lactobacillus casei (Lc-11)		Larch Arabinogalactan (Fiber Aid) 25 mg	†
		Fructooligosaccharides (FOS) 25 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetarian capsule (cellulose, water), cellulose, silica, magnesium stearate and calcium silicate
Contains No salt, dairy, wheat, gluten, preservatives, artificial colors or flavors

Pycnogenol

60 Veg Capsules - \$26.99 PER BOTTLE



As a potent natural scavenger of free radicals, Pycnogenol helps to protect the body's tissue from oxidative stress and supports a healthy, balanced immune system response to normal metabolic stress.

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules	Servings per Container: 30	
	Amt/Serving	DV%*
Pycnogenol® (French Maritime Pine Bark Extract) (Pinus pinaster)	60 mg	†
Citrus Bioflavonoid Complex	600 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source).
Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.



Quercetin Complex 100 Capsules - \$24.99 PER BOTTLE



Quercetin is a naturally occurring bioflavonoid compound. It serves as an antioxidant in the body and assists with a healthy inflammation response. Bioflavonoids are compounds that give color to fruits and vegetables, as well as red colored wines.

Bromelain, a proteolytic enzyme from pineapple, and magnesium are added to help support the body's response to inflammation.

SUPPLEMENT FACTS

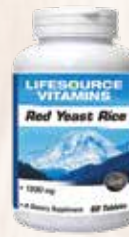
Serving Size: 1 Capsule	Servings per Container: 100		
	Amt/Serving	DV%*	
Vitamin C (as ascorbic acid)	100 mg	167%	
Magnesium (from magnesium carbonate)	15 mg	4%	
Quercetin	250 mg	†	
Lemon Bioflavonoid Complex	50 mg	†	
Bromelain (from pineapple)	25 mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, Vegetarian Capsule (Cellulose), Magnesium Stearate (vegetable source), Silica
Contains no artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Red Yeast Rice 1200 mg

60 Tablets - \$24.99 PER BOTTLE



- Great cholesterol-lowering agent
- Promotes blood circulation
- Aids in cardiovascular health

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings Per Container: 60		
	Amt/Serving	DV%*	
Calcium (from Calcium Carbonate)	150 mg	12%	
Red Yeast Rice (Monascus purpureus) Concentrated (10:1) Powder	1.2 g (1,200 mg)	†	

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Resveratrol Plus 60 Veg Caps - \$19.99 PER BOTTLE



Scientific studies have shown that Resveratrol supports healthy cardiovascular function through various mechanisms. Resveratrol, especially when combined with other polyphenols, is known for its anti-aging effects, as well as for its ability to support a healthy inflammatory response. LifeSource's Resveratrol Plus contains a comprehensive blend of polyphenols, including natural resveratrol and proanthocyanins (OPC's from grape seed), plus catechins (green tea extract) for powerful cardiovascular protection.*

Benefit's of LifeSource's Resveratrol:

- 100 mg of red wine extract
- Cardiovascular support*
- Rich in polyphenols!
- Vegetarian formula
- Natural Trans-Resveratrol 150 mg

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps	Servings Per Container: 30		
	Amt/Serving	DV%*	
Red Wine Extract (Alcohol-Free) (Vitis vinifera) (min. 30% Polyphenols)	200 mg	†	
Polygonum Cuspidatum Extract (Root)	200 mg	†	
(50% Natural Trans-Resveratrol - 100 mg) Green Tea Extract (Camellia sinensis) (Leaf) (min. 98% Total Polyphenols, 70% Total Catechins and 45% EGCG) (Contains up to 14 mg of Natural Caffeine)	200 mg	†	
Grape Seed Extract (Vitis vinifera) (min. 95% Polyphenols)	100 mg	†	

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Pure Raspberry Ketones 60 Veg Caps - \$10.99 PER BOTTLE



Research has shown that raspberry ketone can help in your weightloss efforts, especially when paired with regular exercise and a well-balanced diet of healthy and whole foods. Raspberry ketone is the primary aroma compound of red raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism. Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. The recommended dose is 100mg per day. To get the same benefit from the whole fruit, you'd have to consume 90 pounds of raspberries. There is no miracle pill, and certainly this is no exception, but combined with a healthy diet and exercising you should see some great results.

SUPPLEMENT FACTS

Serving Size: 1 Veggie Capsule	Servings Per Container: 60		
	Amt/Serving	DV%*	
Red Raspberry Ketones	100 mg	†	

* Daily value based on a 2,000 calorie diet. † Daily value not established.

OTHER INGREDIENTS: Rice Flour Powder, Hypromellose and Water.

CONTAINS: No soy, yeast, sugar, dairy, gluten, artificial colors, flavors or preservatives.

Royal Jelly 60 Capsules - \$19.99 PER BOTTLE



Royal Jelly has a complex nutritional profile that includes nucleotides, polyphenols, and unique organic acids. It has been used traditionally since ancient times as a health tonic.

- Boost Immune System
- Beneficial for short-term memory
- Reduce menopausal symptoms

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings Per Container: 60		
	Amt/Serving	DV%*	
Royal Jelly (min. 6% 10-HDA) (Freeze-dried concentrate equivalent to 1500 mg of fresh Royal Jelly)	500	*	

* Daily Value Not Established.

Suggested Use: As a dietary supplement, take 1 capsule daily, preferably with meals.

Other Ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source).
Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients.

Organic Red Yeast Rice With CoQ10 60 Veg caps - \$22.99 PER BOTTLE
120 Veg caps - \$39.99 PER BOTTLE (SAVE \$6)



1200 mg with CoQ10 60 mg

Red Yeast Rice is a unique natural product that's been used in Asian traditional medical systems since approximately 800 A.D. It is produced by the fermentation of red yeast (Monascus purpureus) with white rice. LifeSource Vitamin Red Yeast Rice is carefully produced to avoid the presence of citrinin, a sometimes toxic by-product of the fermentation process. This product is further enhanced with the addition of CoQ10 to support healthy cardiovascular and immune system function, Milk Thistle Extract to support healthy liver function, and Alpha Lipoic Acid to provide antioxidant support.

- Cardiovascular support • Lowers cholesterol
- Milk thistle & alpha lipoic acid • Vegetarian formula

SUPPLEMENT FACTS

Serving Size: 2 Vcaps	Servings Per Container: 30		
	Amt/Serving	DV%*	
Organic Red Yeast Rice (Monascus purpureus)	1200 mg	†	
Milk Thistle (Silybum marianum)	210 mg	†	
Standardized Extract (min. 80% Silymarin) Alpha Lipoic Acid	100 mg	†	
CoQ10 (Coenzyme Q10) (as Ubiquinone)	60 mg	†	

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other ingredients: Cellulose (capsule), Silica, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source). Contains soy derivative.

Contains no sugar, salt, wheat, gluten, corn, milk, egg, shellfish or preservatives. Vegetarian/vegan product.

SAM-E 30 Tablets - \$22.99 PER BOTTLE



SAM-e is produced in small amounts by the human body, where it is an important physiological factor in the production of many compounds. However, the body does not always produce adequate amounts of SAM-e and supplementation is sometimes required.

- Helps fight depression
- Can reduce symptoms of osteoarthritis

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings Per Container: 30		
	Amt/Serving	DV%*	
SAMe (from 400 mg of s-adenosyl-l-methionine tosylate)	200 mg.	*	

Other Ingredients: Cellulose, silica, magnesium stearate, ethyl cellulose, oleic acid, medium chain triglycerides, sodium alginate, modified cellulose, triacetin, calcium carbonate and riboflavin (for color).

P = LifeSource Proprietary Blend

Saw Palmetto 120 Softgels - \$15.99 PER BOTTLE



Saw Palmetto berries have been found to support healthy urinary tract and prostate functions.

SUPPLEMENT FACTS

Serving Size: 1 Softgels / 160 mg Servings Per Container: 120

	Amt/Serving	DV%*
Saw Palmetto Extract	160 mg	†

* Daily value based on a 2,000 calorie diet.
† Daily value not established.

Selenium 90 Veg Caps - \$8.99 PER BOTTLE



- May lower the risk of lung, prostate and colorectal cancers
- Antioxidant properties

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings Per Container: 90

	Amt/Serving	DV%*
Selenium (as L-Selenomethionine)	200 mcg	286%

* Daily values are based on 2,000 calorie diet.
Free of: sugar, yeast, salt, milk, corn, wheat, gluten, soy, preservatives, colors.

Shark Cartilage 100 Capsules - \$13.99 PER BOTTLE



LifeSource Vitamins Shark Cartilage is derived from 100% pure freeze dried backbone of sharks and is a natural source of chondroitin and glycosaminoglycans (GAG's). Our powder is thoroughly tested for important shark components and contains no solvents, bleaches or chemical processing agents. May help with Arthritis, Anti Inflammatory, Skin, Digestive & Eye Health.

SUPPLEMENT FACTS

Serving Size: 6 Capsules Servings Per Container: 16

	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	1 g	<1%
Sodium	55 mg	2%
Protein	2 g	4%
Calcium	1,000 mg	77%
Shark Cartilage (with natural mucopolysaccharides)	4.5 g	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Gelatin (capsule), Cellulose, Magnesium Stearate (vegetable source), Stearic Acid (vegetable source) and Silica.
Contains fish (shark). Non-GMO
Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, shellfish or tree nut ingredients.

Sleep Formula Advanced 50 Capsules - \$13.99 PER BOTTLE



Sleep Formula Advanced (Melatonin-Free) can help you get a good night sleep. This blend contains natural herbs such as Passion Flower, Chamomile, Hops and other proven nutrients to encourage natural, restful sleep.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 50

	Amt/Serving	DV%*
Vitamin B6 (as pyridoxine HCl)	1 mg	50%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Magnesium (citrate)	40 mg	10%
GABA (gamma amino butyric acid)	180 mg	†
L-Theanine	120 mg	†
Chamomile (flowers)	75 mg	†
Passion Flower Extract	20 mg	†
Hops Extract (Humulus Lupulus 4:1) Flower	20 mg	†
Lemon Balm (leaf)	10 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetable Capsule (Cellulose), Cellulose, Magnesium Stearate (Vegetable Source), Silica.
Contains No artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.
Suggested usage: Take 1 capsule: 30 minutes prior to bedtime.

Spirulina 200 Tablets - \$14.99 PER BOTTLE



Spirulina is rich in Beta-Carotene and Vitamin B12 and has naturally occurring protein and GLA (Gamma Linolenic Acid), a popular fatty acid with numerous health benefits. In addition, Spirulina has naturally occurring minerals, trace elements, cell salts, amino acids and enzymes.

NUTRITIONAL FACTS

Serving Size: 6 Tablets Servings Per Container: 33

	Amt/Serving	DV%*
Calories	10	
Total Fat	0 g	0%
Spirulina	3,000 mg	†
Sodium	40 mg	2%
Total Carbohydrate	< 1 g	<1%
Protein	2.0 g	4%
Vitamin B-12		60%
Vitamin A		140%
Iron		10%
Calcium		2

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Warnings: Please discard the inedible freshness packet enclosed.

Stevia Extract Liquid (Organic) 2 fl. oz - \$9.99 PER BOTTLE



- Pleasant tasting herb • Non-bitter aftertaste
- All-natural herbal product • Safe for diabetics
- Safe, natural dietary supplement • Vegetarian product
- Doesn't affect blood sugar • No tooth decay levels
- Low caloric value, zero carbs per serving

NUTRITIONAL FACTS

Serving Size: 4 drops (0.13 ml) Servings Per Container: 461

	Amt/Serving	DV%*
Stevia Liquid Extract (Stevia rebaudiana) (Leaf)	0.13 ml	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Stevia Extract Powder (Organic) 1 oz. - \$9.99 PER BOTTLE



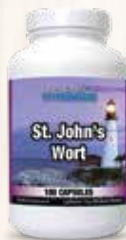
NUTRITIONAL FACTS

Serving Size: 1 Level Scoop Servings Per Container: 622

	Amt/Serving	DV%*
Stevia Extract Powder (Stevia rebaudiana) (Leaf) (min. 80% Glucosylsteviosides)	45 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

St. John's Wort 100 Capsules - \$12.99 PER BOTTLE



- Depression • Anxiety • PMS relief • Ear infections
- Cold sores • Ulcerative colitis • Wound healing

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 100

	Amt/Serving	DV%*
St. John's Wort Extract (Hypericum perforatum aerial part with flowers standardized to contain 0.3% hypericin)	300 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established.

I can do all things through Christ who strengthens me. Philippians 4:14

P = LifeSource Proprietary Blend

Stress Relief & Calming Formula

100 Tablets - \$18.99 PER BOTTLE
200 Tablets - \$33.99 PER BOTTLE
(SAVE \$4)



- Improves stress protection and defense
- Strengthens the immune system
- Helps antioxidant levels
- Builds adaptive energy and vitality
- Harmonizes all organ systems & revitalizes body balances

SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings per Container: 33

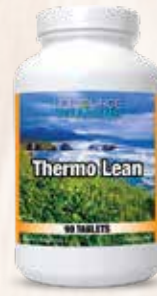
	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin E	100 IU.	333	L-Glutamic Ac.	50 mg.	†
Vitamin C	500 mg.	833	GABA	50 mg.	†
Vitamin B1	50 mg.	6,666	Tyrosine	50 mg.	†
Vitamin B2	50 mg.	2,491	Ribonucleic Ac.	50 mg.	†
Vitamin B3	40 mg.	1,000	Chamomile	75 mg.	†
Vitamin B5	200 mg.	2,000	Hops	75 mg.	†
Vitamin B6	100 mg.	2,058	Passion Flower	75 mg.	†
Vitamin B12	50 mcg.	2,500	Skullcap	75 mg.	†
Vitamin H	150 mcg.	50	Valerian	200 mg.	†
Vitamin M	450 mcg.	100	St. John's Wort	100 mg.	†
Calcium	250 mg.	25	Kava Kava Rt.	75 mg.	†
Magnesium	250 mg.	83	Choline	100 mg.	†
Potassium	99 mg.	†	Inositol	250 mg.	†
Iron	25 mg.	136	PABA	50 mg.	†
Zinc	25 mg.	186	Lemon Bio. Con.	250 mg.	†
Manganese	mg.	†	Rice Bran Con.	100 mg.	†
Chromemate	10 mg.	†	Melatonin	1000 mcg.	†
Selenium	10 mg.	†			

* Daily values are based on 2,000 calorie diet. † Daily value not established.

In a natural base of acerola, capsicum, celery seed, fo-ti, ginseng, gotu-kola, lecithin, rose hips and wood betony.

Thermo Lean

90 Tablets - \$13.99 PER BOTTLE **P**



LifeSource's Thermo Lean delivers a unique combination of 17 different synergistic nutrients that work with your body to turn up your thermogenesis, in essence increasing the rate at which fat is released from the body and increasing your resting metabolic rate.

SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*
Chromium Picolinate	150 mcg	†
Proprietary Blend	2100 mg	†
Hawthorne Berry, Licorice Root, Bladderwrack, Choline, Ginger Root, Ginkgo Biloba, Ginseng, Gotu Kola, Guarana seed extract), L-Carnitine, Uva Ursi, Burdock Root, Cornsilk, Bromelain, Boron.		

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Thyroid Energy

90 Veg Caps - \$21.99 PER BOTTLE
180 Veg Caps - \$38.99 PER BOTTLE
(SAVE \$5)



Hypothyroidism is a condition that occurs when the thyroid gland produces insufficient amounts of thyroid hormones in the body. Life- Source's Thyroid Energy is a complete nutritional support for the thyroid gland. Unlike Thyodine, it contains no glandulars and is suitable for vegans. LifeSource has combined Iodine (from Kelp) and Tyrosine, the two integral constituents of thyroid hormone, with the minerals Selenium, Zinc and Copper to assist in production. In addition, LifeSource's Thyroid Energy contains Guggul Extract, an Ayurvedic herb known for its ability to support a healthy metabolism.

Note: If you are taking prescription thyroid medication, we strongly recommend that you consult with your doctor before taking Thyroid Energy.

SUPPLEMENT FACTS

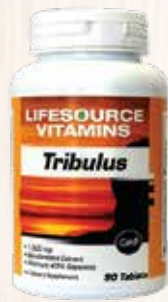
Serving Size: 2 Veg Caps Servings Per Container: 45

	Amt/Serving	DV%*
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	60 mcg	1000%
Iodine (from Kelp and Irish Moss)	175 mcg	150%
Zinc (from L-OptiZinc®- Zinc L-Methionine Complex)	25 mg	170%
Selenium (from L-Selenomethionine) (Yeast-Free)	50 mcg	70%
Copper (from Copper Amino Acid Chelate)	1 mg	50%
L-Tyrosine (Free-Form) 1.0 g	1,000 mg	†
Irish Moss (Chondrus crispus) (Thallus)	200 mg	†
Guggul (Commiphora mukul) (Resinous Sap)	75 mg	†
Standardized Extract (min. 10% Guggulsterones)		
Kelp (Laminaria digitata) (Whole Plant)	60 mg	†
Ashwagandha (Withania somnifera) (Root)		
Standardized Extract (min. 4.5% Withanolides)	50 mg	†
Contrace® Trace Minerals	5 mg	†

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Tribulus

90 Tablets - \$19.99 PER BOTTLE



Tribulus has been used for centuries in ancient Greece, India and Africa to enhance vitality and virility. Recent research indicates that Tribulus can support the body's free radical defense systems and preliminary studies suggest that Tribulus may help to promote healthy endocrine function and male reproductive health.

SUPPLEMENT FACTS

Serving Size: 1 Tablet Servings per Container: 90 Tablets

	Amt/Serving	DV%*
Tribulus terrestris (Standardized extract) (min. 45% Saponins) (Fruit/Aerial Parts)	1,000 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Silica and Vegetarian Coating
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients
Suggested usage: Take 1 tablet daily with meal

Taurine 500 mg – Free Form 100 Caps - \$7.99 PER BOTTLE



Taurine is a conditionally essential amino acid that is not utilized for protein synthesis, but is mainly found free in most tissues, especially throughout the nervous system. It functions in tissues by stabilizing cell membranes and aiding the transport of potassium, sodium, calcium and magnesium in and out of cells. It is also used by the body in visual pathways, as well as in the brain and nervous system, where it works together with glycine and GABA as a neurotransmitter.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 100

	Amt/Serving	DV%*
Taurine (Free-Form)	500 mg	†

Other Ingredients: Rice Flour and Gelatin (capsule)

Tart Cherries Concentrate (Organic) 16 fl oz - \$18.99 PER BOTTLE



Tart Cherry is not only delicious and refreshing but Tart Cherry also provides some amazing benefits. Rich in nutrients like potassium and iron. Cherries contain an abundance of 17 Antioxidants, including Anthocyanins and Melatonin. Consuming Tart Cherries increases your uptake of these antioxidants into the body where they defend off tissue destruction also known as Oxidative Stress, that can cause aging and disease.

SUPPLEMENT FACTS

Serving Size: 2 TBSP (30 mL) Servings per Container: 16

	Amt/Serving	DV%*
Stevia Extract Powder	45 mg	†
Calories (Energy)	60	
Total Fat	0 g	0%
Cholesterol	0 mg	0%
Total Carb.	15 g	5%
Sugars	14 g	
Protein	< 1 g	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Ingredients: Organic Certified Tart Cherry Juice Concentrate Natural Ingredients in this product can vary the color, taste and consistency from batch to batch. This does not affect potency or quality
Suggested usage: 2 TBSP (30 mL) May be mixed with water, juice, or a beverage of choice.
1 Serving Provides the Equivalent of 80 Cherries

Turmeric Advanced

60 Veg Caps - \$26.99 PER BOTTLE

w/Bioperine 750mg



Turmeric (Curcuma longa), the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.

- BioPerine supports proper assimilation of turmeric, curcuminoid compounds and other nutrients
- A Potent, Yet Safe Anti-Inflammatory

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Servings Per Container: 60	
	Amt/Serving	DV%*
Turmeric root extract (Curcuma longa) (rhizome)(Standardized to 95% [712.5 mg] curcuminoids)	750 mg	
BioPerine (black pepper fruit extract)	5 mg	*

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Hydroxypropyl methylcellulose, vegetable magnesium stearate and silicon dioxide.

Turmeric Advanced Powder

1.6 oz - \$19.99 PER BOTTLE



Turmeric has a long history of use in Ayurvedic medicine. Curcumin is the active ingredient in turmeric and has been consumed for medicinal purposes for thousands of years. Several of the healthful inflammation response effects of curcumin are mediated through suppression of the expression of mediators produced by cells, all of which come from genes regulated by nuclear factor kappa B (NF-kB). Black pepper and its principle component, piperine, aid in the absorption and bioavailability of curcumin. Finally, our organic turmeric is fermented using Lactobacillus acidophilus. Fermented foods provide beneficial probiotics and offer enhanced nutrient bioavailability.

- USDA Organic
- Fermented
- Non-GMO

SUPPLEMENT FACTS

Serving Size: ½ Teaspoon (1.01g)	Servings per Container: 45	
	Amt/Serving	DV%*
Organic Fermented Turmeric (rhizome/root) Booster	1,000 mg	†
Organic Black Pepper (fruit)	5 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Organic Acacia Gum, Lactobacillus Acidophilus
Suggested usage: Add one serving daily to food or drink

Ubiquinol - CoQ10 50 mg 60 Softgels - \$29.99 PER BOTTLE



Ubiquinol is the reduced and active free radical quencher form of Coenzyme Q10 (CoQ10). CoQ10 is found in all cells in the body, with especially high concentrates in the heart. It is essential to mitochondrial energy production and functions as a powerful, fat soluble, free radical scavenger. These properties make Ubiquinol an ideal supplement for the support of energy production and free radical production in the heart, vascular structures, brain and neurons.

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 60	
	Amt/Serving	DV%*
Ubiquinol (Kaneka QH™) (Reduced Form CoQ10)	50 mg	†

Ultra Weight Loss 60 Capsules - \$19.99 PER BOTTLE



We have combined 7 different weight loss, fat burning and metabolism enhancing supplements in one amazing product. Our Ultra Weight Loss Liquid has helped thousands of people control their weight. Now reformulated in convenient capsule form, this product (along with a healthy, well-balanced diet) can help you support a healthy body weight.

- Weight Loss
- Burns Fat
- Curbs Appetite
- Helps Reduce Caloric Intake
- Boost Metabolism

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings per Container: 30	
	Amt/Serving	DV%*
Raspberry Ketones	600 mg	†
Green Tea Extract	100 mg	†
Resveratrol	100 mg	†
African Mango (Irvingia Gabonensis)	100 mg	†
Acai Fruit Extract	100 mg	†
Apple Cider Vinegar Powder	100 mg	†
Kelp	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetable Capsule, Microcrystalline Cellulose
Suggested usage: Take 1 capsule twice daily

Ultra Weight Loss

\$29.99 PER BOTTLE OR 3 Bottles for \$74.99 (SAVE \$15)

30 oz.



The ultimate weight loss product on the market! Our Ultra Weight Loss contains 9 of the most effective, clinically tested weight loss nutrients available today.

- GARCINIA CAMBOGIA - Known for its appetite suppressing qualities & can provide natural energy
- SUPER CITRIMAX® - Three times as effective as diet and exercise alone!
- HYDROXICITRIC ACID (HCA) - Shown to help block carbs, curb appetite and help with weight loss
- GREEN COFFEE BEAN EXTRACT-SVETOL® - Patented plant extract that helps you simultaneously lose weight and improve your body's form
- RASPBERRY KETONES - Has been shown to increase fat burning and accelerate metabolism
- AFRICIAN BUSH MANGO - Has shown to boost your fat burning rate and can decrease your appetite
- CHROMIUM PICOLINATE - Shown helpful in suppressing appetites and cravings, and can also build muscle and trim fat simultaneously
- GREEN TEA EXTRACT - Helps with thermogenesis and aids in the metabolism of fat
- L-CARNITINE - Essential for the transport of fat into the body's fat burning factories, plays a crucial role in cardiovascular metabolism / weight management

SUPPLEMENT FACTS

Serving Size: 1 Fluid Ounce (30 mL)	Servings per Container: 30			
	Amt/Serving	DV%*	Amt/Serving	DV%*
Calories 15			Green Coffee Bean	
Sodium	15 mg	<1%	Extract Svetol	200 mg †
Total Carbohydrate	4 g	1%	Green Coffe Bean	
Dietary Fiber	<1 g	1%	Extract Pure Green	
Sugars	3 g	†	Coffee Bean P.E, Total	
Calcium (as hydroxycitrate)	180 mg	13%	Chlorogenic Acids	
Chromium (as O-polynicotinate)	40 mcg	33%	50% HPLC	200 mg †
Potassium (as hydroxycitrate)	180 mg	7%	Raspberry Ketones (99%)	150 mg †
Garcinia cambogia (fruit rind) extract	1500 mg	†	African Bush Mango (Irvingia gabonensis) PE 4:1	100 mg †
(-)- Hydroxycitric acid			Green Tea Extract	50 mg †
Super CitriMax brand	900 mg	†	L-Carnitine	50 mg †

* Daily value based on a 2,000 calorie diet. † Daily value not established.

Other Ingredients: Filtered Water (sufficient to reconstitute), Black Raspberry fruit (powder), Organic Mangosteen Puree (from whole Garcinia mangostana L.) Vegetable Glycerin, Pectin (citrus), Guar Gum, Organic Certified Stevia, Citric Acid, Natural Raspberry Flavor and Potassium Sorbate (to maintain freshness).

Suggested usage: Take 2 tablespoons (1 Fl Oz) 1 to 3 times per day 2 hours before meals, or as directed by your doctor or healthcare professional

P = LifeSource Proprietary Blend

Ultra Cleanse Day & Night Formulas 120 Veg Caps - \$19.99 **Twin Pack** FOR TWIN PACK



Lifesource Vitamin's Ultra Cleanse Day & Night is a digestive cleansing program that was developed to naturally support the body's own detoxification mechanisms, making it easier to eliminate toxins from the body. By supporting liver and intestinal function, this unique combination of herbal extracts and nutrients serves as a natural way to help eliminate unwanted compounds and encourage a healthy, functional digestive system.



Use of our Dophilus Plus probiotic supplement and a powdered fiber such as our Psyllium Husk Powder or Clear Fiber Powder will support the overall detoxification and cleansing properties of the Ultra Cleanse 15 Detox Program. Make sure to take each serving with an additional 8-12 oz. of purified water.

- Detoxifying & Cleansing Support with Herbs, Fiber and Green Foods
- Simple 15-Day Detox
- Vegetarian Formula
- 100% Natural Ingredients
- No Harsh Laxatives
- Supports Digestive and Metabolic Health*
- Day Formula - 60 Vcaps
- Night Formula - 60 Vcaps
- A Dietary Supplement

SUPPLEMENT FACTS - ULTRA CLEANSE NIGHT

Serving Size: 4 Veg caps	Serving Size: 4 Veg caps		Serving Size: 4 Veg caps	
	Amt/Serving	DV%*		
Ojibwa 4:1 Herbal Extract [A proprietary blend of Burdock (arctium lappa) (Root), Turkey Rhubarb (rheum palmatum) (root) and Sheep Sorrel (Rumex acetosella) (Leaf), Sippery Elm (Ulmus fulva) (Bark)]	500 mg	†		
Apple Pectin	300 mg	†		
Glucmannan (from Knojac Root) (Amorphophallus konjac)	200 mg	†		
Gum Acacia	200 mg	†		
Cascara Sagrada (Rhamnus purshiania) (Bark)	200 mg	†		
Aloe Vera Concentrate (200:1)	100 mg	†		
Fennel (Foeniculum vulgare) (Seed)	100 mg	†		

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Cellulose (capsule), Rice Flour, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

SUPPLEMENT FACTS - ULTRA CLEANSE DAY

Serving Size: 2 Veg caps	Serving Size: 2 Veg caps		Serving Size: 2 Veg caps	
	Amt/Serving	DV%*		
Potassium (from Potassium Gluconate)	15 mg	<1%		
Ashwagandha (Withania somnifera) (Root)	100 mg	†		
Bentonite Clay Powder	100 mg	†		
Dandelion (Taraxacum officinale) (Leaf)	100 mg	†		
Milk Thistle Extract (Silybum marianum) (Fruit and Seeds) (Standardized to min. 80% Silymarin Flavonoids)	100 mg	†		
Chlorella	100 mg	†		
Uva Ursi Extract (Arctostaphylos uva-ursi) (Leaf) (Standardized to min. 20% Arbutin)	70 mg	†		
Amt/Serving DV%				
Ginger Extract (Zingiber officinale) (Root) (Standardized to min. 5% Gingerols)	50 mg	†		
Buchu (Agathosma betulina) (Leaf)	50 mg	†		
Parsley (Petroselinum crispum) (Leaf)	50 mg	†		
Red Clover (Trifolium pratense) (Tops)	50 mg	†		
Marshmallow (Althaea officinalis) (Root)	20 mg	†		

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Other Ingredients: Cellulose (capsule), Rice Flour, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source).



Ultra Dairy Digest 60 Veg Capsules - \$12.99 PER BOTTLE



- Digestive Aid for Those Lactose Intolerant
- Promotes Digestion of Lactose, Milk Proteins & Fats
- Contains Enzymes Needed to Break Down Nutrients

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Serving Size: 1 Vegetarian Capsule		Serving Size: 1 Vegetarian Capsule	
	Amt/Serving	DV%*		
Proprietary Dairy enzyme blend	200 mg	†		
Lactase	1,000 ALU	†		
Proteases	630 BLGU/25,000 HUT	†		
Lipase	250 FCC FIP	†		

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established

Other Ingredients: Vegetable capsule (cellulose, water), cellulose, magnesium stearate and silica
Contains No sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors
Suggested usage: Take 1 tablet 1 to 3 times daily

Valerian Root 500 mg 100 Capsules - \$8.99 PER BOTTLE



A calming and relaxing herb to relieve stress and calm the body. An effective sedative and sleep aid.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Serving Size: 1 Capsule		Serving Size: 1 Capsule	
	Amt/Serving	DV%*		
Valerian Root	500 mg	†		

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Vitex (Chasteberry Tree Extract) 300 mg 90 Veggie Caps - \$14.99 PER BOTTLE



- Normalizing irregular menstrual periods and relieving premenstrual symptoms
- Helping the pituitary gland to raise progesterone levels
- Helps normalize the ratio of hormones required for menstrual function and fertility.
- Vitex agnus castus may stimulate the flow of breast milk in lactating mothers.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Serving Size: 1 Capsule		Serving Size: 1 Capsule	
	Amt/Serving	DV%*		
Chaste Berry Tree (Vitex) Extract (Fruit) (Vitex agnus castus) (Standardized to min. 0.5% Agnusides)	300 mg	†		
Dong Quai (Angelica sinensis) (Root)	150 mg	†		

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Vision Formula 120 Capsules - \$19.99 PER BOTTLE
 240 Capsules - \$33.99 PER BOTTLE (SAVE \$6)



LifeSource's proprietary blend is a full range of antioxidant nutrients which may aid in maintaining visual functions and complete eye health. Lutein, a carotenoid found in dark green leafy vegetables, is a dominant pigment in the macular region of the eye. Bilberry extract contains biologically active flavonoids which support healthy vision. This formula is a must for people who have a history of eye problems in their family's tree.

SUPPLEMENT FACTS

Serving Size: 4 Capsules	Serving Size: 4 Capsules		Serving Size: 4 Capsules	
	Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin B12 (Cyanocobalamin)	25 mcg	416.5%	Vitamin B6 (Pyridoxine HCl)	15 mg 750%
Pantothenic Acid (d-Calcium Panthothenate)	50 mg	500%	Folic Acid	400 mcg 100%
Calcium (as Calcium Citrate)	50 mg	5%	Manganese (Manganese Citrate)	5 mg 250%
Iodine (from Potassium Iodide)	10 mcg	6.5%	Chromium	100 mcg 83.5%
Magnesium (as Magnesium Citrate)	125 mg	31.5%	Molybdenum	60 mcg 80%
Zinc (Zinc Citrate)	25 mg	83.25%	Potassium	49.5 mg 1.5%
Selenium (l-Selenomethionine)	100 mcg	143%	L-Taurine	250 mg *
Copper			Quercetin	150 mg †
(Copper Amino Acid Chelate)	1.5 mg	75%	NAC (N-Acetyl Cysteine)	125 mg †
Vitamin A	16250 IU	325%	L-Methionine	100 mg †
Vitamin C (Ascorbic Acid)	250 mg	416.5%	Ginkgo Biloba Leaf Extract	30 mg †
Vitamin E (d-Alpha Tocopheryl Acetate)	100 IU	333.5%	Glutamic Acid	25 mg †
Thiamine (Thiamine HCl)	10 mg	666.5%	L-Glycine	25 mg †
Riboflavin	12.5 mg	735.5%	Bilberry	25 mg †
Niacin			Lutein	20 mg †
(83% Niacinamide & 17% Niacin)	30 mg	150%	Silica (from Horsetail Herb)	5 mg †
			Boron (as Boron Citrate)	300 mcg †

* Daily values are based on 2,000 calorie diet. † Daily value not established.

Ultra Women's Vitality 60 Capsules - \$16.99 PER BOTTLE



Ultra Women's Vitality provides zinc, an essential nutrient for sex hormones. Organic Chocolate is a source of theobromine, a strong mood enhancer coupled with ginseng and balanced with cranberry juice extract and organic carrot powder. Several circulation promoting compounds such as Vitamin B3, L-Arginine, and Cayenne enhance the libido action of Maca Root which has a strong traditional use for energy promotion.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin B3 (Nicotinic Acid)	10 mg	50%	Organic Pumpkin Seed Powder (13%)	55 mg	†
Zinc (amino acid chelate)	3 mg	20%	Cayenne Pepper (fruits)	45 mg	†
Maca Root	200 mg	†	Carrot Powder (tap root)	40 mg	†
Organic Chocolate (cacao powder)	150 mg	†	Cranberry extract	5 mg	†
Energy Blend (L-Arginine (87%),			Asian Ginseng extract (root)	5 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Vegetarian Capsule, Cellulose, Silica, Magnesium Stearate (Vegetable Source)
Contains No artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Water Gone Herbal Diuretic 100 Veg Caps - \$14.99 PER BOTTLE



The term diuretic refers to any substance that helps to rid the body of excess body fluids and salts through urination. These can take the form of prescription or over-the-counter drugs, homeopathic and herbal remedies or certain foods with diuretic qualities that promote urine formation.

Whatever the source, diuretics help to prevent or treat a number of conditions including Edema, High-Blood Pressure, Kidney Stones and Glaucoma.

SUPPLEMENT FACTS

Serving Size 2 Veg Caps Servings Per Container 50

	Amt/Serving	DV%*
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1471%
Potassium (from Potassium Chloride)	99 mg	2%
Uva Ursi Extract (Arctostaphylos uva-ursi) (Leaf) (Standardized to min. 20% Arbutin)	250 mg	†
Dandelion (Taraxacum officinale) (Leaf)	200 mg	†
Juniper (Juniperus communis) (Berries)	120 mg	†
Buchu (Agathosma spp.) (Berries)	120 mg	†

*Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established
Other Ingredients: Cellulose (capsule), Rice Flour, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.
Non-GMO

Women's Balance 90 Capsules - \$16.99 PER BOTTLE
 PMS Support



This product is a unique herbal support formula for women. We have combined standardized herbal extracts of Wild Yam and Vitex with nutritional support from Dong Quai, GLA, Vitamin B6 and Folic Acid to promote a healthy feminine balance.

SUPPLEMENT FACTS

Servings Size: 1 Veg Capsule Servings Per Container: 90

	Amt/Serving	DV%*
Vitamin B-6 (as Pyridoxine HCl)	17 mg	850%
Folate (as Folic Acid)	133 mcg	33%
Borage Oil Powder (15 mg GLA)	100 mg	†
Wild Yam Extract (Dioscorea villosa) (root) (6% Diosgenin)	75 mg	†
Dong Quai (Angelica sinensis) (root)	100 mg	†
Chaste Berry Tree (Vitex) Extract (agnus castus) (fruit) (0.5% Agnusides)	50 mg	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Rice Flour, Magnesium Stearate (vegetable source), Silica and Black Cohosh (Rhizome/Root)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients
Directions: Take 1 capsule three times daily

Zinc Picolinate 50 mg 60 Capsules - \$7.99 PER BOTTLE



- Helps kidneys maintain acid base balance & detoxify
- Brain development.
- The senses of appetite, taste & smell.
- Participates in antioxidant enzyme systems in your eyes, helping to prevent & slow the progression of macular degeneration.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Zinc (from Zinc Picolinate)	50 mg	333%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Rice Flour, Cellulose (capsule) and Magnesium Stearate (vegetable source)
Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients

NEW **Sublingual Zinc w/Vitamin C** 90 Instant Dissolve Tablets - \$12.99 PER BOTTLE



Zinc is as essential mineral that plays an important role in many enzymatic functions. Found primarily in the kidneys, liver, pancreas, and brain, Zinc also helps support healthy immune system functions and is an important component of bodily antioxidant systems.

What are Instant Dissolve Tablets?

Instant Dissolve Tablets are Sublingual Vitamins that quickly dissolve under the tongue, eliminating the artificial colors, flavors, chemicals and fillers found in other vitamins. Perfect for those who have difficulty swallowing tablets or bad tasting liquids.

SUPPLEMENT FACTS

Serving Size: 1 Micro Quick Absorb® Tablet Servings per Container: 90

	Amt/Serving	DV%*
Vitamin C (as ascorbic acid)	15 mg	25%
Zinc (as zinc oxide and zinc gluconate)	5 mg	33%
Stevia Leaf Extract (as rebaudioside A)	2 mg	†

† Daily Value not established.
Other Ingredients: Lactose (Milk), natural cherry flavor and acacia gum

ZMA Sports Recovery 800 MG 90 Capsules - \$19.99 PER BOTTLE



ZMA is a natural boosting testosterone supplement. Preferred by athletes in all sports who want to improve performance and accelerate healing and tissue repair.

Benefits of ZMA:

- Faster & More Efficient Recovery
- Better Sleep
- Increased Endurance
- Increased Strength / Gains
- Increased Testosterone Levels

SUPPLEMENT FACTS

Serving Size: 3 Capsules Men / 2 Capsules Women Servings per Container: 30/45

	Amt/Serving	DV%*
Amount per Serving:		DV% Vitamin B-6
(from Pyridoxine HCl)	15 mg	882%
Magnesium (from Magnesium Aspartate)	450 mg	107%
Zinc (from Zinc Mono-L-methionine and Zinc Aspartate)	30 mg	273%

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Gelatin (capsule), Rice Flour and Magnesium Stearate (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.
Non-GMO

P = LifeSource Proprietary Blend

Whey Protein Isolate

1.1 lbs. - \$24.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE AND CREAMY FRENCH VANILLA ONLY.

3 lbs. - \$57.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA AND UNFLAVORED.

6 lbs. - \$97.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA AND UNFLAVORED.

(SAVE \$18)

Our whey protein comes from grass fed U.S. raised dairy cows that are:

- Disease free
- Pesticide-free
- Chemical-free
- Hormone treatment free
- GMO free



Why Whey Isolate?

Whey Protein Isolate is one of the greatest ways to supplement your nutrition today. Unlike regular protein powders, whey isolate contains more protein by weight than anything else and is considered one of the best new forms of superfood that is out there on the market today. The reason for its growing success is really the fact that whey protein isolate is a new scientific break through gaining tremendous recognition and notoriety in the natural healthy industry. Now some of you might be asking the question, "What is the difference between an isolate and a concentrate?" For those of you who are lactose intolerant, isolates contain only 1% lactose while concentrates contain 5-6%. Really both are such incredibly small percentages that unless you had an extremely super delicate case of lactose intolerance, your body won't even be susceptible at all to this. This is why whey itself is incredibly beneficial. Additionally, whey protein isolate has a higher BV, or biological value, because it contains more protein with less lactose. Whey isolate contains 90-98% protein while concentrates contain anywhere from 70-85% protein. But to be completely honest, both isolates as well as concentrates help in such tremendous ways that I recommend this for anybody to take. Not only does it reduce body fat, reduce food cravings, but it increases your immune system, reduces aging signs, lowers cholesterol levels and also helps fight the risk of getting cancer.

DO NOT BE FOOLED BY LOW COST PROTEIN POWDERS. IF IT IS A LOW COST PROTEIN YOU CAN BET THAT THEY USE HEAT TO PROCESS OR THEY USE DEAD PROTEINS!

- 25 Grams of our Pure Clean Proprietary Blend Protein 100% Whey Protein Isolate Per Serving (Chocolate, Vanilla & Un-flavored).
- It comes from Raw, unpasteurized milk.
- Our protein powder is effective, period!
- Contains BCAAs, which are metabolized directly and absorbed quickly into muscle tissue, therefore providing the desired results quicker! Guaranteed.
- Easily uploaded to the bloodstream, unlike most Whey Protein.
- Microfiltration Technology is used in processing our Whey Protein Isolate.
- Dried at Cold Temperatures because heat kills protein!
- Fat Free, Lactose Free & Carbohydrate Free.
- Mixes easily and tastes amazing, our Double Chocolate Fudge actually tastes as good as it sounds.
- Nature's Highest Quality Protein from grass fed cows that are disease-free, pesticide-free, chemical-free, hormone treatment-free and GMO-free.
- Contains Undenatured Whey Microfractions



WE HAVE THE MOST ADVANCED WHEY PROTEIN ISOLATE AVAILABLE ANYWHERE!

25 GRAMS OF PROTEIN

CHOOSE FROM 3 VARIETIES

DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA & UNFLAVORED

NUTRITIONAL FACTS — DOUBLE CHOCOLATE FUDGE

Serving Size: 1 Heaping Scoop (39g)

Servings per Container: 36

	Amt/Serving	DV%*
Calories	120	
Calories from Fat	4	
Total Fat	1 g	1%
Saturated Fat	0 g	†
Cholesterol	0 g	†
Sodium	34 mg	1%
Total Carbohydrates	2 g	5%
Dietary Fiber	1 g	2%
Sugars	1 g	†
Protein	25 g	
Vitamin A		3%
Vitamin C		3%
Calcium		9%
Iron		1%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Ingredients: Cross-Filtered Whey Protein Isolate, L-Glutamine (not found in Unflavored), Natural Cocoa and French Vanilla Flavoring, and Stevia

Whey Plus Greens & Reds

2 lbs. / 23 Servings — \$44.99 PER CONTAINER

4 lbs. / 46 Servings — \$79.99 PER CONTAINER (SAVE \$10)

We started with our “Tried & True” formula of Grass-Fed, Cold Processed, Cross Filtered Whey Isolate. Then we packed it full of nutrition with our award winning Phyto Nutrient Powders. Our Green Phyto Foods are the combination of the best of green SuperFoods available anywhere in the world. LifeSource’s Green Phyto SuperFoods contain high concentrations of natural chlorophyll. Green SuperFoods are a category of Phytonutrient-rich nutritional products derived from green plants, algae and cereal grasses. They are harvested seasonally to take advantage of high potencies of naturally occurring vitamins, minerals, amino acids, enzymes, plant sterols and other nutritional constituents. Phyto Reds from LifeSource are an ideal nutritional boost for every individual who wants to ensure that in one’s diet that one has the nutrients and phytonutrients needed for optimum health especially from natural superfoods. Our Phyto Red’s are fortified with key nutrients to enable the body to boost the immune system and protect the body against free radical damages, all which have been associated with degenerative diseases. Our Phyto Reds are idea for weight loss and overall great health.

Hands down – this is one the greatest products we have ever produced!

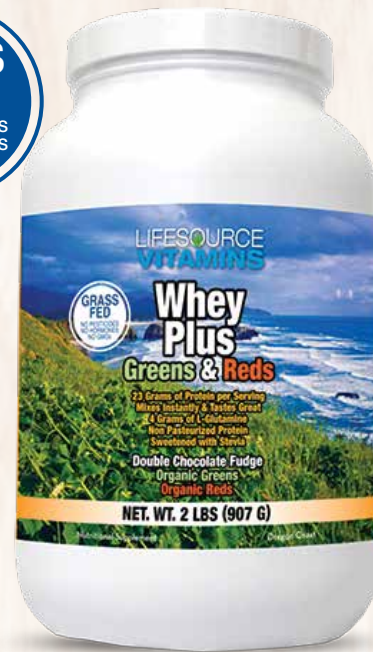
- Easily Digestible for any age group and exercise levels.
- Superior Amino Acid Profile, crucial for growth and retention of muscles.
- Superior Protein for Lean Muscle Growth, which helps with loss of body fat.
- Whole body support with vitamins, enzymes, fruits, and fiber.
- High in natural anti-oxidants for healthy aging, vascular and immune support.
- Probiotic Super Blend to support digestion

NUTRITIONAL FACTS – DOUBLE CHOCOLATE FUDGE

Serving Size: 1

Heaping Scoop = 39 g

	Amt/Serving	DV%*
Calories	133	
Calories from fat	12	
Total Fat	1 g	2%
Saturated Fat	0 g	
Cholesterol	0 g	
Sodium	45 mg	2%
Total Carbohydrate	7 g	2%
Dietary Fiber	3 g	12%
Sugars	2 g	<2%
Protein	23 g	46%
Vitamin A	3256 iu	65%
Vitamin B12	1 mcg	17%
Vitamin C	2 mg	3%
Vitamin K	80 mcg	100%
Calcium	98 mg	10%
Iron	1 mg	5%
Iodine (from Kelp)	75 mcg	50%
Magnesium	12 mg	3%
Zinc	450 mcg	<1%
Green Phyto Foods Lecithin (Fine Powder)	1000 mg	†
Spirulina (Hawaiian, Org.)	1000 mg	†
Alfalfa Juice Concentrate	350 mg	†
Wheat Grass Powder, Org.	250 mg	†
Plant Based Enzymes	175 mg	†
Barley Grass Powder, Org.	250 mg	†
Carrot Powder	250 mg	†
Barley Malt Powder	200 mg	†
Broccoli Powder	175 mg	†
Brown Rice Bran	175 mg	†
Apple Fiber	175 mg	†
Apple Pectin	150 mg	†
Oat Bran	150 mg	†
Chlorella Powder	150 mg	†
Red Beet Powder	150 mg	†
Panax Ginseng Root Powder	125 mg	†
(C.A. Mayer) (min. 5% Ginsenosides) Eleuthero	50 mg	†
(Eleutherococcus senticosus Root) Peppermint Powder	75 mg	†
Green Tea Extract (40% Catechins)	50 mg	†
Royal Jelly Powder (min. 5% 10-HDA)	50 mg	†
Fructooligosaccharides	50 mg	†
Trace Mineral Concentrate	50 mg	†
Milk Thistle Extract (80% Silymarin)	40 mg	†
Kelp Powder	25 mg	†
Ginkgo Biloba Extract	10 mg	†
(24% Ginkgoflavonoglycosides Leaves)		
Grapeseed Extract (95% Polyphenols)	10 mg	†



Top Rated by Customers!
 Not 1, not 2 but 3 of our best-selling products combined to create the World’s most nutritious and best tasting Whey Protein. This powerhouse product will give you energy and stamina to tackle anything during your day.

Available in Double Chocolate Fudge

	Amt/Serving	DV%*
Whey Plus Greens & Reds		
Bilberry Extract (25% Anthocyanidins)	10 mg	†
Alpha Lipoic Acid	5 mg	†
Coenzyme Q10 (CoQ10)	5 mg	†
Red Phyto Foods Probiotic Blend	50 mg	†
L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum, B. Breve, and B. Longum Carrot Powder	300 MG	†
Apple Pectin	125 MG	†
Flax Seed	125 MG	†
Oat Bran	88 MG	†
Lecithin	75 MG	†
Rice Bran	50 MG	†
ORAC Blend	25 MG	†
Japanese Knotweed	20 MG	†
Bilberry Std. Extract 25%	20 MG	†
Grape Seed Extract	15 MG	†
Lycopene	125 MCG	†
Lutein	125 MCG	†
Astaxanthin	10 MCG	†
Proprietary Blend	3338 MG	†
Cherries, Nectarines, Peaches, Pears, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, and Watermelon.		

** Daily values are based on 2,000 calorie diet. † Daily value not established. +Naturally occurring.

Ingredients: Cross Filtered Whey Protein Isolate, L-Glutamine (not in unflavored), All Natural Cocoa and Vanilla extracts and Stevia.

Whey Protein Concentrate

3 lbs. - \$57.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA, AND UNFLAVORED.

6 lbs. - \$97.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA, AND UNFLAVORED.

(SAVE \$18)

OUR WHEY PROTEIN COMES FROM CERTIFIED GRASS FED MIDWEST DAIRY COWS THAT ARE:

CERTIFIED DISEASE-FREE

- PESTICIDE-FREE
- CHEMICAL-FREE
- HORMONE TREATMENT-FREE
- RBGH FREE
- CERTIFIED - GMO-FREE
- SWEETENED WITH STEVIA, NOT SUCRALOSE!

Easily Digestible for any age group and exercise levels.

- Perfect for Senior's who can't consume enough protein
- Provides Maximum Nitrogen Retention, which enhances growth of muscles.
- Superior Protein for Lean Muscle Growth, which helps with loss of body fat.*
- Supports Muscle Repair and Recovery, in turn speeds up mass and building.*
- Boosts Immune System, which keeps us healthy and active.*
- Our protein powder is bio absorbable and effective, period!
- Contains BCAAs, which are metabolized directly and absorbed quickly into muscle tissue. Therefore providing the desired results quicker! Guaranteed.
- Easily uploaded to the bloodstream, unlike most Whey Protein.
- Micro-filtration Technology used in processing our Whey Protein Concentrate.
- Dried at Cold Temperatures, heat kills protein, we will never use heat!

WE DO NOT MASS-PRODUCE OUR PROTEIN AS MOST OTHER COMPANIES DO, WE MAKE SMALL BATCHES EVERY COUPLE OF WEEKS TO ENSURE THAT YOUR BODY RECEIVES THE FRESHEST PROTEIN WELL AND UTILIZES THE PROTEIN AS IT IS INTENDED TO THROUGH A FRESH PROTEIN BASE.

What's the big deal with Grass Fed Whey Protein?

We have a very select few ranchers that we deal with that raise the cattle the way we feel they should be raised. They raise them with Compassion and Humanely. So we have had a tight knit group of ranchers that we have always bought from that do not use any hormones, chemicals or GMO's (Genetically Modified Organisms). We also mandate the cows be grass fed which is what they should be ingesting for their long term health. With this process comes the most nutritious rich, nutrient packed milk which in turn means the best possible whey protein is produced from this milk. Over 95% of all ranchers in the United States cannot qualify for us to work with them for our Whey Protein due to what they feed these animals, the hormones and antibiotics they feed them. They also add GMO Corn or food to cut their expenses; this is simply not acceptable for LifeSource, so this really limits who we can work with. I guess that commercial really is right, Happy Cows Make Happy Milk, Cheese and Whey Protein!



AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA, AND UNFLAVORED

NUTRITIONAL FACTS — DOUBLE CHOCOLATE FUDGE

Serving Size: 1 Heaping Scoop (39g)

Servings per Container: 36

	Amt/Serving	DV%*
Calories	120	
Calories from Fat	4	
Total Fat	1 g	1%
Saturated Fat	0 g	†
Cholesterol	0 g	†
Sodium	34 mg	1%
Total Carbohydrates	2 g	5%
Dietary Fiber	1 g	2%
Sugars	1 g	†
Protein	23 g	
Vitamin A		3%
Vitamin C		3%
Calcium		9%
Iron		1%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Ingredients: Cross-Filtered Whey Protein Concentrate, L-Glutamine (not found in Unflavored), Natural Cocoa and French Vanilla Flavoring, and Stevia

PET SUPPLEMENTS NOW AVAILABLE

LIFESOURCE VITAMINS PET SUPPLEMENTS HAVE ONE PURPOSE; TO HELP YOUR DOGS AND CATS LIVE LONG, HEALTHY LIVES!

Your pet needs a certain level of vitamins and minerals, just like we do. Although the dog foods we give them are usually good, they may be lacking vital nutrients. LifeSource carries the finest pet vitamins, supplements and nutraceuticals available today in highly-absorbable liquid form. Made under the same strict guidelines as we do with all our people supplements, we deliver quality vitamins that help keep your loved ones healthy for years to come.

\$29.99



Liquid Multi Vitamin & Minerals (Dogs & Puppies)

32 fl oz

- All-Natural Blend of Nutrients and Vitamins • Herbs, Essential Fatty Acids, Trace Minerals, Amino Acids, and Digestive Enzymes. Everything Your Dog Needs to Live a Healthy and Active Life • Joint, Skin & Coat Support
- For Dogs of All Ages
- Pour on Food or Serve with a Treat. Great Tasting Meat Flavor!

\$19.99

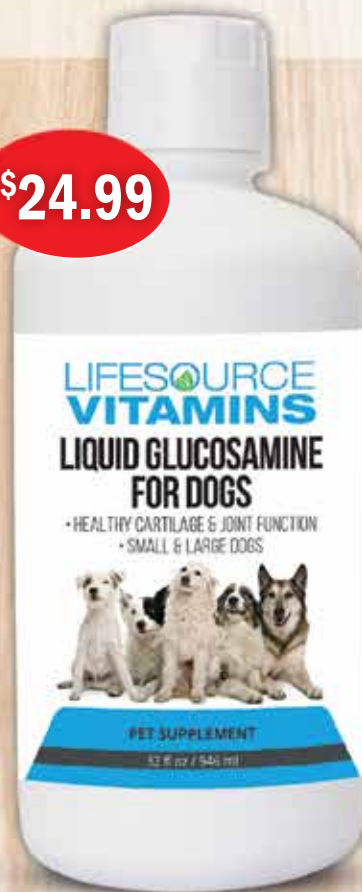


Liquid Stress Relief for Pets

2 fl oz

- Stress Reliever for Dogs or Cats
- Makes Travel Easy
- Helps Maintain Calm Behavior During Stressful Situations
- Reduces Noise Sensitivity in Animals

\$24.99



Liquid Glucosamine for Dogs


32 fl oz

- Help Maintain Joint Comfort, Mobility, and Lubrication
- Contains Glucosamine, Chondroitin & MSM to Support the Integrity of Joints and Connective Tissues
- Young or Old. Helps Your Loved One Remain Active
- Safe and Effective!

Essential Oils


SINGLE OILS:

Cinnamon Leaf .5 fl oz - \$6.99 PER BOTTLE




Ingredients: Cinnamon Leaf
Aroma: Spicy
Benefits: Immunostimulant, Antibacterial, Anti-inflammatory

Lemon Oil 1 fl oz - \$8.99 PER BOTTLE




Ingredients: 100% Pure Lemon Oil
Aroma: Fresh Lemon Peel
Benefits: Refreshing, Cheerful, Uplifting

Clary Sage .5 fl oz - \$22.99 PER BOTTLE




Ingredients: Clary Sage
Aroma: Herbaceous
Benefits: Antidepressant, Antibacterial, Anti-inflammatory, Analgesic

Orange Oil 1 fl oz - \$8.99 PER BOTTLE




Ingredients: 100% Pure Orange Oil
Aroma: Fresh, Sweet Orange Peel
Benefits: Refreshing, Uplifting, Invigorating

Clove Oil 1 fl oz - \$8.99 PER BOTTLE




Ingredients: 100% Pure Clove Oil
Aroma: Warm, Pungent
Benefits: Warming, Soothing, Comforting

NEW **Oregano Oil** 1 fl oz - \$17.99 PER BOTTLE




Ingredients: 100% Pure Oregano Oil
Aroma: Spicy, Camphoraceous
Benefits: Purifying, Comforting, Invigorating

Eucalyptus Oil 1 fl oz - \$6.99 PER BOTTLE



Ingredients: 100% Pure Eucalyptus Oil
Aroma: Strong Aromatic, Camphoraceous
Benefits: Revitalizing, Invigorating, Clarifying

Peppermint Oil 1 fl oz - \$8.99 PER BOTTLE




Ingredients: 100% Pure Peppermint Oil
Aroma: Fresh, Strong Mint
Benefits: Revitalizing, Invigorating, Cooling

Frankincense & Myrrh .5 fl oz - \$22.99 PER BOTTLE




Ingredients: Omani Frankincense & Dark Kenyan Myrrh
Benefits: Antifungal, Analgesic, Cicatizant (skin healing)

Tea Tree Oil 1 fl oz - \$9.99 PER BOTTLE




Ingredients: 100% Pure Tea Tree Oil
Aroma: Potent, Warm, Spicy
Benefits: Cleansing, Purifying, Renewing

Lavender Oil 1 fl oz - \$11.99 PER BOTTLE



Ingredients: 100% Pure Lavender Oil
Aroma: Floral
Benefits: Soothing, Normalizing, Balancing


NEW **Turmeric Oil** .5 fl oz - \$11.99 PER BOTTLE



Ingredients: 100% Pure Turmeric Oil
Aroma: Warm, Spicy, Earthy
Benefits: Potent Immunostimulant and Has Analgesic and Anti-Inflammatory Properties


BLENDS:

Allergy Assist .5 fl oz - \$11.99 PER BOTTLE




Ingredients: Fir Balsam, Peppermint, Eucalyptus, Cedarwood Blood
Benefits: Diffuse or Inhale to Prevent Nasal Allergies

Heart To Heart .5 fl oz - \$16.99 PER BOTTLE




Ingredients: Black Spruce, Bergamot, Corlander, Lemon, & Black Spruce
Benefits: Aphrodisiac

Breath Deep .5 fl oz - \$9.99 PER BOTTLE




Ingredients: Camphor, Eucalyptus, Peppermint, Thyme, Pine
Benefits: Helps to Open up the Bronchial Airways

NEW **Lemon Eucalyptus Oil** 1 fl oz - \$8.99 PER BOTTLE




Ingredients: Pure Lemon, Eucalyptus, and Lemongrass Oil
Benefits: Clarifying, Cleansing, Invigorating

Cheerful Mind .5 fl oz - \$9.99 PER BOTTLE




Ingredients: Citrus Oils, Floral Extracts, Peppermint & a Hint of Melissa Oil
Benefits: Lifts Your Spirits and Makes You Smile

Peaceful Heart .5 fl oz - \$11.99 PER BOTTLE




Ingredients: Mandarin Red, Bergamot, & Lavender
Benefits: Helps to Calm the Mind

Endless Energy .5 fl oz - \$11.99 PER BOTTLE




Ingredients: Rosemary, Eucalyptus, Peppermint, Ravensara
Benefits: Energy Booster

Quiet Tummy .5 fl oz - \$11.99 PER BOTTLE




Ingredients: Ginger, Lavender, Peppermint, & Spearmint
Benefits: Helps to Calm the Stomach

Headache Relief .5 fl oz - \$9.99 PER BOTTLE




Ingredients: Peppermint, Lavender, & Birch
Benefits: Helps Relieve the Pain Associated with Headaches

Sharp Mind .5 fl oz - \$9.99 PER BOTTLE




Ingredients: Peppermint, Lemon, & Rosemary
Benefits: Mental Clarity

Healthy Home .5 fl oz - \$16.99 PER BOTTLE



Ingredients: Clove, Lemon, Cinnamon Bark, Eucalyptus & Rosemary
Benefits: Antiviral, Immunosuppressant

NEW **Sleepy Time** .5 fl oz - \$9.99 PER BOTTLE



Ingredients: Marjoram, Cedarwood Blood, & Lavender
Benefits: Sleep Aid

DIFFUSERS:

Car Breeze w/USB
\$14.99



The Car Breeze gently disperses your essential oils in your vehicle to help you prepare for the day ahead or unwind after a good day's work. Make your commute something to look forward to with essential oils. Additional replacement pads available, sold separately.

GreenSpace
\$14.99



Continuous fragrance for 200 sq ft is just an outlet away with the GreenAir GreenSpace essential oil diffuser. Simply drop your favorite essential oil onto the replacement pads to fill the room with long-lasting aroma. Additional replacement pads available, sold separately.

Trellis
\$19.99



A white portable diffuser that has a soft blue light peeking through the cut-out design. No water needed. Simply apply essential oil to a pad and soak in the scents.

Power it up with batteries (not included) or USB cord that comes with this diffuser. Three refill pads come with the Trellis. Additional replacement pads available, sold separately.

ScentTrekker
\$29.99



Perfect for confined spaces this compact diffuser is your new aromatherapy ally. The gentle mist output makes the ScentTrekker both convenient and personal. Whether you are on the road or in the office you can create an atmosphere of health and comfort.

Spa Vapor +
\$37.99



The most affordable yet reliable diffuser on the market, the GreenAir Spa Vapor Plus is a high-output diffuser that will meet your aromatherapy needs for years to come.

ROLL-ON'S:

Breathe Deep .3 fl oz - \$9.99 PER BOTTLE



Ingredients: Camphor, Eucalyptus, Peppermint, Thyme & Pine (Coconut Base)
Uses: Roll Onto Chest to Ease Breathing

Bug Free .3 fl oz - \$11.99 PER BOTTLE



Ingredients: Lemongrass, Eucalyptus, Lavender, Citronella & Palmarosa (Coconut Base)
Uses: Apply to Pulse Points and Skin that is Exposed and Prone to Insect Bites



Lavender .3 fl oz - \$11.99 PER BOTTLE



Ingredients: Lavender (Coconut Base)
Uses: Apply to Insect Bites, Cuts, or Scrapes

Migraine Rescue .3 fl oz - \$11.99 PER BOTTLE



Ingredients: Bergamot, Frankincense, Peppermint, Lavender & Calamus (Coconut Base)
Uses: Roll onto Fingertips to Apply to Temples, Jawline, and Back of Neck

Muscle Soother .3 fl oz - \$9.99 PER BOTTLE



Ingredients: Eucalyptus, Peppermint & Camphor (Coconut Base)
Uses: Roll onto Affected Area & Massage Gently

Skin Healer .3 fl oz - \$8.99 PER BOTTLE



Ingredients: Lavender, Peppermint, Palmarosa & Patchouli (Coconut Base)
Uses: Apply to Insect Bites, Skin Rashes, or Itchy Dry Skin

Stress Detox .3 fl oz - \$11.99 PER BOTTLE



Ingredients: Wild Crafted Lavender, Peppermint, Rosemary, Eucalyptus, Fir, Niaouliu & Tea Tree (Cocount Base)
Uses: Roll onto Back of Neck & Other Areas of the Body that Hold Stress



CARRIER OILS:

Carrier Oils are used to dilute Essential Oils

Fractionated Coconut Oil



4 oz - \$8.99 PER BOTTLE

Grapeseed Oil



4 oz - \$6.99 PER BOTTLE

Golden Jojoba Oil



4 oz - \$16.99 PER BOTTLE

Sweet Almond Oil



4 oz - \$7.99 PER BOTTLE

LIFESOURCE

Essentials Organic Skincare

Nutrition for Your Skin



This exquisite, eco-conscious collection uses naturally derived emulsifiers, surfactants, essential oil fragrances, and mineral based colors. It is paraben-free and cruelty-free, employing eco-friendly clean manufacturing practices.

- LifeSource Essentials uses USDA organic, organic, wild crafted and fair trade ingredients
- In house steam distillation of botanical extracts
- Exotic ingredients with therapeutic benefits
- Our products are boosted with cosmeceutical ingredients offering results in clean, green formulas
- Every product is vegan certified
- Skin Types: The LifeSource Essentials skin care line is formulated for all skin types including mature and and/or environmentally stressed skin. Each ingredient performs a vital role in reaching your maximum potential for healthy, vibrant and glowing skin

Organic Anise Organic Foaming Wash

Size: 7fl oz | Price: \$34.00

Thoroughly clean and restore balance with this vitamin enriched foaming wash formulated for all skin types. Anise extract promotes a healthy, glowing complexion while natural moisturizing ingredients such as Wheat Germ and Anisum Fruit Oils leave the skin smooth and revitalized.

- High in Vitamin C and anti-oxidant properties
- Gentle lotion cleanser that will appeal to most skin types
- Anise fragrance has a fresh universal appeal for men and women



Organic Coconut Lime Balancing Cleanser

Size: 7fl oz | Price: \$34.00

This light, refreshing Citrus based Gel Cleanser gently removes dirt, oil & impurities without stripping skin leaving it dry and dehydrated. An invigorating formula infused with natural source anti-inflammatories which balance oily or combination skin, leaving skin feeling fresh, clean and clear.

- Infused with purifying Lime, White Willow Bark and Basil
- Mildly foaming, non-stripping and pH balanced
- Coconut source emulsifer and surfactants - no SLS



Organic Sweet Orange Balancing Toner

Size: 7fl oz | Price: \$30.00

A refreshing daily tonic that removes impurities while restoring pH levels essential for a balanced, vibrant complexion. Infused with nutrient rich Grape Skin, Carrot Root and Organic Seaweed extracts, this gentle toner will enhance the absorption of moisturizers and serums.

- Tap water leaves mineral deposits on the skin, which can cause skin to feel tight, dry and flaky. This often causes clients to believe their skin is drier than it in fact is; as a result, they may over moisturize which can cause clogged pores and even sagging. Toner removes this mineral residue and prepares skin for proper protective treatments
- Orange Oil encourages moisture retention while Jasmine Oil and Cucumber Extract provide soothing and healing properties





Organic Marshmallow 23 Karat Eye Cream

Size: .5fl oz | Price: \$40.00

An intensive treatment creme that addresses the special needs of the Eye Zone and visible signs of aging including fine lines, wrinkles, dark circles, and moisture loss. Micronized 23 karat mineral mica helps to fight the harmful effects of the sun by reflecting UV rays. Organic Marshmallow Extract aids in circulation, diminishing dark circles and puffiness. Soothing Calendula, Seabuckthorn and Organic Sunflower Oils quickly penetrate to instantly refresh and encourage suppleness and elasticity. Hydrating yet non-greasy, this advanced treatment creme penetrates quickly, making it an ideal choice for daily use under makeup.

Naturally active botanical ingredients smooth fine lines and firm the eye area •

Organic Kakadu & Hibiscus Eye Treatment Serum

Size: .5fl oz | Price: \$40.00

This highly concentrated oligopeptide treatment is a botanical remedy that targets concerns typically associated with chronological aging in and around the eye area. Based on clinical studies, skin becomes firmer and more elastic in appearance in as little as weeks. Rich in saponosides and flavonoids, this serum strengthens capillaries and reactivates microcirculation. Skin complexion becomes more even resulting in a younger and more vibrant appearance.

- Reduces under eye puffiness
- Hydrates the area under the eye
- Reinforces production of collagen
- Minimizes dark circles under the eyes
- Improve the appearance of wrinkles
- Minimizes depth of fine lines



Organic Hydrating Pearl Serum

Size: .1fl oz | Price: \$40.00

This will become your true beauty classic! Hydrating Pearl Serum is a luxurious serum that increases resilience resulting in flawlessly smooth and supple skin. Enriched with water attracting humectants and soothing herbs, this serum is essential for those who experience dryness, sagging skin, or a loss of vitality. Concentrated Atlantic Seaweed, Organic Aloe, Squalane and Phytohyaluronate penetrate skin with nutrition that is vital to cellular respiration. This serum is an intensive booster ideal for dry, devitalized or mature skin types.

- Excellent for smokers or anyone with poor circulation
- Recommended as an Anti-Aging product for those clients who don't want a heavy or oily protective treatment
- Recommended in dry or winter weather to boost performance of client's regular moisturizer



Super C+ Tripeptide Anti-Aging Serum AM (Daytime)

Size: .1fl oz | Price: \$40.00

Resist aging and free radicals with the goodness of Vitamin C! L-Ascorbic Acid, high potency plant-based Hyaluronic Acid along with rich Bioflavonoids, combine to create the ultimate treatment. This formulation is designed to resist environmental factors and aggressors that diminish the appearance of your skin. This super nourishing serum hydrates and replenishes with beneficial nutrients that are essential for dry, mature, or sun-damaged skin. Consistent use will visibly improve the appearance and texture of your skin.

- An excellent treatment for daily use under moisturizer, to boost hydration
- Recommend to clients before sun or snow vacations for added protection along with a sunscreen.
- Vitamin C is known to trigger the production of collagen and prevent breakdown of cells due to environmental exposure. Topical Vitamin C helps speed healing, is soothing and rejuvenates the skin.



Grape Skin Gotu Kola Anti-Aging Serum PM (Nighttime)

Size: .1fl oz | Price: \$40.00

Grape Skin Gotu Kola Serum with DMAE targets wrinkles, dark spots and sun damage caused by aging or environmental factors. A unique free radical fighting blend of natural source vitamins and organic Botanicals are carried to the skin in an age reversing base of Alpha Lipoic Acid and DMAE. For optimal results, use nightly in conjunction with a moisturizer suited to your skin type.

- An excellent Anti-Aging product for anyone looking to increase firmness and hydration
- Grape skin contains a powerful concentration of antioxidants that have been shown to dramatically impact the damaging effects of the sun damage, thereby maintaining skin elasticity and preventing wrinkles



Organic Avocado Basil Whip Moisturizer

Size: 1.7fl oz | Price: \$38.00

A fresh rejuvenating crème that offers long-lasting hydration without leaving skin feeling greasy. Revitalizing Co-Enzyme Q10 fortifies the humectant benefits of Organic Sunflower and Jojoba Oils. Fresh Basil, Raspberry and Rosehip Oils make this creme the perfect choice for all skin types that desire a vibrant complexion. Rapid absorption makes this creme an ideal choice for those who apply foundation or matte powders.

A light application will help to balance oil and water levels in the skin. Over-moisturizing can lead to congested pores and even sagging. The right moisturizer will leave the skin feeling comfortable—not tight and flaky or overly lubricated.



Organic Jojoba Raspberry Grape Moisturizer

Size: 1.7fl oz | Price: \$38.00

Treat your skin to a delightfully rich, deep moisturizing creme for face and décolletage. Found within this delicious Grape Leaf Moisturizer are complex microscopic lipid spheres made of highly purified natural safflower which encapsulate and enhance delivery of the active ingredients deep within the skin.

Raspberry Fruit, Spinach Leaf and Licorice Root Extracts give fatigued skin a welcome boost with each application. You'll love how your skin will look and feel!



Solar Defense Mineral Moisture Creme

Size: 1.7fl oz | Price: \$38.00

Combat daily environmental aggressors with the super hydrating benefits of remineralizing seaweed that drenches skin in vital nutrients. This soothing Aloe Vera based moisture crème nourishes and protects skin with a light reflective shield of Titanium and Zinc. Lightly tinted with mineral micas, this creme blends seamlessly into the skin without any heavy residue or greasiness. This silicone free formulation is ideal for oily, combination skin types and it is non-comedogenic (it will not clog your pores)

The number one cause of premature aging is sun exposure. It is essential to avoid prolonged exposure to the sun and protect skin from harmful UV rays by using an SPF Cream. In addition, individuals concerned with Anti-Aging skin care should completely avoid tanning beds, which can be even more harmful than the sun. Self-tanning lotions are recommended for a healthy glow.

When you choose LifeSource Vitamins organic skincare, you are choosing products whose ingredients work with the sophisticated natural systems of your skin. Given the right nutrients, our skin has the ability to care for and mend itself. Our bodies use nutrients absorbed not only through food, but also through the skin. It is medically understood that what goes on your skin absorbs into your bloodstream and is carried through your body. Try them you will love them!

LifeSource Essentials Hair & Body Care

Daily Rejuvenation Omega-3 Shampoo P



Sulfate Free and Paraben free
12 fl oz / 354 ml - \$14.99 PER BOTTLE

Tested & Proven Trichogen!

An amazing stimulating shampoo that is tested and proven to get hair healthy and growing. Great for thinning hair, hair loss and problem hair. Blocks DHT hormone that causes hair loss. All hair types.

Daily Rejuvenation Shampoo is scientifically designed to help men & women Retain and Regrow their hair. *For Daily Rejuvenation Shampoo, 2nd paragraph, change to "Daily Rejuvenation Shampoo is scientifically designed to help men & women Retain and Regrow their hair."

*** Ingredients:** Water, Disodium Laureth Sulfosuccinate (and) Disodium Cocoamphodiacete, Cocamidyl Propyl Betaine, Cocamide DEA, DL Panthenol, Acetamide MEA, Hydrolyzed Keratin, Sorbitol, Sodium Cocoyl Collagen Amino Acid, Cocoyl Sarcosine, Wheat Germ Acid, Wheat Germ Oil, Linolenic Acid, Linoleic Acid, Sulfur, Polysorbate 80, Oleth-10, Jojoba Oil, Tocopheryl Acetate, Hydrolyzed Glycosaminoglycans, Glycerin, Glycol Stearate, Panax Ginseng Root Extract (and) Arginine (and) Acetyl Tyrosine (and) Articum Majus Root Extract (and) Hydrolyzed Soy Protein (and) Polyquaternium-11 (and) PEG 12 Dimethicone (and) Calcium Pantothenate (and) Zinc Gluconate (and) Niacinamide (and) Ornithine HCL (and) Citrulline (and) Glucosamine HCl (and) Biotin, Hydrolyzed Silk Protein, Jojoba Oil, Emu Oil, Fragrance Oil, Essential Oil, Tetrasodium EDTA, Citric Acid, PEG-150, PEG-6 Capric/Caprylic Glycerides, Germall Plus (Paraben-Free Preservative)unflavored), All Natural Cocoa and Vanilla extracts and Stevia.

RE-GROWTH FOR FINE AND/OR THINNING HAIR FOR MEN AND WOMEN.

Daily Rejuvenation Omega-3 Conditioner P



12 fl oz / 354 ml - \$14.99 PER BOTTLE

This is a light, everyday conditioner that will not weigh your hair down. Great for thin and/or fine hair. Makes combing easier and gives your hair a healthy shine.

Ingredients: Water, Behentrimonium Methosulfate, Cetearyl Alcohol, Panthenol, Emu Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Panax Ginseng Root Extract (and) Arginine (and) Acetyl Tyrosine (and) Articum Majus Root Extract (and) Hydrolyzed Soy Protein (and) Polyquaternium-11 (and) PEG 12 Dimethicone (and) Calcium Pantothenate (and) Zinc Gluconate (and) Niacinamide (and) Ornithine HCL (and) Citrulline (and) Glucosamine HCl (and) Biotin Fragrance Oil Derivative, Germall Plus (Paraben-Free Preservative)

EVERYDAY USE FOR MEN & WOMEN.

OUR HAND MADE HAIR CARE, SKIN CARE & SOAPS ARE FREE OF HARMFUL CHEMICALS, SULFATES AND PARABENS. THE WAY IT SHOULD BE!

Heavenly Scented Gourmet Soaps P



LifeSource makes all of our old-fashioned high quality soaps by hand using only the finest ingredients. We blend olive, palm and coconut oils with extra emollients such as avocado oil, cocoa butter, shea butter and jojoba oil to create gentle bars which give a silky feeling to your skin. You'll definitely notice the difference! Great for men, women and children, the entire family! Experience a simple pleasure from a simpler time. LifeSource's Gourmet Soap is truly skin nutrition!

Our Gourmet Soaps use organically-grown herbs from the garden and pure essential oils to provide color, special healing qualities and fragrance. LifeSource's Gourmet Soaps are created using the highest quality cosmetic grade fragrance oils providing unique soaps that would generally only be found in high end boutiques. Each hand-cut bar is unique in shape, color and texture, making our soaps a delight to all of the senses.

- No harmful chemicals or detergents
- Last longer than other store bought brands
- Actually nutritious for the skin
- Clears up itchy spots, sores and skin irritations
- Safe for Rosacea
- No Sodium Lauryl Sulfates
- No sodium of any kind.
- Soaps that are beneficial to you and your families health, not harmful!

1 BAR - \$5.99 EA

4 + BARS - \$4.79 EA - SAVE 20%

CHOOSE FROM 30+ AMAZING SCENTS

- | | |
|--------------------------|-----------------------|
| APPLE JACK | NEEM PLUS |
| BAY RUM | OATMEAL ALMOND |
| CLEAN BREEZE | OATMEAL MILK & HONEY |
| COCONUT BLISS | PUMPKIN SPICE |
| COOL WATER | SANDALWOOD |
| CUCUMBER MELON | SIMPLY CITRUS |
| EUCALYPTUS THYME | SPA BLISS |
| FLORIDA BEACH | STRESS RELIEF |
| FRESH LINEN | SWEET BERRIES |
| GARDENIA | SWEET HONEY |
| GREEN TEA | TEA TREE & PEPPERMINT |
| LAVENDER | UNSCENTED W/OATMEAL |
| LAVENDER LEMON PATCHOULI | VANILLA LAVENDER |
| LEMONGRASS | VICTORIAN ROSE |
| LILAC | |
| MANGO | |

P = LifeSource Proprietary Blend



TOP 3 ESSENTIAL SUPPLEMENTS

WHAT VITAMINS TO TAKE?

The most frequently asked question we get at LifeSource Vitamins is, “what should we take?”

We think less is better when getting to a healthy balance to let the body do what it was built for, self-preservation. With the proper mix of diet, physical activity, and supplementation, we let the body operate efficiently and heal itself. After about six months of this balanced regimen, let LifeSource help you work on what your body still needs help with; joints, cholesterol, blood pressure, etc. Amazingly some of this will go away when your body is in balance.

MULTI VITAMIN FOUNDATIONAL NUTRIENTS

- **Multi Vitamin - Foundational Nutrients -** Taking a multi vitamin ensures that your body gets the daily vitamins and minerals it needs. While your diet is the best way to ensure you get the nutrients you need, today’s food supply simply cannot provide what your body needs.

OMEGA 3

- **Omega 3 -** Crucial for Eyes, Brain and Heart Health. Omega 3 fatty acids are essential fatty acids and are necessary for optimal health. The body cannot make Omega 3’s and they must come from food or supplement sources.
Adults: 1,000 mg daily

VITAMIN D-3

- **Vitamin D3 -** 80 to 85% of all Adults are deficient in Vitamin D. It affects 3,000 different genes in our bodies, Fights Infections, Heart Disease, Alzheimer’s disease, and 50 more chronic diseases.
Adults: 1,000 IU Daily

LIFESOURCE
VITAMINS

CALL TODAY 800.567.8122
VISIT TODAY www.lifesourcevitamins.com

18 COMMON DISEASES

SUPPLEMENTS & DOSAGES TO ENHANCE YOUR COMPLETE IMMUNE SYSTEM

ALZHEIMER'S DISEASE	ASTHMA	CANCER PATIENTS
Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients
Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 2,500mg daily	Vitamin C - Buffered: 1,500mg daily
Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily
Vitamin E - 400mg daily	Vitamin E - 400mg daily	Vitamin E - 400mg daily
Grape Seed Extract - 400mg daily	Grape Seed Extract - 200mg daily	CoQ10 - 200mg to 600mg daily
	Magnesium - 200mg daily	Grape Seed Extract - 200mg to 400mg daily
CARDIOMYOPATHY	CROHN'S DISEASE	CHRONIC FATIGUE SYNDROME - FIBROMYALGIA
Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients
Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 1,500mg daily
Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily
Vitamin E - 400mg daily	Vitamin E - 400mg daily	Vitamin E - 400mg daily
CoQ10 - 300mg to 600mg daily	CoQ10 - 200mg to 600mg daily	CoQ10 - 200mg daily
Magnesium - 200mg daily	Grape Seed Extract - 200mg to 400mg daily	Grape Seed Extract - 200mg to 400mg daily
Grape Seed Extract - 100mg daily		
DIABETES MELLITUS	EMPHYSEMA	HEART DISEASE
Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients
Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 2,500mg daily	Vitamin C - Buffered: 1,500mg daily
Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily
Vitamin E - 400mg daily	Vitamin E - 400mg daily	Vitamin E - 400mg daily
Grape Seed Extract - 200mg daily	Grape Seed Extract - 200mg daily	CoQ10 - 100mg daily
	Magnesium - 200mg daily	Grape Seed Extract - 100mg daily
		Magnesium - 200mg daily
LEUKOENCEPHALOPATHY - BRAIN DISEASE AS SEEN IN THE MOVIE LORENZO'S OIL	LUNG DISEASE - COPD	LUPUS
Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients
Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 2,500mg daily	Vitamin C - Buffered: 2,500mg daily
Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily
Vitamin E - 400mg daily	Vitamin E - 400mg daily	Vitamin E - 400mg daily
CoQ10 - 30mg daily	Grape Seed Extract - 200mg daily	CoQ10 - 200mg daily
Grape Seed Extract - 200mg daily	Glutathione - 250mg daily	Grape Seed Extract - 300mg daily
MACULAR DEGENERATION	MULTIPLE SCLEROSIS	OSTEOARTHRITIS
Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients
Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 2,500mg daily	Vitamin C - Buffered: 2,500mg daily
Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily
Vitamin E - 400mg daily	Vitamin E - 400mg daily	Vitamin E - 400mg daily
Grape Seed Extract - 200mg to 400mg daily	CoQ10 - 200mg daily	Grape Seed Extract - 200mg daily
Lutein - 20mg daily	Grape Seed Extract - 400mg daily	Glucosamine Sulfate - 1,500mg daily
OSTEOPOROSIS	PARKINSON'S DISEASE	RHEUMATOID ARTHRITIS
Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients	Multivitamin - Foundational Nutrients
Vitamin C - Buffered: 2,500mg daily	Vitamin C - Buffered: 1,500mg daily	Vitamin C - Buffered: 2,500mg daily
Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily	Vitamin D3 - 1,000 IU daily
Vitamin E - 400mg daily	Vitamin E - 400mg daily	Vitamin E - 400mg daily
CoQ10 - 30mg daily	CoQ10 - 200mg to 600mg daily	CoQ10 - 300mg daily
	Grape Seed Extract - 200mg to 400mg daily	Grape Seed Extract - 400mg daily
	Glutathione - 250mg daily	Magnesium - 200mg daily
		Glucosamine Sulfate - 1,500mg daily
		Omega 3: Fish Oil - 1,000 EPA & 500 DHA

Immune System Support Tired of Catching Every Cold and Bug?



Protecting the body is the #1 role for our Immune System. This is why it is so critical to maintain & strengthen our Immune System at all times. The immune system is like a small police force that constantly patrols every organ and tissue in your body.

When our Immune System is compromised or weakened, this is when we get sick, catch every cold or flu, and worse, diseases can get a foot hold and begin wreaking havoc on our bodies and lives for that matter.

NEW STUDY: Researchers from **MIT** and **Harvard** have found that the Antibiotics have been shown to actually work against the body, weakening the immune systems ability to fight off the bugs.

***If you must take Prescription Antibiotics you must take a Probiotic at the same time. This is so important.**

We have an Antibiotic Alternative;

All Natural Antibiotics: Take it at the first sign of a Virus or Bug. Take them for 10 days and then save them in your refrigerator for the next time. Totally safe and effective.

These are the top supplements to optimize your Immune System naturally.

**Vitamin C - Vitamin D3 - Vitamin B6 - Vitamin E
Liquid Multi Vitamin & Immune Booster - Probiotics**



Have questions? Not sure what to take? Call us: 800.567.8122

PAGE NEW FOR 2018-2019

7	Liquid Methyl B-12 2,500 mcg
7	Sublingual Methyl B-12 (Instant Dissolve)
8	Black (Cumin) Seed Oil
9	Bone Broth Protein (Chocolate, Vanilla)
10	Sublingual Vitamin C (Instant Dissolve)
12	Liquid Cal/Mag (Orange/Vanilla Flavor)
13	Choline Bitartrate
15	Collagen Peptides Powder
15	CoQ10 50mg plus Vitamin E
16	Liquid CoQ10 50mg
17	Sublingual Vitamin D3 (Instant Dissolve)
58	Dairy Digest (Ultra)
18	Deer Antler Velvet with IGF-1 Spray (New Formula)
18	Echinacea 1,000mg
18	Kids & Teens Chewable Enzymes
19	Elderberry Syrup (Organic)
19	Electrolyte Balance
20	Methyl Folate 400 mcg
22	Gluten-Ade
22	Green Coffee Bean Extract w/ Svetol (New Formula)
23	Hair, Skin & Nails Gummies - Ultra
24	Hemp Seed Oil
24	Immune Support
28	MCT Oil Liquid Softgels
30	Memory Enhancer & Brain Connector Liquid
19	Papaya Enzymes (New Formula)
63	Pets-Glucosamine for Dogs (Liquid)
63	Pets-Multi Vitamin & Minerals for Dogs Liquid (all ages)
63	Pets-Stress Relief Formula for Pets (Liquid)
49	Sublingual Pregnenolone (Instant Dissolve)
53	Probiotic Digestive Support
53	Probiotics - Women's 50 Billion Probiotic
54	Quercetin Complex (New Formula)
57	Turmeric Advanced Powder 1,000 mg
57	Ultra Weight Loss Capsules
60	Whey Isolate Protein 6lbs (Choc., Van., Unfl.)
62	Whey Concentrate Protein 6lbs (Choc., Van., Unfl.)
59	Sublingual Zinc w/Vitamin C (Instant Dissolve)

PAGE AMINO ACIDS

5	Aminos, Ultra
8	Branched Chain Amino Acids (BCAA)
25	L- Carnitine Liquid
25	L-Arginine
25	L-Glutamine
22	L-Glutathione
26	L-Lysine
56	L-Taurine
26	L-Theanine 200mg
26	L-Tryptophan
23	Maximum HGH Powder

PAGE ANTIOXIDANTS

3	Acai Plus Liquid
4	Alpha Lipoic Acid
5	Antioxidants (Super)
6	Astaxanthin (Extra Strength) 10mg
6	Astaxanthin 4 mg
8	Bee Pollen
7	Beet Root Powder (Organic)
7	Beta Carotene
8	Beta Glucan with Maitake Extract
52	Blue & Purple Phyto Foods Powder
10	Vitamin C Liquid
10	Sublingual Vitamins C (Instant Dissolve)
10	Superior C 500mg
10	Vitamin C 1000 mg
10	Vitamin C 250mg Gummies
10	Vitamin C Chewables
9	Vitamin C Crystals
10	Vitamin C with Rose Hips, 500mg
14	Cinnamon Bark
15	CoQ10 100mg plus Vitamin E
15	CoQ10 50mg plus Vitamin E
15	CoQ10 High Potency 400mg
16	Liquid CoQ10 50mg
17	Curcumin Extract
18	Vitamin E 400 IU
21	Ginkgo Biloba
22	L-Glutathione
22	Goji Juice
22	Grape Seed Extract
51	Green Phyto Capsules
51	Green Phyto Foods Powder
23	Green Tea Extract
23	Hawthorn Extract w/ Garlic & Cayenne
26	Lutein Esters
27	Lycopene
27	Mangosteen Juice
32	NAC
52	Orange Phyto Foods w/CoQ10
33	Oregano Oil
53	Pycnogenol
54	Quercetin Complex
51	Red Phyto Foods Powder
54	Resveratrol Plus 50mg 60 Veg Caps

55	Selenium
31	Silymarin (Milk Thistle Extract)
56	Stress Relief Formula
56	Tart Cherry Concentrate Liquid
57	Turmeric Advanced
57	Turmeric Advanced Powder 1,000 mg
57	Ubiquinol
59	Zinc Picolinate 50mg
59	Sublingual Zinc w/Vitamin C (Instant Dissolve)

PAGE BRAIN HEALTH

3	Acetyl L-Carnitine
6	Ashwagandha
52	Blue & Purple Phyto Foods Powder
13	Choline Bitartrate
20	Gaba- B6
21	Ginkgo Biloba
21	Panax Ginseng
22	L-Glutathione
26	Lecithin
30	Memory Enhancer & Brain Connector
30	Memory Enhancer & Brain Connector Liquid
14	Cod Liver Oil (Double Strength)
33	DHA 500
47	Neptune Krill Oil
47	Omega 3 Super EPA/DHA
33	Omega 3 w/DHA Gummies
47	SUPER Omega 3-6-9
48	Omega 3 High Potency Liquid (Lightly Sweet)
47	ULTRA Omega 3
48	Phosphatidyl Serine Complex
49	Sublingual Pregnenolone (Instant Dissolve)

PAGE CHILDREN & TEENS

10	Vitamin C 250mg Gummies
18	Kids & Teens Chewable Enzymes
19	Elderberry Syrup (Organic)
20	Ultra Fiber Gummies
44	Children's Multi Vitamin & Mineral
45	Kids & Teens Multi Vitamin & Mineral Liquid
44	Kids Multivitamins Gummies
45	Teen Multivitamin (Ultra)
33	Omega 3 w/DHA Gummies
48	Kid's DHA
50	Kid's Dophilus Extra Strength Probiotic Chewables
50	Kid's Dophilus Probiotic Chewables

PAGE DIGESTIVE ENZYMES

3	Acid Reducer with Enzymes
58	Dairy Digest (Ultra)
18	Super Enzyme Caps
18	Kids & Teens Chewable Enzymes
19	Papaya Enzymes
22	Gluten-Ade
53	Probiotic Digestive Support

PAGE EYE HEALTH

6	Astaxanthin (Extra Strength) 10mg
6	Astaxanthin 4 mg
7	Beta Carotene
8	Bilberry Extract Plus
26	Lutein Esters
27	Lycopene
58	Vision Formula

PAGE FORMULAS

4	Allergy Support
4	Antibiotic, All Natural
5	Aspirin, All Natural
5	Antioxidants (Super)
5	Arthritis Relief & Joint Rebuilder
9	Blood Pressure Support
9	Blood Sugar Control
52	Blues & Purples Phyto Foods
9	Bronchial Support
13	Cholesterol Support
13	Cider Vinegar Diet
18	Diet & Energy
19	Electrolyte Balance
19	Fibroid Formula
21	G.I. & Colon Support
51	Green Phyto Capsules
51	Green Phyto Foods Powder
23	Heart & Vascular Support
23	Ultra Hair, Skin & Nails, 60 Tablets
24	HGH Formula Tablets
23	Maximum HGH Powder
24	Hoodia Complex
25	Kidney Support
26	Liver Health & Support (formally Liver Detox)
32	Max Mushroom Wellness
28	Meal Replacement (Whey)
29	Plant-Based Balanced Meal Complete Nutritional Shake
30	Memory Enhancer & Brain Connector

30	Memory Enhancer & Brain Connector Liquid
31	Menopause Support
31	Men's Potency
32	Ultra Men's Vitality
52	Orange Phyto Foods w/CoQ10
48	Pancreas Health
48	Para-Cleanse
48	Phosphatidyl Serine Complex
49	Ultra Pre-Workout Powder
53	ProstaPlex
54	Quercetin Complex
51	Red Phyto Foods Powder
55	Sleep Formula Advanced
56	Stress Relief Formula
56	Thermo Lean
56	Thyroid Energy
58	Ultra Cleanse Day/Night Combo Pack
57	Ultra Weight Loss Capsules
57	Ultra Weight Loss Liquid
58	Vision Formula
59	Water Gone
61	Whey PLUS Green & Red Phytos
59	Women's Balance PMS Formula, 90 caps
59	Ultra Women's Vitality

PAGE GUMMIES

10	Vitamin C 250mg Gummies
17	Vitamin D-3 2000 IU Gummies
20	Ultra Fiber Gummies
23	Ultra Hair, Skin & Nails Gummies
30	Melatonin 5mg Gummies
37	Adult Multivitamin Gummies
44	Kids Multivitamins Gummies
33	Omega 3 w/DHA Gummies

PAGE GUT HEALTH

3	Acid Reducer with Enzymes
4	Aloe Vera Juice
4	Aloe Vera Softgels
9	Bone Broth Protein (Chocolate, Vanilla)
12	Candida Cleanse
12	Charcoal
12	Chlorella
13	Chlorophyll Liquid
16	Colon Cleanse
17	Sublingual Vitamin D3 (Instant Dissolve)
17	Vitamin D-3 1000 IU
17	Vitamin D-3 5000 IU
17	Vitamin D3 Liquid, 1000 IU
58	Dairy Digest (Ultra)
19	Papaya Enzymes Advanced
18	Super Enzyme Caps
19	Clear Fiber
20	Ultra Fiber Gummies
21	GI & Colon Support
21	Ginger Root
22	Gluten-Ade
25	L-Glutamine
32	Max Mushroom Wellness
32	MSM
32	MSM Powder
50	35 Billion Probiotic
53	100 Billion Probiotic
50	Dophilus Plus Probiotic
50	Kid's Dophilus Extra Strength Probiotic Chewables
50	Kid's Dophilus Probiotic Chewables
53	Probiotic Digestive Support
50	Psyllium Husk Powder

PAGE HEARTH HEALTH

5	Aspirin, All Natural
6	Astaxanthin (Extra Strength) 10mg
6	Astaxanthin 4 mg
7	Beet Root Powder
9	Blood Pressure Support
9	Blood Sugar Control
12	Cayenne
13	Cholesterol Support
14	Cinnamon Bark
15	CoQ10 100mg plus Vitamin E
15	CoQ10 50mg plus Vitamin E
15	CoQ10 High Potency 400mg
16	Liquid CoQ10 50mg
20	Flax Oil Liquid
20	Flax Oil Softgels
21	Garlic (Odorless)
22	Grape Seed Extract
23	Hawthorn Extract w/ Garlic & Cayenne
23	Heart & Vascular Support
25	Vitamin K2 w/Vit D3
25	L-Arginine
25	L- Carnitine Liquid
14	Cod Liver Oil (Double Strength)
33	DHA 500
47	Neptune Krill Oil

47	Omega 3 Super EPA/DHA
33	Omega 3 w/DHA Gummies
47	SUPER Omega 3-6-9
48	Omega 3 High Potency Liquid (Lightly Sweet)
47	ULTRA Omega 3
50	Policosanol
54	Red Yeast Rice
54	Red Yeast Rice w/CoQ10
54	Resveratrol Plus 50mg 60 Veg Caps
57	Ubiquinol

PAGE HERBS

3	Alfalfa Tablets
4	Antibiotics, All Natural
6	Ashwagandha
5	Aspirin, All Natural
6	Astragalus
8	Bee Pollen
8	Beta Glucan with Maitake Extract
8	Bilberry Extract Plus
9	Black Cohosh Extract Plus
8	Black (Cumin) Seed Oil
12	Cats Claw
14	Cinnamon Bark
17	Curcumin Extract
18	Echinacea 1,000mg
19	Elderberry Syrup (Organic)
19	Esiak (Canadian Tea)
19	Feverfew
21	Ginger Root
22	Grape Seed Extract
22	Green Coffee Bean Extract w/ Svetol (New Formula)
23	Green Tea Extract
23	Hawthorn Extract w/ Garlic & Cayenne
23	Heart & Vascular Support
24	Hemp Seed Oil
26	Lecithin
26	Liver Health & Support (formally Liver Detox)
27	Maca
32	Max Mushroom Wellness
31	Menopause Support
31	Moringa Leaf Extract Caps
31	Moringa Leaf Powder (Organic)
33	Olive Leaf Extract
33	Olive Leaf Glycerite
52	Orange Phyto Foods w/CoQ10
21	Panax Ginseng
48	Para-Cleanse
54	Raspberry Ketones
54	Royal Jelly
55	Saw Palmetto
31	Silymarin (Milk Thistle Extract)
55	St. John's Wort
55	Stevia Extract Powder
55	Stevia Liquid Extract
57	Turmeric Advanced
57	Turmeric Advanced Powder 1,000 mg
58	Valerian Root

PAGE INFLAMMATION

4	Allergy Support
5	Aspirin, All Natural
5	Arthrigone Cream
5	Arthritis Relief & Joint Rebuilder
8	Black (Cumin) Seed Oil
12	Cayenne
15	Collagen & Elastin Cream
15	Collagen Liquid
15	Collagen Peptides Powder
15	Collagen Tablets
17	Curcumin Extract
20	Flax Oil Liquid
20	Flax Oil Softgels
21	Ginger Root
21	Glucosamine & Chondroitin Tablets
22	Glucosamine Sulfate & MSM (Vegetarian) , 120 Tablets
21	Glucosamine, Chondroitin & MSM Liquid
21	Glucosamine, MSM, & Arnica Cream
27	Mellow Mag (Magnesium Carbonate Powder)
27	Magnesium Citrate
27	Magnesium Glycinate
32	MSM
32	MSM Powder
14	Cod Liver Oil (Double Strength)
33	DHA 500
47	Neptune Krill Oil
47	Omega 3 Super EPA/DHA
33	Omega 3 w/DHA Gummies
47	SUPER Omega 3-6-9
48	Omega 3 High Potency Liquid (Lightly Sweet)
47	ULTRA Omega 3, 90 Softgels
50	35 Billion Probiotic
53	100 Billion Probiotic
50	Dophilus Plus Probiotic
53	Pycnogenol
54	Quercetin Complex
54	Resveratrol Plus 50mg 60 Veg Caps

55	Shark Cartilage
55	Spirulina
57	Turmeric Advanced
57	Turmeric Advanced Powder 1,000 mg

PAGE IMMUNE SYSTEM SUPPORT

3	Alfalfa Tablets
4	Allergy Support
4	Antibiotic, All Natural
5	Aspirin, All Natural
6	Astaxanthin (Extra Strength) 10mg
6	Astaxanthin 4 mg
6	Astragalus
8	Beta Glucan with Maitake Extract
8	Black (Cumin) Seed Oil
52	Blue & Purple Phyto Foods Powder
9	Bronchial Support
10	Liquid Vitamin C
10	Sublingual C (Instant Dissolve)
10	Superior C 500mg
10	Vitamin C 1000 mg
10	Vitamin C 250mg Gummies
10	Vitamin C Chewables
9	Vitamin C Crystals
10	Vitamin C with Rose Hips, 500mg
17	Curcumin Extract
17	Vitamin D-3 1000 IU
17	Vitamin D-3 2000 IU Gummies
17	Vitamin D-3 5000 IU
17	Vitamin D3 Liquid, 1000 IU
17	Sublingual D3 (Instant Dissolve)
18	Echinacea 1,000mg
19	Elderberry Syrup (Organic)
19	Esiak (Canadian Tea)
51	Green Phyto Capsules
51	Green Phyto Foods Powder
22	L-Glutathione
24	Immune Support
26	L-Lysine
32	Max Mushroom Wellness
31	Moringa Leaf Extract
31	Moringa Leaf Powder (Organic)
34-47	Multi Vitamins (all varieties)
32	NAC
33	Olive Leaf Extract
33	Olive Leaf Glycerite
52	Orange Phyto Foods w/CoQ10
33	Oregano Oil
50	35 Billion Probiotic
53	100 Billion Probiotic
50	Dophilus Plus Probiotic
53	Probiotic Digestive Support
54	Quercetin Complex
55	Red Phyto Foods Powder
51	Spirulina
57	Turmeric Advanced
57	Turmeric Advanced Powder 1,000 mg
59	Zinc Picolinate 50mg
59	Sublingual Zinc w/Vitamin C (Instant Dissolve)

PAGE JOINT SUPPORT

5	Arthrigone Cream
5	Arthritis Relief & Joint Rebuilder
9	Bone Broth Protein (Chocolate, Vanilla)
15	Collagen & Elastin Cream
15	Collagen Liquid
15	Collagen Peptides Powder
15	Collagen Tablets
21	Glucosamine & Chondroitin Tablets
22	Glucosamine Sulfate & MSM (Vegetarian), 120 Tablets
21	Glucosamine, Chondroitin & MSM Liquid
21	Glucosamine, MSM, & Arnica Cream
24	Hyaluronic Acid
32	MSM
32	MSM Powder
55	Shark Cartilage

PAGE LETTERED VITAMINS

7	Beta Carotene (Vitamin A)
7	Vitamin B6 100mg
6	B-12 Liquid Complex
7	Methyl B-12 1,000 mcg (Lozenges)
6	Methyl B-12 Liquid 2,500 mcg
6	Methyl-B-12 5000 mcg (Lozenges)
7	Sublingual Methyl B-12 (Instant Dissolve)
7	Vitamin B-50 Complex
7	Vitamin B-100 Complex
8	Biotin (Vitamin B7)
20	Folic Acid (B9) plus B-12
20	Methyl Folate 400 mcg (B9)
32	Niacin (Flush Free) (B3)
10	Liquid Vitamin C
10	Sublingual Vitamin C (Instant Dissolve)
10	Superior C 500mg
10	Vitamin C 1000 mg
10	Vitamin C 250mg Gummies

10	Vitamin C Chewables
9	Vitamin C Crystals
10	Vitamin C with Rose Hips, 500mg
17	Vitamin D-3 1000 IU
17	Vitamin D-3 2000 IU Gummies
17	Vitamin D-3 5000 IU
17	Vitamin D3 Liquid, 1000 IU
17	Sublingual D3 (Instant Dissolve)
18	Vitamin E 400 IU
25	Vitamin K2 w/D3

PAGE MENS HEALTH

8	Beta-Sitosterol Plant Sterols
18	Deer Antler Velvet with IGF-1 Spray (New Formula)
24	HGH Formula
27	Lycopene
23	Maximum HGH Powder
27	Maca
41	Men's Once Daily Advanced
31	Men's Potency
46	Men's Senior Multi, 180 Tablets
40	Men's Superior Multi Vitamin
38	Men's Ultra Daily Pack
41	Men's Ultra Sports Multi
53	ProstaPlex
55	Saw Palmetto
56	Tribulus
32	Ultra Men's Vitality

PAGE MINERALS

11	Ultra Bone Builder
10	Calcium Citrate Plus
11	Coral Calcium Advanced
11	Coral Calcium Complex Liquid
11	Liquid Cal/Mag (Blueberry)
12	Liquid Cal/Mag (Orange/Vanilla Flavor)
11	Oyster Calcium, Magnesium & Vitamin D
13	Chromium Picolinate
14	Colloidal Minerals Liquid
24	Iron Complex
27	Magnesium Citrate
27	Magnesium Glycinate
27	Mellow Mag (Magnesium Carbonate Powder)
50	Potassium
55	Selenium
59	Zinc Picolinate 50mg
59	Sublingual Zinc w/Vitamin C (Instant Dissolve)

PAGE MOOD & STRESS

3	5-HTP
6	Ashwagandha
16	Cortisol Support
20	Gaba+ B6
26	L-Theanine 200mg
26	L-Tryptophan
54	SAM-e
55	St. John's Wort
56	Stress Relief Formula
58	Valerian Root

PAGE MULTI VITAMINS

44	Children's Multi Vitamin & Mineral
45	Kids & Teens Multi Vitamin & Mineral Liquid
44	Kids Multivitamins Gummies
34	Lifesource Multi-Vitamin & Mineral Tablets
37	Adult Multivitamin Gummies
41	Men's Once Daily Advanced
46	Men's Senior Multi, 180 Tablets
40	Men's Superior Multi Vitamin
38	Men's Ultra Daily Pack
41	Men's Ultra Sports Multi
43	Prenatal Multi Vitamin & Mineral w/DHA
47	Senior Ultra Multi Vitamin & Mineral
35	Ultra Multi Liquid Vitamin & Immune Booster
37	Liquid Essentials Multi Essential
36	Ultra Multi Vitamin & Mineral Powder
36	Ultra Multi Vitamin & Mineral Powder with Phyto Foods
45	Ultra Teen Multivitamin
43	Women's Once Daily Advanced
46	Women's Senior Multi-180 Tablets
42	Women's Superior Multi Vitamins
39	Women's Ultra Daily Pack

PAGE	OMEGA
14	Cod Liver Oil (Double Strength)
33	DHA 500
20	Flax Oil Liquid
20	Flax Oil Softgels
24	Hemp Seed Oil
48	Kid's DHA
47	Neptune Krill Oil
47	Omega 3 Super EPA/DHA
33	Omega 3 w/DHA Gummies
47	SUPER Omega 3-6-9
47	ULTRA Omega 3
48	Omega 3 High Potency Liquid (Lightly Sweet)

PAGE	PHYTO FOODS
7	Beet Root Powder
52	Blue & Purple Phyto Foods Powder
51	Green Phyto Capsules
51	Green Phyto Foods Powder
31	Moringa Leaf Extract Caps
31	Moringa Leaf Powder (Organic)
52	Orange Phyto Foods w/CoQ10
51	Red Phyto Foods Powder
61	Whey PLUS Green & Red Phytos

PAGE	PROBIOTICS
50	35 Billion Probiotic
53	100 Billion Probiotic
58	Daily Digest (Ultra)
50	Dophilus Plus Probiotic
22	Gluten-Ade
50	Kid's Dophilus Extra Strength Probiotic Chewables
50	Kid's Dophilus Probiotic Chewables
53	Probiotic Digestive Support
53	Women's 50 Billion Probiotic

PAGE	PROTEIN & MEAL REPLACEMENTS
9	Bone Broth Protein
15	Collagen Liquid
15	Collagen Peptides Powder
28	Ultra Meal Replacement
29	Plant-Based Balanced Meal Complete Nutritional Shake
49	Ultra Plant Protein
60	Whey Isolate Protein
61	Whey PLUS Green & Red Phytos
62	Whey Concentrate Protein

PAGE	SKIN & HAIR CARE
8	Biotin
15	Collagen & Elastin Cream
15	Collagen Liquid
15	Collagen Peptides Powder
15	Collagen Tablets
71	Daily Rejuvenation Omega 3 Conditioner
71	Daily Rejuvenation Omega 3 Shampoo
23	Ultra Hair, Skin & Nails Gummies
23	Ultra Hair, Skin & Nails, 60 Tablets
71	LifeSource Handmade Soaps
68	Organic Anise Foaming Wash
70	Organic Avocado Whip Basil Moisturizer
68	Organic Coconut Lime Balancing Cleanser
70	Organic Grape Skin Gotu Kola Anti-aging Serum PM
69	Organic Hydrating Pearl Serum
70	Organic Jojoba Raspberry Grape Moisturizer
69	Organic Kakadu Hibiscus Eye Serum
69	Organic Marshmallow 23 Karat Eye Cream
70	Organic Solar Defense Mineral Moisture Crème
70	Organic Super C+ Tripeptide Anti-Aging Serum AM
68	Organic Sweet Orange Balancing Toner

PAGE	SPORTS NUTRITION
5	Aminos, Ultra
8	Branched Chain Amino Acids (BCAA)
14	C.L.A. (Conjugated Linoleic Acid)
16	Creatine Monohydrate Powder
18	Deer Antler Velvet with IGF-1 Spray (New Formula)
19	Electrolyte Balance
24	HGH Formula Tabs
23	Maximum HGH Powder
25	L-Arginine

25	L- Carnitine Liquid
25	L-Glutamine
28	MCT Oil
28	MCT Oil Liquid Softgels
28	Meal Replacement (Whey)
41	Men's Ultra Sports Multi
32	Niacin (Flush Free)
49	Ultra Plant Protein
29	Plant-Based Balanced Meal Complete Nutritional Shake
49	Ultra Pre-Workout Powder
56	Tribulus
60	Whey ISOLATE Protein
61	Whey PLUS Green & Red Phytos
62	Whey Protein CONCENTRATE
59	ZMA Sports Recovery

PAGE	SENIORS
3	7-Keto DHEA
3	Acetyl L-Carnitine
5	Arthrigone Cream
5	Arthritis Relief & Joint Rebuilder
5	Aspirin, All Natural
6	Astaxanthin (Extra Strength) 10mg
6	Astaxanthin 4 mg
7	Beta Carotene
8	Beta-Sitosterol Plant Sterols
8	Bilberry Extract Plus
8	Biotin
11	Ultra Bone Builder
10	Calcium Citrate Plus
11	Coral Calcium Advanced
11	Coral Calcium Complex Liquid
11	Oyster Calcium, Magnesium & Vitamin D
11	Liquid Cal/Mag (Blueberry)
12	Liquid Cal/Mag (Orange/Vanilla Flavor)
13	Choline Bitartrate
15	Collagen & Elastin Cream
15	Collagen Liquid
15	Collagen Peptides Powder
15	Collagen Tablets
15	CoQ10 100mg plus Vitamin E
15	CoQ10 50mg plus Vitamin E
15	CoQ10 High Potency 400mg
16	Liquid CoQ10 50mg
71	Daily Rejuvenation Omega 3 Conditioner
71	Daily Rejuvenation Omega 3 Shampoo
21	Ginkgo Biloba
21	Glucosamine & Chondroitin Tablets
22	Glucosamine Sulfate & MSM (Vegetarian) , 120 Tablets
21	Glucosamine, Chondroitin & MSM Liquid
21	Glucosamine, MSM, & Arnica Cream
22	L-Glutathione
23	Ultra Hair, Skin & Nails Gummies
23	Ultra Hair, Skin & Nails, 60 Tablets
23	Heart & Vascular Support
24	HGH Formula Tabs
23	Maximum HGH Powder
26	Lutein Esters
27	Lycopene
28	Ultra Meal Replacement
28	Melatonin 1mg Lozenge
28	Melatonin 3mg
30	Melatonin Plus (5 mg)
30	Memory Enhancer & Brain Connector
30	Memory Enhancer & Brain Connector Liquid
31	Menopause Support
31	Men's Potency
32	Ultra Men's Vitality
47	Senior Ultra Multi Vitamin & Mineral
46	Men's Senior Multi
46	Women's Senior Multi
32	MSM Tablets
32	MSM Powder
48	Phosphatidyl Serine Complex
49	Ultra Plant Protein
29	Plant-Based Balanced Meal Complete Nutritional Shake
49	Sublingual Pregnenolone (Instant Dissolve)
49	Progesterone Liposomal Skin Cream
53	ProstaPlex
54	SAM-e
55	Saw Palmetto
55	Shark Cartilage
55	Sleep Formula Advanced
56	Tribulus
57	Ubiquinol
58	Vision Formula
60	Whey ISOLATE Protein
61	Whey PLUS Green & Red Phytos
62	Whey Protein CONCENTRATE
59	Ultra Women's Vitality

PAGE	SLEEP AIDS
3	5-HTP
20	Gaba+ B6
26	L-Tryptophan
28	Melatonin 1mg Lozenge
28	Melatonin 3mg
30	Melatonin 5mg Gummies
30	Melatonin Plus (5 mg)
55	Sleep Formula Advanced
56	Tart Cherry Concentrate Liquid
58	Valerian Root

PAGE	WEIGHT LOSS & DIET
3	7-Keto DHEA
14	C.L.A. (Conjugated Linoleic Acid)
12	Cayenne
13	Chitosan Advanced
13	Chromium Picolinate
13	Cider Vinegar Diet
18	Deer Antler Velvet with IGF-1 Spray (New Formula)
18	Diet & Energy
20	Garcinia Cabogia Super CitriMax
22	Green Coffee Bean Extract w/ Svetol (New Formula)
23	Green Tea Extract
24	Hoodia Complex
25	L-Carnitine Liquid
28	Ultra Meal Replacement
29	Plant-Based Balanced Meal Complete Nutritional Shake
54	Raspberry Ketones
56	Thermo Lean
56	Thyroid Energy
58	Ultra Cleanse Day/Night Combo Pack
57	Ultra Weight Loss Capsules
57	Ultra Weight Loss Liquid

PAGE	WOMEN'S HEALTH
9	Black Cohosh Extract Plus
16	Cranberry Concentrate
18	D-Mannose
19	Evening Primrose
19	Fibroid Formula
20	Folic Acid (800 mcg) plus B-12
20	Methyl Folate 400 mcg
27	Maca
31	Menopause Support
43	Women's Once Daily Advanced
46	Women's Senior Multi-180 Tablets
42	Women's Superior Multi Vitamins
39	Women's Ultra Daily Pack
43	Prenatal Multi Vitamin & Mineral w/DHA
49	Sublingual Pregnenolone (Instant Dissolve)
53	Women's 50 Billion Probiotic
49	Progesterone Liposomal Skin Cream
58	Vitex 300 mg
59	Water Gone
59	Women's Balance PMS Formula
59	Ultra Women's Vitality

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