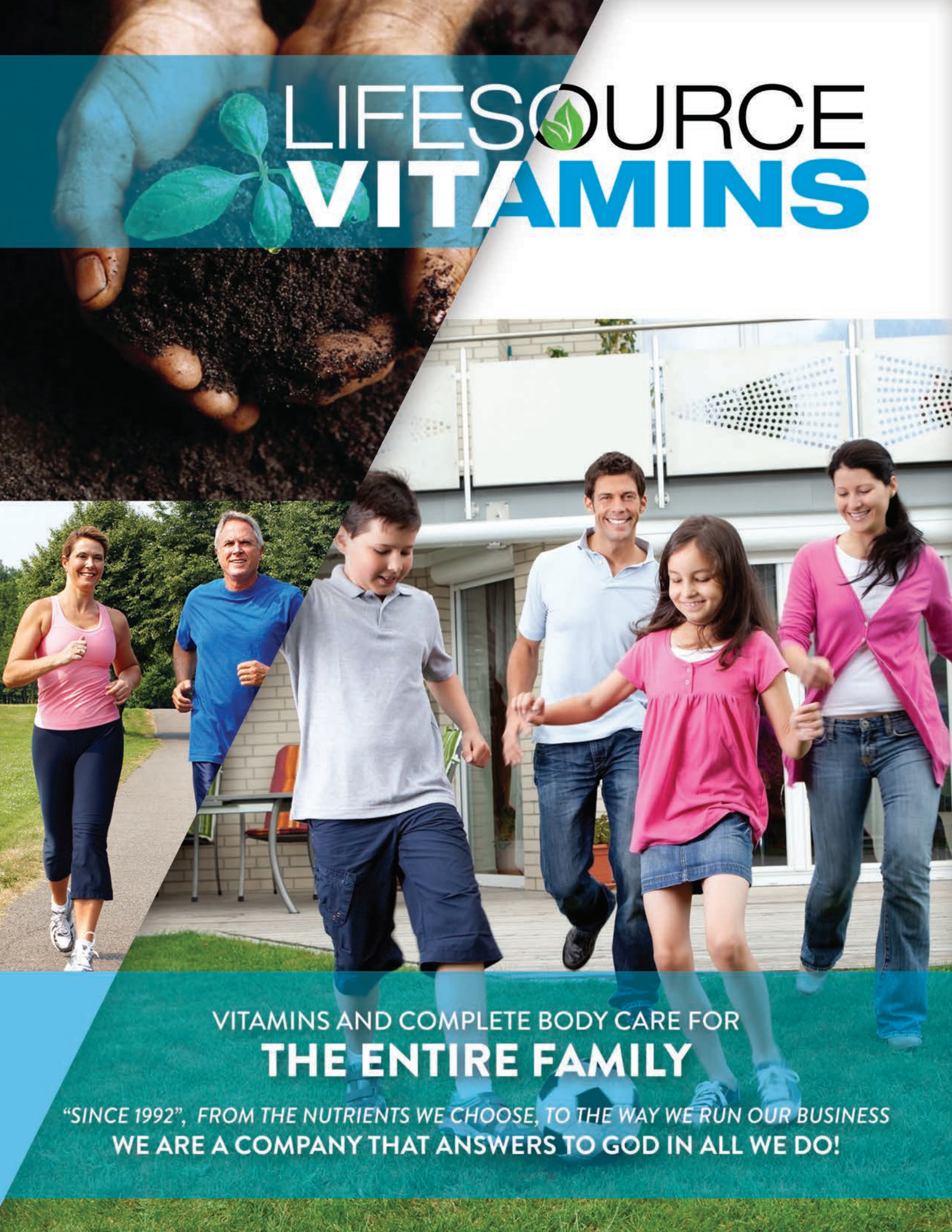


LIFESOURCE VITAMINS

VITAMINS AND COMPLETE BODY CARE FOR

THE ENTIRE FAMILY

"SINCE 1992", FROM THE NUTRIENTS WE CHOOSE, TO THE WAY WE RUN OUR BUSINESS

WE ARE A COMPANY THAT ANSWERS TO GOD IN ALL WE DO!

LIFESOURCE VITAMINS

Bruce Brightman, Founder

When I started this vitamin company twenty-four years ago my family and friends thought I was crazy, literally. They would say to me "***So let me get this straight, you are starting a vitamin company (advertising exclusively to Christians) while donating all of your proceeds to Christian charities around the world - and you think this will work?"*** My reply was the same every time, ***"Yes, I know it will work - God will provide!"***

To this day I still tell people whom I meet, speak in front of, etc. that God is our CEO, not me. I am His servant. I am so humbled that God chose me to run a company in His honor and for His works. With God's guiding hand, we have grown from producing one multivitamin to over 400 different supplements. We have given away hundreds of thousands of dollars to Christian organizations around the world that feed, clothe, and share the Good News of Jesus Christ to every tribe, creed and race - all the while facing grave danger and persecution themselves.

I am also so very thankful that our supporters (you, our customers) understand that in essence, you are giving your money to these Christian organizations by trusting and purchasing from LifeSource Vitamins. We are standing in a gap, woven into a tapestry of love created by God's hands.

From our family, to your family, and then on to the Mission Fields…

Bruce Brightman

Founder, LifeSource Vitamins

Acts 20:24

However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me – the task of testifying to the Good News of God's grace.

Colossians 2:2

I want you woven into a tapestry of love, in touch with everything there is to know of God. Then you will have minds confident and at rest, focused on Christ, God's Great mystery.

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 AMOUNG 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 VCaps — $19.99 PER BOTTLE

- Helps restless leg syndrome
- Enhances sleep
- Relieves symptoms of seasonal affective disorder
- Relieves anxiety
- Cognitive enhancement

NUTRITIONAL FACTS

Serving Size: 1 Veggie Cap Servings Per Container: 60

	Amt/Serving	DV%*
5-HTP (5-hydroxytryptophan) (Griffonia)	100 mg	†

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

7-Keto / DHEA

90 VCaps — $19.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 3 Veggie Cap Servings Per Container: 30

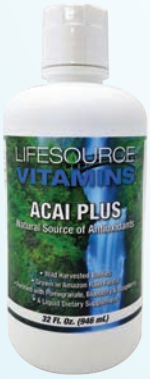
	Amt/Serving	DV%*
7-KETO® (DHEA Acetate 7-one)	75 mg	†

* 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.

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:

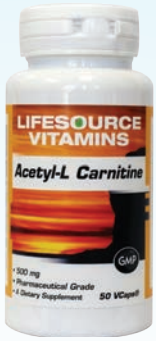
- Greater energy/stamina
- Improved digestion
- Improved mental focus
- Better sleep
- All nutrients come from one berry
- Acai has more proteins then an average egg
- Also contains blueberry, raspberry, and pomegranate juice.
- Acai has essential minerals such as iron, potassium, phosphorus and calcium.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

* 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,

Acetyl-L-Carnitine

50 Softgels – $19.99 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.

NUTRITIONAL FACTS

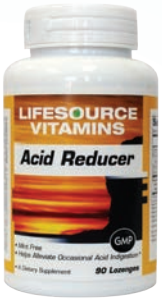
Serving Size: 1 Capsule Servings Per Container:50

	Amt/Serving	DV%*
Acetyl-L-Carnitine**	500 m	†

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

Acid Reducer (Natural)

90 Lozenges - $12.99 PER BOTTLE



LifeSource formula reduces stomach acid, and helps with GERD and Heartburn safely. Millions of Americans suffering from excess stomach acid, the need for a powerful and effective acid reducer has never been more widespread. This powerful blend of magnesium/potassium hydroxide in combination with vitamins and minerals including ultra low-lead calcium carbonate can be highly effective in reducing stomach acid, while raising our pH levels and soothing sore tissues – three essential elements in maintaining optimal acid levels in our stomach and throughout our body. Our Acid Reducer 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 Reduce does not treat GERD or acid reflux disease, but does relieve the symptoms.

Laboratory testing comparing our Acid Reducer to four major over-the-counter brands of antacids has shown that Acid Reducer is faster acting in neutralizing a hydrochloric acid solution of pH 2.20. Its stronger "base nature" (alkalinity) initiates the buffering effect on the H+ ions (positive hydrogen), allowing the neutralizing effect to react quickly and provide extended relief.

NUTRITIONAL FACTS

Serving Size: 1 Lozenge Servings Per Container: 90 Lozenges

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

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5		Hydroxide)	11 mg	3%
Total Carbohydrate	1 g	< 1%*	Potassium (from Potassium		
Sugars	1 g	†	Hydroxide)	5 mg	< 1%
Vitamin C (as Ascorbic Acid)	12 mg	20%	Acid Comfort™(Innovative Buffering Blend with Calcium Carbonate, MagnesiummHydroxide and Potassium Hydroxide)	373 mg	†
Calcium (from Calcium Carbonate)	116 mg	12%			
Magnesium (from Magnesium					

Free of: Salt, yeast, wheat, gluten, soy, milk, egg or preservatives. Other Ingredients: Fructose, Rice Maltodextrin, Sorbitol, Natural Coconut Oil Powder, Stearic Acid (vegetable source), Natural Vanilla Flavor, BetterStevia™ (Organic Stevia Extract) (Leaf), Cinnamon (Cinnamomum cassia) (Bark), Ginger Root (Zingiber officinale) and Cholecalciferol (Vitamin D-3). Contains soy and coconut oil (tree nut). Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Alfalfa 550mg

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.

NUTRITIONAL 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 not established..

NEW Allergy Support 90 Tablets - $29.99 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

NUTRITIONAL 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 lebbeck, 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.

NEW Aloe Vera Gels 100 Softgels - $11.99 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.

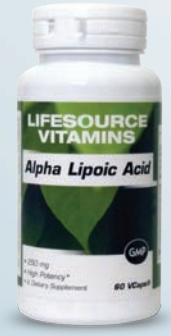
NUTRITIONAL FACTS

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.

Alpha Lipoic Acid 550mg 60 VCaps - $18.99 PER BOTTLE



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

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Alpha Lipoic Acid	250 mg	†

Aloe Vera Juice 32 oz / 32 day supply - $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

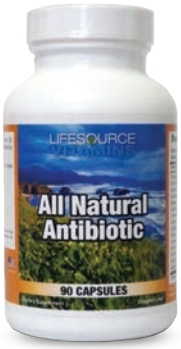
NUTRITIONAL FACTS

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 12%)

(P)



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.

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 45

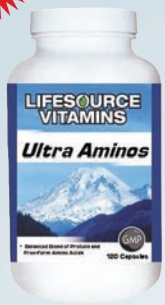
	Amt/Serving	DV%*		Amt/Serving	DV%*
Echinacea extract	300 mg	†	Barberry	50 mg	†
Garlic extract (odor less)	200 mg	†	Astragalus Root	50 mg	†
Burdock Root powder	150 mg	†	Grapefruit seed oil extract	50 mg	†
Red Clover Blossoms powder	100 mg	†	Neem Oil	50 mg	†
Turmeric extract	100 mg	†	Pau D'Arco	40 mg	†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

(P) = LifeSource Proprietary Blend

NEW

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.

NUTRITIONAL FACTS

Serving Size: 4 Capsules Servings per Container: 30

	Amt/Serving	DV%*
SCalories	15	
Protein	3 g	6%
Vitamin B-6 (from Pyridoxine HCl)	13 mg	650%
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)	3 g (3,000 mg)	†
TYPICAL AMINO ACID PROFILE (example) (per serving) **		
Essential Amino Acids		
Mg per 4 Capsule Serving		
L-Isoleucine	115 mg	
L-Leucine	205 mg	
L-Lysine	185 mg	
L-Methionine	35 mg	
L-Phenylalanine	72 mg	
L-Threonine	141 mg	
L-Tryptophan	37 mg	
L-Valine	141 mg	
Non-Essential Amino Acids		
L-Alanine	135 mg	
L-Arginine	306 mg	
L-Aspartic Acid	246 mg	
L-Cysteine	38 mg	
L-Glutamic Acid	454 mg	
L-Glutamine	200 mg	
Glycine	167 mg	
L-Histidine	37 mg	
L-Hydroxyproline	44 mg	
L-Ornithine	24 mg	
L-Proline	179 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. **Suggested usage:** Take 4 capsules daily, preferably with juice

Antioxidants (Super) (P)

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.

NUTRITIONAL FACTS

Serving Size: 3 Capsules Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Super Oxide Dismutase	1000 mg	†	Alfa-Lipoic Acid 30	30 mg	†
Aloe Vera Extract 200:1	25 mg	†	L-Caystenine	15 mg	†
Grape Seed Extract 95%	30 mg	†	Rosemary Leaf Extract	25 mg	†
Betacarotene	5000 IU	†	Selenium Chelate	100 mcg	†

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

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 contra indications 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 Glusamine, MSM & Arnica Organic Cream on page 22

Arthritis Relief & Joint Rebuilder (P)

100 Tablets – $24.99 PER BOTTLE
200 Tablets - $44.99 PER BOTTLE (SAVE 10%)

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!

NUTRITIONAL FACTS

Serving Size: 4 Tablets. Servings Per Container: 25

	Amt/Serving	DV%*		Amt/Serving	DV%*
Glucosamine	300 mg	†	Vitamin B-6	25 mg	1250%
Chondroitin	300 mg	†	Niacinamide	250 mg	1250%
Shark Cartilage	250 mg	†	Niacin	25 mg	120%
Cat's Claw	300 mg	†	Pantothenic Acid	100 mg	1000%
Boswellin	40 mg	†	Magnesium	100 mg	20%
Borage Oil	50 mg	†	Selenium	100 mcg	100%
Prime Rose Oil	50 mg	†	Copper	300 mg	150%
Yucca	400 mg	†	Citrus Bio-Flavonoid Complex	100 mg	†
Alfalfa	400 mg	†			
White Willow Bark	400 mg	†	Bromelaine	100 mg	†
Horsetail	200 mg	†	Grape Seed Extract	2,000 mg	†
Ginger	200 mg	†	Devils Claw	400 mg	†
EPA (Fish Oil)	100 mg	†	Calcium Lactate	200 mg	20%
Vitamin A	5,000 IU	100%	Licorice	150 mg	†
Vitamin C	200 mg	333%	Zinc (Gluconate)	15 mg	100%
Vitamin D	200 IU	50%	Boron	100 mcg	†
Vitamin E	75 IU	250%	Queratin	25 mg	†

(P) Aspirin (All Natural)

90 Capsules – $13.99 PER BOTTLE
180 Capsules – $23.99 PER BOTTLE (SAVE 14%)

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!

NUTRITIONAL FACTS

Proprietary Formula - White Willow Bark

Serving Size: 2 Tablets **Servings Per Container:** 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
White Willow Bark Ext. 15%	450 mg	†			
Fever Few	120 mg	†			
Cherry Flex	100 mg	†			
Nettle Extract	100 mg	†	Chamomile Flower Powder	60 mg	†
Codonopsis root	100 mg	†	Tanacetum Parthenium (Pau D'Arco)	50 mg	†
Bonaset (Eupatorium perfolatum)	100 mg	†	Magnesium Oxide	50 mg	†
Jamaican Dogwood (Piscidea eritrina)	100 mg	†	Alfalfa	10 mg	†
Malic Acid	100 mg	†	Cramp Bark	10 mg	†
Sambucus Nigra	85 mg	†	Fo-Ti	5 mg	†
Quercetin	75 mg	†	Capsicum	5 mg	†
Thymus Vulgaris	60 mg	†	Bromelain	5 mg	†
			Papain	5 mg	†

Ask about our auto ship program. Automatic shipments whenever you want them delivered.

NEW

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

NUTRITIONAL 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	†

Other Ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable cource)

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

Astaxanthin 4mg

90 Softgels - $24.99 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.

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Zanthin® Natural Astaxanthin (CO2 extract of Haematococcus pulvialis algae)	4 mg	†

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

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.

Astragalus 500mg

90 Veggie Caps – $15.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 1 Veggie Capsule Servings Per Container:90

	Amt/Serving	DV%*
Astragalus Root Extract (Astragalus membranaceous) (Standardized to min. 70% Polysaccharides)	500 mg	†

B-12 Complex

2 fl oz / 60 Day Supply - $8.99 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

NUTRITIONAL FACTS

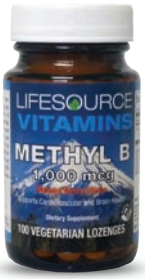
Serving Size: 1 Dropperful (1 ml) Servings Per Container: 60

	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	20 mg	33%
Thiamine (from Thiamine HCl) (Vit. B-1)	0.6 mg	40%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide) (Flush-Free)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	1.0 mg	16,667%*
Pantothenic Acid	30 mg	300%
Stevia Rebaudiana Extract (Leaf) (min. 80% Rebaudioside-A)	2 mg	†

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

Methyl-B 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.

NUTRITIONAL FACTS

c

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

Suggested usage: Take 1 lozenge daily

Methyl-B 3000mcg

50 Lozenges - $14.99 PER BOTTLE

NEW

NUTRITIONAL FACTS

Serving Size: 1 Lozenge Servings per Container: 30

	Amt/Serving	DV%
Vitamin B-6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	3,000 mcg	50,000%
Biotin	300 mcg	100%

Other Ingredients: Fructose, sorbitol, cellulose gum, natural cherry flavor, vegetable stearin, carmine, luo han guo fruit, silica, mannitol and dextrose.
Contains No salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

B-100 Complex

100 Capsules - $17.99 PER BOTTLE

NUTRITIONAL 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 - $10.99 PER BOTTLE

• Energy • Brain health • Stress relief

NUTRITIONAL 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.

BCAA 5000

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.

NUTRITIONAL 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%
Magnesium (citrate, aspartate	300 mg	†
Branched Chain Amino Acids	5 grams	**
Leucine2,	500 mg	**
Isoleucine	1,250 mg	**
Valine	1,250 mg	**
Glutamine	3 grams	**

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

NUTRITIONAL 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.

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%*
Calories	23	
Calories from Fat	0	
Total Fat		
Saturated Fat	0	
Trans Fat	0	0%
Cholesterol	0 mg	0%
Sodium	38 mg	1%
Total Carbohydrate	5 g	
Dietary Fiber	0 g	
Sugars	3 g	

	Amt/Serving	DV%*
Other Carbohydrates	2 g	1%
Protein	1 g	2 %
Vitamin A	11 IU	0%
Vitamin C	6 mg	10%
Calcium	9 mg	1%
Folate	49 mcg	12%
Magnesium	11 mg	3%
Phosphorus	26 mg	3%
Potassium	173 mg	5%

*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

NUTRITIONAL FACTS

Serving Size: 1 Capsule 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.

Ultra Beta Glucan

90 Veggie 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.

NUTRITIONAL FACTS

Serving Size: 1 VCap Servings Per Container: 90

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

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

Beta-Sitosterol

60 Softgels – $13.99 PER BOTTLE

LifeSource Vitamins Beta-Sitosterol Plant Sterols is a unique dietary supplement rich in the plant sterols Beta-Sitosterol, Campesterol and Stigmasterol.

Scientific studies have shown that plant sterols can help lower cholesterol levels. LifeSource's formula provides high potency botanicals shown in clinical studies to address the challenges of prostate health that can lead to an enlarged prostate. In addition, it also contains ingredients shown in clinical studies to help promote healthy and normal cholesterol levels.

- Cardiovascular Health
- Healthy urinary flow
- Healthy urinary function
- Healthy prostate function
- Provides Cholesterol Lowering Benefits
- Vegetarian Formula
- Prostate Health

NUTRITIONAL FACTS

Serving Size 2 Softgels Servings Per Container 30

	Amt/Serving	DV%*
PhytoSterol Complex Providing'Sterol Esters: Beta-Sitosterol, Campesterol, and Stigmasterol. equivalent to 1,000 mg of Plant Sterols	1,000 mg*	†

Biotin 5,000 mcg

60 VCaps — $9.99 PER BOTTLE

- Energy metabolism
- Great for Healthy Hair & Nails
- Fat synthesis
- Helps regulate Blood sugar

NUTRITIONAL FACTS

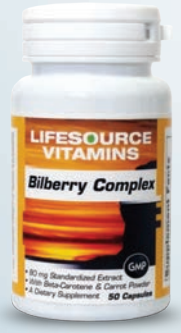
Serving Size: 1 VCap Servings Per Container: 60

	Amt/Serving	DV%*
Biotin	5.0 mg (5,000 mcg)	1667%

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

Bilberry Complex

50 Capsules - $13.99 PER BOTTLE



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

NUTRITIONAL FACTS

Serving Size 1 Capsule Servings Per Container 50

	Amt/Serving	DV%*
Beta-Carotene (as pro-Vitamin A 6 mg)	10,000 IU	200%
Riboflavin (Vitamin B-2)	10 mg	590%
Bilberry (Vaccinium myrtillus) (Fruit) (Standardized to contain min. 25% anthocyanidins)	80 mg	†
Carrot Powder	300 mg	†
Citrus Bioflavonoids (37% total bioflavonoids as Hesperidin)	100 mg	†

Ⓟ = LifeSource Proprietary Blend

Black Cohosh Root

120 Capsules - $10.99 PER BOTTLE

Relief of many menopausal symptoms and menstrual dysfunctions

- Hot flashes
- Headaches
- Mood
- Cramps

NUTRITIONAL FACTS

Serving Size: 1 Capsules 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)	125 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 VCaps - $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

NUTRITIONAL FACTS

Serving Size: 1 VCap 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	†

Blood Sugar Control

90 Capsules - $15.99 PER BOTTLE Ⓟ
180 Capsules - $28.99 PER BOTTLE

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.

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 45

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

NUTRITIONAL FACTS

Serving Size: 1 tsp. Amt Per Serving: 5 ml
Servings Per Container: 48

	Amt/Serving	DV%*
Proprietary Blend		
Eucalyptus Oil, Omega 3, Omega 6, Menthol, Peppermint Oil, Rosemary, Watercress, Radish, Onion and Garlic extracts.	1000 mg	†
Palmitate (Vit. A).	4000 IU	80%
Ergocalciferol (Vit. D)	400 IU	100%
Magnesium Chloride	3 mg	75%
Zinc Sulfate	1 mg	66%

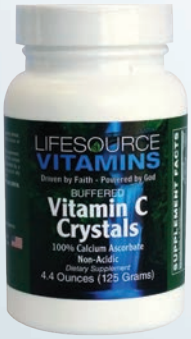
Vitamin C

500 mg - 100 Tablets - $6.99
500 mg - 250 Tablets - $13.99
1000 mg - 100 Tablets - $8.99
1000 mg - 200 Tablets - $14.99

Vitamin C is 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. It 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, lunch meats, & some vegetables) into cancer-causing substances. According to the foremost authorities and scientists all around the world, Vitamin C can decrease the risk of getting certain cancers by up to 75%.

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 carbonate to create non-acidic (buffered), "GI friendly" delivery system.
- Synergistic benefits of citrus bioflavonoid complex.

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. -

NUTRITIONAL FACTS

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

	Amt/Serving	DV%*
Vitamin C (as calcium ascorbate)	1066 mg	1,777
Calcium (as calcium ascorbate)	117 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.

Superior C 500 mg

90 Veg Capsules - $14.99 PER BOTTLE
180 Veg Capsules - $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!

NUTRITIONAL FACTS

Serving Size: 1 Veg Capsules Servings Per Container: 90

	Amt/Serving	DV%*
Vitamin C (from Threonic Acid Enhanced Buffered Calcium Ascorbate)	500 mg	833%
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, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica. Vegetarian/Vegan Product. Contains no: sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg or shellfish.

Vitamin C Chewable

100 Lozenges - $11.99 PER BOTTLE

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

NUTRITIONAL 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	†

DID YOU KNOW: China now manufactures over 90 percent of the Vitamin C consumed in the United States? China is the most polluted nation on the planet (by far), yet most all vitamin companies use nutrients from China to use in their natural products to save money. Not Ours! We will never use nutrients from China in their natural products to save money.

NEW Liquid Vitamin C

16 fl oz - $13.99 PER BOTTLE

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

NUTRITIONAL FACTS

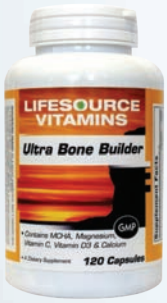
Serving Size: 1 Tablespoon (15 mL) Servings per Container: 32

	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

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.

NUTRITIONAL FACTS

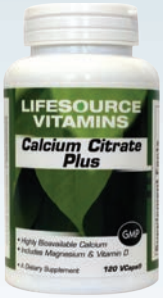
Serving Size: 4 Capsules Servings Per Container: 30

	Amt/Serving	DV%*
Calories	5	†
Protein	1 g	2%
Vitamin C (from Magnesium	133 mg	222%
Vitamin D-3 (as	667 IU	167%
Vitamin K-2 (as	67 mcg	84%
Vitamin B-1 (from Thiamine	3 mg	200%
Calcium (from MCHA)	667 mg	67%
Phosphorus (from MCHA)	287 mg	29%
Manganese	2 mg	100%
MCHA (Microcrystalline Hydroxyapatite)	2667 mg	†
Glucosamine Potassium Sulfate Complex	200 mg	†
Horsetail (Equisetum	67 mg	†
Boron (from Amino Acid Chelate)	467 mg	†

Other Ingredients: Gelatin (capsule), Cellulose, Glucosamine Potassium Sulfate Complex, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica. Contains shellfish (crab, shrimp, lobster, crayfish).Not manufactured with wheat, gluten, soy, milk, egg, fish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Calcium Citrate Plus

120 VCaps - $11.99 PER BOTTLE



NUTRITIONAL FACTS

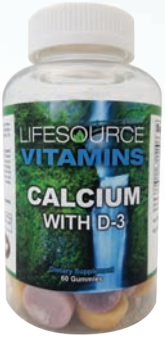
Serving Size: 3 VCaps Servings Per Container: 40

	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.

Calcium + D3 Gummies

60 Gummies - $19.99 PER BOTTLE



NEW

Calcium is essential to maintaining total body health. Your body needs it every day not just to keep your bones and teeth strong over your lifetime, but to ensure proper functioning of muscles and nerves. It even helps your blood clot. Taking calcium regularly every day is key to preventing and treating calcium deficiency. Many people find it difficult to consume sufficient dietary calcium to ensure good bone health. LifeSource's Calcium Gummies are a good addition to the diet and can help prevent Osteopenia (less than normal bone mass) and osteoporosis (low bone mass). We also added Vitamin D3 to help your body absorb the calcium properly.

NUTRITIONAL FACTS

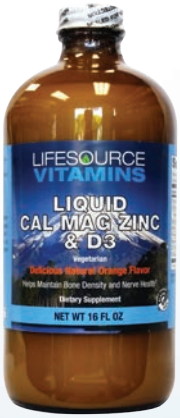
Serving Size: 2 Gummies Servings Per Container: 30

	Amt/Serving	DV%*
Calories	30	
Total Carbohydrate	8 g	3%
Sugars	5 g	†
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Calcium (as tricalcium phosphate	500 mg	50%
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, elderberry juice and grape juice) Allergen Warning: May Contain Tree Nuts

Cal / Mag with D3 & Zinc

16 Fluid Ounces / 32 day supply
Orange Flavor - $13.99 PER BOTTLE



LifeSource Vitamins Liquid Cal/Mag with Vit D3 (ORANGE) provides 600 mg of Calcium from Calcium Citrate, a superior form of Calcium and also contains 200 IU of D3, which increases the absorption of Calcium while providing 300mg of Magnesium from Magnesium Citrate per serving. Cal / Mag is the perfect balance of calcium & magnesium. This supplement is a fast-absorbing ionic liquid that delivers complete nutrition to sustain bone, muscle and connective tissue health. As an additional benefit, calcium, magnesium and zinc play an integral role in the body's energy generation and enzyme production at the cellular level.

- Healthy Bones & Teeth*
- Muscle Activities & Health*
- Blood Pressure Support*
- Weight Support*
- 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.
- New Orange Flavor

NUTRITIONAL FACTS

Serving Size: 1 Tbsp Servings Per Container: 32

	Amt/Serving	DV%*
Calories	20	†
Total Carbohydrate	5 g	1%*
Sugars	0 g	†
Vitamin D3 (as Cholecalciferol)	200 iu	50%
Calcium (as Calcium Citrate)	600 mg	60%
Phosphorus	300 mg	30%
Magnesium (as Magnesium Citrate)	300 mg	75%
Zinc (from zinc gluconate)	7.5 mg	50%
Potassium (from potassium citrate)	50 mg	1.5%

Coral Calcium Caps

90 Capsules -$24.99 PER BOTTLE
180 Capsules - $44.99 PER BOTTLE

100% Pure Okinawan Coral!

Coral Calcium is a alkalizing mineral power house that has been show to help balance the pH level of the body, creating an environment where the body can heal itself, the God given way.

CORAL CALCIUM CAPSULES
NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 45

	Amt/Serving	DV%*
Calcium (from coral)	348mg	35%
Magnesium (from coral)	174mg	44%

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

Liquid Coral Calcium Complex

32 FL. OZ. - $19.99 PER BOTTLE

NUTRITIONAL FACTS

Serving Size: 2 Tbsp Servings Per Container: 32

	Amt/Serving	DV%*
Calories	10	†
Total Carbohydrate	2 g	<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 toal 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.

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

Other Active Ingredients: (Marine Nutrients and Trace Minerals): Calcium, Neodyrnium, Carbon, Chloride, Silicon, Rubidium, Vanadium, Potassium, Nickel, Cobalt, Yttrium, Stronium, Cerium, Lithium, Thallium, Palladium, Lanthanum, Ytterbium, Rhenium, Phosphorus, Thorium, Osmium, Flouride, Bromine, Thulium, Gadolinium, Beryllium, Gold, Titanium, Dysporsium, 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, Cirtic 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 15%)

with Magnesium and Vitamin D

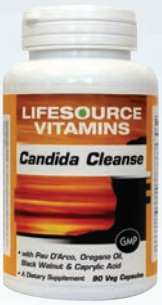
NUTRITIONAL FACTS

Serving Size: 2 Tablets Servings Per Container: 50

	Amt/Serving
Calcium (from Oyster Shell and Calcium Carbonate)	1000 mg
Magnesium (from Magnesium Oxide)	500 mg
Vitamin D (from Fish Oil)	200 IU

Candida Cleanse

90 VCaps - $16.99 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.

NUTRITIONAL FACTS

Serving Size: 2 VCaps Servings Per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	10	†	Caprylic Acid (from Magnesium Caprylate)	500 mg	†
Calories from Fat	5	†	Pau D'Arco (Tabebuia impetiginosa) (Bark)	300 mg	†
Total Fat	0.5 g	< 1%*	Black Walnut (Juglans nigra L.) (Hull)	300 mg	†
Saturated Fat	0.5 g	†	Oregano Oil (Origanum vulgare) (min. 1.75% Volatiles)	200 mg	†
Total Carbohydrate	1 g	< 1%*			
Biotin	2 mg	67%			
Magnesium (from Magnesium Caprylate)	45 mg	11%			

Cat's Claw 500 mg

120 Capsules - $12.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size 2 Capsules Servings Per Container 60

	Amt/Serving	DV%*
TCat's Claw Powder (Uncaria tomentosa)	1.5 g (1,500 mg)	†

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

Cayenne 500 mg

100 Capsules - $9.99 PER BOTTLE

NEW

Capsicum, 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.

NUTRITIONAL FACTS

Serving Size: 1 Capsules 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: Gelatin (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

Celadrin® Fast-acting 4 Fluid Ounces - $15.99 PER BOTTLE

Celadrin Topical Liposome Lotion can help support joint and cartilage response to physical activity, exercise and postural stability. Our Celadrin Topical Liposome Lotion (7.5%) was shown to deliver esterified fatty acid carbons and other active ingredients capable of significantly reducing joint discomfort while increasing joint function and balance, as evidenced by a 2005 University led, placebo controlled study.

- Clinically shown for being fast acting (within 30 minutes) with rapid and deep absorption/penetration to the affected area
- Clinically proven effective in topical applications100% of the patients in the study on the proprietary cream showed significant benefit compared to the patients on the placebo
- Celadrin® will provide speedy relief to aching, painful joints, muscles and tissues
- For temporary relief of minor aches and pains associated with simple backache, arthritis, strains, bruises and sprains

Ingredients: De-ionized Water, Aloe (Aloe barbadensis) Leaf Juice, Celadrin®, MSM, Emulsifying Wax, Vegetable Glycerin, Cetyl Alcohol, Stearic Acid (vegetable source), Sweet Almond Oil, Caprylic/Capric Triglyceride, Arnica spp. Flower Tincture, Safflower Oil, Natural Menthol, Meadowfoam Seed Oil, Phospholipids (from soy lecithin), Ceteareth-20, Vitamin E (as d-alpha tocopheryl acetate), Xanthan Gum and Cypress/Cedar Extract (as natural preservative).

Charcoal 100 Capsules - $8.99 PER BOTTLE

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

NUTRITIONAL 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.

Chlorella 1000 mg 120 Tablets - $19.99 PER BOTTLE

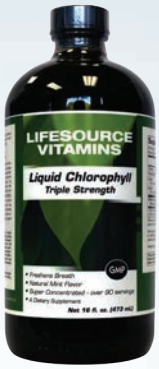
- To detoxify your body & improve digestive system
- Focus more clearly and for greater duration
- Promote a healthy pH balance
- Help freshen breath

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 40

	Amt/Serving	DV%*
Calories	10	
Total Fat	0 g	0%
Sodium	0 mg	0%
Total Carbohydrate	< 1 g	< 1%
Protein	2 g	4%
Vitamin A		60%
Vitamin C		130%
Iron		35%
Chlorella	3000 mg	†

Chlorophyll Liquid 16 fl oz - $14.99 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

NUTRITIONAL 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.

Chitosan Fat Blocker 120 Capsules - $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

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 120

	Amt/Serving	DV%*
Chitosan 90%	250 mg	†
Hoodia Cactus	10 mg	
Garcinia	25 mg	†
Gymnema Sylverter	25 mg	†
Chromium Picolinate	25 mcg	†

Cholesterol Support

90 Tablets - $19.99 PER BOTTLE (P)
180 Tablets - $34.99 PER BOTTLE (SAVE 12%)

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.

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Commiphora Mukul (Gum Guggel 25% Ext)	400 mg.	†	Quercetin	30 mg.	†
Soy Bean extract (Glycine Max)	250 mg.	†	Artichoke Extract	25 mg.	†
Inositol Hexanicotinate	200 mg.	†	Phosphatidycholin	20 mg.	†
Oat Bran	200 mg.	†	Vitamin B-6	20 mg.	250
Phaseolamin	150 mg.	†	Pantothenic Acid	10 mg.	100
Garlic Odorless Ext.	100 mg.	†	Policosanol	10 mg.	†
Inositol	100 mg.	†	Tocotrienols	5 mg.	†
Psyllium husk (seed powdered)	100 mg.	†	Grape Seed Extract	5 mg.	†
Cellulose (Micro Crystaline)	100 mg.	†	Folic Acid	400 mcg.	†
Bromelalin 600 GDU	50 mg.	†	Chromium (as polynicotinate)	200 mcg.	†
Pantethine 20%	50 mg.	†	Vitamin B-12 (as cyanocobalamin)	25 mcg.	417

Chromium Picolinate

90 Capsules - $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.

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 90

	Amt/Serving	DV%*
Chromium (as Chromium Picolinate)	200 mcg	1666%
Niacin (as Niacinamide)	25 mg	125%

Organic Coconut Oil

12 oz. – $10.99 PER JAR

Cold Pressed and Unrefined

NUTRITIONAL FACTS

Serving Size: 1 Tablespoon (15 mL) Servings Per Container: 23

	Amt/Serving	DV%*
Calories	120	†
Calories from Fat	120	†
Total Fat	14 g	22%
Saturated Fat	12 g	60%
Trans Fat	0 g	†
Polyunsaturated Fat	0.2 g	†
Monounsaturated Fat	0.8 g	†

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

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

(P) = LifeSource Proprietary Blend

Coconut Oil Softgels

60 Softgels - $12.99 PER BOTTLE

NEW

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.

NUTRITIONAL FACTS

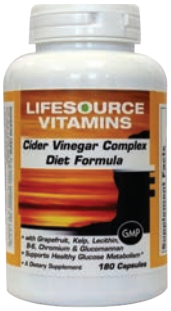
Serving Size: 1 Softgel Servings per Container: 60

	Amt/Serving	DV%*
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
Suggested usage: Take 1 softgel daily with or without food

Cider Vinegar Diet

180 Capsules - $12.99 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 Apple Pectin 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.

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 90

	Amt/Serving	DV%*
Vitamin B-6 (Pyridoxine HCl)	7 mg	350%
Chromium (Amino Acid Chelate)	200 mcg	167%
Apple Cider Vinegar	500 mg	†
Soy Lecithin	200 mg	†
Glucomannan Fiber (Amorphophallus rivieri) (Tuber)	100 mg	†
Kelp (Ascophylum nodosum)	74 mg	†
Grapefruit Fiber	30 mg	†

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

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

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 30

	Amt/Serving	DV%*
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: Softget 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

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 60

	Amt/Serving	DV%*
Calories	5	
Total Carbohydrate	<1 g	<1%*
Cinnamon (Cinnamonum verum) (Bark) (Ceylon) (True Cinnamon)	1.2 g (1,200 mg)	†

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

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

ClearFiber™ Powder

Net Wt. 5 oz. (142g) - $10.99 per bottle

- No grit
- No thickening
- No flavor
- 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.

NUTRITIONAL 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.

Cod Liver Oil

100 Softgels - $7.99 PER BOTTLE

- Strong bones and teeth
- Healthy joints
- A healthy cardiovascular system

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 100

	Amt/Serving	DV%*
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%
Polyunsaturated fat	0.5 g	†
Cholesterol	0 mg	0%
Vitamin A (from Cod Liver Oil)	2,500 IU	50%
Vitamin D (from Cod Liver Oil)	70 IU	70%
Cod Liver Oil	650 mg	†
Typical Values of Omega-3 Fatty Acids:		
Elcosapentaenoic Acid (EPA)	45 mg	†
Docosahexaenoic Acid (DHA)	60 mg	†

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

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.Other Ingredients: Gelatin, glycerin, water.

Ⓟ = LifeSource Proprietary Blend

Clove Oil

1 fl oz - $8.99 PER BOTTLE NEW

- Powerful antioxidant properties
- Promotes blood circulation
- Supports cardiovascular health
- Helps soothe teeth and gums
- Promotes oral health
- Supports a healthy immune system
- Helps Smoothing of the skin, irritations, skin problems
- Shown to help insect repellent

Collagen

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. Additionally, more than 90% of the collagen found in our body consists of Collagen Type I and III, which is why it is necessary that we supply our bodies with the proper protein source. LifeSource's Collagen does not contain aloe vera, as other brands do, due to the fact that ours is Enzymatically hydrolized. It does not need the acid to hydrolyze, as other brands do. Ours is just all natural, and results driven.

Collagen Liquid (Enzyme Hydrolyzed Collagen) Ⓟ

16 Fluid Ounces / 30 day supply
$42.99 PER BOTTLE OR
3 BOTTLES FOR $109.99 (SAVE $19.00)

- Helps support normal joint function, fights against arthritis.
- Enhances HGH levels in all that use our Collagen™.
- Preserves lean body mass for people trying to lose weight & buildmass.
- Supports cartilage, tendons, musles, 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.

Our Liquid Collagen has 8 grams of protein per serving - the most of any Collagen!

NUTRITIONAL FACTS

Servings Per Container: 30

Amt/Serving	DV%*
Energy Calories	36
Protein	8 g
Fat	0
Carbohydrates	3 g

Amino Acid Composition of LifeSource Collagen™:

L-Alanine	1667 mg	†
L-Arginine	1333 mg	†
L-Aspartic Acid	1045 mg	†
L-Cystine	10 mg	†
L-Glutamic Acid	1727 mg	†
Glycine	4167 mg	†

Amt/Serving	DV%*	
L-Histidine	118 mg	†
L-Hydroxylysine	181 mg	†
L-Hydroxyproline	2197 mg	†
L-Isoleucine	272 mg	†
L-Lysine	697 mg	†
L-Methionine	136 mg	†
L-Phenylalanine	379 mg	†
L-Proline	2477 mg	†
L-Serine	636 mg	†
L-Threonine	300 mg	†
L-Tyrosine	152 mg	†
L-Valine	515 mg	†

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

Collagen Tablets

90 Tablets - $19.99 PER BOTTLE (P)
180 Tablets - $34.99 PER BOTTLE (SAVE 12%)

NUTRITIONAL 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.

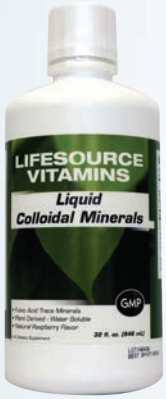
Collagen Cream (P)

4 oz - $12.99 PER BOTTLE

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

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. Sixty 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.

NUTRITIONAL FACTS

Serving Size: 2 Tablespoons / 1 fl. oz.
Servings Per Container: 32

	Amt/Serving	DV%*
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.

CoQ10 30 mg softgels

90 Softgels - $18.99 PER BOTTLE

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Coenzyme Q10	30 mg	*
Vitamin E (as d-alpha Tocopherol)	10 iu	35 %

Other Ingredients: Rice Bran Oil, Softgel Capsule (gelatin, glycerin, water, zinc oxide, annatto extract), Beeswax and Soy Lecithin.
Contains no sugar, salt, starch, yeasts, wheat, gluten, corn, milk, egg, shellfish or preservatives.

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

(P) = LifeSource Proprietary Blend

CoQ10 100 mg softgels

50 Softgels- $31.99 PER BOTTLE

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 50

	Amt/Serving	DV%*
Vitamin E (from Mixed Tocopherols)	30 IU	100%
Coenzyme Q10	100 mg	†

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

Suggested Use: As a dietary supplement, take 1 softgel 1 to 2 times daily, preferably with meals.

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.Other Ingredients: Rice bran oil, Gelatin, Glycerin, Beeswax, Water, Beta Carotene (D. Salina), Annatto (natural color) and Titanium Dioxide.

CoQ10 High 400 mg softgels

30 Softgels - $39.99 PER BOTTLE

NUTRITIONAL 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 (as d-alpha Tocopherol)	30IU	100%
Coenzyme Q10 (CoQ10)	400 mg	†
Soy Lecithin	35 mg	†

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

CoQ10 / Ubiquinol Liquid

8 fl. oz - $32.99 PER BOTTLE

LifeSource Vitamins Liquid Ubiquinol (CoQ10) is clinically tested for potency and efficiency. It is a highly bio-available oral supplement that hits the blood stream within seconds.

CoQ10 is the world's most comprehensive cardiovascular support supplement. It is also the best-selling cardiovascular prescription drug in Japan. It is widely recommended to repair heart damage and to boost the function of the heart, as well as in preventative use to safeguard against heart attacks and valve damage. It has also been shown to be beneficial in breast and lung cancer, as well as helping to maintain cognitive function.

- Promotes Cellular Energy
- Cardiovascular Health • Migraine Prevention
- Vegan Formula

NUTRITIONAL FACTS

Serving Size: 1 Teaspoon (5 ml) Servings Per Container: 48

	Amt/Serving	DV%*
Calories	10 (.010 kcal) (42 kj)	
Total Carbohydrate	2 g	<1%*
Vitamin E (from Mixed Tocopherols)	10 IU	33%
CoEnzyme Q-10	100 mg	†

Suggested usage: Take one teaspoon daily, preferably at mealtime. May be mixed with water or juice. Other Ingredients: Triple Filtered Water, Vegetable Glycerin, Natural Orange flavor and Potassium Sorbate (to maintain freshness) Unique ingredients in this product can vary the color, taste and consistency from batch to batch. This does not affect potency or quality.

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

NOTE: CoQ10 is very safe for healthy individuals. However, if you are on diabetic medications, diuretics, insulin, ACE inhibitors, Beta Blockers, calcium channel blockers, HMG Co-A Reductase Inhibitors, Anticoagulants, or Dopamine-enhancing drugs, check with your doctor. CoQ10's benefits may require changing dosages of these drugs. Also, check with your health care provider if you are pregnant or you are giving this to a child. CoQ10 levels can also be reduced by other nutrients, such as high amounts of fish oil or pharmaceutical statins. You should check with your health care provider regarding the dosage.

Colon Cleanse

180 Capsules - $12.99 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

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 90

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5		Psyllium Husk Powder	1.4 g (1400 mg)	†
Total Carbohydrate	1.2 g	<1%*	(Plantago asiatica) (seed)		
Dietary Fiber ††	1.0 g	4%*	Apple Pectin	100 mg	†

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

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, or preservatives. Other Ingredients: Gelatin (capsule), Magnesium Stearate, Stearic Acid and Silica.

Curcumin Extract

60 Veg Capsules - $19.99 PER BOTTLE

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.

Prevent and reverse:

- cancer • depression • digestive disorders
- pain & arthritis • heart disease

NUTRITIONAL FACTS

Serving Size: 1 Veg Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Tumeric Root Extract	665 mg	*

{Standardized tp provide min. 95% Curcuminoids (630) mg) (including Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin)}

* 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), Dicalcium Phosphate, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

Cranberry Concentrate

100 Capsules - $13.99 PER BOTTLE

1400 mg of 8:1 Concentrate

Helps protect against urinary tract infections.

NUTRITIONAL 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.

Free of: salt, sugar, yeast, wheat, milk, preservatives, starch, soy, egg & shellfish. Other Ingredients: magnesium stearate

Turmeric Extract

60 Veg Capsules - $16.99 PER BOTTLE

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.

NUTRITIONAL FACTS

Serving Size: 1 VCap Servings Per Container: 60

	Amt/Serving	DV%*
Tumeric Root Extract	500 mg	*

Turmeric root extract (Curcuma longa) (Standardized to 95% [475 mg] curcuminoids)

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

Other Ingredients: Cellulose (capsule), Dicalcium Phosphate, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

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.

DID YOU KNOW: Over 75% - 3 out of 4 Americans do not meet the RDI (recommended daily allowance) for overall nutrition in their diet. For those of us who are over 55, the number is even higher. These RDI levels can be greatly increased by simply taking a whole food based multivitamin. (Not Synthetic). See our line of multi's on pages 33 through 45.

Vitamin D-3 5000 IU Softgels 120 Softgels - $11.99 PER BOTTLE

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

NUTRITIONAL 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.

Liquid Vitamin D-3 1,000 IU 1 fl. oz. - $16.99 PER BOTTLE

- Maintains bone health
- Enhances immunity
- Decreases risk of breast, colon & colorectol cancer
- Decreases pain associated with fibromyalgia

NUTRITIONAL 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.

NEW

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.

NUTRITIONAL 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 waxAllergen Warning: Contains Tree Nuts (Coconut Oil)

Vitamin D-3 1000 IU 180 Softgels —$7.99 PER BOTTLE

- Structural support
- Helps maintain strong bones
- Supports dental health

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 180

	Amt per Serving	DV%*
Vitamin D-3 (as Cholecalciferol)	1,000 IU	†

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

IGF-1-Deer Antler Velvet Extract 1 oz.

$29.99 PER BOTTLE OR 3 Bottles fo $74.99
(SAVINGS OF $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

NUTRITIONAL FACTS

Serving Size: 2 Sprays (0.32 mL) Servings Per Container: 93

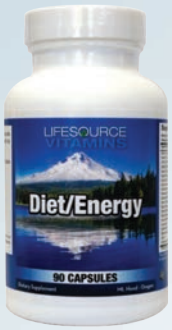
	Amt/Serving	DV%*
Deer Antler Velvet Extract (Cervi parvum cornu) (New Zealand sourced)	1.1 mg	†
IGF-1 (Insulin-like Growth Factor-1)	27.5 ng*	†
Stevia Extract (Stevia rebaudiana)(Leaf)	1.6 mg	

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

* ng is the abbreviation for nanograms (1 billionth of a gram).

Other Ingredients: De-ionized Water, Natural Lemon Flavor, Xylitol, Phospholipids (soy), Potassium Sorbate (as preservative) and Citric Acid.

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.

NUTRITIONAL FACTS

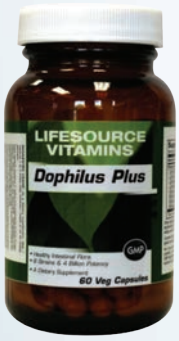
Serving Size: 2 Capsules Servings Per Container: 45

	Amt/Serving	DV%*
Vit. E (d-alpha Tocopherols Succinate)	15 IU	50%
Vit. B-1 (from Thiamine HCl)	10 mg	670%
Riboflavin (Vit. B-2)	10 mg	590%
Niacin (Vit. B-3)	25 mg	125%
Vit. B-6 (from Pyridoxine HCl	10 mg	500%
Vit. B-12 (as Cyanocobalamin)	100 mcg	1670%
Vit. B-5 (from Calcium Pantothenate	10 mg	100%
Iodine (from Kelp)	225 mcg	150%
Chromium (as Chromium Chelavide)	200 mcg	166%
Potassium (from Potassium Aspertate)	55 mg	2%

	Amt/Serving	DV%*
Guarana (seed extract)	280 mg	†
Green Tea Extract	200 mg	†
Bitter orange extract	180 mg	†
Panax Ginseng (root)	150 mg	†
Eleuthro (Siberian Ginseng-root)	150 mg	†
Licorice (root)	100 mg	†
Gotu Kola-whole plant	100 mg	†
Cayenne (fruit)	50 mg	†
Alpha Lipoic Acid	25 mg	†
CoQ10	10 mg	†
Octaconasol (from spinach)	30 mcg	†

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

Dophilus Plus 60 VCaps - $16.99 PER BOTTLE 120 VCaps - $29.99 PER BOTTLE



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 is a cool, dry place, refrigeration is recommended.

NUTRITIONAL FACTS

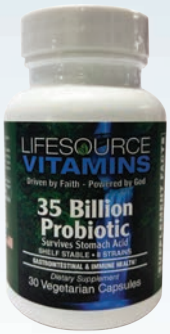
Serving Size: 1 VCap Servings Per Container: 60
Blend of 8 Strains of Probiotic Bacteria 4.0 Billion Organisms*

	Amt/Serving	DV%*
Lactobacillus acidophilus	1.2 billion	†
Lactobacillus casei	600 million	†
Lactobacillus rhamnosus	600 million	†
Lactobacillus salivarius	600 million	†
Streptococcus thermophilus	400 million	†

	Amt/Serving	DV%*
Bifidobacterium bifidum	200 million	†
Bifidobacterium longum	200 million	†
Bifidobacterium lactis	200 million	†

Check out our Completely Plant-Based Balanced Meal Replacements on page 30. Protein, Vitamins, Digestive Enzymes, and Probiotics All in one delicious drink

35 Billion Probiotic 30 Vegetarian Capsules - $26.99 PER BOTTLE



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.

NEW

NUTRITIONAL 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 (Bl-04)		
Lactobacilli salivarius (Ls-33)		
Lactobacilli plantarum (Lp-115)		
Bifidobacterium bifidum (Bb-02)		
Bifidobacterium longum (Bl-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

NUTRITIONAL FACTS

Serving Size: 1 Chewable Servings Per Container: 60

	Amt/Serving	% Daily Value* For Children 4+ Yrs of Age
Calories	5	†
Total Carbohydrates	1.4 g	1%
Sugar Alcohol	1.2 g	†
Blend of 4 Strains of Probiotic Bacteria (Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus salivarius and Lactobacillus plantarum) (from 2.5 Billion microorganisms at time of manufacture)	750 million organisms	†

* 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 12%)

- Fat-soluble antioxidant
- Promotes healing of scar tissue

NUTRITIONAL 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)

Echinacea & Goldenseal Root

100 Capsules - $13.99 PER BOTTLE

- Improve immune function
- Promote healthy digestion
- Soothe dry throats

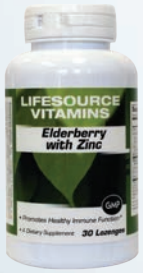
NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Echinacea purpurea root extract 6:1 **	33mg	†
Goldenseal Root Powder (Hydrastis canadensis)	450 mg	†
Properietary blend	75 mg	†
Burdock (Arctium lappa) root		
Dandelion (Taraxacum officinale) root		
Red Clover (Trifolium pretense) root		
Ginger (Zingiber offinale) root		
Cayenne (Capsicum annuum) fruit		

Elderberry With Zinc

30 Lozenges - $8.99 PER BOTTLE



LifeSource Vitamins lozenges are loaded with Elderberry Extract powder that is synergistically formulated with Zinc and Vitamin C for maximum effectiveness.

HAVE A COLD? This homeopathic preparation will help you feel better while you are getting better and could shorten the life of your cold.

NUTRITIONAL FACTS

Serving Size: 1 Lozenges Servings Per Container: 30

	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	3 g	1%*
Sugars	< 1 g	†
Sorbitol	2 g	†
Vitamin C (as Ascorbic Acid and Sodium Ascorbate)	150 mg	250%
Zinc (from Zinc Gluconate)	12 mg	80%
Elderberry Concentrate (Sambucus nigra) (fruit)	100 mg	†
Echinacea purpurea (Root)	25 mg	†
Bee Propolis	25 mg	†
Slippery Elm Bark (Ulmus rubra) (Bark)	25 mg	†

Other Ingredients: Fructose, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silica and Natural Raspberry Flavor.

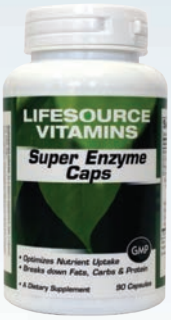
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, or tree nut ingredients. Produced in a GMP facility that produces other ingredients containing, these allergens.

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

Suggested usage: Take 1 lozenge 1 to 3 times daily, or as recommended by your healthcare practitioner. Allow the lozenge to dissolve in mouth completely. Limit long-term consumption of high levels of Zinc.

Super Enzymes

90 Capsules - $14.99 PER BOTTLE
180 Capsules - $26.99 PER BOTTLE



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.

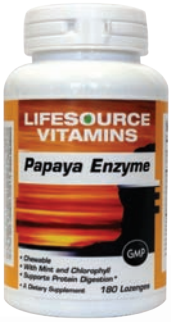
NUTRITIONAL FACTS

Serving Size: 1 Capsule. Servings Per Container: 90

	Amt/Serving	DV%*
Betaine HCl (from beets and molasses)	200 mg	*
Pancreatin 4X	200 mg	*
Amylase	20,000 USP	*
Protease	20,000 USP	*
Lipase	3,400 USP	*
Ox Bile Extract (45% Cholic Acid)	100 mg	*
Bromelain 2,400 GDU/g (from pineapple)	50 mg	*
Papain 2M USP units/g	50 mg	*
Powder (from papaya)		
Pepsin NF 1:10m Units/g Powder	50 mg	*
Papaya fruit Powder	45 mg	*
Pineapple Juice Powder	45 mg	*
Cellulase 1M FCC/g Powder	10 mg	*

Papaya Enzymes

180 Lozenges - $9.99 PER BOTTLE



LifeSource Vitamins Papaya Enzyme Chewables are made from whole, unripe spray-dried Papaya powder. They contain 40 mg of Papaya per Lozenge and include Cellulase, Lipase and Protease for a broad based array of enzyme activity. We use an all vegan formula and they leave your mouth feeling Fresh!

- Maximizes Digestion
- Reduces Inflammation and Swelling
- Helps to Maintain Glowing Skin
- Soothes Nausea
- Acts as a Detoxifying Agent in the Body

NUTRITIONAL FACTS

Serving Size: 2 Lozenges Servings Per Container: 90

	Amt/Serving	DV%*
Calories	5	
Serving Size 2 Lozenges		
Total Carbohydrate	2 g	<1%
Servings Per Container 90		
Sugars	1 g	†
Papain (from Papaya) (2000 USP/g)	100 mg	†
Papaya Fruit Powder	80 mg	†
Bromelain (from Pineapple) (2400 GDU/g)	100 mg	†
Protease (5000 FCC/g)	20 mg	†
Lipase (2000 USP/g)	2 mg	†
Cellulase (500 CMC/g)	.6 mg	†
Alpha-amylase (30,000 SKB/g)	2 mg	†

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

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

NUTRITIONAL FACTS

Serving Size: 1 Capsule. 750 mg Servings Per Container: 120

	Amt/Serving	DV%*
Proprietary Blend	750 mg	†
Burdock Root Extract	4:1	
Sheep Sorrel Herb	4:1	
Slippery Elm Bark Extract	4:1	
Turkish Rhubarb Root Extract Watercress Herb, Blessed Thistle Herb,Red Clover Blossom and Kelp	4:1	

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

Eucalyptus Oil

1 oz. - $6.99 PER BOTTLE

Eucalyptus Oil is 100% steam distilled. Eucalyptus oil remains a favorite among aroma therapists and casual users alike, based on its strong, woody and medicinal aroma. Popular in many vapor rubs, LifeSource Vitamins Eucalyptus Oil emits an essence of cleanliness when diffused for aromatherapy.

Evening Primrose Oil

100 Softgels - $9.99 PER BOTTLE

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

NUTRITIONAL 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	†

Flax Seed Oil 1,000 mg

100 Softgels - $12.99 PER BOTTLE

- Protect against heart disease
- Promote healthy blood pressure and cholesterol levels

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 33

	Amt/Serving	DV%*
Flax Oil (seed)	2000 mg	†
Omega-3 Fatty Acids	1500 mg	†

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

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. Contains 7,650 mg of Omega 3, 2,410 mg of Omega 6, and 2,120 mg of Omega 9.

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

NUTRITIONAL 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)

NEW

Organic Flax Oil (W/Lignans)

16 fl oz - $19.99 PER BOTTLE

Flaxseed oil is an excellent source of the essential omega-3 fatty acid alpha-linolenic acid (ALA). Since the body is unable to manufacture this important fatty acid, consuming flaxseed oil is a simple and effective way to ensure optimal intake of alpha-linolenic acid. Alpha-linolenic acid is used by the body to manufacture the omega-3 fats EPA and DHA. Omega-3 fats provide significant support for healthy cardiovascular and neurological function as well as normal, healthy cholesterol and triglyceride levels.* The omega-3 fats also serve as the raw material for the synthesis of compounds which help support cardiovascular and neurological function as well as a favorable inflammatory response.

- Protect against heart disease
- Promote healthy blood pressure and cholesterol levels

NUTRITIONAL 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 g	5%
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	3 g	†
Cholesterol	0 g	
Organic Flax Seed Oil	15,000 mg	†
Omega-3 (Alpha Linolenic Acid)	7,300 mg	†
Omega-6 (Linoleic Acid)	2,000 mg	†
Omega-9 (Oleic Acid)	2,500 mg	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.
Ingredients: 100% Organic Flax seed oil and organic flax seed hulls (1 source of lignans)
Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors
Suggested usage: Take 1 tablespoon daily with a meal

LifeSource Vitamins has been giving ALL proceeds to fine Christian organizations around the world for over 24 years now.

FeverFew

90 Capsules - $10.99 PER BOTTLE

- Migraines and headaches
- Rheumatoid arthritis (eases inflammation)

NUTRITIONAL 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.

GABA w/Vit B6 500 mg

100 Capsules - $11.99 PER BOTTLE

- Improves brain functioning and mental clarity
- Calms and relaxes your mind and body
- Dramatically improves sleep (promotes R.E.M. sleep)

NUTRITIONAL 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.

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.

NUTRITIONAL 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	100 mg	†
Dong Quai	100 mg	†
Echinacea	100 mg	†
Astragalus Root	100 mg	†
Anamu	100 mg	†
Golden Seal	25 mg	†

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

Garcinia Cambogia

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.

- Chromium (from Chromium Polynicotinate) (ChromeMate®) 200 mcg.
- Hydroxycitric Acid – 60%) 1,500 per serving
- Helps Control Appetite
- Helps Convert Stored Fat into Energy

NUTRITIONAL FACTS

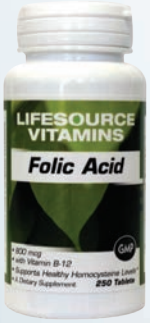
Serving Size: 2 Capsules Servings Per Container: 45

	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.

Folic Acid with Vitamin B-12

250 Tablets - $6.99 PER BOTTLE



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

NUTRITIONAL FACTS

Serving Size: 1 Tablet Servings Per Container: 250

	Amt/Serving	DV%*
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	420%

* 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.

Need something to mix your protein shake? See page 65 for our new line of Blender Bottles. They are BPA Free and dishwasher safe.

Garlic Odorless 2000 mg

100 Softgels - $9.99 PER BOTTLE
200 Softgels - $15.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 2 Softgels Servings Per Container: 50

	Amt/Serving	DV%*
Garlic (Odorless)	2000 mg	†
(Extract from the equivalent of 5 g. of whole clove garlic)		

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

Ginger Root 500 mg

100 Capsules - $7.99 PER BOTTLE

- Appetite loss
- Indigestion
- Inflammation
- Motion sickness

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Total Carbohydrate	0.8 g	<1%*
Ginger Root (Zingiber officinale)	1.1 g	†

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

Ginkgo Biloba

60 Capsules - $9.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Ginkgo Biloba (Extract Leaf)	60 mg	†
Ginkgo Biloba (Powder Leaf)	270 mg	†

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

G.I. & Colon Support (P)

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.

NUTRITIONAL FACTS

Serving Size: 1 Capsules Servings Per Container: 90

	Amt/Serving	DV%*
Proprietary Blend:	750 mg	†

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 a 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

NUTRITIONAL FACTS

Serving Size: 1 Capsules
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.

DID YOU KNOW: Scientists, Doctors and skeptics of God worldwide have tried to figure out how we evolved from an ape or tadpole, but what they are missing is that we were made from the hand of God Almighty Himself. What a wonderful feeling that is isn't it?

(P) = LifeSource Proprietary Blend

Glucosamine 1500 mg & Chondroitin 1200 mg

120 Tablets - $24.99 PER BOTTLE
240 Tablets - $44.99 PER BOTTLE
(SAVE 10%)

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.

NUTRITIONAL 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

16 Fl. oz. / 30 day supply - $19.99 PER BOTTLE

(liquid)

LifeSource's ionically charged liquid Glucosamine, Chondroitin and MSM with ionic minerals provides a fast … and the rest is fine. 2 sentences were in the beginning.

NUTRITIONAL FACTS

Serving Size: 1 Tablespoon (15 mL) Servings per Container: 31

	Amt/Serving	DV%*
Calories	15	
Vitamin C (as Ascorbic Acid)	125 mg	210%
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.

24 years strong! Same core values! Being diligent to God and helping families live longer and healthier lives.

Vegetarian Glucosamine & MSM

120 VCaps - $22.99 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.

We at LifeSource Vitamins are pleased to offer a technological breakthrough in joint support supplementation with this high quality vegetarian form of glucosamine. This formula is recommended for its high quality, potency, purity and bio-availability. The capsule form is dissolved easier than most hard to digest tablet forms of vegetarian glucosamine.

NUTRITIONAL FACTS

Serving Size: 2 VCaps Servings Per Container: 60

Amt per Serving		DV%*
Regenasure® Glucosamine HCl (Vegetarian Source)	1.0 g (1,000 mg)	†
MSM (Methylsulfonylmethane)	1.0 g (1,000 mg)	†

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

Goji Juice (Liquid)

32 fl. oz. / 32 day supply - $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:

Immunity: Polysaccharides from Goji berries enhance cell-mediated and T-cell immune responses.

Allergies: Goji was noted reducing antibodies associated with allergy-type reaction

Anti Aging: Goji's unique LBP Polysaccharides complex has been found to be a powerful secretagogue, by stimulating the secretion of the rejuvenative human growth hormone

Anti Cancer: Goji LBP Polysaccharides have been particularly active of enhancing the production of Interleukin-2 (IL-2), a cytokine (cell protein) that induces potent anti-tumor responses in a variety of cancer models.

Obesity: Goji LBP Polysaccharides enhance the conversion of food into energy, improve general metabolism and reduced body weight.

NUTRITIONAL FACTS

Serving Size 1-3 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

90 VCapsules - $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.

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings per Container: 90

	Amt/Serving	DV%*
Grape seed Extract Standardized to 90-95%	100 mg	*
Grape Skin Extract	50 mg	*

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

Green Coffee Bean Extract with 200mg Svetol®

60 Veggie Caps - $25.99 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.

NUTRITIONAL FACTS

Serving Size: 1 Veggie Cap Servings Per Container: 60

	Amt/Serving	DV%*
Svetol® Green Coffee Bean Extract (Coffea canephora robusta) (bean) (Extract standardized to 50% total polyphenols and 45% total chlorogenic acids)	200 mg	†
Green Coffee Bean Extract (Coffea arabica) (bean) (Standardized to 50% total chlorogenic acids)	200 mg	†

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

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
- It also helps prevent some forms of cancer including colon, pancreatic, and stomach cancer

NUTRITIONAL FACTS

Serving Size:1 Capsule Servings Per Container: 100

	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	60 mg	100%
Green Tea Extract (Camillia sinensis) (leaf)	400 mg	†

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

Gymnema Sylvestre

90 Capsules - $10.99 PER BOTTLE

- Supports healthy blood sugar levels
- Lowers serum cholesterol and triglycerides
- Supports healthy pancreatic function

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 90

	Amt/Serving	DV%*
Gymnema Sylvestre Extract (GS4)	400 mg	†

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

Ultra Hair, Skin & Nails

60 Tablets - $16.99 PER BOTTLE

This New Formula is Many Times Stronger and More Effective Than Our Previous Version! We are always studying, testing and improving! This has up to 10 times stronger nutrients as before per tablet! LifeSource's Ultra Healthy Skin, Hair and Nails combine 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 amazing product includes optimum levels of Biotin, Beta Carotene, Vitamin C, Vitamin B Complex, Kelp, Pantothenic Acid and many others. These nutrients provide the primary components for supporting lustrous hair, glowing skin and flawless nails.Healthy skin, hair and nails are the outward appearance of a proper diet.

- All NEW Updated stronger formula of our Hair, Skin & Nail Formula
- With Biotin, Beta Carotene, B Vitamins, Vitamin C and many more nutrients
- Continuous Release Tablets

NUTRITIONAL 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 manganous 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	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 Berry

100 Capsules - $11.99 PER BOTTLE

• Supports blood flow • Strengthens heart and cardiovascular system

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings per Container: 50

	Amt/Serving	DV%*
Total Carbohydrates	1 g	< 1%
Hawthorn Berry (Crataegus oxyacantha)	1.06 g (1,080 mg)	†

Heart / Vascular Support (P) 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.

NUTRITIONAL FACTS

Serving Size: 3 Capsules Servings Per Container: 30

	Amt/Serving	DV%*
Vitamin E (as d-Alpha Tocopheryl Acetate)	600 IU	2000%
Calcium EDTA	1000 mg	†
Ginkgo Biloba Leaf Powdered Extract	100 mg	†
Gotu Kola (Centella asiatica)	100 mg	†
Horse Chestnut (Aesculus hippocastanum)	100 mg	†
Butcher's Broom (Ruscus aculeatus)	100 mg	†
Diosmin	100 mg	†
Grape Seed Powder Extract	100 mg	†
Bromelain (2,400 GDU)	100 mg	†
Quercetin	100 mg	†
Odorless Super Garlic	100 mg	†
Cayenne Pepper	100 mg	†
Citrus Flavonoids	50 mg	†
Witch Hazel (Hamamelis virginiana)	30 mg	†
Niacin (as Flush Free niacin)	20 mg	†

HGH Formula Tablets 90 Tablets - $19.99 PER BOTTLE
180 Tablets - $34.99 PER BOTTLE (SAVE 12%)

As we age, our HGH levels decline to a fraction of the levels of our youth. Many in modern medicine believe that supplementing our diets with HGH is an effective way to avoid the diseases and conditions associated with aging and improve vitality and appearance. LifeSource's HGH has been formulated to increase the body's natural production of Human Growth Hormone to maximize health and fitness without the use of prescription drugs. For anyone over 25 years of age.

BENEFITS SHOWN BY LIFESOURCE'S HGH WORLDWIDE

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

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

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

Maximum HGH Powder 10.83 oz powder - $44.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 1 Scoop Servings Per Container: 30

	Amt/Serving	DV%*
L-Ornthine	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.

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 pro-longed 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, amphet-amine, 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 calorific intake by as much as 40%.

NUTRITIONAL FACTS

Serving Size: 2 Capsule Servings Per Container:45

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

GOD-FAMILY-COUNTRY

(P) = LifeSource Proprietary Blend

Hyaluronic Acid

60 VCaps - $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

NUTRITIONAL FACTS

Serving Size: 2 VCaps Servings Per Container: 30

	Amt/Serving	DV%*
Sodium (from Sodium Hyaluronate)	9 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.

Iron Complex

100 Tablets - $7.99 PER BOTTLE

- Supplies energy to cells
- Helps maintain a strong immune system
- Critical to sharp mental functioning

NUTRITIONAL FACTS

Serving Size: 1 Tablet Servings Per Container: 100

	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	50 mg	84%
Folate	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Iron (as 158 mg Ferrochel™ Iron Bisglycinate)	27 mg	150%
	Amt/Serving	**DV%***
Dong Quai (Angelica sinensis) (root)	100 mg	†
Red Raspberry (Rubus idaeus) (leaf)	100 mg	†

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

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

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

NEW

Vitamin K-2

90 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
- Vegetarian Formula
- Most Biologically Active Form
- Supports a Healthy Cardiovascular System*

NUTRITIONAL FACTS

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

	Amt/Serving	DV%*
Vitamin K-2 (Mk7)	75 mcg	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

Super Kelp

250 Tablets - $6.99 PER BOTTLE

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

NUTRITIONAL 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.

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

NUTRITIONAL FACTS

Serving Size 2 Softgels Servings per Container 30

	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	†			

L-Arginine 500 mg

100 Capsules - $9.99 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
- Improve Blood Pressure
- Speed Wound Healing
- Enhance Immune Function
- Increase Memory
- Increase Libido

NUTRITIONAL 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

1,000 mg per serving

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

NUTRITIONAL FACTS

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

	Amt/Serving	DV%*
Calories	16	
Total Carbohydrate	3g	1%
Protein	1g	<2%
Sodium	2 mg	<2%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Carnipure™ (L-Carnitine)	1,000 mg	†

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

Free of: sugar, dairy, yeast, wheat, gluten, corn, soy, artificial flavors or colors. Other Ingredients: Purified water, glycerin, hydroxy-citric acid, natural flavors, citric acid, Stevia and sodium benzoate.

Essential Supplements for Women:

- ✓ **Multi Vitamin - Whole Food ingredients, this fills in the gaps, and is the is the most critical supplement**
- ✓ **Calcium - Strengthens Bones & Teeth, Helps with Osteoporosis, Weight Support, Muscle Activity**
- ✓ **Fish Oil - Omega 3, 6, 9 - Brain Functioning-Memory, Cholesterol, Blood Pressure, Arthritis, Macular Health**
- ✓ **Vitamin D3 - Fights Infections, Heart Disease, Alzheimer's, and 50 more chronic diseases**

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!

- L-Glutamine is an essential ingredient in numerous brain functions which are vital to brain metabolism.
- L-Glutamine performs a major role in DNA synthesis and supports the immune system.
- L-Glutamine may stimulate the body's natural hormonal responses to reduce muscle soreness.
- L-Glutamine may also curb cravings for sugars and alcohol, help bolster the nervous system, and to aid in combating emotional imbalance and fatigue.
- L-Glutamine supports the natural production of growth hormone
- 5 grams per serving

Lavender Oil 1 fl oz. - $9.99 PER BOTTLE

LifeSource Lavender Oil has a soft, calming aroma has made it one of the most popular in the essential oil family. Lavender Oil's clean, light scent and texture make it one of the most versatile oils. Lavender Oil can be diffused for aromatherapy, or added to a warm bath.

LifeSource Vitamin's Lavender Oil is 100% pure, and steam distilled to ensure high concentrations of Lavandula officinalis.

Lecithin 1200 mg 100 Softgels - $9.99 PER BOTTLE

NUTRITIONAL FACTS

Serving Size: 1 Softgel Capsule Servings per Container: 100

	Amt/Serving	DV%*
Calories 11		
Calories from Fat	11	
Total Fat	1.2g	2%*
Soy Lecithin	1,200 mg	†
Approximate Phosphatide Content:		
Phosphatidylcholine	312 mg	†
Phosphatidylinositol	168 mg	†
Phosphatidylethanolamine	240 mg	†
Approximate Fatty Acid Composition:		
Linolenic Acid	82 mg	†
Linoleic Acid	696 mg	†
Oleic Acid	128 mg	†
Palmitic Acid	220 mg	†
Stearic Acid	48 mg	†

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

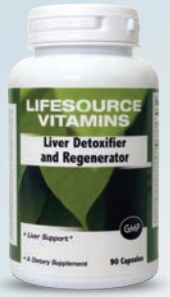
Suggested usage: Take one softgel with meals

Lemongrass Oil 1 fl. oz. - $8.99 PER BOTTLE NEW

- 100% Pure & Natural
- Cymbopogon flexuosus
- Aroma therapeutic
- Antiseptic
- Astringent
- Fungicidal

Liver Detoxifier

90 Capsules - $19.99 PER BOTTLE



LifeSource's Liver Detoxifier 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 Detoxifier 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 Detoxifier are other herbs (Schisandra, Bupleurum, and Scute) that have been developed by our team of doctors, pharmacists and nutritionists.

NUTRITIONAL FACTS

Serving Size: 3 Capsules Servings Per Container: 30

	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	< 1 g	3%*
Vitamin C (from Ascorbyl Palmitate)	12 mg	20%
Milk Thistle (Standardized Extract) (Seeds) (Silybum marianum) (min. 80% Silymarin)	300 mg	†
Proprietary herbal-Nutrient Blend: Artichoke (Cynara scolymus) (Leaf), Beet (Beta vulgaris) (Leaf),Bladderwrack (Fucus versiculosus)(Whole Plant), Raspberry (Rubus idaeus) (Leaf), Pancreatin (Pancreatic Enzymes)	170 mg	†
L-Glutathione (Free-Form) (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 Base	50 mg	†
Scute Root (Scutellariae baicalensis)	50 mg	†
Schisandra (Fruit) (Schisandra chinensis)	50 mg	†
Barberry (Root Bark) (Berberis vulgaris)	30 mg	†
Turmeric (Root) (Curcuma longa)	30 mg	†
L-Methionine	20 mg	†

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

Other Ingredients: Cellulose, Gelatin (capsule), Silica, Stearic Acid (vegetable source), and Magnesium Stearate (vegetable source).Not Manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

Lycopene 15 mg

60 Softgels - $24.99 PER BOTTLE

HELPFUL FOR:

- Macular degeneration
- Cardiovascular disease
- Cataracts
- Cancer prevention

NUTRITIONAL 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

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

NUTRITIONAL 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.

Lutein Esters

60 Capsules - $12.99 PER BOTTLE
120 Capsules - $21.99 PER BOTTLE (SAVE 15%)

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.

NUTRITIONAL 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.

Magnesium Citrate

100 Tablets - $11.99 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.

NUTRITIONAL FACTS

Serving Size: 2 Tablets Servings Per Container: 50

	Amt/Serving	DV%*
Magnesium (as Magnesium Citrate)	400 mg	100%

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

Our Whey Protein comes from raw milk that is humanely harvested from organic grass fed U.S. dairy cows and is free of Pesticides, Hormones, and GMO's.

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

NUTRITIONAL 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..

NEW

MCT Oil 32 fl. oz. - $24.99

NUTRITIONAL FACTS

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

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.

	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.

Other Ingredients: MCT Oil from coconut/palm kernel oil
Suggested Use: Take 1 tablespoon 1 to 3 times daily

Ultra Meal Replacement (P)

48 G of Clean Pure Protein per serving

Double Chocolate Fudge or Creamy French Vanilla

3.3 lbs. - $59.99
5 lbs. - $88.99

Meal Replacements are probably the most valuable and underrated supplement on the market. 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

WOMEN: SERVING = 1 SCOOP (40 SERVINGS PER CONTAINER)
MEN: SERVING = 2 SCOOPS (20 SERVINGS PER CONTAINER)

NUTRITIONAL FACTS – BASED ON A 1 SCOOP SERVING

Serving Size: Women - 39 g / 1 Scoop Men - 78 g / 2 Scoops

	Amt/Serving	DV%*	Amt/Serving	DV%*
Calories	141		282	3%
Calories from fat	4		8	
Total Fat	1 g	0%	2 g	0%
Saturated Fat	<1 g	0%	1.5 g	0%
Cholesterol	0 g	0%	0 g	0%
Sodium	42 mg	2%	85 mg	5%
Total Carbohydrate	10 g	5%	20 g	10%
Dietary Fiber	2 g	0%	4 g	0%
Sugars	2 g		4 g	
Protein	24 g		48 g	

	Amt/Serving	DV%*		Amt/Serving	DV%*
Typical Amino Profile			Tyrosine	1,468 mg	
Alanine	1,842 mg		Valine	2,145 mg	
Arginine	1,637 mg				
Aspartic Acid	3,127 mg		LifeSource's Vitamin Mineral Complex		
Cystine	821 mg		Facts		
Glutamic Acid	10,225 mg		Vitamin A	100%	
Glycine	1,339 mg		Vitamin C	100%	
Histidine	965 mg		Vitamin D3	100%	
Isoleucine	2,294 mg		Vitamin B1	100%	
Leucine	3,254 mg		Vitamin B2	100%	
Lysine	3,560 mg		Vitamin B3	100%	
Methionine	1,172 mg		Vitamin B5	100%	
Phenylalanine	2,048 mg		Vitamin B6	100%	
Proline	2,021 mg		Vitamin B12	100%	
Serine	2,983 mg		Vitamin K1	100%	
Threonine	2,147 mg		Biotin	100%	
Tryptophan	998 mg		Zinc	100%	
			Calcium	20%	

*Daily values are based on a 2,000 calorie diet
Ingredients: Cross Filtered Whey Isolate , L-Glutamine, Natural Cocoa and French Vanilla Flavoring and Stevia.

(P) = LifeSource Proprietary Blend

Plant - Based Balanced Meal Complete Nutritional Shake

1 LB - $29.99 CHOCOLATE OR VANILLA

NEW

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.

	Amt/Serving	DV%*
Multi-Source Vitamins & Minerals Matrix with Fermented Whole Foods:		
Organic Fermented Herbal Blend: Reishi, Shiitake, Maitake;		
Organic Fermented Vegetable Blend: Tomato, Pea, Carrot, Spinach, Pepper;		
Fermented Fruit Blend: Cherry, Banana, Apple, Strawberry, Blueberry;		
Organic Fermented Sprout Blend: Amaranth, Quinoa, Millet;		
Organic Cultured Spice Blend: Cinnamon, Allspice, Cloves;		
Essential Glyconutrient Blend: Mannose, Glucose, Galactose, Xylose from (Coffea Arabica), Aloe barbadensis	850 mg	†
Multi-Source Plant Protein Matrix: Pea Protein Isolate, Organic Sprouted Amaranth, Organic Sprouted Quinoa, Chlorella protein, Cranberry Seed protein, and a proprietary amino acid blend of Leucine, Isoleucine, Valine, Glutamine and Glycine	20,295 mg	†
Multi-Source Low-Glycemic Energy Matrix: Organic Oat Bran, Organic Amaranth, Organic Quinoa, Organic Buckwheat, Organic Mullit, Organic Chia, Broccoli sprouts, Watercress sprouts, Kale sprouts, Mustard sprouts, and Cabbage sprouts	6,075 mg	†
Multi-Source Fiber/Antioxidant Matrix: Organic Acacia Gum Fiber, Organic Beet, Grape seed extract, Plum Fruit extract, Strawberry juice, Hawaiian Noni fruit, Pineapple juice, Guava huice, Organic apple, Orange juice, Raspberry juice, Mango juice, Acai juice, Cupuacu juice, Camu Camu fruit extract, Green tea extract, Watermelon juice, Organic Hawthorne berry extract, Grape skin extract, Elderberry fruit, Organic Goji extract, Bilberry extract, Protease, Amylase, Cellulase, Lactase, Lipase, and Wild Alaskan Aurora Blue Blueberry	3,950 mg	†
Multi-Source Plant EFA Matrix: Flax Seed Oil Powder, Flax seed, 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	†

	Amt/Serving	DV%*
Calories	160	
Calories from Fat	25	
Total Fat	3 g	5%
Saturated Fat	.5 g	3%
Sodium	290 mg	12%
Potassium	290 mg	8%
Total Carbohydrates	15 g	5%
Dietary Fiber	6 g	24%
Sugars	<1 g	†
Protein	18 g	36%
Vitamin A (as beta carotene)	2,350 IU	47%
Vitamin C (as ascorbic acid)	25 mg	42%
Vitamin D-3 (as cholecalciferol)	150 IU	38%
Vitamin E (as succinate, acetate)	10 IU	33%
Vitamin B-1 (as thiamine, hydrochloride, mononitrate)	590 mcg	39%
Vitamin B-2 (as riboflavin)	800 mcg	47%
Niacin (as niacinamide)	9 mg	45%
Vitamin B-6 (as hydrochloride)	775 mcg	39%
Folic Acid	240 mcg	60%
Vitamin B-12 (as cyanocobalamin)	2.5 mcg	42%
Biotin	135 mcg	45%
Pantothenic Acid (as d-calcium pantothenate)	4 mg	40%
Calcium (as carbonate)	240 mg	24%
Iodine (as potassium iodide)	67 mcg	45%
Magnesium (as citrate, oxide)	8 mg	2%
Zinc (as citrate, oxide)	6 mg	40%
Selenium (as methionine, selenite)	9 mcg	13%
Copper (as gluconate)	350 mcg	16%
Manganese (as citrate, gluconate)	2.2 mg	110%
Chromium (as amino acid chelate, chloride)	40 mcg	33%
Molybdenum (as amino acid chelate, molybdate)	8 mcg	11%

Other Ingredients: Cocoa, natural chocolate flavors, inulin, stevia, xanthan 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

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.
Suggested usage: Add two (2) level scoops to 9-12oz of Chilled water or preferred beverage in a shaker cup Or blender, and mix for about 5 seconds. Drink and enjoy a shake each day

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

60 Tablets - $6.99 PER BOTTLE
120 Tablets - $11.99 PER BOTTLE (SAVE 15%)

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.

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Melatonin	3 mg	†

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

NEW

Melatonin

60 Veg Tablets - $6.99 PER BOTTLE

NUTRITIONAL FACTS

	GM	DV%*
Serving Size: 1 Lozenge		
Amount Per Serving: 1 mg.		
Servings per: 60		
Melatonin	1 mg.	*

NEW

Melatonin Plus

50 Veg Tablets - $7.99 PER BOTTLE

NUTRITIONAL 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

Memory Enhancer & Brain Connector (P)

90 Capsules - $24.99 PER BOTTLE
180 Capsules - $44.99 PER BOTTLE
(SAVE OVER 10%)

All natural product that is completely safe and extremely effective for memory retainment 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

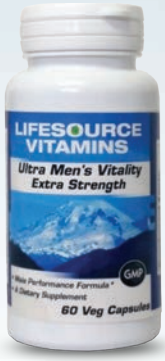
NUTRITIONAL FACTS

Serving Size: 4 Capsules Servings Per Container: 22

	Amt/Serving	DV%*		Amt/Serving	DV%*
Beta Carotene	2000 IU	40%	Chlorella (Algae Chlorophyll)	120 mg	†
Vitamins B1	40 mg	2667%	Choline (Bitartrate)	100 mg	†
Vitamin B3 (Niacin)	40 mg	200%	DMAE (Dimethylaminoethanol)	100 mg	†
Vitamin B5 (Pantothenic Acid)	160 mg	1600%	L-Tyrosine	80 mg	†
Vitamin B6	80 mg	4000%	L-Phenylalanine	80 mg	†
Vitamin B12	400 mcg	6667%	Glycine	75 mg	†
Calcium	120 mg	12%	L-Alanine	75 mg	†
Phosphorous (Dicalcium Phosphate)	40 mg	14%	Acetyl L- Carnitine	50 mg	†
Magnesium	80 mg	20%	Phosphorous	40 mg	†
Zinc	10 mg	67%	Ginkgo Biloba	40 mg	†
Astrgalus Root	400 mg	†	Grape Seed Extract	20 mg	†
Alpha Lipoic Acid	200 mg	†	5-HTP (5-Hydroxy L-Trytophan)	10 mg	†
Vivia Faba	200 mg	†	Pregnenolone	10 mg	†
Mucuna Pruriens	200 mg	†	CoQ-10	2 mg	†
L-Glutamine	200 mg	†	Melatonin	1 mg	†
Spirulina	160 mg	†	Selenium	80 mcg	†
Polygonum Multiflorum	150 mg	†	Huperzine-A	10 mcg	†

Men's Ultra Vitality

60 Veggie Capsules – $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!

NUTRITIONAL 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 meyenii) (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	†
Muira Puama (Ptychopetalum olacoides) (Bark) (10:1 Concentrate)	50 mg	†

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

Men's Potency & Libido Enhancer (P)

60 Tablets - $17.99 PER BOTTLE
120 Tablets - $31.99 PER BOTTLE (SAVE 10%)

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 Pentatonic 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.

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 20

	Amt/Serving	DV%*		Amt/Serving	DV%*
Damlama	250mg	†	Vitamin B-3	50mg	250%
Ginseng	250mg	†	Vitamin B-6	25mg	1250%
Oatstraw	100mg	†	Vitamin B-12	100mcg	1666%
Mex. Yam	100mg	†	Vitamin E	200iu	666%
Fo-Ti	100mg	†	Bee Pollen	100mg	†
Gotu-Kola	100mg	†	Royal Jelly	50mg	†
Mulla Puama	100mg	†	Octacosanol	500mcg	†
Sarsparilla	100mg	†	Beta Sitosterol	50mg	†
Saw Palmetto	100mg	†	Gamma Oryzanol	25mg	†
Wild Oats	100mg	†	Inosine	10mg	†
Capsicum	50mg	†	Dimethylglycine	100mcg	†
Guarana	50mg	†	Manganese	10mg	†
Kola Nut	50mg	†	Zinc	22mg	146%
YohImbe	300mg	†	Histidine	50mg	†
Liver Extract	150mg	†	Alinine	50mg	†
Prostate Ex.	100mg	†	Glycine	50mg	†
Orchic Ex.	100mg	†	Glutamic Acid	50mg	†
Raw Testicular	250mg	†	Carnitine	10mg	†

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

Suggested usage: Take 2 to 3 capsules daily or as otherwise recommended by your health care professional

(P) = LifeSource Proprietary Blend

NEW

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.

NUTRITIONAL FACTS

Serving Size: 3 Veg Capsules Servings Per Container: 30

	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

- 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.

NUTRITIONAL 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, Silica and Magnesium Stearate (vegetable source). Vegetarian Formula. Artichoke and Dandelion Extracts have been added for their synergistic effects with Silymarin.

DID YOU KNOW: If our Brain was a computer, it could perform 38 thousand-trillion operations per second, the world's most powerful supercomputer "Blue Gene" by IBM can do .002% of that. God is amazing!

Ⓟ = LifeSource Proprietary Blend

Moringa Leaf Extract 60 VCaps - $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.

NUTRITIONAL 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.

MSM 1000 mg

16 oz Powder - $16.99 PER BOTTLE
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
- Back pain
- Fibromyalgia
- Memory loss
- Removes toxins
- Sinusitis

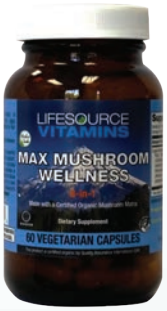
NUTRITIONAL FACTS

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.

Max Mushroom Wellness Ⓟ 60 VCaps - $21.99 PER BOTTLE



Our Max Mushroom Wellness & Immune Defense Scientific Immunity Formula. 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
- Turkey Tail
- Lions Mane
- King Trumpet
- Maitake
- Antrodia Camphorata
- Cordyceps
- Himematsutake

NAC 600 mg

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.

NUTRITIONAL FACTS

Serving Size: 1 VCap 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.

Multi Vitamin & Minerals Tablets (P)

90 Tablets / 30 Day Supply - $18.99 PER BOTTLE
180 Tablets / 60 Day Supply - $29.99 PER BOTTLE (SAVE $7.99)
360 Tablets / 120 Day Supply - $52.99 PER BOTTLE (SAVE $6.99)

"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.

Source: The Seattle Times

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 60

	Amt/Serving	DV%*
VITAMINS		
Vitamin A (w/Beta Carotene)	10,000 I.U.	200
Vitamin D (fish liver oil)	240 I.U.	100
Vitamin E (d-alpha tocoph.)	120 I.U.	400
Vitamin C (ascorbic acid)	300 mg	500
Vitamin B1 (thiamine)	30 mg	2000
Vitamin B2 (riboflavin)	30 mg	1765
Vitamin B3 (niacinamide/niacin)	90 mg	450
Vitamin B-5 (pantothenic acid)	90 mg	900
Vitamin B6 (pyridoxine HCl)	30 mg	1500
Vitamin B12 (cobalamin)	150 mcg	2500
Vitamin H (d-Biotin)	90 mcg	**
Vitamin M (Folic Acid)	240 mcg	100
Choline (bitartrate)	90 mg	**
Inositol	60 mg	***
Para Amino Benzoic Acid	30 mg	**
Bioflavonoids	30 mg	**
Rutin	18 mg	**
Hesperidin	9 mg	**
MINERALS (elemental values)		
Calcium (chelate/ascorbate)	400 mg	40
Magnesium (chleate/oxide)	250 mg	50
Potassium (amino acid complex)	150 mg	**
Iodine (Kelp)	225 mcg	150
Zinc (protein chelate)	30 mg	200
Manganese (protein chelate)	15 mg	**
Chromium (GTF/protein chelate)	150 mcg	***
Selenium (amino acid complex)	100 mcg	100
Phosphorous (cal. phosphate)	125 mg	125
Vanadium**	50 mcg	
Molybdenum**	15 mcg	
DIGESTIVE AIDS-ENZYMES***		
Bromelain (pineapple)	50 mg	***
Papain (papaya)	50 mg	***
Citrus Pectin	50 mg	***
Acidophilus	50 mg	***
Betaine HCL (beets)	50 mg	***
Amylase	5 mg	***
Lipase	5 mg	***
Cellulase	5 mg	***

WHOLE FOODS ***	Amt/Serving	DV%*
Spirulina	150 mg	***
Garlic	150 mg	***
Bee Pollen	50 mg	***
Siberian Ginseng	50 mg	***
Soya Lecithin	50 mg	***
Oat bran	50 mg	***
HERBS***		
Kola Nut	50 mg	***
Ginger root	50 mg	***
Cayenne	25 mg	***
Yellow Dock	50 mg	***
Fo-Ti	50 mg	***
Alfalfa Concentrate	50 mg	***
Aloe Vera	50 mg	***
Ginkgo Biloba	25 mg	***
Dandelion	25 mg	***
Shiitake	25 mg	***
Golden Seal	25 mg	***
Echinacea	25 mg	***
OTHER NUTRITIONAL FACTORS***		
RNA	100 mg	***
DNA	30 mg	***
Royal Jelly	100 mg	***
L-Glutathione	3 mg	***
L-Phenylalaline	100 mg	***
L-Glutamine	100 mg	***
L-Tyrosine	100 mg	***
Coenzyme Q10	3 mg	***
Sprouted barley juice (dry)	150 mg	***
Chlorella	150 mg	***
Wheatgrass juice	150 mg	***
Flaxseed oil (dry)	150 mg	***
Cat's Claw	250 mg	***

* U.S. Recommended Daily Allowance for adults.

** No USRDA has been established.

*** Need in human nutrition not established

Sugar Free • Starch Free • Salt Free • Yeast Free • Wheat Free • No Animal, Milk or Egg Products • No Artificial Colors, Flavors or Preservatives

(P) = LifeSource Proprietary Blend

Ultra Multi Vitamin & Immune Booster Liquid (P)

30 oz. – $39.99 PER BOTTLE OR 3 bottles for $99.99 (SAVE $20)

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!

Fruit & Veggie Antioxidant Blend 3010 mg

Immune Support

Energy & Stress Support

Super Food Formula

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.

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.

- These can be taken by children 5 years and older: They should take ½ teaspoon per 20 pounds of body weight. It can be mixed in juice or milk. With a meal, once per day! The morning is preferred. It will make them alert and energetic all day long.
- Teens and adults of more than 100 pounds: They should take ½ capful twice per day, with meals, or if need be, take one full capful in the am with breakfast. Can be mixed with juice, milk or water.

One ounce = 1 capful or two tablespoons provide:

33 Fruit and Vegetable Phytonutrient ingredients

21 Vitamins and major minerals

14 Natural herbal ingredients from Aloe Vera juice

7 Botanical Antioxidants

Contains Macro & Micro Nutrients essential for the body!

Packed with Whole Food Green & Red Super Foods

Amino acid complex

Micronutrient blend

Essential fatty acids

Electro magnetically balanced for optimum nutrient uploading availability.

Provides your body what it craves in less than 90 seconds

	Amt/Serving	DV%*
Calories	45	
Total Carbohydrates	12 g	
Sugars	6 g	4%
*Vitamin A (as beta carotene, retinol palmitate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol acetate)	30 IU	100%
Vitamin K (as phytonadione)	80 mcg	100%
Vitamin B1 (as thiamine mononitrate)	20 mg	1667%
Vitamin B2 (as riboflavin)	25 mg	1471%
VitaminB3 (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Vitamin B9 (as folic acid)	400 mcg	100%
Vitamin B5 (as pantothenic acid)	125 mg	1250%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium gluconate)	40 mg	10%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as selenomethionine)	70 mcg	100%
Copper (as sodium copper chlorophyllin)	2 mg	100%
Manganese (as manganese sulfate)	4 mg	200%
Chromium (as chromium picolinate)	120 mcg	100%
Molybdenum (as molybdenum asarate)	75 mcg	100%
Potassium (as potassium; gluconate, sorbate, iodide)	50 mg	<2%
Choline	30 mg	†
Inositol	30 mg	†
Boron	1 mg	†

Fruit & Veggie Antioxidant Blend 3010 mg
Apple Concentrate, Broccoli Sprouts, Onion Extract, Tomato Concentrate, Carrot Concentrate, Spinach Concentrate, Kale Concentrate, Brussels Sprout Concentrate, Green Coffee Extract, Acerola Extract, Camu Camu Fruit, Green Tea Leaf Extract, Elderberry, Blue Corn Extract, Turmeric Extract, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Black Currant Extract, Blueberry Extract, Sweet Cherry Concentrate, Acai Concentrate, Blackberry Concentrate, Chokecherry Concentrate, Raspberry Concentrate, Bilberry Extract.

Energy & Stress Support 230 mg
Malic Acid, Ashwagandha Root Extract, Eleuthero Root Extract, Ginsing Root Extract, Green Tea Leaf Extract, Guarana Seed Extract, L-Threanine, Rhodiola Root Extract, Yerba Mate Extract

Immune Support 100 mg
Astragalus Root Extract, BupleurumRoot Extract, elderberry Fruit Concentrate, Olive Leaf Extract, Mushroom Complex (Maitake, Cordycepts, Reishi and Shiitake)

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

Other Ingredients: Purified water, fructose, natural flavors, and xanthan gum Suggested usage: Take 1 oz (1 capful) (2 Tbsp or 30 ml) daily. May be mixed with juice, water or taken directly. Best with or after a meal.

Whole Food Multivitamin

100% Plant Sourced

Proprietary Formula

(P) = LifeSource Proprietary Blend

Ultra Multi Vitamin & Mineral Powder A Whole Food Based Multi Vitamin (P)

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

NUTRITIONAL FACTS

Serving Size: 1 Scoop (10.4 grams) Servings Per Container: 30

	Amt/Serving	DV%*
VITAMINS		
Vitamin A (Beta Carotene)	5000 IU	100
Vitamin D3	400 IU	100
Vitamin E	200 IU	667
Vitamin C	500 mg	883
Vitamin B-1	50 mg	3333
Vitamin B-2	50 mg	2941
Niacinamide	40 mg	200
Vitamin B-5	50 mg	500
Vitamin B-6	50 mg	2500
Vitamin B-12	250 mcg	4166
Vitamin H	150 mcg	†
Vitamin M	400 mcg	†
Choline	150 mg	†
Inositol	100 mg	†
Para Amino Benzoic Acid	50 mg	†
Bioflavonoids	50 mg	†
Rutin	30 mg	†
Hesperidin	15 mg	†

	Amt/Serving	DV%*
MINERALS (Elemental Values)		
Calcium	400 mg	40
Magnesium	250 mg	63
Potassium	150 mg	†
Iodine	225 mcg	150
Zinc	15 mg	†
Manganese	2 mg	13
Chromium	150 mcg	125
Selenium	100 mcg	143
Phosphorus	125 mcg	†
Vanadium	50 mcg	†
Molybdenum	15 mcg	20
DIGESTIVE AIDS-ENZYMES		
Bromelain	50 mg	†
Papain	50 mg	†
Citrus Pectin	50 mg	†
Acidophilus	50 mg	†
Betain Hydrochloride	50 mg	†
Amylase	5 mg	†

	Amt/Serving	DV%*
Lipase	5 mg	†
Cellulose	5 mg	†
WHOLE FOODS		
Spirulina	150 mg	†
Garlic	1 mg	†
Bee Pollen	50 mg	†
Siberian Ginseng	50 mg	†
Oat Bran	50 mg	†
Soya Lecithin	50 mg	†
Advantraz	50 mg	†
Kola Nut	50 mg	†
Ginger Root	1 mg	†
Cayenne	1 mg	†
Yellow Doc	50 mg	†
FO-TI	50 mg	†
Alfalfa Concentrate	50 mg	†
Ginkgo Biloba	50 mg	†
Guarana	50 mg	†
Dandelion	50 mg	†

	Amt/Serving	DV%*
Shiitake	25 mg	†
Golden Seal	25 mg	†
Echinacea	25 mg	†
OTHER NUTRITIONAL FACTORS		
RNA	100 mg	†
DNA	30 mg	†
Royal Jelly	100 mg	†
L-Glutathione	3 mg	†
L-Phenylalanine	100 mg	†
L-Tyrosine	100 mg	†
Coenzyme Q-10	3 mg	†
Sprouted Barley Juice	150 mg	†
Chlorella	150 mg	†
Wheat Grass Juice	150 mg	†
Flaxseed Oil	150 mg	†
Cat's Claw	250 mg	†
Yohimbe Bark	1000 mcg	†
Camu Camu	100 mg	†
Stevia		

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

Ultra Multi Vitamin & Mineral Powder + Phytos Foods (P)

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!

NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop (10 g) Servings Per Container: 30

	Amt/Serving	DV%
Calories	17	
Calories from Fat	0	
Total Fat	0 g	
Saturated Fat	0 g	
Total Carbohydrates	4 g	1%
Sugars	2 g	2%
Sodium	10 g	<1%
Fiber	4 g	16%
Protein	2 g	4%
VITAMINS		
Vitamin A	5,000 IU	100%
Vitamin C	283 mg	314%
Vitamin D-3	400 IU	100%
Vitamin E	100 IU	333%
Vitamin B-1	25 mg	2083%
Vitamin B-2	27 mg	2077%
Vitamin B-3	20 mg	133%
Vitamin B-5	25 mg	500%
Vitamin B-6	25 mg	1923%
Vitamin B-12 (as Cyanocobalamin)	125 mcg	2083%
Vitamin H	75 mcg	250%
Vitamin M	267 mcg	673%
Choline	75 mg	14%
Inositol	50 mg	
MINERALS (Elemental Values)		
Calcium	202 mg	20%
Magnesium	125 mg	31%
Potassium	75 mg	16%
Zinc	8 mg	100%
Manganese	1 mg	50%
Chromium	75 mcg	62%
Phosphorous	63 mcg	6%
Selenium	50 mcg	71%
Vanadium	25 mcg	100%

	Amt/Serving	DV%*
Iodine	113 mcg	75%
Molybdenum	8 mcg	11%
WHOLE FOODS		
Cat's Claw	125 mg	†
Spirulina	75 mg	†
Sprounted Barley Juice	75 mg	†
Chlorella	75 mg	†
Wheat Grass Juice	75 mg	†
Flaxseed Oil	75 mg	†
Camu Camu	50 mg	†
Bee Pollen	25 mg	†
Siberian Ginseng	25 mg	†
Oat Bran	25 mg	†
Soya Lecithin	25 mg	†
Advantraz	25 mg	†
Kola Nut	25 mg	†
Yellow Doc	25 mg	†
FO-TI	25 mg	†
Alfalfa Concentrate	25 mg	†
Aloe Vera	25 mg	†
Guarana	25 mg	†
Ginkgo Biloba	13 mg	†
Dandelion	13 mg	†
Shiitake	13 mg	†
Golden Seal	13 mg	†
Echinacea	13 mg	†
Ginger Root	<1 mg	†
Cayenne	<1 mg	†
Garlic	<1 mg	†
Yohimbe Bark	<1 mg	†
OTHER NUTRITIONAL FACTORS		
Royal Jelly	50 mg	†
RNA	50 mg	†

	Amt/Serving	DV%*
L-Phenylalanine	50 mg	†
	Amt/Serving	DV%*
L-Glutamine	50 mg	†
L-Tyrosine	50 mg	†
Para Amino Benzoic Acid	25 mg	†
Bioflavanoids	25 mg	†
Rutin	15 mg	†
DNA	15 mg	†
Hersperidin	8 mg	†
L-Glutathione	2 mg	†
Coenzyme Q-10	2 mg	†
RED PHYTOS		
Proprietary Fruit and Vegetable Blend	1113 mg	†
Blackberries, Acerola, Black Raspberries, Blueberries, Cherries, Nectarines, Peaches, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, Blood Oranges, Cranberries, Red Plums, Strawberries and Watermelon		
Carrot Powder	100 mg	†
Apple Pectin	42 mg	†
Flax Seed	42 mg	†
Lycopene	42 mg	†
Lutein	42 mg	†
Oat Bran	29 mg	†
Lecithin	25 mg	†
Rice Bran	17 mg	†
Probiotic Blend	17 mg	†
L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum, B. Breve and B. Longum	8 mg	†
ORAC Blend	8 mg	†
Japanese Knotweed	7 mg	†
Bilberry Std. Extract 25%	7 mg	†
Grape Seed Extract	5 mg	†
Astaxanthin	3 mg	†

	Amt/Serving	DV%*
PURPLE PHYTOS		
Proprietary Fruit Blend	817 mg	†
Blueberries, Blackberries, Black Cherries, Black Raspberries, Black Currants, Plums, Elderberries, Bilberries, Figs and Raisns		
Proprietary Vegetable Powder Blend	208 mg	†
Eggplant, Purple Carrots, Purple Cabbage and Beets		
Acai Fruit Powder	67 mg	†
Camu Camu Powder	50 mg	†
Mangosteen	50 mg	†
Goji Berry	33 mg	†
Proprietary "Brain" Blend (L-Carmosine and Alpha GPC)	17 mg	†
P40p Pomegranate Extract	7 mg	†
Stevia	6 mg	†
Other Ingredients: Natural Raspberry, Strawberry, Cherry, Vanilla and Spearmint flavors, Banna powder, Citric Acid		
ORANGE PHYTOS		
Proprietary Fruit Blend	642 mg	†
Oranges, Peaches, Nectarines, Tangerines, Cantaloupe, Pineapple, Clementines, Papaya, Apricot, Mango, Kumquat, Persimmons		
Proprietary Vegetable Powder Blend	233 mg	†
Carrots, Yams, Pumpkin, Butternut Squash, Rutabaga		
Proprietary Energy Blend	133 mg	†
Taurine, Inositol, DMG, HCl and White Panax Ginseng		
Green CoffeeBean Extract	75 mg	†
Polyphenols 40mg, Chloregenic Acid 38mg, Caffeine 2g & Coenzyme Q-10 3mg		
Stevia Leaf Extract	6 mg	†

(P) = LifeSource Proprietary Blend

Men's Ultra Daily Pack (Whole Food Based)

30-Packs - $39.99 PER BOTTLE

NEW

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 RDI (recommended daily allowance) for overall nutrition in their diet. Those over 55, the % is even higher due to these numbers being sku'd due to the younger people included in these studies who really are just plain healthier as we were when we were young. Let these Men's Ultra Packs help fill in the gaps.

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.

NUTRITIONAL FACTS

Serving Size: 1 Packet (3 capsules / 1 softgel / 3 tablets

	Amt/Serving	DV%*
Vitamin A (67% as beta-carotene / 33% palmitate)	15,000 IU	300%
Vitamin C (ascorbic acid)	500 mg	833%
Vitamin D-3 (cholecalciferol)	600 IU	150%
Vitamin E (d-Alpha tocopheryl acetate)	100 IU	367%
Vitamin B-1 (thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (riboflavin)	50 mg	2941%
Niacin (niacin granular)	10 mg	50%
Vitamin B-6 (pyridoxine hcl)	52.5 mg	2625%
Folic Acid	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (d-calcium pantothenate)	20 mg	200%
Calcium (dicalcium phosphate / carbonate / amino acid chelate / citrate / hydroxyapatite / hydroxide / glycinate / gluconate / lactate and orotate)	675 mg	68%
Phosphorus (dicalcium phosphate)	72 mg	7%
Magnesium (oxide / amino acid chelate)	350 mg	88%
Zinc (oxide / glycinate monohydrate)	40 mg	267%
Selenium (amino acid chelate)	50 mcg	71%
Copper (gluconate / oxide)	450 mcg	23%
Manganese (sulfate)	2 mg	100%
Chromium (as polynicotinate)	50 mcg	42%
Potassium (as citrate)	50 mg	1%
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	*
Enzyme Complex (from plants) (Consisiting of Cellulase, Bromelain, Papain, Amylase, Trypsin and Lipase)	75 mg	*
Spirulina Algae	500 mg	*
Wheat Grass	200 mg	*
Safflower (powder)	100 mg	*
Lecithin	75 mg	*
Choline Bitartrate	75 mg	*
Inositol	75 mg	*
Citrus Bioflavonoids 50% Complex	50 mg	*
Gotu Kola Powder	50 mg	*
Echinacea Purpurea Root Powder	25 mg	*
Green Tea (98% extract)	25 mg	*
PABA (para-Aminobenzoic Acid)	15 mg	*
Psyllium Husks	15 mg	*
Oat (avena sativa 10:1 extract)	15 mg	*
Apple Pectin	15 mg	*
Chlorophyll (sodium copper chlorophyllin)	15 mg	*
L. Acidophilus † Activity level at time of manufacture.	20 Million † CFU	*
Octacosanol	15 mcg	*
Trace Mineral Complex	3 mg	*
Kelp	210 mcg	*
Boron (as amino acid chelate)	2027 mcg	*
CLA Complex (70% conjugated linoleic acid from safflower oil)	300 mg	*
GLA Complex (25% gamma linolenic acid from borage seed oil)	250 mg	*
ALA Complex (50% alpha linolenic acid from flaxseed oil)	150 mg	*
EPA (eicosapentaenoic acid from fish oil)	125 mg	*
DHA (docosahexaenoic acid from fish oil)	100 mg	*
Saw Palmetto (herb powder)	300 mg	*
Pygeum Africanum (herb powder)	150 mg	*
Pumpkin Seed (herb powder)	30 mg	*
Burdock Root (herb powder)	2.5 mg	*
Cayenne Pepper (herb powder)	2.5 mg	*
Goldenseal (herb powder)	2.5 mg	*
Gravel Root (herb powder)	2.5 mg	*
Juniper Berries (herb powder)	2.5 mg	*
Marshmallow Root (herb powder)	2.5 mg	*
Parsley Leaf (herb powder)	2.5 mg	*
Glutamic Acid (L-glutamic acid hcl)	35 mg	*
Alanine (L-alanine hcl)	35 mg	*
Glycine (L-glycine hcl)	15 mg	*

* Daily Value not established

Other Ingredients: Gelatin, microcrystalline cellulose, glycerin, purified water, vegetable stearic acid, vegetable magnesium stearate, rice flour, croscarmellose sodium, silicon dioxide and pharmaceutical glaze.

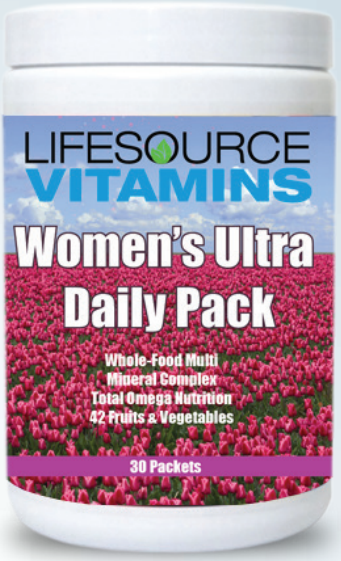
SUGGESTED USE: 1 packet daily preferably with a meal or as directed by a healthcare professional.

Women's Ultra Daily Pack (Whole Food Based)

30-Packs - $39.99 PER BOTTLE

NEW

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 o 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 health, and almost all must be obtained from your diet. The most common source is fruit and vegetables, but only 14% of U.S. adults and 9.5% of U.S. teens are eating the recommended servings. Let these Women's Ultra Packs help fill in the gaps.

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.

NUTRITIONAL FACTS

Serving Size: Serving Size 1 Packet (3 capsules / 1 softgel / 3 tablets)

	Amt/Serving	DV%*
Vitamin A (67% as beta-carotene / 33% as palmitate)	15,000 IU	300%
Vitamin C (ascorbic acid)	500 mg	833%
Vitamin D-3 (cholecalciferol)	600 IU	150%
Vitamin E (d-Alpha tocopheryl acetate)	110 IU	367%
Vitamin B-1 (thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (riboflavin)	50 mg	2941%
Niacin (niacin granular)	10 mg	50%
Vitamin B-6 (pyridoxine hcl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (d-calcium pantothenate)	20 mg	200%
Calcium (dicalcium phosphate / carbonate /amino acid chelate / citrate / hydroxyapatite / hydroxide / glycinate / gluconate / lactate and orotate)	675 mg	68%
Phosphorus (dicalcium phosphate)	72 mg	7%
Magnesium (oxide / amino acid chelate)	350 mg	88%
Zinc (glycinate monohydrate)	15 mcg	100%
Selenium (amino acid chelate)	50 mcg	71%
Copper (oxide)	200 mcg	10%
Manganese (sulfate)	2 mg	100%
Chromium (as polynicotinate)	50 mcg	42%
Potassium (as citrate)	50 mg	1%
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	*
Enzyme Complex (from plants) Consisting of Cellulase, Bromelain, Papain, Amylase, Trypsin & Lipase	75 mg	*
Spirulina Algae	500 mg	*
Wheat Grass	200 mg	*
Safflower (powder)	100 mg	*
Lecithin	75 mg	*
Choline Bitartrate	75 mg	*
Inositol	75 mg	*
Citrus Bioflavanoids 50% Complex	50 mg	*
Gotu Kola Powder	50 mg	*
Echinacea Purpurea Root Powder	25 mg	*
Green Tea (98% extract)	25 mg	*
PABA (para-Aminobenzoic Acid)	15 mg	*
Psyllium Husks	15 mg	*
Oat (avena sativa10:1 extract)	15 mg	*
Apple Pectin	15 mg	*
Chlorophyll (sodium copper chlorophyllin)	15 mg	*
L. Acidophilus † Activity level at time of manufacture. 20 Million † CFU		*
Octacosanol	15 mcg	*
Trace Mineral Complex	3 mg	
Kelp	210 mcg	*
Boron (as amino acid chelate)	2027 mcg	*
CLA Complex (70% conjugated linoleic acid from safflower oil)	300 mg	*
GLA Complex (25% gamma linolenic acid from borage seed oil)	250 mg	*
ALA Complex (50% alpha linolenic acid from flaxseed oil)	150 mg	*
EPA (Eicosapentaenoic Acid / fish oil)	125 mg	*
DHA (Docosahexaenoic Acid / fish oil)	100 mg	*
Soy Isoflavones	15 mg	*
Black Cohosh (2.5% extract)	80 mg	*
Dong Quai (1% extract)	75 mg	*
Licorice (1% extract)	75 mg	*
Vitex Berry (herb powder)	50 mg	
Red Clover Extract (1% extract)	200 mg	*
Sage (3% extract)	100 mg	*
False Unicorn (herb powder)	25 mg	*
Squaw Vine (herb powder)	10 mg	*
Blessed Thistle (herb powder)	25 mg	*
Red Raspberry (20% extract)	25 mg	*
Mexican Wild Yam (16% extract)	7.5 mg	*

* Daily Value not established

Other Ingredients: Gelatin, microcrystalline cellulose, glycerin, purified water, vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium, silicon dioxide and pharmaceutical glaze.

SUGGESTED USE: 1 packet daily preferably with a meal or as directed by a healthcare professional.

Men's Superior Multi Softgels

90 Softgels / 45 Day Supply - $23.99 PER BOTTLE
180 Softgels / 90 Day Supply - $42.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 2 Softgels Servings Per Container: 45

	Amt/Serving	DV%*
Beta Carotene (as Pro-Vitamin A3 6mg)	6,000 IU	120
Vitamin A (as Retinul Palmitate)	4,000 IU	80
Vitamin C (from Calcium Ascorbate)	250 mg	417
Vitamin D-3 (as Cholecalciferel)	1,000 IU	250
Vitamin E (as d-alpha Tocopheryl)	150 IU	500
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100
Thiamine (Vit. B-1) (from Thiamine HCl)	25mg	1667
Riboflavin (Vitamin B-2)	25mg	1471
Niacin (Vitamin B-3) (as Niacinamide)	35mg	175
Vitamin B-6 (from Pyridoxine HCl and Pyrodoxal-5-Phosphate (P-5-P)	25mg	1250
Folate (as Folic Acid)	400mcg	100
Vitamin B-12 (as Cyanocobalamin and Methylcobalamin)	120 mcg	2000
Biotin	300 mcg	100
Pantothenic Acid (Vitamin B-5) (From D-Calcium Pantothenate)	50mg	500

	Amt/Serving	DV%*
Calcium (from Calcium Ascorbate, Aquamine® F Red Algae Sea Minerals and D-Calcium Pantothenate)	55	6
Iodine (from Potassium Iodide)	225mcg	150
Magnesium (from Magnesium Citrate and Aquamin® F Red Algae Sea Minerals)	25 mg	6
Zinc (from Zinc Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	15 mg	100
Selenium (from Selenium Amino Acid Complex)(TRAACS®)(Albion®)	200 mcg	286
Copper (from Copper Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	500 mcg	25
Manganese (from Manganese Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	2 mg	100
Chromium (from Chromium Chelavite®) (Amino Acid Chelate)(TRAACS®)(Albion®)	120 mcg	100
Molybdenum (from Molybdenum Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	75 mcg	100

	Amt/Serving	DV%*
Potassium (from Potassium Chloride)	25 mg	<1
Saw Palmetto Extract (Berry) (Serenoa repens)(min. 85% fatty acids)	160 mg	†
Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Nettle Root Extract (Urtica dioica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Inositol	10 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO) (from Natural Tomato Extract)	3 mg	†
Lutein (from FloraGLO®) (from Marigold Flowers)	500 mcg	†

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

Other Ingredients: Pumpkin Seed Oil, Softgel Capsule (gelatin, glycerin, water, carob) and Cinnamon (Cinnamonum cassia) (Bark).
Contains soy derivative. Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Men's Superior Multi VCaps

90 Veggie Capsules - $19.99 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
- Includes patent-pending ZMA®, a chelated zinc supplement popular with active individuals
- 100 mg of energizing Panax Ginseng – standardized for maximum effectiveness
- 50 mg of the powerful metabolic antioxidant Alpha Lipoic Acid – rarely found in other multiples
- 5 mg of CoQ10 and 30 mg of Ginkgo Biloba – ideal for men of all ages – guaranteed potencies
- 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

IDEAL FOR MEN OF ALL AGES

NUTRITIONAL FACTS

Serving Size: 3 Veg Capsules Servings Per Container: 30

	Amt/Serving	DV%*
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	10,000 IU	200 %
Vitamin C (from Calcium Ascorbate)	250 mg	417 %
Vitamin D (as Ergocalciferol)	1,000 IU	250 %
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500 %
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100 %
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667 %
Riboflavin (Vitamin B-2)	25 mg	1471 %
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	35 mg	175 %
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P)	25 mg	1250 %
Folate (as Folic Acid)	400 mcg	100 %

	Amt/Serving	DV%*
Vitamin B-12 (as Methylcobalamin)	250 mcg	4167 %
Biotin	300 mcg	100 %
Pantothenic Acid (Vitamin B-5)(from D-Calcium Pantothenate)	50 mg	500 %
Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg	5 %
Iodine (from Potassium Iodide)	150 mcg	100 %
Magnesium (from Magnesium Citrate)	25 mg	6 %
Zinc (from Zinc Bisglycinate) (TRAACS)	30 mg	200 %
Selenium (from L-Selenomethionine)	200 mcg	286 %
Copper (from Copper Bisglycinate)(TRAACS)	500 mcg	25 %
Manganese (from Manganese Bisglycinate) (TRAACS)	2 mg	100 %
Chromium (from Chromium Picolinate)	200 mcg	167 %
Molybdenum (from Sodium Molybdate)	75 mcg	100 %

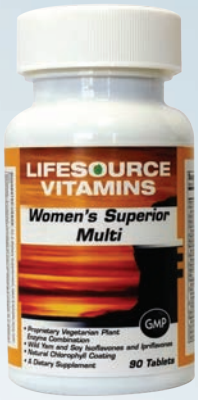
	Amt/Serving	DV%*
Potassium (from Potassium Chloride)	25 mg	<1 %
Saw Palmetto Extract (Berry) (Serenoa repens) (min. 45% Fatty Acids)	160 mg	†
Alpha Lipoic Acid	50 mg	†
Aloe Vera (Leaf) (200:1 Concentrate)	50 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera) (Standardized for Polyphenols)	25 mg	†
Inositol	25 mg	†
CoQ10 (Coenzyme Q10)	15 mg	†
Natural Trans-Resveratrol [from Japanese Knotweed Extract (Polygonum cuspidatum) (Root)]	10mg	†
Lycopene (from Natural Tomato Extract)	3 mg	†
Lutein (from Marigold Flowers)	500 mcg	†

* 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.

Women's Superior Multi Tablets

90 Tablets / 30 Day Supply - $19.99 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?

- Recommended potencies of B-vitamins
- Contains iron bisglycinate
- High potency folate/folic acid
- Includes Dong Quai and Eleuthero
- Buffered vitamin C (calcium ascorbate)
- 50mg of standardized wild yam extract

FOR WOMEN AGES 20'S, 30'S & 40'S

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	500%
Vitamin D (as Ergocalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	150%
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)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg	500%

	Amt/Serving	DV%*
Calcium [from Calcium Carbonate (Aquamin® TG Red Algae Sea Minerals) and Calcium Ascorbate]	250 mg	25%
Iron (from Ferrochel® Ferrous Bisglycinate) (TRAACS®)	18 mg	100%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Citrate and Aquamin® TG Red Algae Sea Minerals)	100 mg	25%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
Potassium (from Potassium Chloride)	25 mg	< 1%
Cranberry (Vaccinium macrocarpon) (Fruit) (Standardized to min. 6% Quinic Acid)	100 mg	†

	Amt/Serving	DV%*
Pomegranate Extract (Fruit) [min. 40% Punicalagins (Punicosides A and B)]	50 mg	†
Organic Acai (Euterpe oleracea) (Fruit Skin and Pulp)	50 mg	†
Mangosteen Extract (Fruit Peel) (Garcinia mangostana) (min. 10% Mangostin)	50 mg	†
CoQ10 (Coenzyme Q10)	30 mg	†
Alpha Lipoic Acid	30 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
Aloe Vera (Leaf) (200:1 Concentrate)	25 mg	†
Lycopene (from Natural Tomato Extract)	500 mcg	†
Lutein (from Marigold Flowers)	500 mcg	††

* 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 - $19.99 PER BOTTLE
180 Softgels / 60 Day Supply - $34.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 30

	Amt/Serving	DV%*
Beta-Carotene (as pro-Vitamin A 3 mg) (Betadene®)	5,000 IU	100%
Vitamin C (from Calcium Ascorbate)	200 mg	333%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl)	150 IU	500%
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100%
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (Vit. B-3) (as Niacinamide and Inositol Hexanicotinate)	25 mg	1250%
Vitamin B-6 (from Pyridoxine HCl and and Pyridoxal-5-Phosphate {P-%-P})	25 mg	1250%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Methylcobalamin)	120 mcg	2000%
Biotin	300 mcg	100%
Pantothenic Acid (Vit. B-5) (from D-Calcium Pantothenate)	50 mg	500
Calcium (from Aquamine® F Red Algae Sea Minerals, Calcium Ascorbate, and D-Calcium Pantothenate)	500 mg	50

	Amt/Serving	DV%*
Iron (from Ferrochel® Iron Bisglycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	6 mg	33
Iodine (from Potassium Iodide)	225mcg	150
Magnesium (from Magnesium Citrate and Aquamin® F Red Algae Sea Minerals)	100 mg	25
Zinc (from Zinc Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	16 mg	100
Selenium (from Selenium Amino Acid Complex)(TRAACS®)(Albion®)	200 mcg	286
Copper (from Copper Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	1 mg	50
Manganese (from Manganese Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	2 mg	100
Chromium (from Chromium Chelavite®) (Amino Acid Chelate)(TRAACS®)(Albion®)	2 mg	100
Molybdenum (from Molybdenum Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	75 mcg	100
Potassium (from Potassium Chloride)	25 mg	<1
Evening Primrose Oil (Oenothera biennis)(Seed)	500 mg	†

	Amt/Serving	DV%*
Cranberry Concentrate (20:1) (Vaccimun macrocarpon)(Fruit)	100 mg	†
Horsetail Extract (Equisetum arvense) (Aerial Parts)(min. 8% Silica)	50 mg	†
Alpha Lipoic Acid	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Grape Seed Extract (Vitis vinifera)	25 mg	†
Green Tea Extract (Camelia sinensis)(Leaf) (min. 85% Polyphenols)(<1 mg of natural caffeine)	25 mg	†
Inositol	25 mg	†
CoQ10 (as Ubiquinone)	10 mg	†
Lycopene (LYC-O-MATO) (from Natural Tomato Extract)	500 mcg	†
Lutein (from FloraGLO®) (from Marigold Flowers)	500 mcg	†

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

Other Ingredients: Flax Seed Oil, Softgel Capsule (gelatin, glycerin, water, carob).Contains soy derivative. Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Men's Senior Multi Vitamin

180 Tablets / 60 Day Supply - $34.99 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

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 60

	Amt/Serving	DV%*
Vitamin A (as beta-carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU	250%
Thiamin (as thiamin mononitrate)	60 mg	4000%
Riboflavin	60 mg	3529%
Niacin (as nicotinic acid)	30 mg	150%
Vitamin B6 (as pyridoxine HCl)	60 mg	3000%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%
Biotin	300 mcg	100%
Pantothenic acid (as d-calciumpantothenate)	100 mg	1000%
Calcium (from calcium citrate)	240 mg	24%
Iron (from ferrous fumarate)	4 mg	22%
Iodine (from potassium iodine)	150 mcg	100%
Magnesium (from magnesium oxide)	200 mg	50%
Zinc (from zinc oxide)	30 mg	200%
Selenium (from L-selenomethionine)	200 mcg	286%
Copper (from cupric oxide)	2 mg	100%
Manganese (from manganous gluconate)	2 mg	100%
Chromium (from chromium chloride)	200 mcg	167%
Molybdenum (from sodium molybdate)	45 mcg	60%
Inositol	30 mg	†
Choline (bitartrate)	180 mg	†
Lutien/Zeaxanthin (from Lutien ™ 2020) (from Tagetes erecta)	3.75 mg	†
Lycopene (Lyc-O-Mato ©)	2 mg	†
Bilberry	50 mg	†
Grapeseed extract	20 mg	†
Saw palmetto (Serenoa repens) (berry)	100 mg	†
Lemon bioflavonoid complex	10 mg	†
Cinnamon powder	100 mg	†
Tomato powder	10 mg	†
Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase)	20 mg	†
Betaine HCl	25 mg	†
Ginger	40 mg	†
Boron	200 mcg	†
Vanadium	2 mcg	†

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

Women's Senior Multi Vitamin

180 Tablets / 60 Day Supply - $34.99 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 fast-paced 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

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 60

	Amt/Serving	DV%*
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (d-alpha tocopheryl succinate)	75 IU	250%
Thiamin (as thiamin mononitrate)	60 mg	4000%
Riboflavin	60 mg	3529%
Niacin (as nicotinic acid)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	60 mg	3000%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%
Biotin	600 mcg	200%
Pantothenic acid (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium citrate)	240 mg	24%
Iron (from ferrous fumarate)	10 mg	56%
Iodine (from potassium iodine)	150 mcg	100%
Magnesium (from magnesium oxide)	240 mg	60%
Zinc (from zinc oxide)	15 mg	100%
Selenium (from L-selenomethionine)	200 mcg	286%
Copper (from cupric oxide)	2 mg	100%
Manganese (from manganous gluconate)	2 mg	100%
Chromium (from chromium chloride)	200 mcg	167%
Molybdenum (from sodium molybdate)	45 mcg	60%
Inositol	30 mg	†
Choline (bitartrate)	120 mg	†
Lutien/Zeaxanthin (from Lutien ™ 2020) (from Tagetes erecta)	3.75 mg	†
Bilberry	50 mg	†
Pomegranate powder	15 mg	†
Alpha Lipoic Acid	50 mg	†
Grapeseed extract	20 mg	†
Soy (non-GMO)	30 mg	†
Cranberry (CranMax ©)	25 mg	†
Lemon bioflavonoid complex	200 mg	†
Cinnamon powder	100 mg	†
Tomato powder	10 mg	†
Enzyme Blend (Papain, Bromelain, Lipase, Protease, Amylase)	30 mg	†
Betaine HCl	25 mg	†
Ginger Root Extract	60 mg	†
Boron	3,000 mcg	†
Vanadium	2 mcg	†

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

Seniors Ultra Multi Vitamin

180 Tablets / 60 Day Supply - $34.99 PER BOTTLE

LifeSource's advanced Ultra Senior Multi-Vitamin is a great vegetarian formula for people 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

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 60

	Amt/Serving	DV%*
Vitamin A (2000 IU as palmitate and 7500 IU as beta-carotene)	9500 IU	190%
Vitamin C	300 mg	500%
Vitamin D2 (ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K	2.5 mcg	3%
Thiamin	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (and as Niacinamide)	25 mg	125%
Vitamin B 6 (Pyridoxine HCl 90%, P-5-P 10%)	25 mg	1250%
Folic Acid	200 mcg	50%
Vitamin B12 (Methylcobalamin)	25 mcg	417%
Biotin	150 mcg	50%
Pantothenic Acid	25 mg	250%
Calcium (as Calcium Citrate)	300 mg	30%
Iodine (from kelp)	35 mcg	23%
Magnesium	150 mg	38%
Zinc	10 mg	67%
Selenium	25 mcg	36%

	Amt/Serving	DV%*
Copper	0.025 mg	1%
Manganese	2.5 mg	125%
Chromium	25 mcg	21%
Molybdenum	25 mcg	33%
Boron	0.5 mg	†
Silicon (Horsetail Rush)	3 mg	†
Vanadium	10 mcg	†
Choline	50 mg	†
Inositol	25 mg	†
PABA (para-aminobenzoic acid)	25 mg	†
L-Cysteine	25 mg	†
Glutamic Acid	25 mg	†
DL-Methionine	25 mg	†
L-Aspartic Acid	50 mg	†
Phosphatidylserine	12.5 mg	†
Octacosanol	500 mcg	†
Lecithin	50 mg	†
Gamma Linolenic Acid	2.5 mg	†
Alpha Lipoic Acid	15 mg	†
Coenzyme Q10	5 mg	†
Lycopene	2.5 mg	†
Bioperine™	2.5 mg	†

	Amt/Serving	DV%*
Ginkgo Biloba	5 mg	†
Potassium (citrate)	25 mg	1%
RNA (ribonucleic acid)	5 mg	†
Mixed Citrus Bioflavonoids	100 mg	†
Hesperidin	12.5 mg	†
Rutin	12.5 mg	†
Pectin	12.5 mg	†
Betaine HCl	15 mg	†
Bromelain	2 mg	†
Papain (enteric coated)	2 mg	†
Bilberry Extract 4:1	20 mg	†
Lutein	1.5 mg	†
Enzopharm® Plus	10 mg	†
A proprietary blend of vegetarian enzymes: amylase, protease, lipase, hemicellulase, and lactase. (from Marigold Flowers)		

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

Other ingredients: magnesium carbonate, calcium ascorbate, calcium pantothenate, potassium citrate, cellulose, zinc gluconate, manganese gluconate, silicon dioxide, amino acid chelates (boron, copper, molybdenum, selenium), chromium polynicotinate. Allergy Information: This product contains lecithin (from soy).This product vegetarian and is free of corn, egg, gluten, milk, rice, sodium, wheat, yeast, added sugars, starches, synthetic dyes, artificial flavorings and preservatives. Color of this product may vary due to color variations of the natural ingredients.

Adult Gummy Multivitamin

NEW

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!

NUTRITIONAL FACTS

Serving Size: 2 Gummies (Orange. Cherry and Strawberry Flavor) Servings per Container: 45

	Amt/Serving	DV%*
Calories	15	
Total Carbohydrates	4 g	1%
Sugars	3 g	†
Vitamin A (Retinyl Acetate)	4000 IU	80%
Vitamin C (Ascorbic Acid)	60 mg	30%
Vitamin D (Cholecalceferol)	400 IU	100%
Vitamin E (dl-Alpha Tocopheryl Acetate)	40 IU	133%
Vitamin B-6 (Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (Cyanocobalamin)	8 mcg	133%
Biotin	150 mcg	50%
Pantothenic Acid (Calcium D-Pantothenate)	10 mg	100%
Iodine (Potassium Iodine)	80 mcg	53%

	Amt/Serving	DV%*
Zinc (Zinc Sulfate)	5 mg	33%
Sodium	15 mg	1%

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

Pre-Natal Multi Vitamin (Complete Formula) 180 Tablets / 60 Day Supply - $19.99 PER BOTTLE

LifeSource Pre-Natal Multi Vitamins are the most complete, well rounded vitamins in the world designed specifically for women who are pregnant or planning to become pregnant. It is very important when planning for a family that you start taking vitamins before you get pregnant. The first trimester of a pregnancy is a crucial time, optimum nutrition is so very important. Don't except cheap Pre-Natal vitamins that you can buy at mass merchants. They are too generic, no where near complete and in most cases synthetic. All natural vitamins are what Mommies and Babies need, especially during this special time.

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 60

	Amt/Serving	DV%*
Vitamin A (as Beta Carotene)	8000 IU	100%
Vitamin C	180 mg	300%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin B1	15 mg	882%
Vitamin B2	17.5 mg	884%
Vitamin B3 (Niacin)	20 mg	100%
Vitamin B6	10 mg	400%
Folic Acid	800 mcg	100%
Vitamin B12	12 mcg	150%
Biotin	300 mcg	100%
Pantothenic Acid	30 mg	300%
Calcium	660 mg	50%
Iron	18 mg	100%
Iodine from kelp	150 mcg	100%
Magnesium	900 mg	200%
Zinc	15 mg	100%
Selenium	30 mcg	†
Copper	100 mcg	†
Manganese	3 mg	†
Chromium Dinicotinate	25 mcg	†
Potassium	25 mg	†
Protease	1800 HUT	†
Amylase	140 DU	†
Lipase	1.5 LU	†
Cellulase	1.75 CU	†
Molybdenum	25 mcg	†
Taurine	50 mg	†

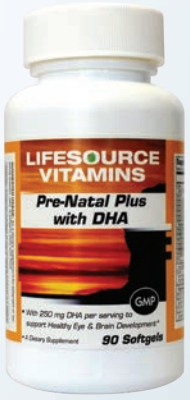
	Amt/Serving	DV%*
Bioflavonoids Lemon	40 mg	†
Fructooligosaccharide	30 mg	†
Choline	15 mg	†
Inositol	10 mg	†
PABA	5 mg	†
Rutin	5 mg	†
Histidine	3 mg	†
Octacosanol from Spinach	50 mcg	†
Lactobacillus sporogens	1.5 million	†

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

LifeSource Pre-Natal Vitamins are a comprehensive blend of nutrients, foods and herbs that support a mother's vitality and a baby's healthy development. We have brought together a complete range of the nutrients women and developing babies truly need, including iron and folic acid, often inadequate in pregnant and lactating women's diets. This is a crucial time and your nutrition is so very important. Your gift from God needs the proper nutrition, not shortcuts.

Pre-Natal Plus with DHA

90 Softgels / 30 Day Supply - $22.99 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.

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 30

	Amt/Serving	DV%*
15		
Calories from Fat	15	
Total Fat	1.5 g	†
Vitamin A (100% as Beta-Carotene)	5,000 IU	63%
Vitamin C (from Calcium Ascorbate)	120 mg	200%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin (as d-alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	35 mcg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	5 mg	294%
Riboflavin (Vitamin B-2)	5 mg	250%
Niacin (Vitamin B-3) (as Niacinamide)	15 mg	75%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	400%
Folate (as Folic Acid)	800 mcg	100%
Vitamin B-12 (as Methylcobalamin)	500 mcg	6250%
Biotin	300 mcg	100%
	Amt/Serving	**DV%***
Pantothenic Acid (Vitamin B-5 from D-Calcium Pantothenate)	20 mg	200%
Calcium %[from Calcium Carbonate (Aquamin Red Algae Sea Minerals),		
Calcium Citrate and Calcium Ascorbate]	400 mg	31
Iron (from Ferrochel Ferrous Bisglycinate) (TRAACS)	27 mg	150%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Aquamin Red Algae Sea Minerals and		
Magnesium Citrate)	200 mg	44%
Zinc (from Zinc Bisglycinate) (TRAACS)	15 mg	100%
Selenium (from Selenium Amino Acid Complex) (TRAACS)	70 mcg	†
Copper (from Copper Bisglycinate) (TRAACS)	2 mg	100%
Manganese (from Manganese Bisglycinate) (TRAACS)	2 mg	†
Chromium (from Chromium Chelavite) (TRAACS)	120 mcg	†

	Amt/Serving	DV%*
Molybdenum (from Molybdenum Bisglycinate) (TRAACS)	75 mcg	†
Potassium (from Potassium Chloride)	25 mg	†
Fish Oil Concentrate	650 mg	†
DHA (Docosahexaenoic Acid)	250 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
Borage Oil (Seed)	125 mg	†
GLA (Gamma Linoleic Acid)	25 mg	†
Choline (from Chooline Bitartrate)	10 mg	†
Inositol	10 mg	†
Lutein (from Marigold Flowers)	500 mcg	†
Lycopene (from Natural Tomato Extract)	350 mcg	†

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

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil. Contains fish (tuna, anchovies) and soy. Not manufactured with wheat, gluten, milk, egg, shellfish, or tree nut ingredients. Produced in a GMP facility that process other ingredients containing these allergens. Made in the USA.

LifeSource Essential Liquid Multi Vitamin

16 Fl. Oz. Bottle / 31 days supply - $22.99 PER BOTTLE OR 3 BOTTLES FOR $59.97 (SAVE $9.00)

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!

NUTRITIONAL FACTS

Serving Size: 1 Tablespoon (15 ml) Servings Per Container: 31

	Amt/Serving	DV%*
Vitamin A (from 60% Retinyl Palmitate & 40% Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (from d-alpha Tocopheryl Acetate)	100 IU	333%
Vitamin B-1 (from Thiamine Hydrochloride)	10 mg	667%
Riboflavin (Vitamin B-2)	10 mg	590%
Vitamin B-3 (from Niacinamide)	25 mg	125%
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg	500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Vitamin B-5 (from Calcium d-Pantothenate)	25 mg	250%
Calcium (from Calcium Carbonate)	25 mg	3%
Iodine [from Kelp (Laminaria digitata)]	75 mcg	50%
Magnesium (from Magnesium Oxide)	10 mg	3%

	Amt/Serving	DV%*
Zinc (from Zinc AAC)	3 mg	20%
Selenium (from Selenopure T L-selenomethionine)	15 mcg	21%
Manganese (from Manganese AAC)	2 mg	100%
Chromium (from Chromium Chelavite® AAC)	10 mcg	8%
Potassium (from Potassium Chloride)	25 mg	<1%
Orange Juice Powder	100 mg	†
VitaBerry® HI-ORAC Fruit Blend	50 mg	†
Aloe Vera Juice	50 mg	†
Colloidal Minerals (Fulvic Acid)	50 mg	†
Rice Protein Concentrate	30 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
Kelp (Laminaria digitata)	15 mg	†
Grapeseed Extract (Vitis Vinifera) (90% Plyphenols)	10 mg	†
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.

Childrens Multi Vitamin & Minerals (Liquid)

8 fluid Ounces - $17.99 PER BOTTLE

Ideally, healthy children should receive enough nutrients from their diet. However, sometimes kids are finicky eaters and today's hectic schedules leave little time for balanced meals. The liquid form provides an alternative for children who do not like the chewable form, and can be added to food or fluids for younger children. Introducing LifeSource's Liquids for Kids, with ionically charged liquid minerals. Surging with over 70 ionically-charged minerals and trace elements that the body needs for optimal health, our Liquid Multis are easily absorbed. Most children in the United States have nutritional deficient diets. This will help!

NUTRITIONAL FACTS

Children Over 3 Years Old — Serving Size: 1 Teaspoon

	Amt/Serving	DV%*
Vitamin A (Palminate)	1250 IU	50%
Vitamin C (Ascorbic Acid)	50 mg	90%
Vitamin D3 (Cholecalciferol)	400 IU	100%
Vitamin E (d-a tocopherol)	10 IU	100%
Vitamin B-1 (Thiamine HCL)	1.5 mg	200%
Vitamin B-2 (Riboflavin)	1.7 mg	200%
Vitamin B3 (Niacinamide)	15 mg	167%
Vitamin B-6 (Pyridoxine)	2 mg	286%
Folate (Folic Acid)	200 mcg	100%

	Amt/Serving	DV%*
Vitamin B-12 (cyanocobalamin)	9 mcg	300%
Biotin	75 mcg	25%
Pantothenic Acid (Calcium Pantothenoate)	10 mg	200%
Choline (Bitartrate)	3 mg	†
Inositol	3 mg	†
Manganese (Gluconate)	2 mg	200%
Zinc (Citrate)	5 mg	62%
Sodium	44 mg	3%

	Amt/Serving	DV%*
Potassium	65 mg	3%
ConcenTrace Powder	31 mg	†
Chloride (ConcenTrace®)	7 mg	<1 %
Potassium (ConcenTrace®)	50 mg	< 1%
Sulfate (ConcenTrace®)	540 mg	†
Sodium	90 mcg	<1 %*
Lithium (ConcenTrace®)	10 mcg	†
Boron (ConcenTrace®)	10 mcg	†

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

Childrens Multi Vitamin & Minerals (Chewable Tablet)

90 Chewables / 3 Month Supply - $18.99 PER BOTTLE OR 180 Chewables / 6 Month Supply - $32.99 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.

A FULL 6 MONTH SUPPLY FOR CHILDREN OVER 4 YEARS OLD,
OR A 1 YEAR SUPPLY FOR CHILDREN2-4 YEARS OF AGE!

NUTRITIONAL FACTS – 2-3 YEARS OLD

Serving Size: 1/2 Tablet

	Amt/Serving	DV%*
Beta Carotene	5000 IU	100%
Vitamin C (with Rose Hips, Buffered with Mineral Ascorbates)	100 mg	166%
Vitamin D	400 IU	100%
Vitamin E (natural d-alpha)	45 IU	150%
Vitamin B1 (Thiamin)	3.4 mg	226%
Vitamin B2 (Riboflavin)	4.1 mg	239%
Niacinamide	24 mg	120%
Vitamin B5 (Pantothenic Acid)	22 mg	220%
Vitamin B6	2 mg	100%

	Amt/Serving	DV%*
Vitamin B12	3 mcg	100%
Choline	5mg	†
Inositol	2.5 mg	*
PABA	.5 mg	*
Biotin	150 mcg	50%
Folic Acid	200 mcg	50%
Vitamin K1	10 mcg	*
Citrus Bioflavonoid Complex (Vitamin P)	30 mg	*
Zinc, Elemental (Chelated)	5.25 mg	35%
Selenium (Yeast Free)	10 mcg	*
Calcium, Elemental	100 mg	10%

	Amt/Serving	DV%*
Magnesium, Elemental	50 mg	12.50%
Iron, Elemental (Chelated)	6.3 mg	35%
Chromium (as Picolinate)	10 mcg	*
Iodine (as kelp)	75 mcg	50%
Phosphorus	10mcg	1%
Molybdenum	5 mcg	*
Copper	200 mcg	10%
Phyto-Nutrients Whole Foods Concentrate	225 mg	*

Whole Food Vegetable Complex: Carrots, Broccoli, Spinach, Celery, Beets, Green Beans & Parsley.

	Amt/Serving	DV%*
Whole Food Fruit Complex: Orange Juice, Pineapple Juice, Raspberry Juice, Dried Apples, Dried Apricots, Dried Peaches, Dried Cherries, Dried Plums & Figs.		
Super Protein Concentrate		
Enzyme Blend: Amylase, Protease, Lipase	25 mg	*
Acerola Cherry Juice Concentrate	10 mg	*
Hesperidin Complex	10 mg	*
Rutin	5 mg	*

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

Kids Gummy Multivitamins

NEW

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 Cellular 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

NUTRITIONAL FACTS – 2-3 YEARS OLD

Serving Size: 2 Gummies Servings per Container: 45

	Amt/Serving	DV%*
Calories	15	
Total Carbohydrates (Ages 2 to 4)	4 g	†
Sugars	3 g	†
Total Carbohydrates (Ages 4 & Up)	4 g	1%
Sugars	3 g	†

	Amt/Serving	DV%*
Vitamin A (palmitate)	2100IU	42/84%
Vitamin C (ascorbic acid)	20 mg	50/33%
Vitamin D (cholecalciferol)	400 IU	100%
Vitamin E (dl-Alpha Tocopheryl ace	16.5 IU1	65/55%
Vitamin B-6 (pyridoxine hydrochloride)	2 mg	286/100%

	Amt/Serving	DV%*
Folic Acid	260 mcg	130/65%
Vitamin B-12 (cyanocobalamin)	6 mcg	200/100%
Biotin	60 mcg	40/20%
Pantothenic Acid (calcium pantothenate)	5.2 mg	104/52%
Iodine (potassium Iodine)	42 mcg	60/28%

Zinc (citrate)	2.7 mg	34/18%
Choline (bitartrate)	40 mcg	†
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.

NUTRITIONAL FACTS

Serving Size: 1 Tablet Servings Per Container: 60

	Amt/Serving	DV%*
Vitamin A (80% as palmitate, 20% as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	30 mg	1760%
Niacin (as niacinamide)	30 mg	150%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1500%
Folic Acid	400 mcg	100%
	Amt/Serving	**DV%***
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (from calcium carbonate, dibasic calcium phosphate and calcium pantothenate)	100 mg	10%
Iron (from ferrous fumarate)	9 mg	50%
Phosphorus (from dibasic calcium phosphate)	7 mg	6%
Iodine (from potassium iodide)	150 mcg	100%
	Amt/Serving	**DV%***
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc oxide)	15 mg	100%
Selenium (from sodium selenate)	70 mcg	100%
Copper (from cupric oxide)	2 mg	100%
Manganase (from manganous gluconate)	2 mg	100%
Chromium (from chromium chloride)	120 mcg	100%
Molybdenum (from molybdenum amino acid chelate)	75 mcg	100%
Lemon Bioflavonoid Complex	75 mg	*
	Amt/Serving	**DV%***
Rutin (Saphora japonica)	45 mg	*
Choline (bitartrate)	30 mg	*
Inositol	30 mg	*
Organic Whole Food Blend (Organic spinach, organic blueberry, organic carrots)	30 mg	*
Spirulina	5 mg	*
Chlorella	5 mg	*

Noni Juice (Liquid)

32 fl. oz. / 32 day supply - $22.99 PER BOTTLE

(Morinda Citrifolia-Fruit) 12,000 mg

Noni Juice contains various nutrients that will help you maintain a healthier body. Noni Juice has traditionally been used to cleanse and purify your entire body. Used as a defense against illness, aid to digestion, heal abrasions, reduce swelling and inflammation while reducing pain.

What makes ALL of our juice blends work while others don't? Processing: we always use the best ingredients available, certified organic, no processed ingredients. Companies sell these type products and there is literally no benefit to the product if the processing is done with heat or the ingredients are not healthy plants to begin with.

Noni Juice

- Has potent antioxidant activity. Researchers conclude that Noni juice could be used in clinical applications as a supplemental agent to reduce side-effects and improve chemotherapy.
- Is a rich source of potassium and is contra indicated in cases of chronic renal insufficiency.
- Contains nutritional enzymes, anthraquinones and polysaccharides, all known to have various health benefits.
- Seems to act indirectly against abnormal growths, primarily through immunostimulatory effects.

NUTRITIONAL FACTS

Serving Size: 1 fluid oz (or 2 tbsp) Servings Per Container: 32

	Amt/Serving	DV%*		Amt/Serving	DV%*
Noni (Morinda Citrifolia) 12,000mg		†	Dietary Fiber	1 g	2%
Calories	14	†	Sugars	1 g	†
Calories from Fat	0	†	Protein	0 g	†
Total Fat	0	0%	Vitamin A	0%	†
Saturated Fat	0	0%	Vitamin C	2%	†
Cholesterol	0	0%	Iron	0%	†
Sodium	0 mg	0%	Calcium	0%	†
Total Carbohydrate	4 g	1%			

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

Other ingredients: Organic Certified Noni (Fruit) Juice (100%) (Morinda Citrifolia).

Niacin Flush Free

90 Capsules - $12.99 PER BOTTLE

- 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

NUTRITIONAL 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.

Orange Oil

1 fl. oz (30 ml) - $8.99 PER BOTTLE

NEW

- 100% Pure & Natural
- Citrus sinensis
- Aroma therapeutic
- Anti-inflammatory
- Antiseptic

Oregano Oil

90 Softgels - $13.99 PER BOTTLE

- Clear congestion
- Antibacterial & antifungal properties
- Soothe digestive tract
- Powerful antioxidant

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Oregano Oil	0.2 ml/181 mg	†
Ginger Oil	0.2 ml/17.6 mg	†
Fennel Oil	0.02 ml/19.3 mg	†

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

NEW

Ultra High Potency Liquid Omega 3

8.5 fl oz (250 ml) - $24.99 per bottle

Available in Orange or Lightly Sweet Flavor

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 or Orange 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.

NUTRITIONAL 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.

Suggested usage: Take one or more teaspoons daily
Preferably with food, or as directed by your healthcare provider.

Omega 3 Super EPA/DHA

100 Capsules - $13.99 PER BOTTLE
200 Capsules - $23.99 PER BOTTLE (SAVE 10%)

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.

NUTRITIONAL FACTS

Serving Size: 1 Capsule / 300 mg Servings Per Container: 100

	Amt/Serving	DV%*
Eicosapentaenoic Acid (EPA)	180 mg	†
Docosahexainoic 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 15%)

Omega-3 fatty acids have earned a wide reputation for preventing heart disease and helping lower LDL cholesterol.

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Natural Fish Oil Concentrate	1000 mg	†
Omega-3 Fatty Acids750 mg	†	
Eicosapentaenoic Acid (EPA)	500 mg	†
Docosahexaenoic Acid (DHA)	250 mg	†

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

Super Omega 3-6-9

90 Softgels - $14.99 PER BOTTLE
180 Softgels - $26.99 PER BOTTLE
(SAVE 15%)

LifeSource's Super Omega 3-6-9 is a blend of cold water salmon, 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

NUTRITIONAL FACTS

Serving Size: 2 Softgels Servings Per Container: 45

	Amt/Serving	DV%*
Calories	25	
Calories from Fat	20	
Total Fat	2500 mg	4 %
Saturated Fat	<500 mg	2 %
Trans Fat	0 g	†
Polyunsaturated Fat	1500 mg	†
Monounsaturated Fat	500 mg	†
Cholesterol	0 mg	0 %
Protein	500 mg	1 %
Vitamin E (as d-alpha Tocopherol with Mixed Tocopherols)	20 IU	67 *
Borage Oil (Borago officinalis) (Seed)	800 mg	†

	Amt/Serving	DV%*
Natural Fish Oil Concentrate	800 mg	†
Organic Flax Seed Oil (Linum usitatissimum) (Seed)	800 mg	†
Typical Profile of naturally occurring amounts of fatty acids (per serving)		
Omega-3 Fatty Acids (EPA 144mg) (DHA 96mg)	690mg	†
Omega-6 Fatty Acids (GLA 160mg)	600mg	†
Omega-9 Fatty Acids	420mg	†

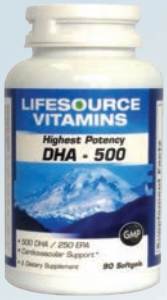
* Daily value based on a 2,000 calorie diet. † Daily value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water), Gelatin, Glycerin, Water and Natural d-alpha Tocopherol with Mixed Tocopherols.Contains: Soy and fish (sardines, anchovies, mackerel) derivatives. Free of: Sugar, salt, yeast, wheat, gluten, corn, milk, egg, preservatives or artificial colors.

DID YOU KNOW: At birth DHA makes up about 93% of the Omega-3 Fatty Acids in the retina and about 97% of the Omega-3 Fatty Acids in the brain, and continue to increase as the brain develops during the first 2 years of your child's life and well beyond based on measures in the cerebral cortex up to 18 years of age. Basically, DHA = Brain Food for your kids! See our Kids DHA on Page 45. Your kids will love the taste.

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 contains 500 mg of DHA and 250 mg of EPA in each enteric-coated softgels. Our DHA is extracted from fish that live in clean, unpolluted waters. Our method of molecular distillation serves to eliminate heavy metals and other potential contamination. The fish used to create this product originate from the cold waters of the Atlantic and Pacific oceans. Our formula is the highest quality available and has gone through an extensive molecular distillation process to ensure the best possible product. LifeSource DHA 500 mg is enteric-coated, significantly reducing the "fishy" taste sometimes associated with marine lipid supplements.

EPA and DHA lower blood pressure, according to an analysis of 31 trials. Trials using over 3 grams per day of omega-3 reported significant reductions in blood pressure. One double-blind trial reported that DHA had greater effects on blood pressure than EPA or mixed fish oil supplements.

- Cardiovascular Support
- Helps with Cholesterol Support
- Can lower blood pressure

NUTRITIONAL FACTS

Serving Size: 1 Softgels Servings Per Container: 90

	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	1.0 g	†
Monounsaturated Fat	<0.5 g	†
Cholesterol	0 mg	0%
Vitamin E (as natural d-alpha Tocopherol)	2 IU	7%
Natural Fish Oil Concentrate	1.0 g (1,000 mg)	†
Omega-3 Fatty Acids	750 mg	†
Docosahexaenoic Acid (DHA)	500 mg	†
Eicosapentaenoic Acid (EPA)	250 mg	†

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

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

NUTRITIONAL FACTS

Serving Size 2 Softgels Servings per Container 30

	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	†			

Omega w/DHA Gummies

60 Gummies -$13.99 PER BOTTLE

NEW

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.

NUTRITIONAL 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	*

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

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.Other Ingredients: Gelatin, glycerin, water.

Kids DHA

60 Chewables - $12.99 PER BOTTLE

LifeSource Vitamins Pure DHA provides concentrated DHA in a tasty easy to use flavored softgel. Our DHA is sourced from the purest fish oils available guaranteed. Exhaustively tested
for any contaminants and exceeds the highest standards for purity. Softgels are soft enough to chew with a burst of Orange Crème flavor, or can be swallowed whole. If you want your child to reach his or her maximum intellectual potential, the research is clear that plentiful intake of the omega-3 fat DHA is essential.

Suggested usage: Chew two softgels per day, preferably With meals. Intended for children age 3 and over.

NUTRITIONAL FACTS

Serving Size: 2 Softgels Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	4.5		Fish Oil (from anchovy, salmon,		
Calories from Fat	4.5		sardine, and/or tuna)	500 mg	**
Total Fat	0.5 g		Fatty Acid Composition:		
Vitamin A	0 IU	0%	Total Omega-3 fatty acids	270mg	**
Vitamin D3	0 IU	0%	EPA (as eicosapentaenoic acid)	50 mg	**
Vitamin E (as d-alpha tocopherol from soy)	2 IU	7%	DHA (as docosahexaenoic acid)	200 mg	**

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.

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

Omega-3 ranks among the most important essential nutrients out there today. In 2008, the *American Journal of Clinical Nutrition* published three studies investigating the role of EPA and DHA omega-3 fatty acids in elderly populations. Low concentrations of EPA and DHA resulted in an increased risk of death from all causes, as well as accelerated cognitive decline. The studies also suggest that a higher intake of omega-3s may bring certain health benefits that short-term supplementation cannot give.

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.

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Chymotripsin	200 mcg	†	Vanadyl Sulfate (31.3%)	500 mcg	†
Pancreatin (4 X)	100 mg	†	Nopal Cactus Leaves	300 mg	†
Biotin	300 mcg	†	Fenugreek Seed	200 mg	†
Chromium Picolinate (12.5%)	200 mcg	†	Blue Berry Fruit	200 mg	†
GTF Chromium (0.1%)	100 mg	†	Bitter Melon	300 mg	†
Glucosol (1%)	100 mg	†	Zinc Gluconate	100 mcg	†
Amylase (10,000 RAU/g)	100 mcg	†	Huckleberry Fruit	200 mg	†
Protease (75 HUT/g)	100 mg	†	Spirulina	100 mg	†
Lipase (1,000 LA/g)	100 mg	†			

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

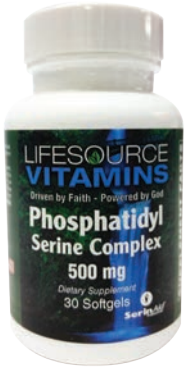
Peppermint Oil 1 fl oz - $8.99 PER BOTTLE

Peppermint's brisk, uplifting aroma has been enjoyed for centuries, in botharomatherapeutic and culinary applications. LifeSource Vitamins Peppermint Oil can be invigorating and rejuvenating and can also be taken internally when properly diluted. LifeSource Peppermint Oil is 100% pure, and steam distilled from fresh peppermint leaves.

Consider our Essential Oil Diffusers for your home. It's a great way to use aromatherapy oils throughout your entire home

Phosphatidyl Serine Complex 500 mg 30 Softgels - $19.99 PER BOTTLE

NEW



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.

NUTRITIONAL FACTS

Serving Size: 1 Softgel Capsule 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	†
Phosphatidylenthanolamine	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

Para-Cleanse 120 Tablets - $28.99 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!

NUTRITIONAL FACTS

Serving Size: 2 Tablets Servings Per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*
Black Walnut (Juglans nigra)			Olive (Olea europaea) Leaf Extract	200 mg	†
Green Hull	400 mg	†	yielding Oleuropein	30 mg	†
Wormwood (Artemesia annua)			Pau D'Arco (Bark)	200 mg	†
(Stem & Leaf Powder)	200 mg	†	Black Cumin (Nigella sativa) Seed	200 mg	†
Grapefruit Seed Extract	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.

(P) = LifeSource Proprietary Blend

Since 1992, our Mission Statement has never changed: From the nutrients we choose to the way we run our business, we answer to God in all we do!!

Ultra Plant Protein

2.2 lbs. - $46.99 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 plant-based 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.

NUTRITIONAL 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

	Amt/Serving	DV%*
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	**
Glutamine	3,475 mg	**
Enzyme Blend Alpha-galactosidase and Bromelain	110mg	**

Other ingredients: Inulin, stevia, xanthan gum, glycine, natural flavor and silica.
* Daily values are based on 2,000 calorie diet. † Daily value not established.

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*

Ultra Pre Workout

1.1 Pounds / 525 Grams - $39.99

NEW

UPDATED – This new updated version will flat out deliver results in your workouts and sport! 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 & ERYHTRITOL.

NUTRITIONAL 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 mixone (1) flat scoop (17.5g) with 8-12 oz of water, 20-30 minutes before training

Contains: Dual Creatines, L-Arginine Alpha-ketoglutarate (AAKG), Nitric Oxide, Beta Alanine, BCAA's, L-Citrulline Malate, L-Glutamine and our All Natural Energy Blend with Green Tea & Taurine

Muscle Building - Strength Enhancing Stamina - Maximizing Athletic Performance Intensity - Energy Focus - Power - Recovery

P = LifeSource Proprietary Blend

Phyto Foods

Green Phyto Foods (30 Whole Food Concentrates) (P)

10 oz Powder / 31 Servings — $29.99 PER CONTAINER
2 lbs. Powder / 96 Servings — $69.99 PER CONTAINER (SAVE $25.00)
120 Capsules / 20 Servings — $17.99 PER BOTTLE
240 Capsules / 40 Servings — $31.99 PER BOTTLE (SAVE 10%)

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%
Calories	40	
Barley Grass Powder, Org.	500 mg	†
Calories from Fat	15	
Carrot Powder	500 mg	†
Total Fat	0.5 g	<1%
Barley Malt Powder	400 mg	*
Saturated Fat	0 g	0%
Broccoli Powder	350 mg	†
Cholesterol	0 mg	0%
Brown Rice Bran	350 mg	†
Sodium	30 mg	2%
Apple Fiber	350 mg	†
Total Carbohydrate	6 g	2%
Apple Pectin	300 mg	†
Dietary Fiber	2 g	8%
Oat Bran	300 mg	†
Sugars	1 g	

	Amt/Serving	DV%
Chlorella Powder	300 mg	†
Protein	1 g	2%
Red Beet Powder	300 mg	†
Vitamin A (as Beta-Carotene)	6250 IU	125%
Panax Ginseng Root Powder (C.A. Mayer) (min. 5% Ginsenosides)	250 mg	†
Vitamin K	160 mcg	200%
Eleuthero (Eleutherococcus senticosus) (Root)	100 mg	†
Vitamin B-12	2.1 mcg	35%
Peppermint Powder	150 mg	†
Calcium	40 mg	4%
Green Tea Extract (40% Catechins)	100 mg	†
Iron	1.8 mg	10%
Royal Jelly Powder (min. 5% 10-HDA)	100 mg	†
Iodine (from Kelp)	150 mcg	100%
Fructooligosaccharides (NutraFloraTM FOS)	100 mg	†

	Amt/Serving	DV%
Magnesium	24 mg	6%
Trace Mineral Concentrate	100 mg †	†
Zinc	900 mcg	6%
Milk Thistle Extract (80% Silymarin)	80 mg	†
Lecithin (Fine Powder)	2.0 g	†
Kelp Powder	50 mg	†
Spirulina (Hawaiian, Org.)	1.0 g	†
Ginkgo Biloba Extract (24% Ginkgoflavonglycosides) (Leaves)	20 mg	†
Alfalfa Juice Concentrate	700 mg	†
Grapeseed Extract (95% Polyphenols)	20 mg	†
Wheat Grass Powder, Org.	500 mg	†
Bilberry Extract (25% Anthocyanidins)	20 mg	†
Plant Based Enzymes	350 mg	†
Coenzyme Q10 (CoQ10)	10 mg	†
Alpha Lipoic Acid	10 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 / 30 Servings — $29.99 PER CONTAINER
2 lbs. Powder / 106 Servings — $69.99 PER CONTAINER (SAVE $25.00)

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.
- Probiotic Super Blend to support digestion.

NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop (8.5 grams)

	Amt/Serving	DV%
*Calories	22	
Calories from Fat	0	
Total Fat	0.5 g	<1%
Saturated Fat	0 g	0%
Total Carbohydrate	4 g	1.33%
Fiber	2 g	8%
Sugars	0 g	
Protein	0 g	

	Amt/Serving	DV%
Proprietary Blend Goji berries, Cranberries, strawberries, Cherries, Black Raspberries, Peaches, Pears, Papayas, Mangos, Watermelon, Black Currents, Nectarines, Blood Oranges, Pomegranates, Acerola, Blueberries, Blackberries and Red Plums	6.675 g	*
Carrot Powder	600 mg	†
Apple Pectin	250 mg	†
Flax Seed	250 mg	†
Oat Bran	175 mg	†
Lecithin	150 mg	†

	Amt/Serving	DV%
Rice Bran	100 mg	†
Probiotic Blend (L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum, B. Breve and B. Longum	100 mg	†
Grape Seed Extract	30 mg	†
ORAC Blend	50 mg	†
Polygonum Cuspidatum	40 mg	†
Bilberry Std. Extract 25%	40 mg	†
Lycopene	5 mg	†
Lutein	5 mg	†
Astaxanthin	1 mg	†

* 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

NUTRITIONAL FACTS

Serving Size: 10.95 g (1 level scoop) Servings per Container: 30

	Amt/Serving	DV%
Calories	40	
Calories from fat	1	
Total Fat	0.5 g	1
Saturated Fat	0 g	0%
Cholesterol	0 g	0%
Total carbohydrates	9 g	3%
Sugars	4 g	
Fiber	3 g	12%
Protein	1 g	
Vitamin C	2.95 mg	28%
Folic Acid	400 mcg	100%
Proprietary Fruit Powder Blend Containing Blueberry, Blackberry, Black Cherries, Black Raspberries, Black Currants, Plums, Elderberries, Bilberries, Figs, and Raisins	4900 mg	†
Soluble Fiber (Fibersol-2T brand)	2000 mg	†
Proprietary Vegetable Powder Blend containing Eggplant, Purple Carrots, Purple Cabbage, and Beets	1250 mg	†
Acai Fruit Powder	400 mg	†
Camu camu (fruit) Powder	300 mg	†
Mangosteen (Garcinia mangostana) Fruit Rind Extract yields Mangostin 30 mg	300 mg	†
Goji (Wolfberry / Lycium barbarum) Berry Powder	200 mg	†
Proprietary "Brain Blend" containing L-Carnosine and Alpha GPC	100 mg	†
P40pT Pomegranate Extract yields Punicosides 16 mg	40 mg	†
Stevia	35 mg	†

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

Color of this product may vary due to color variations of the natural ingredients. This product is vegetarian and free of egg, gluten, milk, sodium, soy, wheat, yeast, added sugars, starches, synthetic dyes and preservatives.
Other Ingredients: natural raspberry, strawberry, cherry, vanilla and spearmint flavors, banana powder, citric acid.

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 25 Nutrient powder can replace coffee immediately. This formula is a wonderful blend of fruits to get a wonderful blend of fruits that will make your body run much more efficiently and will help fight off colds and flu's and the general feeling of sluggishness that many of us have. 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, Clementine's, 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.

NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop / 10 g Servings Per Container: 30

	Amt/Serving	DV%
Calories	40	
Calories from Fat	<1	
Total Fat	<0.5 g	<1%*
Total Carbohydrates	8 g	3%*
Sugars	4 g	†
Fiber***	2 g	8%*
Protein	1 g	2%*
Iron	0.16 mg	1%**
Sodium	14.3 mg	<1%**
Riboflavin	12 mg	706%
Vitamin C (Ascorbic Acid)	200 mg	333%
Proprietary Fruit Blend containing Oranges, Peaches, Nectarines, Tangerines,Cantaloupe, Pineapple, Clementines, Papaya, Apricot, Mango, Kumquat, Persimmons	3850 mg	†
Soluble Fiber (Fibersol-2™ brand)	1,500 mg	†
Proprietary Vegetable Blend containing Carrots, Yams, Pumpkin, Butternut Squash, Rutabaga	1400 mg	†
Propritary Energy Blend containing Taurine, Inositol, DMG HCl, and White Panax Ginseng	800 mg	†
Green Coffee Bean Extract	450 mg	†
CoEnzyme Q10	15 mg	†
Stevia Leaf Extract	35 mg	†

* 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
***Fibersol-2™ fiber content is tested using AOAC method #2001.03

(P) = LifeSource Proprietary Blend

Progesterone (All Natural) Liposomal Skin Cream)

3 oz - $21.99 PER BOTTLE

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!

Protandim

30 Caplets / 30 day supply $49.99 PER BOTTLE
3 PACK SPECIAL $44.99 PER BOTTLE (SAVE 10%)

Clinically proven to reduce free radical damage!

Protandim is the only supplement in the world to be scientifically shown and clinically proven to reduce aging factors by an average of 40% after taking it for 30 days, and over 50% after 120 days. If you can slow free radicals then you can slow aging! Protandim does this for you! It is scientific; it is clinically studied and has worked on 100% of the studies! Protandim stimulates the production of antioxidant enzymes. It delivers exponentially more antioxidant activity than conventional antioxidant supplements.

- Shown to reduce pre-cancerous age spots on skin
- Improves eyesight and symptoms of Macular Degeneration
- Enhances overall health — improves sleep, lowers blood pressure, etc.
- Shown to raise Glutathione levels 300%
- Currently being studied to curb nicotine cravings

NUTRITIONAL FACTS

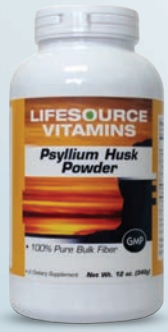
Serving Size: 1 Caplet Servings Per Container: 30

	Amt/Serving	DV%*
Proprietary Blend	675 mg	†

Milk Thistle Extract (Silybum marianum) seed, Bacopa Extract (Bacopa monnieri) aerial part), Ashwagandha (Withania somnifera) root, Green Tea Extract (Camellia sinensis) leaf, Turmeric Extract (Curcuma longa) rhizome. * Daily values are based on 2,000 calorie diet. † Daily value not established.

Psyllium Husk Powder 12 oz.

12 oz. - $9.99 PER BOTTLE



- Great for colon cleansing!
- Fiber rich
- Maintain blood cholesterol level
- Bowel disorder
- Acidity & ulcers

NUTRITIONAL FACTS

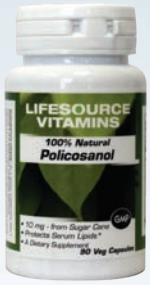
Serving Size: 1 Level Tablespoon Servings Per Container: 37

	Amt/Serving	DV%*
Calories	34	
Total Carbohydrates	8 g	3%
Dietary Fiber	6.7 g	27%
Calcium	27 mg	3%
Iron	162 mcg	<1%
Psyllium Husks (Plantago asiatica) (seed)	9 g	†

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

Policosanol 10 mg

90 VCaps - $13.99 PER BOTTLE



(Cardiovascular Support)

- Used to lower total and LDL cholesterol
- Helps raise HDL cholesterol

NUTRITIONAL FACTS

Serving Size: 1 VCaps 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 - $6.99 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

NUTRITIONAL FACTS

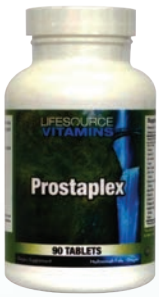
Serving Size: 1 Tablet Servings Per Container: 100

	Amt/Serving	DV%*
Potassium (from Potassium Gluconate)	99 mg	3%

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

ProstaPlex

90 Tablets - $24.99 PER BOTTLE (P)
180 Tablets - $44.99 PER BOTTLE (SAVE 10%)



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!

NUTRITIONAL FACTS

Serving Size: 2 Tablets Servings Per Container: 45

	Amt/Serving		Amt/Serving
Saw Palmetto	200 mg	Angelica Sinesis extract	75 mg
Urtica dioica extract	175 mg	Curcuma Longa	50 mg
Serenoa serrulata extract	125 mg	Carcama Longa extract	25 mg
Prostate Extract	100 mg	Vaccaria Segetalis extract	25 mg
Apis mellifica	100 mg	Solidago virguarea extract	25 mg
Vitamin E	100 IU	Boswellia serrata extract	25 mg
Licorice Rt.	100 mg	Vitamin B-6	25 mg
Dong Quai	100 mg	Salvia root	15 mg
Beta Carotene	10,000 IU	Panax Ginseng Extract	15 mg
L-Alaline	75 mg	Hydrangea Extract	10 mg
L-Glutamic Acid	75 mg	Zinc Arginate	10 mg
Glycine	75 mg	Copper	2 mg
Pygeum Africanum Extract	75 mg		

(P) = LifeSource Proprietary Blend

Quercetin with Bromelain 120 Veg Capsules - $28.99 PER BOTTLE

- Quercetin is a potent antioxidant and free radical fighter. It is also a natural anti-histamine and anti-inflammatory agent.
- Our Quercetin and Bromelain act synergistically to provide natural relief for arthritis, allergies, colitis, irritable bowel syndrome, and other inflammatory conditions.

NUTRITIONAL FACTS

Serving Size: 2 Veg Capsules
Servings Per Container: 60

	Amt/Serving	DV%*
Quercetin (as Quercetin Dihydrate)	800 mg	†
Bromelain (2,400 GDU)	165 mg	†

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

Pure Raspberry Ketones 60 Veggie Capsules - $9.99 PER BOTTLE

Research has shown that raspberry ketone can help in your weight-loss 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.

NUTRITIONAL FACTS

Serving Size: 1 Veggie Capsule Servings Per Container: 60

	Amt/Serving	DV%*
CRed 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.

Red Yeast Rice 1200 mg 60 Tablets - $24.99 PER BOTTLE

- Great cholesterol-lowering agent
- Promotes blood circulation
- Aids in cardiovascular health

NUTRITIONAL FACTS

Serving Size: 1 Tablet Servings Per Container: 60

	Amt/Serving	DV%*
Calcium (from Calcium Carbonate)	275 mg	30%
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.

Organic Red Yeast Rice With CoQ10 60 Vcaps - $21.99 PER BOTTLE

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

NUTRITIONAL FACTS

Serving Size: 2 Vcaps Servings Per Container: 30

	Amt/Serving	DV%*
Organic Red Yeast Rice (Monascus purpureus)	1200 mg	†
Milk Thistle (Silybum marianum) Standardized Extract (min. 80% Silymarin)	210 mg	†
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.

Resveratrol Plus 60 VCaps - $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 it's 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 l50 mg

NUTRITIONAL FACTS

Serving Size: 2 VCaps Servings Per Container: 30

	Amt/Serving	DV%*
Red Wine Extract (Alcohol-Free) (Vitis vinifera) (min. 30% Polyphenols)	200 mg	†
Polygonum Cuspidatum Extract (Root) (50% Natural Trans-Resveratrol - 100 mg)	200 mg	†
Green Tea Extract (Camellia sinensis) (Leaf) (min. 98% Total Polyphenols, 70% Total Catechins and 45% EGCg) (Contains 8 mg of 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.

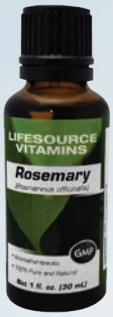
Have you tried our All Natural Hand Made Soaps? They are so great for your skin with no harsh chemicals. These soaps are truly nutrition for your skin. Your skin will thank you. See them on page: 62

I can do all things through Christ who strengthens me. Philippians 4:13

NEW

Rosemary Oil

1 fl. oz. - $9.99 PER BOTTLE



- 100% Pure & Natural
- Rosmarinus officinalis
- Aroma therapeutic
- Antioxidant
- Anti-inflammatory
- Antibacterial

Royal Jelly 1500 mg

60 Capsules - $16.99 PER BOTTLE

- Enhance immunity
- Prevent arthritis
- Lower cholesterol
- Stimulate hair growth
- Reduce symptoms of menopause
- Alleviate cardiovascular ailments
- Treat asthma
- Slow the signs of aging
- Improve sexual performance

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Royal Jelly (min. 6% 10-HDA) (a 3:1 freeze-dried concentrate equivalent to 1500 mg of fresh Royal Jelly	500 mg	†

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

SAM-E 200 mg

30 Tablets - $19.99 PER BOTTLE

(Hypericum Perforatum)

- Vital in regulating mood
- Helps liver detoxify
- Helps fight depression
- Important in cartilage production

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 30

	Amt/Serving	DV%*
Vitamin B-6 (as Pyridoxine HCl)	2 mg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Folic Acid	200 mcg	50%
SAMe (S-Adenosyl-L-Methlonine)	200 mg	†

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

Saw Palmetto 160 mg

90 Softgels - $13.99 PER BOTTLE

- Widely used to treat the urinary symptoms of BPH
- Supports prostrate health

NUTRITIONAL FACTS

Serving Size: 2 Softgels / 160 mg Servings Per Container: 45

	Amt/Serving	DV%*
Saw Palmetto Extract 160 mg		†

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

P = LifeSource Proprietary Blend

Shark Cartilage

100 Capsules - $12.99 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.

NUTRITIONAL FACTS

Serving Size: 6 Capsules Servings Per Container: 16

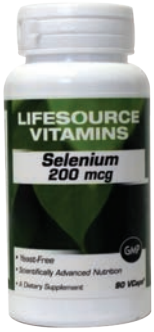
	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	0.9 g	<1%
Sodium	40 mg	2%
Protein	2 g	4%
Calcium	810 mg	81%
Phosphorous	405 mg	41%
Shark Cartilage	4.5 g	†
Mucopolysaccharides	720 mg	†

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

Other Ingredients: Gelatin (capsule), Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica. Contains fish (shark) derivative.

Selenium

90 VCaps - $7.99 PER BOTTLE



- May lower the risk of lung, prostate and colorectal cancers
- Antioxidant properties

NUTRITIONAL FACTS

Serving Size: 1 VCap 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.

DID YOU KNOW: From the FDA's website: "Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and should be revisited." High antioxidant intake, including selenium and ocopherol, has been shown to protect against chronic diseases. The research showed that nearly 40 percent of the sample population failed to reach the desirable levels of serum selenium concentrations, (less than 1.1 micromoles per liter), despite eating healthily. The study followed the diet of 178 women with an average age of 63 over a three-day period. Blood samples were taken to determine the serum levels of the antioxidants The results show that low serum alpha tocopherol and selenium concentrations are highly prevalent even among well-educated and well-nourished German women," said the scientists.

Spirulina 500 mg

200 Tablets -$14.99 PER BOTTLE

- Immune enhancement
- Protein supplement
- Possible protection against allergic reactions

NUTRITIONAL FACTS

Serving Size: 6 Tablets Servings Per Container: 33

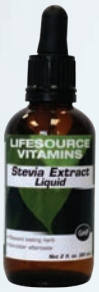
	Amt/Serving	DV%*
Calories	10	
Total Fat	0 g	0%
Spirulina	3,000 mg	†
Sodium	40 mg	2%
Total Carbohydrate	< 1 g	<1%
Protein	2.0 g	4%
Vitamin B-12		60%
Vitamin A		140%
Iron		10%
Calcium		2

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

Warnings: Please discard the inedible freshness packet enclosed

Stevia Extract Liquid

2 fl. oz. / 461 Servings - $8.99 PER BOTTLE



- Pleasant tasting herb
- All-natural herbal product
- Safe, natural dietary supplement
- Doesn't affect blood sugar
- Low caloric value, zero carbs per serving
- Non-bitter aftertaste
- Safe for diabetics
- Vegetarian product
- No tooth decay levels

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

1 oz. / 622 Servings - $8.99 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.

Taurine 500 mg – Free Form

100 Caps - $7.99 PER BOTTLE

Health Benefits of Taurine

- Shown to protect against diabetes and diabetes related complications.
- High Blood Pressure lowering effects.
- Combats Heart Disease
- Cardiovascular Benefits – protection of hardening of the arteries
- Anxiety Relief
- Antioxidant Properties
- Improves Mental Focus
- Potent Energy Source
- Improves Body Composition
- Regulates Oxidative Stress

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings per Container: 200

	Amt/Serving	DV%*
Taurine (Free-Form)	500 mg	†

Other Ingredeints: Rice Flour and Gelatin (capsule)

Ⓟ = LifeSource Proprietary Blend

Stress Relief Formula

100 Tablets - $18.99 PER BOTTLE
200 Tablets - $33.99 PER BOTTLE
(SAVE OVER 10%)

- Improves stress protection and defense
- Strengthens the immune system
- Helps antioxidant levels
- Builds adaptive energy and vitality
- Harmonizes all organ systems & revitalizes body balances

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings per Container: 33

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin E	100 IU.	333	Iron	25 mg.	136	Valerian	200 mg.	†
Vitamin C	500 mg.	833	Zinc	25 mg.	186	St. John's Wort	100 mg.	†
Vitamin B1	50 mg.	6,666	Manganese	10 mg.	†	Kava Kava Rt.	75 mg.	†
Vitamin B2	50 mg.	2,491	Chromemate	10 mg.	†	Choline	100 mg.	†
Vitamin B3	40 mg.	1,000	Selenium	10 mg.	†	Inositol	250 mg.	†
Vitamin B5	200 mg.	2,000	L-Glutamic Ac.	50 mg.	†	PABA	50 mg.	†
Vitamin B6	100 mg.	2,058	GABA	50 mg.	†	Lemon Bio. Con.	250 mg.	†
Vitamin B12	50 mcg.	2,500	Tyrosine	50 mg.	†	Rice Bran Con.	100 mg.	†
Vitamin H	150 mcg.	50	Ribonucleic Ac.	50 mg.	†	Melatonin	1000 mcg.	†
Vitamin M	450 mcg.	100	Chamomile	75 mg.	†			
Calcium	250 mg.	25	Hops	75 mg.	†			
Magnesium	250 mg.	83	Passion Flower	75 mg.	†			
Potassium	99 mg.	†	Skullcap	75 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.

St. John's Wort

100 VCaps - $10.99 PER BOTTLE

- Depression
- PMS relief
- Cold sores
- Wound healing
- Anxiety
- Ear infections
- Ulcerative colitis

NUTRITIONAL FACTS

Serving Size: 1 VCap 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.

Tart Cherries

16 fl oz - $16.99 PER BOTTLE NEW

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.

NUTRITIONAL FACTS

Serving Size: 2 TBSP (30 mL) Servings per Container: 16

	Amt/Serving	DV%*
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

Tea Tree Oil

1 fl. oz. (30 ml) - $8.99 PER BOTTLE

100% Pure & Natural, Aromatherapeutic

LifeSource's Tea Tree Oil is highly concentrated, and should be cautiously diluted when applied to skin.

- Tea tree oil is active against all three categories of infectious organisms: bacteria, fungi and viruses.
- Tea tree oil is a very powerful immuno-stimulant. It increases the immunity of the body against bacteria, fungi and viruses.

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.

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

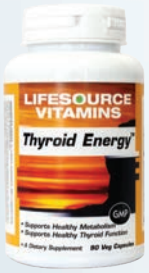
	Amt/Serving	DV%*	
Chromium Picolinate	150 mcg	†	Proprietary
Blend	2100 mg	†	

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 VCaps - $21.99 PER BOTTLE



Hypothyroidism is a condition that occurs when the thyroid gland produces insufficient amounts of thyroid hormones in the body. LifeSource'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.

NUTRITIONAL FACTS

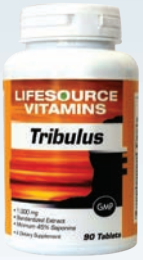
Serving Size: 2 VCaps Servings Per Container: 45

	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) Standardized Extract (min. 10% Guggulsterones)	75 mg	†
Kelp (Laminaria digitata) (Whole Plant)	60 mg	†
Ashwagandha (Withania somnifera) (Root) Standardized Extract (min. 4.5% Withanolides)	50 mg	†
Concentrace® Trace Minerals	5 mg	†

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

Tribulus 1,000 mg

90 Tablets - $19.99 PER BOTTLE

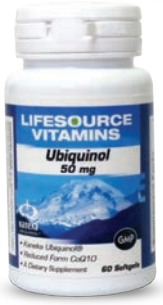


Tribulus is most often used for infertility, erectile dysfunction, and low libido. In the last decade, it has become popular to improve sports performance. Tribulus has been marketed these conditions because research performed in Bulgaria and Russia suggested that tribulus increases levels of the hormones testosterone (by increasing luteinizing hormone), DHEA, and estrogen.

- Boosts Libido and Sexual Deficiencies in both men and women
- Tribulus is an Herb/Plant not synthetic
- Increases sperm count and mobility of this sperm
- Body Building benefits
- Increases Testosterone levels by increasing luteinizing hormone (LH)
- Mood Support
- Energy Enhancer
- Healthy Endocrine Function
- Male Reproduction Health
- Urinary Tract Protection

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.

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 60

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

Ubiquinol Liquid 100 mg

8 oz. - $32.99 PER BOTTLE

LifeSource Vitamins Liquid Ubiquinol (CoQ10) is clinically tested for potency and efficiency. It is a highly bio-available oral supplement that hits the blood stream within seconds.

CoQ10 is the world's most comprehensive cardiovascular support supplement. It is also the best-selling cardiovascular prescription drug in Japan. It is widely recommended to repair heart damage and to boost the function of the heart, as well as in preventative use to safeguard against heart attacks and valve damage. It has also been shown to be beneficial in breast and lung cancer, as well as helping to maintain cognitive function.

- Promotes Cellular Energy
- Cardiovascular Health
- Migraine Prevention
- Vegan Formula

NUTRITIONAL FACTS

Serving Size: 1 Teaspoon Servings Per Container: 48

	Amt/Serving	DV%*
Calories (Energy) (.010 kcal) (42 kj)	10	
Total carbohydrate	2 g	<1%
Coenzyme Q-10	100 mg	†
Vitamin C (ascorbic acid)	15 mg	25%
Vitamin E (as natural mixed tocopherols)	10 IU	33%

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

Valerian Root 500 mg

100 Capsules - $6.99 PER BOTTLE

A calming and relaxing herb to relieve stress and calm the body. An effective sedative and sleep aid.

NUTRITIONAL FACTS

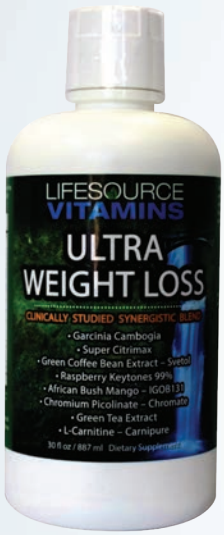
Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Total Carbohydrates	0.7 g	<1%*
Valerian	1 g	†

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

Ultra Weight Loss 30 oz.

$29.99 PER BOTTLE OR 3 BOTTLES FOR $74.99 (SAVE $14.98)



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 it's 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 crutial role in cardiovascular metabolism / weight management

NUTRITIONAL FACTS

Serving Size: 1 Fluid Ounce (30 mL) Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	15		Super CitriMax brand	900 mg	†
Sodium	15 mg	<1%	Green Coffee Been Extract Svetol	200 mg	†
Total Carbohydrate	4 g	1%	Green Coffe Bean Extract Pure Green Coffee Bean P.E, Total Chlorogenic Acids 50% HPLC	200 mg	†
Dietary Fiber	<1 g	1%	Raspberry Ketones (99%)	150 mg	†
Sugars	3 g	†	African Bush Mango (Irvingla gabonensis) PE 4:1	100 mg	†
Calcium (as hydroxycitrate)	180 mg	13%	Green Tea Extract	50 mg	†
Chromium (as O-polynicotinate)	40 mcg	33%	L-Carnitine	50 mg	†
Potassium (as hydroxycitrate)	180 mg	7%			
Garcinia cambogia (fruit rind) extract (-)- Hydroxycitric acid	1500 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

Ultra Cleanse Day & Night Formulas

Twin Pack

120 VCaps - $19.99 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

NUTRITIONAL FACTS — ULTRA CLEANSE NIGHT

Serving Size: 4 Vcaps* Servings Per Container: 15

	Amt/Serving	DV%
Ojibwa 4:1 Herbal Extract [A proprietary blend of Burdock (arctium lappa) (Root), Turkey Rhubarb (rheum palmatum) (root) and Sheep Sorret (Rumex acetosella) (Leaf), Sippery Elm (Ulmus fulva) (Bark)]	500 mg	†
Apple Pectin	300 mg	†
Glucomannan (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.

NUTRITIONAL FACTS — ULTRA CLEANSE DAY

Serving Size: 2 Vcaps* Servings Per Container: 30

	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	†
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	†
Chlorophyll	10 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).

Thy word is a lamp unto my feet, and a light unto my path. Psalm 119: 105

Vision Formula

120 Capsules - $17.99 PER BOTTLE (P)
240 Capsules - $32.99 PER BOTTLE (SAVE 10%)

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.

NUTRITIONAL FACTS

Serving Size: 4 Capsules Servings Per Container: 30

	Amt/Serving	DV%
Vitamin B12 (Cyanocobalamin)	25 mcg	416.5%
Pantothenic Acid (d-Calcium Panthotenate)	50 mg	500%
Calcium (as Calcium Citrate)	50 mg	5%
Iodine (from Potassium Iodide)	10 mcg	6.5%
Magnesium (as Magnesium Citrate)	125 mg	31.5%
Zinc (Zinc Citrate)	25 mg	83.25%
Selenium (l-Selenomethionine)	100 mcg	143%
Copper (Copper Amino Acid Chelate)	1.5 mg	75%
Vitamin A	16250 IU	325%
Vitamin C (Ascorbic Acid)	250 mg	416.5%
Vitamin E (d-Alpha Tocopheryl Acetate)	100 IU	333.5%
Thiamine (Thiamine HCl)	10 mg	666.5%
Riboflavin	12.5 mg	735.5%
Niacin (83% Niacinamide & 17% Niacin)	30 mg	150%
Vitamin B6 (Pyridoxine HCl	15 mg	750%
	Amt/Serving	**DV%**
Folic Acid	400 mcg	100%
Manganese (Manganese Citrate)	5 mg	250%
Chromium	100 mcg	83.5%
Molybdenum	60 mcg	80%
Potassium	49.5 mg	1.5%
L-Taurine	250 mg	*
Quercetin	150 mg	†
NAC (N-Acetyl Cysteine)	125 mg	†
L-Methionine	100 mg	†
Ginkgo Biloba Leaf Extract	30 mg	†
Glutamic Acid	25 mg	†
L-Glycine	25 mg	†
Bilberry	20 mg	†
Lutein	10 mg	†
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.

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.

NUTRITIONAL FACTS

Serving Size: 1 VCap Servings Per Container: 90

	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.

Have you seen our Articles of Interest section on our website? You can read all about hundreds of relevant articles on all kinds of vitamins and their benefits for a condition you or a loved one may have. .

(P) = LifeSource Proprietary Blend

Water Gone Herbal Diuretic

100 VCaps -$14.99 PER BOTTLE

Ailments for Which Diuretics May Be Effective

- Hypertension
- Edema
- Osteoporosis
- Certain Kidney disorders
- Diabetes
- Congestive heart failure
- Glaucoma
- Menstrual bloating

NUTRITIONAL FACTS

Serving Size: 2 VCaps Servings Per Container: 50

	Amt/Serving	DV%*
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Potassium (from Potassium Chloride)	99 mg	3%
Uva Ursi Extract (Arctostaphylos uva-ursi)	200 mg	†
Dandelion (Taraxacum officinale) (Leaf)	120 mg	†
Goldenrod (Solidago odora) (Herb)	120 mg	†
Juniper (Juniperus communis) (Berries)	100 mg	†
Buchu (Agathosma betulina) (Leaf)	100 mg	†
Bladderwrack (Fucus vesiculosus) (Thallus)	50 mg	†

Women's Balance PMS Support

90 Capsules - $15.99 PER BOTTLE

LifeSource's exclusive formula has been scientifically engineered to support the normal hormone function of today's active female. With Wild Yam, Borage Oil, Dong Quai and more, this perfectly balanced blend of potent herbal extracts and essential fatty acids (omega-3 and –6) may encourage normal menstruation, reduce the severity of cramps and support a healthy positive mood. Women's Balance also contains folic acid – a key component in the production of cellular energy.

Don't get discouraged ladies: your PMS symptoms can be relieved. Try our new Women's Balance and see what life can be like without these symptoms.

Fortunately, research has shown nutritional supplementation to be very effective in helping deal with PMS. In one study, women who supplemented with 1200 mg per day of calcium carbonate for three months reduced PMS symptoms by 48%. Other studies have also seen "significant" improvements in women with 1000 mg and 1336 mg per day of calcium supplementation.

NUTRITIONAL FACTS

Servings Size: 1 Capsule Servings Per Container: 90

	Amt/Serving	DV%*
Vitamin B-6 (as Pyridoxine HCl)	17 mg	850%
Folic Acid	133 mcg	33%
Borage Oil Powder (15 mg GLA)	100 mg	†
Wild Yam Root Extract (Dioscorea villosa) (root) (6% Diosgenin)	75 mg	†
Dong Quai Extract (Angelica sinensis) (root) (5:1 extract)	100 mg	†
Vitex agnus castus extract (fruit) (0.5% Agnusides)	50 mg	†

Zinc Picolinate 50 mg

60 Capsules - $6.99 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.

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Zinc (from Zinc Picolinate)	50 mg	333%

Whey Protein Isolate

1.1 lbs. - $24.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE AND CREAMY FRENCH VANILLA ONLY

3.3 lbs. - $59.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA AND UNFLAVORED

5 lbs. - $88.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE AND CREAMY FRENCH VANILLA ONLY

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

GRASS FED
NO PESTICIDES
NO HORMONES
NO GMOs

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 it's 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!

- 50 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!

50 GRAMS OF PROTEIN

CHOOSE FROM 3 VARIETIES

DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA & UNFLAVORED

NUTRITIONAL FACTS — DOUBLE CHOCOLATE FUDGE

Based on a 2 Scoop Serving

Women: 1 Scoop = 25g Protein Men: 2 Scoops = 50g protein

	Amt/Serving	DV%*			
Calories	1 scoop = 120	†	L-Aspartic Acid	4,310 mg.	†
	2 scoops = 240	†	L-Cystine	492 mg.	†
Calories from fat	2 g	0%	L-Glutamic Acid	6,072 mg.	†
Saturated Fat	0 g	0%	L-Glycine	904 mg.	†
Cholesterol	0 g	0%	L-Histidine	696 mg.	†
Sodium	68 mg	9%	L-Isoleucine	2,626 mg.	†
Total Carbohydrate	5 g	10%	L-Leucine	4,268 mg.	†
Dietary Fiber	2 g	4%	L-Lysine	3,776 mg.	†
Sugars	2 g	†	L-methionine	738 mg.	†
Protein	1 scoop = 25g	†	L-Phenylalanine	1,314 mg.	†
	2 scoops = 50g	†	L-Proline	2,588 mg.	†
Vitamin A	6%	†	L-Serine	2,134 mg.	†
Vitamin C	6%	†	L-Threonine	2,626 mg.	†
Calcium	18%	†	L-Tryptophan	862 mg.	†
Iron	2%	†	+L-Tyrosine	984 mg.	†
L-Alanine	1,972 mg.	†	L-Valine	2,422 mg.	†
L-Arginine	1,752 mg.	†	Also Contains:		
			L- Glutamine	10 g.	

* * 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.

An average person can expect to see a 40 to 50% decrease in muscle mass and a 30to 40% percent decrease in strength by the age of 70. This can be slowed greatly with PROTEIN POWDER and EXERCISE.

Whey Plus Greens & Reds

2 lbs. / 23 Servings — $44.99 PER CONTAINER
4 lbs. / 46 Servings — $79.99 PER CONTAINER (SAVE $10)

GRASS FED
NO PESTICIDES
NO HORMONES
NO GMOs

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 m g	†
Brown Rice Bran	175 mg	†
Apple Fiber	175 mg	†
	Amt/Serving	**DV%***
Apple Pectin	150 mg	†
Oat Bran	150 mg	†
Chlorella Powder	150 mg	†
Red Beet Powder	150 mg	†
Panax Ginseng Root Powder (C.A. Mayer) (min. 5% Ginsenosides)	125 mg	†
Eleuthero (Eleutherococcus senticosus Root)	50 mg	†
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 (24% Ginkgoflavonglycosides Leaves)	10 mg	†
Grapeseed Extract (95% Polyphenols)	10 mg	†
Bilberry Extract (25% Anthocyanidins)	10 mg	†
Alpha Lipoic Acid	5 mg	†
Coenzyme Q10 (CoQ10)	5 mg	†
Red Phyto Foods		
Probiotic Blend L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum, B. Breve, and B. Longum	50 mg	†
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 Cherries, Nectarines, Peaches, Pears, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, and Watermelon.	3338 MG	†

Finally - three of our best selling products have come together to create the World's most nutritious and best tasting Whey Protein!

Available in Double Chocolate Fudge

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

Ingredients: Cross Filtered Whey Protein Isolate, L-Glutamine, All Natural Cocoa and Vanilla extracts and Stevia.

Whey Protein Concentrate

3.3 lbs. - $59.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA AND UNFLAVORED

5 lbs. - $88.99 PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA

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!

GRASS FED
NO PESTICIDES
NO HORMONES
NO GMOs

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 nutritiously 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 Women: One Scoop = 25g Protein Men: Two Scoops = 50g protein
Servings: Women: 40 Men: 20

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories 1 scoop	120	†	L-Aspartic Acid	4,310 mg.	†
Calories 2 scoops	240	†	L-Cystine	492 mg.	†
Calories from fat	4 g	0%	L-Glutamic Acid	6,072 mg.	†
Total Fat	1 g	0%	L-Glycine	904 mg.	†
Saturated Fat	0 g	0%	L-Histidine	696 mg.	†
Cholesterol	0 g	0%	L-Isoleucine	2,626 mg.	†
Sodium	34 mg	9%	L-Leucine	4,268 mg.	†
Total Carbohydrate	2 g	10%	L-Lysine	3,776 mg.	†
Dietary Fiber	1 g	2%	L-methionine	738 mg	†.
Sugars	1 g		L-Phenylalanine	1,314 mg	†.
Protein 1 scoop	25g	†	L-Proline	2,588 mg.	†
Protein 2 scoops	50g	†	L-Serine	2,134 mg	†.
Vitamin A		3%	L-Threonine	2,626 mg	†.
Vitamin C		3%	L-Tryptophan	862 mg.	†
Calcium		9%	+L-Tyrosine	984 mg	†.
Iron		1%	L-Valine	2,422 mg.	†
L-Alanine	1,972 mg.	†	Also Contains:		
L-Arginine	1,752 mg.	†	L- Glutamine	5 g.	†

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

+Naturally occurring Ingredients: Whey Protein Concentrate, Cross Filtered Whey Protein, Natural Cocoa, Natural French Vanilla, Stevia, & L-Glutamine.

LifeSource Essentials Organic Skin Care

Organic Anise Foaming Wash

Size: 7fl. oz. Price: $34.00
(Appx 90 Day Supply)

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 Sweet Orange Balancing Toner

Size: 7fl. oz. Price: $30.00
(Appx 90 Day Supply)

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 that 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 Coconut Lime Balancing Cleanser

Size: 7fl. oz. Price: $34.00
(Appx 90 Day Supply)

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.

Solar Defense Mineral Moisture Creme

Size: 1.7fl. oz. Price: $38.00
(Appx 90 Day Supply)

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.

Organic Jojoba Raspberry Grape Moisturizer

Size: 1.7fl. oz. Price: $38.00
(Appx 90 Day Supply)

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!

Organic Avocado Basil Whip Moisturizer

Size: 1.7fl. oz. Price: $38.00
(Appx 90 Day Supply)

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 Hydrating Pearl Serum

Size: 1fl. oz. Price: $40.00
(Appx 90 Day Supply)

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.
- May be recommended as a light-textured hydrator for acne-prone skin.

Super C+ Tripeptide Anti-Aging Serum AM

Size: 1fl. oz. Price: $40.00
(Appx 90 Day Supply)

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

Size: 1fl. oz. Price: $40.00
(Appx 90 Day Supply)

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 Kakadu & Hibiscus Eye Treatment Serum

Size: .5fl. oz. Price: $40.00
(Appx 90 Day Supply)

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 Marshmallow 23 Karat Eye Cream

Size: .5fl. oz. Price: $40.00
(Appx 90 Day Supply)

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.

LifeSource Essentials Hair & Body Care Ⓟ

Daily Rejuvenation Omega-3 Shampoo

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. The active ingredients are all-natural herbal, vitamin, and mineral DHT inhibitors. No harsh chemicals and no messy sprays. For best results: Use with our Daily Rejuvenation Conditioner.

Ingredients: Water, Disodium Laureth Sulfosuccinate (and) Disodium Cocoamphodiacete, Cocomidyl Propyl Betaine, Cocomide 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)

RE-GROWTH FOR FINE AND/OR THINNING HAIR FOR MEN AND WOMEN.

Daily Rejuvenation Omega-3 Conditioner Ⓟ

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

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 cosmeceutical 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 21 WONDERFUL OPTIONS

VANILLA LAVENDER
COOL WATER
OATMEAL, MILK & HONEY
BAY RUM
LILAC
GARDENIA
GREEN TEA
SANDALWOOD
STRESS RELIEF
SWEET BERRIES
FRESH LINEN
SIMPLY CITRUS
LEMON GRASS
CLEAN BREEZE
CUCUMBER MELON
MANGO
YUZU GRAPEFRUIT
TEA TREE & PEPPERMINT
VICTORIAN ROSE
UNSCENTED

Ⓟ = LifeSource Proprietary Blend

The Story of Jesus for Children

This 62-minute video introduces children to the life of Jesus of Nazareth

DVD - ~~$6.99~~ $4.99 EA

This 62-minute video introduces children to the life of Jesus of Nazareth, giving them a chance to see and hear the whole story of Jesus at once! The video answers questions in clear and concrete terms, provides fast action, and ends with an invitation by a child to children, to choose to invite Jesus into their lives. Children of all ages will enjoy this captivating retelling of the true story of Jesus from a child's perspective.

"Magdalena: Released from Shame"

DVD - ~~$6.99~~ $4.99 EA

In the movie Magdalena: Released From Shame, Mary Magdalene acts as both narrator and participant. Throughout the movie, she traces through the story of lives that have come into contact with this man, Jesus, and have been powerfully released from shame. God's transforming power is still available today!

Struggle & Triumph: The Eternal Triumph - The Jesus Film Project

DVD - ~~$6.99~~ $4.99 ea

Over the years, the Olympics have signified the highest in human athletic achievement. In the ancient Olympics, Greeks competed as an act of worship to Zeus.

"Struggle and Triumph: The Eternal Triumph" features modern-day Olympians who also see their participation in sport as an act of worship. Relive the excitement, triumph and struggles of world-class Olympians who represent the highest in personal achievement. It is the result of hard work and passion, but they share another passion from which they draw strength for the competition. Featuring: Allyson Felix (USA), Catherine Ndereba (Kenya), Hendrawan and Candra Wijaya (Indonesia), Julian Bolling (Sri Lanka), Dieudonne Disi (Rwanda). Also Includes the 83 minute Full Version of The "Jesus" Film

The Prize: Quest for the Ultimate Goal The Jesus Film Project

DVD - ~~$6.99~~ $4.99 ea

"The Prize: Quest for the Ultimate Goal" 8-Language DVD features four fascinating stories from the world of soccer with the highs and lows, victories and losses, of highlighted athletes. Hear from soccer greats such as Brazil's Edmilson, Lucio and Ze Roberto, Korea's Lee Young Pyo, Côte d'Ivoire's Cyrile Domoraoud and Tim Howard from the U.S.A. Hear how these great players of the game deal with the pressure of being on the world stage. Also Includes the 83 minute Full Version of The "Jesus" Film.

Driven By Faith Powered by God Bracelets

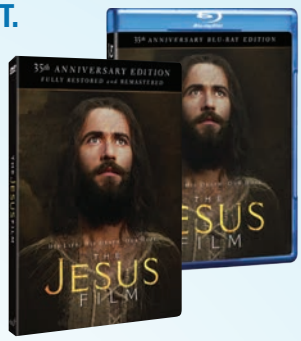
1-10 - 0.99 EA / 11-50 - 0.79 EA / 51 + - 0.49 EA

BLACK, BLUE, LIGHT PINK, RED, ORANGE, GREEN, WHITE, YELLOW, YOUTH BRIGHT PINK & YOUTH BLUE

There are many great causes for these types of bands, but we feel this one is the most impactful band you can wear as a Believer. These are great for church groups, fund raisers or anyone who is truly "Powered by God".

Please call us direct for volume discounts!

A GREAT WAY TO GET A CONVERSATION STARTED ABOUT THE LOVE OF JESUS CHRIST. "Jesus"



A two-hour docudrama about the life of Christ based on the Gospel of Luke.

The film has been seen in every country of the world and translated into 1,300 languages since its initial release in 1979. Our goal is to reach every nation, tribe, people and tongue, helping them see and hear the story of Jesus in a language they can understand. So whether a person speaks Swahili, French, or a language whose name is extremely difficult for most to pronounce, he or she will encounter the life and message of Jesus in a language "of the heart."

Many mission experts have acclaimed the "JESUS" film as one of the greatest evangelistic success stories of all time. The ultimate success of this project won't be measured by how many people have already seen it, but by how many will follow Him after seeing this film.

Through use by The JESUS Film Project, and more than 1,500 Christian agencies, this powerful film has had more than 5 billion viewings worldwide since 1979. On top of that, the great majority of those heard the story of Jesus in a language they easily understand.

As a result, more than 200 million people have indicated decisions to accept Christ as their personal Savior and Lord.

DVD - ~~$14.93~~ $7.99 EA / Blu-Ray - ~~$16.99~~ $8.99 EA

Blender Bottles

No Ordinary Bottle

Now you can hold both in the palm of your hand. The Blender Bottle is as functional and effective as it is unique:

- Blender Ball mixer inside
- Secure screw-on lid
- Large drink/pour spout
- Stay Open flip cap won't close on your nose
- Embossed ounce and milliliter markings
- Easy to clean-dishwasher safe
- BPA-free

20 oz. Classic ~~$8.49~~ $7.49
LIME, ORANGE, TEAL
BLUE, RED, PINK

28 oz. Classic ~~$8.99~~ $7.99
RED, ORANGE, BLUE, BLACK

22 oz. ProStak ~~$13.99~~ $11.99
RED, ORANGE, BLUE

LIFESOURCE VITAMINS

CELEBRATING 24 YEARS

Since 1992 our goals have never changed

- **Put God First – both personally and professionally, in every decision that we make.**
- **Help families to stay healthy, by creating supplements that flat out work.**
- **Donate All Proceeds to sound Christian organizations such as Campus Crusade for Christ (CRU), The Jesus Film Project and many more.**

It has been both a humbling and rewarding experience to witness God's hand at work over the years at LifeSource Vitamins. Really, what better job could we have?

Call us today at (800) 567-8122
or Visit us on line at
www.LifesourceVitamins.com

LIFESOURCE VITAMINS Vitamins & Body Care for The Entire Family

ORDER FORM

ITEM DESCRIPTION	QTY	PRICE EA.	TOTAL PRICE
Total			
Shipping			
Total			

☐ Check Enclosed

Make all checks payable to: **LifeSource Vitamins**

Name and Address:

_____

_____

_____

Phone Number: _____

USA Shipping charges

PRODUCT TOTAL	SHIPPING
$0 - $34.99	$4.99
$35 - $59.99	$7.99
$60 - $99.99	$9.99
$100 - $149.99	$11.99
$150 - $199.99	$13.99
$200 - OVER	$15.99

Mailing address:

LifeSource Vitamins
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Winter Park, FL 32789

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www.LifesourceVitamins.com

A Company that Answers to God in all We Do!

LIFESOURCE
VITAMINS
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