

LIFESOURCE VITAMINS

2014

VITAMINS & COMPLETE BODY CARE
FOR THE ENTIRE FAMILY



From the nutrients we choose to the way we run our business...
We Are A Company That **Answers to God** In All We Do!

22 Years and Counting

People are always asking,

how did you start LifeSource Vitamins... and why?

Here is our story.

It began just before we lost my father, Al Brightman to pancreatic cancer. It was 1990, I had just found out my father was diagnosed with pancreatic cancer. When I first heard the news I figured that my dad, who I considered to be a Super Hero, would beat it with no problem, as it turned out that was not the case and he died a few months later in June. With my dad's passing I knew I wanted to find ways to help people become healthier, and live longer. I wanted to give people a way to prevent the loss my family and I just endured. I had the desire but just didn't know what to do.

So I prayed.

Three weeks later I was driving home from a business venture meeting that I was thinking of investing in, but God had other plans. As I am sure you have heard this before, He told me what He wanted me to do. And it was crystal clear and absolute. I did not choose to be in the vitamin business, it was chosen for me and I have loved every minute of the 22 plus years. God laid out the plan for me, it was remarkable. When I say doors were opened for me to get into this business, I mean the doors were literally kicked in, like only God can do! So now it was time for me to get to work. I devoted my time and all of my money to researching why some vitamins worked and why most did not. I also began studying what nutrients worked well with one another, which ones did not, which ones were all hype with absolutely no nutritional value. I also investigated which ones don't upload to the bloodstream without the accompaniment of another transport nutrient, and which ones don't work in powder form, and so on...

Fast forward to today.

We have over 300 products, ship to almost every country in the world and still give all of our money back to Christian organizations like: Campus Crusade for Christ (CRU), and The Jesus Film Project, World Vision, Compassion International as well as numerous other wonderful organizations that all spread the Gospel of Jesus Christ worldwide. LifeSource Vitamins is a company that answers to God in all we do, from the nutrients we choose to the way we run our business, it is that simple!

Bruce Brightman - founder



Bruce Brightman, Founder
Background Image: My Dad,
Al Brightman
Boston Celtics, 1946

Driven by Faith • Powered by God

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

5-HTP

- 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.

60 VCaps — **\$19.99** PER BOTTLE



7-Keto / DHEA

- 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.



90 Veggie Caps — **\$19.99** PER BOTTLE

Acai Plus 32 oz. Liquid 6,500 mg per serving

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

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

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

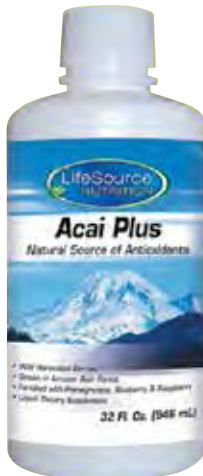
NUTRITIONAL FACTS

Serving Size: 1 Fl Oz. (30mL) preferably in the morning	Servings Per Container: 32 Fl Oz.		
		Amt/Serving	DV%*
Acai (Euterpe Oleracea) (Fruit) 6,500mg		4g	2%
Calories:		2g	0%
Calories from Fat:		2g	†
Total Fat	0g	1.5g	†
Saturated Fat	0g	35mg	†
Cholesterol	0mg	30mg	50%
Sodium	20mg	0%	
		Total Carbohydrate	
		Dietary Fiber	
		Sugars	
		Protein	
		Potassium	
		Vitamin C	

* 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, and Potassium Sorbate as an oxidation inhibitor. Contains No Added Sugar, Artificial Colors or Artificial Flavors.

32 oz./ 32 Day Supply — **\$22.99** PER BOTTLE



Acetyl-L-Carnitine

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 mg	†

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

50 Softgels — ~~\$21.99~~ **\$19.99** PER BOTTLE



Acid Reducer (Natural)

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

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

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.

90 Lozenges — **\$9.99** PER BOTTLE

Alkalife pH Booster Drops

Alkalife is designed to reduce excess acid in the body by adding alkaline buffer (bicarbonate) to the blood. The foods that we eat give us energy by oxidizing. Afterwards they become acidic wastes. Since our body cannot get rid of all the wastes it produces, they get accumulated somewhere in our body. This accumulation of non-disposed acidic wastes is a root cause of aging. The best way to neutralize and get these wastes out of our body is to drink alkaline water.

One bottle of Alkalife creates 360 8 oz. servings of fresh alkaline water with a pH value of 10. Taken 5 times daily, that works out to more than 2 months of Alkalife per bottle at a cost of only 42 cents per day!

- Increases Hydration and Energy
- Detoxifies & Supports Wellness
- Helps Neutralize Acid in the Bloodstream
- Improves the Immune System
- Helps the Body Absorb Nutrients More Effectively



1.25 oz. — **\$19.99** PER BOTTLE

Allergy Relief

This product provides all-natural support to maintain a healthy and vibrant respiratory function. Keeping your lungs and respiratory system functioning at optimal capacity is critical for athletes, smokers, ex-smokers, and those who live and work in environments with compromised air quality.

- 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

Servings Per Container: 20 Serving Size: 3 Tablets

Amt/Serving

DV%*			
	Vitamin C (as Magnesium Ascorbate)	500 mg	833%
	Vitamin B-6 (from Pyridoxine HCl)	20 mg	1000%
	Pantothenic Acid (from D-Calcium Pantothenate)	100 mg	1000%
	Calcium (from Calcium Carbonate and D-Calcium Pantothenate)	85 mg	9%
	Magnesium (from Magnesium Ascorbate)	40 mg	10%
	Zinc (from L-OptiZinc® Monomethionine)	10 mg	67%
	Quercetin (from Quercetin Dihydrate)	800 mg	†
	Nettle Extract (Urtica dioica) (Root) (Standardized to 30 ppm Scopoletin)	500 mg	†
	Bromelain (2400 GDU/g)	395 mg	†
	Licorice Root (Glycyrrhiza glabra)	200 mg	†

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

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating. Suggested Use: As a dietary supplement, take 3 tablets daily, preferably 20-30 minutes before a meal. Persons with sensitive stomachs may take tablets with meals. Free of: sugar, salt, starch, yeast, soy, milk, corn, wheat, egg. Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

60 Tablets — **\$15.99** PER BOTTLE

Aloe Vera Juice

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

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

	Amt/Serving	DV%*
Calories	5	†
Calories from Fat	0	†
Total Fat	0	0%
Saturated Fat	0	0%
Cholesterol	0	0%
Sodium	20 mg	1%
Total Carbohydrate	1 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	†
Protein	1 g	†
Vitamin A		0%
Calcium		21%
Vitamin C		25%
Iron		47%

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

*The above statements have not been evaluate by the FDA. *This products is not intended to diagnose, treat, cure or prevent any disease. INGREDIENTS: Certified Organic Aloe Vera Juice (99.7%) (International Certification Services, CA) Less than 1% of the following natural, food, Grade Sources, Citric Acid (Oxidation Inhibitor), Potassium Sorbate (Modified Inhibitor)

32 oz / 32 Day Supply — **\$8.99** PER BOTTLE



Antioxidants (Super) P

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

Servings Per Container: 30 Serving Size: 3 Capsules

	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.

90 Capsules – ~~\$18.99~~ **\$15.99** PER BOTTLE

Alpha Lipoic Acid 250 mg

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. This is beneficial in countering many different forms of oxidative stress and cellular damage in any part of a cell.

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

NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 60

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

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

60 Veggie Caps – **\$18.99** PER BOTTLE

All Natural Antibiotic 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.

Life Source'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.

NUTRITIONAL FACTS

Servings Per Container: 45 Serving Size: 2 Capsules

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

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

90 Capsules – **\$19.99** PER BOTTLE



P = LifeSource Proprietary Blend

Alfalfa Tablets 550 mg

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..

250 Tablets – **\$6.99** PER BOTTLE



Arthrigone Cream 4 oz.

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

NUTRITIONAL FACTS

Ingredients: Glucosamine Sulfate, Menthol, Collageno, Trietanolamine, Cethyl Alcohol, Mineral Oil, Stearic Acid, Petrolatum, Sodium CHL, Sorbitol 70%, Solut, DC 34%, Propylen Glycol, EDTA, Urea, Imidazolidinyl, Methyl Paraben, Propyl Paraben, Methyl Salicylate, & Water

4 OZ. — **\$9.99** EA



Arthritis Relief & Joint Rebuilder

OUR MOST POPULAR FORMULA!

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

Servings Per Container: 25 Serving Size: 4 Tablets

	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	†	Bromelain	100 mg	†
White Willow Bark	400 mg	†	Grape Seed Extract	2,000 mg	†
Horsetail	200 mg	†	Devils Claw	400 mg	†
Ginger	200 mg	†	Calcium Lactate	200 mg	20%
EPA (Fish Oil)	100 mg	†	Licorice	150 mg	†
Vitamin A	5,000 IU	100%	Zinc (Gluconate)	15 mg	100%
Vitamin C	200 mg	333%	Boron	100 mcg	†
Vitamin D	200 IU	50%	Queratin	25 mg	†
Vitamin E	75 IU	250%			

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

100 Tablets – **\$24.99** PER BOTTLE



Astragalus 500 MG

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 membranaceus) (Standardized to min. 70% Polysaccharides)	500 mg	†

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives. Other Ingredients: Cellulose (capsule), Cellulose, Silica and Magnesium Stearate (vegetable source), Vegetarian Formula. Disclaimers: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

90 Veggie Caps – **\$15.99** PER BOTTLE



Aspirin (All Natural) P

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

Servings Per Container: 45 Serving Size: 2 Tablets

	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	†

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

NOT TO BE USED IN PLACE OF DOCTOR'S RECOMMENDATION FOR HEART HEALTH.

90 Capsules – **\$13.99** PER BOTTLE

Astaxanthin 4 mg

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.
- Other conditions.

NUTRITIONAL FACTS

Servings Per Container: 60 Veggie Softgels Serving Size: 1 Softgel

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

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

Free of: salt, yeast, wheat, gluten, milk, egg or shellfish. Vegetarian/Vegan Product. Other Ingredients: Extra Virgin Olive Oil, Vegetarian Softgel Capsule (glycerin, modified corn starch, carrageenan, sorbitol, water), and Antioxidant Blend (mixed tocopherols, rosemary extract). Contains soy derivative.

60 Veggie Softgels — **\$16.99** PER BOTTLE



B-12 Complex (Liquid Drops)

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

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

	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.

2 fl oz / 60 Day Supply — **\$8.99** PER BOTTLE

B-50 Complex

- Energy
- Brain health
- Stress relief

NUTRITIONAL FACTS

Servings Per Container: 100 Serving Size: 1 Capsule

	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.

100 Capsules — **\$10.99** PER BOTTLE



Baxyl

Baxyl was developed for maximum bioavailability and efficacy. It is a safe and effective oral liquid hyaluronan supplement for the support of joint health and mobility in humans. Don't just reach for any hyaluronan product on the store shelf. You deserve better! Unlike most joint supplements that use processed animal by-products; Baxyl's patent-pending formulation is microbially synthesized, and therefore 100% vegan. Baxyl is of the highest quality, and contains no ingredients from China to ensure you are receiving a safe product that is free of impurities and contaminants.

Baxyl is an effective and convenient way to:

- Promote healthy joint mobility and lubrication*
- Enhance the maintenance of cartilage and joint tissues*
- Support healthy bone formation*
- Support the maintenance of smooth skin*
- Support tissue health and function in the lining of the stomach, intestines, and bladder.*
- Support vertebrae and spine health*
- Enhance ocular health*



NUTRITIONAL FACTS

Serving Size: 1/2 tsp Servings Per Container: 72 (36 day supply)

MHB3	Amt/Serving	DV%*
	30 mg	†

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

Other ingredients: purified water, citric acid, potassium sorbate, sodium benzoate, sodium chloride. Contains no animal derivatives, sugar, yeast, grain, gluten, starch, soy, egg, dairy products, artificial coloring or artificial flavoring.

6 OZ. — **\$39.95** PER BOTTLE

BCAA 3200

(Branched Chain Amino Acids)

Amino acids are the building blocks of protein. When you eat food containing protein, it gets digested through the intestines and stomach. During this process the protein is broken down into individual amino acids and short chains of amino acids. These amino acids are small enough to be absorbed into the bloodstream.

Once the amino acids are absorbed into the bloodstream they have far reaching effects across the entire body. Amino acids are involved in muscle repair (lean muscle building), essential brain functions and even hair growth just to name a few.

- Optimizes protein synthesis and tissue repair
- Accounts for nearly 1/3 of the amino acids in muscle protein



NUTRITIONAL FACTS

Servings Per Container: 30 Serving Size: 4 Capsules

	Amt/Serving	DV%*
L-Leucine (Free-Form)	1,600 mg	†
L-Isoleucine (Free-Form)	800 mg	†
L-Valine (Free-Form)	800 mg	†

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

Other ingredients: gelatine (capsule) and Stearic Acid. Contains no salt, starch, yeast, wheat, gluten, corn, soy, egg, shellfish or preservatives. Our Branched Chain Amino Acids are Pharmaceutical (USP) grade.

120 Capsules — **\$19.99** PER BOTTLE

FROM THE NUTRIENTS WE CHOOSE,
TO THE WAY WE RUN OUR BUSINESS,
WE ANSWER TO GOD IN ALL WE DO!

Bee Pollen 500 mg

- 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

Servings Per Container: 100 Serving Size: 1 Capsule

	Amt/Serving	DV%*
Bee Pollen	500 mg	†

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

100 Capsules — **\$6.99** PER BOTTLE



Beet Root Powder

NUTRITIONAL FACTS

Serving Size: 1 Scoop (7g of Organic Beet Root Powder)

Servings Per Container: 40

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

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

10 OZ. — **\$21.99** PER CONTAINER



Beta Carotene 25,000 IU

- Antioxidant Support
- Converts to vitamin A as needed

NUTRITIONAL FACTS

Servings Per Container: 90 Serving Size: 1 Softgel

	Amt/Serving	DV%*
Vitamin A (Beta Carotene)	25,000 IU	500%

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

90 Softgels — ~~\$8.99~~ **\$6.99** PER BOTTLE



Ultra Beta Glucan with Maitake Extract

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 Veggie Cap Servings Per Container: 90

	Amt/Serving	DV%*
Beta - 1,3/1,6 -D-	100 mg*	†
Maitake	160 mg	†

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

90 Veggie Caps — **\$16.99** PER BOTTLE



Beta-Sitosterol

Plant Sterols

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. A Great Product!

- 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 1,00 mg of Plant Sterols	1,000 mg*	†

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

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

30 Softgels — **\$13.99** PER BOTTLE



Bilberry Complex with Citrus Bioflavonoids

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

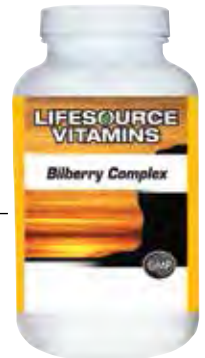
NUTRITIONAL FACTS

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	†

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

50 Capsules — **\$12.99** PER BOTTLE



Biotin 5,000 mcg

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

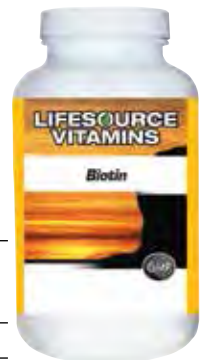
NUTRITIONAL FACTS

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.

60 VCaps — **\$9.99** PER BOTTLE



Black Cohosh Root

Relief of many menopausal symptoms and menstrual dysfunctions

- Hot flashes • Headaches
- Mood • Cramps

NUTRITIONAL FACTS

Serving Size: 2 Capsules (each capsule 80 mg Black Cohosh)
Servings Per Container: 45

	Amt/Serving	DV%*
Black Cohosh (<i>Cimicifuga racemosa</i>) (root) (Standardized to contain 2.5% tot	80 mg	†
Licorice (<i>Glycyrrhiza glabra</i>) (root)	125 mg	†
Dong Quai (<i>Angelica sinensis</i>) (root)	125 mg	†

* Daily value based on a 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. Disclaimers: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Natural color variations may occur in this product.



90 Capsules — \$10.99 PER BOTTLE

Blood Sugar Control P

Helps balance and maintain healthy blood sugar levels. Chromium and Fenugreek improve glucose tolerance and balance blood-sugar levels; Gymnema to improve 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%*		Amt/Serving	DV%*
Vitamin C Buffered	250 mg	417%	Chromium	400 mcg	†
Zinc (L-Monomethionine)	30 mg	200%	Vanadium (vanadyl) sulfate	7 mg	†
Gymnema Sylvestre	750 mg	†	Bitter Melon Extract	50 mg	†
Alamime (Crystalline Amino Acid)	100 mg	†	Fenugreek	100 mg	†
Glutamine (Crystalline Amino Acid)	100 mg	†			

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

90 Capsules — \$15.99 PER BOTTLE

Blood Pressure Support

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) (<i>Vitis vinifera</i>) (Standardized to min. 90% Polyphenols)	150 mg	†
Hawthorn Extract (Leaf & Flower) (<i>Crataegus laevigata</i>) (Standardized to min. 1.8% Vitexin)	300 mg	†

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

Other Ingredients: Cellulose (capsule), Rice, Flour, Magnesium Stearate (vegetable source) and Silica. Contains no: sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives. Vegetarian/Vegan Product.

90 Veggies Caps — \$26.99 PER BOTTLE



Bronchial Support

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%	

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

8 OZ — \$16.99 PER BOTTLE



Vitamin C

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 500 mg — 100 Tablets — \$6.99 PER BOTTLE

Vitamin C 1000 mg — 100 Tablets — \$8.99 PER BOTTLE

Chewable Vitamin C 500 mg — Orange Flavor
100 Lozenges — \$8.99 PER BOTTLE



Vitamin C Crystals Buffered

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.
- Available in 500 mg tablets and vegetarian capsules as well as 1000 mg tablets.

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.

4.4 OZ — \$11.99 PER BOTTLE

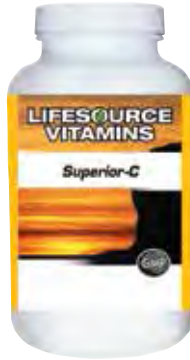


Superior C 500 mg

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.

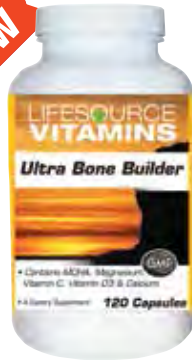
90 Veg Capsules — **\$14.99** PER BOTTLE

Ultra Bone Builder

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.

120 Capsules — **\$19.99** PER BOTTLE

Calcium Citrate Plus

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.

120 VCaps — **\$10.99** PER BOTTLE



Cal / Mag with D3

Blueberry Flavored (Liquid)

- Calcium Citrate is essential for building and maintaining strong bones and teeth at every age and stage of life.*
- Vitamin D3 is added at 1000 IU to ensure your body is able to optimize calcium absorption. Vitamin D3 also helps to proactively support a healthy immune system by aiding in the body's natural defenses.*
- Magnesium Citrate in combination with Vitamin D3 helps build and maximize bone strength.*
- Adequate Calcium & Vitamin D3 throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.* Gluten Free & Preservative Free

NUTRITIONAL FACTS

Serving Size: 1 Tbsp	Servings Per Container: 32	Amt/Serving	DV%*
Calories		20	†
Total Carbohydrate		1 g	< 1%*
Sugars		1 g	†
Vitamin D3 (as Cholecalciferol)		1000 iu	250%
Calcium (as Calcium Citrate)		750 mg	75%
Magnesium (as Magnesium Citrate)		300 mg	75%

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

16 Fluid Ounces / 32 day supply — **\$13.99** PER BOTTLE



ALL OF OUR WHEY PROTEIN COMES FROM GRASS FED, HORMONE, PESTICIDE, RGBH, GMO, FREE WISCONSIN HAPPY DAIRY COWS. SEE PAGE 48 - 52 FOR OUR WHEY PROTEINS & PAGE 26 FOR OUR MEAL REPLACEMENT POWDERS.

Coral Calcium

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.

90 Capsules — **\$24.99** PER BOTTLE



LIQUID CORAL CALCIUM COMPLEX

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 45

	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	2 g	1%
Natural Sugars (from fructose)	2.3 g	
Vitamin A (as beta-carotene)	2000 IU	40%
Vitamin C (as ascorbic acid)	80mg	133%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (d-alpha Tocotheryl Succinate)	15 IU	25%
Calcium (1475 total Coral Calcium)	530 mg	53%
Magnesium (from 1475 mg Coral Calcium & Magnesium Oxide)	300 mg	75%
Zinc (as zinc oxide)	15mg	100%
Copper (as copper oxide)	3mg	150%
Manganese (Gluconate)	3mg	150%
Selenium (Methionie)	200 mg	285%
Potassium (Marine Nutrient Blend)	50 mcg	<1%
Ionic Trace Minerals	100mg	†
Coral Calcium (Okinawa coral)	1475mg	53%
Boron	3 mg	†
Marine Nutrient Blend	300 mg	†

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

Ingredients: Calcium, Neodymium, Carbon, Chloride, Silicon, Rubidium, Vanadium, Potassium, Nickel, Cobalt, Boron, Yttrium, Strontium, Cerium, Antimony, Lithium, Thallium, Palladium, Lanthanum, Ytterbium, Rhenum, Phosphorus, Thorium, Osmium, Fluoride, Bromine, Thulium, Gadolinium, Beryllium, Gold, Titanium, Dysprosium, Samarium, Cesium, Zirconium, Iodine, Erbium, Praseodymium, Ruthenium, Tin, Scandium, Terbium, Selenium, Germanium, Holmium, Gallium, Hafnium, Tellurium, Lutetium, Bismuth, Indium, Molybdenum, Niobium, Barium, Rhodium, Europium, Tantalum, Iridium, Tungsten, Silver, Mercury, Platinum and other trace elements. Other ingredients: Triple Filtered Spring Water, Fructose, Natural Orange and Mango flavors, Potassium Sorbate (as an oxidation inhibitor)

32 fl. oz. — **\$19.99** PER BOTTLE

Oyster Calcium

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

100 Tablets — **\$9.99** PER BOTTLE



SIGN UP FOR OUR AUTOSHIP PROGRAM, WHICH INSURES YOU NEVER RUN OUT OF THE PRODUCTS YOU TAKE DAILY. ASK US HOW YOU CAN SAVE MONEY BY SIGNING UP FOR AUTOSHIP.

Candida Cleanse

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%			

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

Free of: wheat, gluten, corn, soy, milk, egg, preservatives, fish, shellfish or artificial colors
Other Ingredients: Cellulose (capsule), Rice Flour, Gum Arabic, Garlic (bulb), Olive Leaf, Cat's Claw Root, Wormwood Herb, Silica and Magnesium Stearate (vegetable source).

90 VCaps — **\$15.99** PER BOTTLE

Cat's Claw 500 mg

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

NUTRITIONAL FACTS

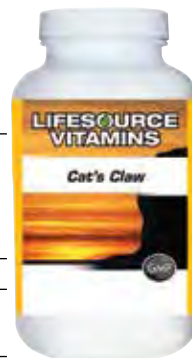
Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Total Carbohydrate	< 1 g	< 1%*
Cat's Claw Powder (Uncaria tomentosa) (Inner Bark)	1.0 g (1,000 mg)	†

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

Other Ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source). Contains no: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

100 Capsules — **\$7.99** PER BOTTLE



Celadrin® Fast-acting (Lotion)

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 applications 100% 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), Cetareth-20, Vitamin E (as d-alpha tocopheryl acetate), Xanthan Gum and Cypress/Cedar Extract (as natural preservative).

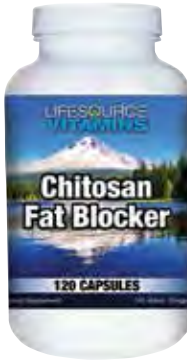
4 Fluid Ounces — **\$15.99** PER BOTTLE



Chitosan Fat Blocker

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



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	†

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

120 Capsules — ~~\$19.99~~ PER BOTTLE

Chlorella 1000 mg

- 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	†

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

Other Ingredients: Cellulose, Croscarmellose Sodium and Magnesium Stearate (vegetable source)

120 Tablets — ~~\$19.99~~ PER BOTTLE

Liquid Chlorophyll (Triple Strength)

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 Nutrition’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
- Aid in cancer prevention



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.

16 fl oz — ~~\$16.99~~ **\$14.99** PER BOTTLE

Charcoal

- 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.

100 Capsules — ~~\$8.99~~ PER BOTTLE

WHAT SEPARATES LIFESOURCE VITAMINS FROM OTHER VITAMIN

MANUFACTURERS? NUMEROUS THINGS ACTUALLY, BUT ONE OF THEM IS WHEN BUYING FRESH NUTRIENTS. YOU CAN BUY THEM AT 3 DAYS, 7 DAYS ALL THE WAY TO 30 DAYS AND BEYOND, WE BUY THE FRESHEST AVAILABLE NO MATTER WHAT THE COST, PERIOD! OUR SUPPLEMENTS ARE PURE AND POTENT!

Cholesterol Support P

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.

“LifeSource’s exclusive blend helps your cholesterol counts. My own Mother has high cholesterol and this prompted me to create our own All Natural supplement to get her off the quite possibly harmful prescription that she was on. Try it; I am sure you will be pleased with your results, and so will your doctor.”

— Bruce Brightman, Founder, LifeSource



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 Crystalline)	100 mg.	†	Folic Acid	400 mcg.	†
Bromelain 600 GDU	50 mg.	†	Chromium (as polynicotinate)	200 mcg.	†
Pantethine 20%	50 mg.	†	Vitamin B-12 (as cyanocobalamin)	25 mcg.	417

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

90 Tablets — **\$19.99** PER BOTTLE

Chromium Picolinate

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%

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

90 Capsules — **\$9.99** PER BOTTLE



ALL OF OUR MANUFACTURING GOES
WELL BEYOND GMP, WHICH STANDS
FOR GOOD MANUFACTURING
PROCESSING.

P = LifeSource Proprietary Blend

Cider Vinegar Diet

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	†
Glucmannan Fiber (Amorphophallus rivieri) (Tuber)	100 mg	†
Kelp (Ascophyllum nodosum)	74 mg	†
Grapefruit Fiber	30 mg	†

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

180 Capsules — **\$12.99** PER BOTTLE



Cinnamon Bark

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

NUTRITIONAL FACTS

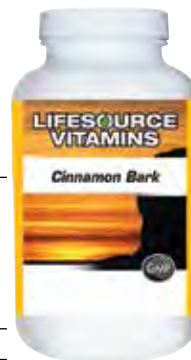
Serving Size: 2 Capsules Servings Per Container: 60

	Amt/Serving	DV%*
Calories	5	
Total Carbohydrate	<1 g	<1%*
Cinnamon (Cinnamomum 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.

120 Capsules — **\$12.99** PER BOTTLE



CLA

Conjugated Linoleic Acid

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

90 Softgels — **\$19.99** PER BOTTLE



ClearFiber™ Powder

Dissolves clearly!

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

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



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.

Net Wt. 5 oz. (142g) — **\$10.99** per bottle

Organic Virgin Coconut Oil

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.

12 OZ. — **\$8.99** PER JAR

Cod Liver Oil (double strength)

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

NUTRITIONAL FACTS

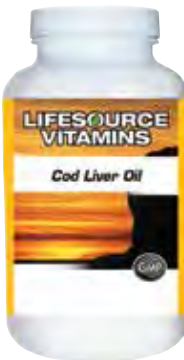
Serving Size: 1 Softgel Servings Per Container: 100

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5		Vitamin D (from Cod Liver Oil)	270 IU	70%
Calories from Fat	5		Cod Liver Oil	650 mg	†
Total Fat	0.5 g	<1%	Typical Values of Omega-3 Fatty Acids:		
Polyunsaturated fat	0.5 g	†	Elcosapentaenoic Acid (EPA)	45 mg	†
Cholesterol	0 mg	0%	Docosahexaenoic Acid (DHA)	60 mg	†
Vitamin A (from Cod Liver Oil)	2,500 IU	50%			

* 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.

100 Softgels — **\$5.99** PER BOTTLE



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 hydrolyzed. It does not need the acid to hydrolyze, as other brands do. Ours is just all natural, and results driven. Just what does Collagen do for us?

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

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



Collagen Liquid (Enzyme Hydrolyzed Collagen) P

NUTRITIONAL FACTS

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Energy Calories	36		L-Histidine	118 mg	†
Protein	8 g		L-Hydroxylysine	181 mg	†
Fat	0		L-Hydroxyproline	2197 mg	†
Carbohydrates	3 g		L-Isoleucine	272 mg	†
			L-Lysine	697 mg	†
			L-Methionine	136 mg	†
			L-Alanine	379 mg	†
			L-Phenylalanine	379 mg	†
			L-Arginine	2477 mg	†
			L-Proline	2477 mg	†
			L-Aspartic Acid	636 mg	†
			L-Serine	636 mg	†
			L-Cystine	300 mg	†
			L-Threonine	300 mg	†
			L-Glutamic Acid	152 mg	†
			L-Tyrosine	152 mg	†
			Glycine	515 mg	†
			L-Valine	515 mg	†

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

16 Fluid Ounces / 30 day supply

\$39.99 PER BOTTLE OR 3 BOTTLES FOR **\$99.99** (SAVE \$20.00)

Collagen Tablets P

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.

90 Tablets — **\$19.99** BOTTLE

Collagen Cream P

Active Ingredients: Soluble Collagen, Elastin Protein Hydrolysate & Vitamin E. Other Ingredients: Ivy herbal extract, Isopropyl Miristate, EDTA, Sorbitol 70% Solution, Trietanolamine, Sodium CHL, Methyl Paraben, Propyl Paraben, Natural Fragrances, Purified Water.



4 oz — **\$12.99** EA.

CoQ10

CoQ-10 is the world's most comprehensive cardiovascular support supplement. It is also the best selling cardio-vascular 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.

Coenzyme Q10's function can be compared to a spark plug in a car engine. Just as the spark plug provides an initial spark to start the engine, CoQ10 jump starts energy production within cells. The body uses the generated energy to operate all of its vital processes, including muscle contraction and digestion.

Enjoy the multiple benefits of taking a CoQ10 Supplement

- Reduce many of the serious side effects of cholesterol and other prescription drugs such as Adriamycin, Beta-Blockers and some psychiatric drugs
- Reduce the effects of aging
- Aids in the recovery from a wide range of heart problems including angina pectoris, congestive heart failure and mitral valve prolapse
- Can reduce blood pressure and blood lipids at 30 mg day
- Assists chronic fatigue sufferers when administered at 90 to 300 mg per day
- Assists in weight loss by stimulating mitochondria and thermogenic activity
- Treating chronic gum disease
- Building a strong immune system
- May normalize blood sugar levels
- Helps in maintaining a healthy brain

CoQ10 Liquid 100 mg 4 fl. oz.

NUTRITIONAL FACTS

Serving Size: 1 Teaspoon (5 ml)
Servings Per Container: 23

	Amt/Serving	DV%*
Calories	20	
Calories from Fat	15	
Total Fat	2 g	3%*
Trans Fat	0 g	†
Total Carbohydrate	1 g	<1%*
Vitamin E	30 IU	100%
(from Mixed Tocopherols)		
Vitamin B-3	0.7 mg	4%
(from NAD Trihydrate)**		
Vitamin B-6	7 mg	350%
(from P-5-P Monohydrate)**		
Vitamin B-12	100 mcg	1667%
(as Cyanocobalamin)**		
Vitamin B-5	5 mg	50%
(as Pantethine)**		
CoEnzyme Q-10	100 mg	†
Stevia Extract (Leaf)	20 mg	†
(min 80% Rebaudioside-A)		
D-Ribose	10 mg	†
NAD (B-Nicotinamide Adenine Dinucleotide)	5mg	†

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

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

Other Ingredients: De-ionized Water, Rice bran oil, Vegetable Glycerine, Soy Lecithin, Xylitol, Natural Vanilla Flavor, Natural Orange Flavors, Brown Rice Protein, Rosemary Extract, Citric Acid, Potassium Sorbate (as preservative) and Guar Gum.
Vegetarian/vegan Product/

4 fl. OZ — **\$19.99** PER BOTTLE

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.



CoQ10 30 mg softgels

NUTRITIONAL FACTS

Serving Size: 1 Capsule 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

90 Softgels — **\$18.99** PER BOTTLE



CoQ10 100 mg softgels

NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 50

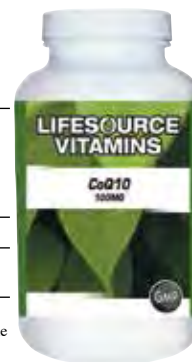
	Amt/Serving	DV%*
Vitamin E (from Mixed Tocopherols)	30 IU	100%
Coenzyme Q10	100 mg	†

* 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.

50 Softgels — **\$31.99** PER BOTTLE



CoQ10 High Potency 400 mg softgels

NUTRITIONAL FACTS

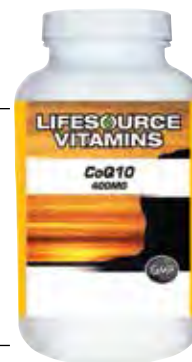
Serving Size: 1 Softgel Servings Per Container: 30

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

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

Other Ingredients: Rice bran oil, Softgel Capsule (gelatin, glycerin, water, carob) and Beeswax.
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.
Contains no titanium dioxide.

30 Softgels — ~~\$44.99~~ **\$39.99** PER BOTTLE



ARE YOU AFRAID OF PRESCRIPTION
ANTIBIOTICS, SO ARE WE, TRY OUR ALL
NATURAL ANTIBIOTICS. SEE PAGE: 4

Colon Cleanse

(Psyllium Husk 700 mg plus Apple Pectin)

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.

180 Capsules — \$11.99 PER BOTTLE

Colloidal Minerals (liquid)

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.

32 OZ. — \$18.99 PER BOTTLE

Cranberry Concentrate

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)	1.4 g	†
(1400 mg of 8:1 Concentrate)		

* 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

100 Capsules — \$12.99 PER BOTTLE



Curcumin Extract

665 mg of Total curcuminoids (95% Min.)

Prevent and reverse:

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

NUTRITIONAL FACTS

Serving Size: 1 Veg Capsule Servings Per Container: 60

	Amt/Serving	DV%*
Tumeric Root Extract	665 mg	* †
(Standardized to 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.

60 Veg Capsules — \$18.99 PER BOTTLE



Vitamin D-3 1000 IU

- 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.

180 Softgels — \$7.99 PER BOTTLE



Liquid Vitamin D-3 5,000 IU

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

NUTRITIONAL FACTS

Serving Size: 1/2 dropper (0.50 ml) Servings Per Container: 60

	Amt per Serving	DV%*
Vitamin D3 (Cholecalciferol)	5,000 IU	1,250%

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

Other ingredients: glycerin, water, hydroxy lecithin.

60 Servings — \$14.99 PER BOTTLE



Vitamin D-3 5000 IU Softgels

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.

120 Softgels — \$11.99 PER BOTTLE



Now
120 Softgels
at the same
price

IGF-1-Deer Antler Velvet Extract 1 oz.

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.

\$29.99 PER BOTTLE OR 3 BOTTLES FOR **\$74.99** (SAVINGS OF \$15)

“I HAVE MADE VITAMINS & SUPPLEMENTS FOR MY OWN FAMILY AND FAMILIES AROUND THE WORLD FOR OVER 22 YEARS. IT IS HUMBLING TO ME TO WORK FOR GOD AND HELP FAMILIES STAY HEALTHY. I HAVE THE BEST JOB IN THE WORLD.”
- BRUCE BRIGHTMAN
FOUNDER - LIFESOURCE VITAMINS

P = LifeSource Proprietary Blend

DHA 500 mg

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.

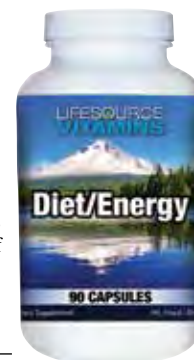
90 Softgels — **\$24.99** PER BOTTLE

NEED MORE FISH OIL? TURN TO PAGE 37

Diet & Energy **P**

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 Nutrition'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%*		Amt/Serving	DV%*
Vit. E (d-alpha Tocopherols Succinate)	15 IU	50%	Guarana (seed extract)	280 mg	†
Vit. B-1 (from Thiamine HCl)	10 mg	670%	Green Tea Extract	200 mg	†
Riboflavin (Vit. B-2)	10 mg	590%	Bitter orange extract	180 mg	†
Niacin (Vit. B-3)	25 mg	125%	Panax Ginseng (root)	150 mg	†
Vit. B-6 (from Pyridoxine HCl)	10 mg	500%	Eleuthero (Siberian Ginseng-root)	150 mg	†
Vit. B-12(as Cyanocobalamin)	100 mcg	1670%	Licorice (root)	100 mg	†
Vit. B-5 (from Calcium Pantothenate)	10 mg	100%	Gotu Kola-whole plant	100 mg	†
Iodine (from Kelp)	225 mcg	150%	Cayenne (fruit)	50 mg	†
Chromium (as Chromium Chelavide)	200 mcg	166%	Alpha Lipoic Acid	25 mg	†
Potassium	55 mg	2%	CoQ10	10 mg	†
(from Potassium Aspartate)			Octaconasol (from spinach)	30 mcg	†

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

90 Capsules — **\$19.99** **\$14.99** PER BOTTLE

Digestive Super Enzymes

It is estimated that more than 100 million people in America are affected by some form of digestive disease. 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.

The latest scientific research shows that almost all degenerative diseases stem from a lack of complete digestion and improper elimination of what we ingest into our bodies.



NUTRITIONAL FACTS

Serving Size: 1 Capsule Servings Per Container: 90

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

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

90 Capsules — **\$11.99** PER BOTTLE

Dog & Puppy Multi Vitamin

This is a multi-vitamin and mineral supplement in a tasty, chicken liver flavored chewable tablet form designed for dogs of all ages, sizes, and breeds. It incorporates a delicate balance of vitamins, minerals, fat-dissolvers, and enzymes to enhance the well-being of your dog.

A MUST FOR YOUR DOG'S TOTAL HEALTH!



NUTRITIONAL FACTS

Serving Size: 1 Tablet

	Amt/Serving	DV%*		Amt/Serving	DV%*
L-Methionine	2.5 mg		Riboflavin	1 mg	
Linoleic Acid	2 mg		Vitamin B6	0.2 mg	
Calcium	100 mg		Vitamin B12	.002 mg	
Phosphorus	83 mg		Folic Acid	.002 mg	
Magnesium	46.65 mg		Choline	2.5 mg	
Potassium	12.44 mg		Biotin*	.002 mg	
Manganese	1 mg		Menadione* (Vitamin K)	.001 mg	
Iron	3 mg		Lecithin*	2.5 mg	
Zinc	1.5 mg		Betaine HCl*	2.5 mg	
Iodine	0.05 mg		PABA* (Para-Aminobenzoic Acid)	3.75 mg	
Selenium	.002 mg		Ascorbic Acid* (Vitamin C)	50 mg	
Copper	.0025 mg		Inositol*	2 mg	
Vitamin A	1000 IU		Cobalt*	.03 mg	
Vitamin D3	100 IU		Pepsin* (A. Oryzae)	6.75 USP units1	
Niacine (as Niacinamide)	10 mg		Lipase* (Pancreatin)	3.75 USP units3	
d-Pantothenic Acid	2 mg		Protease* (Pancreatin)	46 USP units1	
Thiamin	1 mg		Bromelain* (Pineapple)	1.35 GD units2	
Vitamin E	2 IU				

Under 20 lbs - 1 tablet daily; 20-70 lbs - 2 tablets daily; Over 70 lbs - 3 tablets daily

60 Chewable Tablets — **\$13.99** PER BOTTLE

CHECK OUT OUR FULL PET LINE AT LIFESOURCEVITAMINS.COM

LIFESOURCE VITAMINS HAS BEEN GIVING
ALL PROCEEDS TO FINE CHRISTIAN
ORGANIZATIONS AROUND THE WORLD
FOR OVER 22 YEARS NOW.

Dophilus Plus

Dophilus Plus is a combination of 8 different species of beneficial bacteria designed to support gastrointestinal health and immune system function. FOS is also included in this product to assist healthy growth of acidophilus and bifidus organisms.

Dophilus Plus exclusively utilizes the finest strains from Rhodia Incorporated, the world's leading supplier of high quality probiotic ingredients, and is enteric-coated to ensure that the bacteria in this product are not destroyed in stomach acid but reach the small and large intestines where they are most beneficial. After opening store in a cool, dry place, refrigeration is recommended.



NUTRITIONAL FACTS

Serving Size: 1 VCap Servings Per Container: 60

Blend of 8 Strains of Probiotic Bacteria 4.0 Billion Organisms*

	Amt/Serving	DV%*		Amt/Serving	DV%*
Lactobacillus acidophilus	1.2 billion	†	Bifidobacterium bifidum	200 million	†
Lactobacillus casei	600 million	†	Bifidobacterium longum	200 million	†
Lactobacillus rhamnosus	600 million	†	Bifidobacterium lactis	200 million	†
Lactobacillus salivarius	600 million	†			
Streptococcus thermophilus	400 million	†			

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

Suggested Use: As a dietary supplement, take 1 VCaps* 1 to 3 times daily, preferably with or before meals. Free of: salt, wheat, egg, preservatives, shellfish or colors. Other Ingredients: Cellulose (capsule), Ascorbic Acid, Magnesium Stearate, FOS (Fructooligosaccharides), Maltodextrin and Enteric Coating.

60 VCaps — **\$16.99** PER BOTTLE

Kids Dophilus Probiotic Chewables

- 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	750 million organisms	†
(Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus salivarius and Lactobacillus plantarum) (from 2.5 Billion microorganisms at time of manufacture)		

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

60 Chewables — **\$11.99** PER BOTTLE

Vitamin E-400

100% Natural Mixed Tocopherols

- Fat-soluble antioxidant
- Promotes healing of scar tissue

NUTRITIONAL FACTS

Serving Size: 1 Softgels Servings Per Container: 100

	Amt/Serving	DV%*
Vitamin E (d-alpha tocopherol, plus beta, delta, and gamma tocopherols)	400 IU	500%

* Daily value based on 2,000 calorie diet.

100 Softgels — **\$11.99** PER BOTTLE



Echinacea & Goldenseal Root

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

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Total Carbohydrate	0.7 g	
Echinacea purpurea Root Powder	450 mg	†
Goldenseal Root Powder (Hydrastis canadensis)	450 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) and Stearic Acid

100 Capsules — **\$12.99** PER BOTTLE



Esiak 750 MG

- 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.

120 Capsules — **\$16.99** PER BOTTLE



Eucalyptus Oil 1 oz.

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.

\$5.99 PER BOTTLE



Evening Primrose Oil

- Premenstrual tension
- Blood pressure
- Cholesterol
- 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	†

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

100 Softgels — **\$9.99** PER BOTTLE



Fever Few

- 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.

90 Capsules — **\$10.99** PER BOTTLE



Fibroid Formula P

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.

90 Tablets — ~~\$14.99~~ **\$12.99** PER BOTTLE



Amazing Taste Liquid Flax Fusion with Natural Strawberry and Banana Flavor!

We believe you'll find that the taste & texture of Flax Fusion will win the approval of people young & old who will marvel at its delicious flavor – it's a great way to get your kids to essential Omega's for overall health and well-being.

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. Your body can change alpha-linolenic acid into DHA and EPA. 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.

NUTRITIONAL FACTS

Serving Size: 1 Tablespoon Servings Per Container: 28

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	60		Omega 3		
Calories from Fat	45		(Alpha Linolenic Acid)	2965 mg	†
Total Fat	5 g	8%	Omega 6		
Saturated Fat	0.5 g		(Linoleic Acid)	735 mg	†
Polyunsaturated Fat	4 g		Omega 9		
Monounsaturated Fat	1 g		(Oleic Acid)	860 mg	†
Total Carbohydrates	5 g	2%			

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

Ingredients: Organic flax seed oil, water, xylitol, glycerine, gum Arabic, natural flavors, vegetable juice, citric acid, xanthan gum, guar gum, sorbic acid and ascorbyl palmitate.

16 fl. oz. — **\$22.99** PER BOTTLE



P = LifeSource Proprietary Blend

Flax Seed Oil

1,000 mg

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

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 30

	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.

90 Softgels — **\$12.99** PER BOTTLE



Folic Acid

with Vitamin B-12

- 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.

250 Tablets — **\$4.99** PER BOTTLE



GABA w/Vit B6 500 mg

- 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.

100 Capsules — **\$11.99** PER BOTTLE



Garlic Odorless 2000 mg

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

NUTRITIONAL FACTS

Serving Size: 2 Softgels Servings Per Container: 50

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

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

100 Softgels — **\$9.99** PER BOTTLE



Garcinia cambogia

Super CitriMax®

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. In addition, this product also includes the Iodine from Kelp, a necessary nutrient for normal thyroid function, as well as Panax Ginseng Root Extract.*

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. *

Garcinia cambogia (HCA), this powerhouse ingredient of fat fighting support may yield an even impressive metabolic boost to shift fat burning into the next gear.

- All Natural & 100% Pure
- 1,500 mg (1.5 grams) is the critical number in taking Garcinia Cambogia
- Chromium (from Chromium Polynicotinate) (ChromeMate®) 200 mcg.
- Panax Ginseng Root Extract 200 mg.
- Super CitriMax® (Garcinia cambogia Extract) (Fruit) (containing 900 mg (-) Hydroxycitric Acid – 60%) 1,500 per serving
- Iodine (from Organic Kelp) 300 mcg.
- 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)	100 mg	0%
Iodine (from Organic Kelp) 300 mcg	300 mcg	167%
Chromium (from Chromium Polynicotinate) (ChromeMates)	200 mcg	167%
Sodium (naturally occurring)	15 mg	< 1%
Super CitriMax (Garcinia cambogia Extract) (Fruit) [containing 900 mg (-)Hydroxycitric Acid (HCA)]	1.5 g	†
Panax Ginseng Root Extract	200 mg	†

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

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

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. SUGGESTED USAGE: As a dietary supplement, take 1-2 capsules 1 to 3 times daily, preferably 60 minutes before meals.

45 Capsules – **\$19.99** PER BOTTLE

Ginger Root 500 mg

- 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.

100 Capsules — **\$5.99** PER BOTTLE



Ginkgo Biloba

- 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.

60 Capsules — **\$9.99** PER BOTTLE



Panax (Korean) Ginseng

650 mg

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.

100 Capsules — ~~\$13.99~~ **\$12.99** PER BOTTLE

G.I. & Colon Support P

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 2,000 calorie diet. † Daily value not established.

90 Capsules — **\$16.99** PER BOTTLE

Glucosamine 1500 mg & Chondroitin 1200 mg

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.

120 Tablets — **\$24.99** PER BOTTLE

Glucosamine, Chondroitin & MSM

(liquid)

LifeSource's ionically charged liquid Glucosamine, Chondroitin and MSM with ionic minerals. LifeSource's Glucosamine and Chondroitin liquid provides a fast and convenient way to replenish joint tissues and promote normal movement while protecting our healthy cartilage from potential future damage. To increase its absorption and functionality, we've added MSM, and essential trace minerals. When taking this liquid supplement for arthritis & joint pain, you need to take less milligrams due to the absorbability of the liquid!

Who should consider: Anyone who is experiencing osteoarthritis joint-associated pain, including: knee joint pain, elbow joint pain, finger joint pain, hip-related osteoarthritic pain, spinal and neck related osteoarthritic pain, other related joint/cartilage pain stemming from osteoarthritis.



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 Cartilage)	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. Disclaimers: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

16 Fl. oz. / 30 day supply — **\$19.99** PER BOTTLE

Vegetarian Glucosamine & MSM

Relief for those who are allergic to shellfish or who keep Kosher!

LifeSource Nutrition'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 Nutrition 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.

120 VCaps — **\$21.99** PER BOTTLE

P = LifeSource Proprietary Blend

Goji Juice (Liquid)

5,500 mg per serving

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 calorie 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.

32 fl. oz. / 32 day supply — **\$22.99** PER BOTTLE



Grape Seed Extract

with Citrus Bioflavonoids

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%*
Grapeseed Extract	60 mg	†
Citrus Bioflavonoids	300 mg	†

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

90 Capsules — **\$12.99** PER BOTTLE



Green Coffee Bean Extract

with 200mg Svetol®

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.

60 Veggie Caps — **\$25.99** PER BOTTLE



Good Gums

Four out of five people have significant gum issues, according to Health Canada and the Natural Institutes of Health. And there’s not much out there focused on helping the gums, especially as a natural product. But now we can offer you a product that makes a difference that you can feel and see. Good Gums is an all-natural vitamin and herb formula that you gently massage into the gums, giving help right where it’s needed.

NUTRITIONAL FACTS

Serving Size: 5 Gms Servings Per Container: 90

	Amt/Serving	DV%*
Vitamin C as Ascorbic Acid	69.71 mg	116
Bioflavonoids	12.18 mg*	†
Myrrh Powder	10.63 mg*	†
Peppermint Powder	9.89 mg*	†
Cinnamon Powder	4.46 mg*	†
Tea Tree Powder	3.98 mg*	†
Cranberry Powder	3.47 mg*	†

1.6 OZ. — **\$15.49** PER BOTTLE



Green Tea Extract 400 mg

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 (Camellia sinensis) (leaf)	400 mg	†

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

100 Capsules — **\$12.99** PER BOTTLE



Gymnema Sylvestre 400 mg

- 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.

90 Capsules — ~~\$13.99~~ **\$12.99** PER BOTTLE



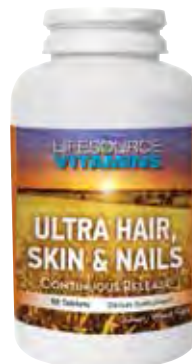
Ultra Hair, Skin & Nails

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. On the other hand, there are vitamins that can aid in the development of healthy skin, hair and nails. These vitamins aid the body to function properly in order to produce healthy hair and nails. Vitamins are not specific to hair and nail development but aid the immune system in fighting the harmful effects of the environment. As a result, the person looks healthier.

- 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: 3 Tablets Servings Per Container: 90

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (Beta Carotene)	10,000 IU	200%	Pantothenic Acid (d-Calcium Pantothenate)	500 mg	5000%
Vitamin A (Ascorbic Acid)	500 mg	833%	Zinc (Amino Acid Chelate)	5 mg	33%
Vitamin B1 (Thiamine)	50 mg	333%	Choline (Bitartrate)	500 mg	†
Vitamin B2 (Riboflavin)	100 mg	5882%	Inositol	500 mg	†
Niacin (Niacinamide)	50 mg	250%	L-Cysteine (Free Form Amino Acid)	175 mg	†
Vitamin B6 (Pyridoxine HCl)	100 mg	5000%	Para Amino Benzoic Acid	100 mg	†
Folic Acid	800 mcg	200%	Kelp (Ascophyllum Nodosum)	10 mg	†
Biotine	2000 mcg	667%			

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

60 Tablets — **\$21.99** PER BOTTLE

Hawthorn Berry 1100 mg

- Supports blood flow
- Strengthens heart and cardiovascular system

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings per Container: 60

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

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

† Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source)
Suggested usage: Take 2 capsules 3 times daily w/ food



100 Capsules — **\$11.99** PER BOTTLE

P = LifeSource Proprietary Blend

HGH Human Growth Hormone

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

HOW IT ALL WORKS:

Your body's natural HGH is a complex hormone composed of 191 amino acids. In 1990 a ground-breaking (and oft-cited) study was published by Dr Rudman in the New England Journal of Medicine. Using a controlled double-blind six month study, Dr. Rudman discovered that, between two groups of men with identical diets and exercise programs, the study groups were given injectable synthetic HGH had an 8.8% increase in lean muscle mass, and a 14.4% decrease in body fat over the other group! The test group also reported improvements in sleep, energy levels, and skin and muscle tone. These results prompted many companies to attempt to reproduce the results achieved with prescription injectable HGH in non-prescription supplements. Homeopathic HGH supplements use small amounts of actual synthetic human growth hormone to spur the body's natural production of its own human growth hormone. These products tend to have the best results of the non-prescription products.

Doctors, journalists, nurses and health care practitioners choose LifeSource's HGH Complex as the most effective, safe, clinically tested natural HGH product available!



HGH Complex Spray

NUTRITIONAL FACTS

Serving Size: 6 Sprays Servings Per Container: 30

	Amt/Serving	DV%*
HGH 6x (Somatotropin)	1 ml	†

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

Inactive ingredients: purified water, glycerine, potassium sorbate

1 Fl. Oz. / 30 day supply — **\$39.99** PER BOTTLE

OR 3 FOR **\$99.99** (SAVE \$20.00)

Maximum HGH Powder

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



NUTRITIONAL FACTS

Serving Size: 1 Scoop Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
L-Ornithine	1,000 mg	†	L-Arginine	1,000 mg	†
L-Lysine	1,250 mg	†	Glycine	1,000 mg	†
L-Glutamine	6,000 mg	†			

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

10.83 oz powder — **\$39.99** PER BOTTLE

HGH Formula Tablets

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

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

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

90 Tablets — **\$19.99** PER BOTTLE



Heart / Vascular Support P

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

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

90 Capsules — ~~\$26.99~~ **\$22.99** PER BOTTLE

Hoodia Complex P

In a nutshell, the best product on the market to help you lessen your caloric (calorie) intake without feeling hungry all of the time. A must for anyone who has tried every other weight loss program that never worked!

Unlike any other formula available, this product has been developed to release hoodia into the system over a prolonged period of time. By taking 2 tablets daily, this helps maintain the benefits of hoodia around the clock, even while you sleep.

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



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 Polynicotrate	1000 mcg	†
Garcinia Combogia	150 mg	†	Chick Weed	190 mg	†

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

90 Capsules — ~~\$24.99~~ **\$19.99** PER BOTTLE

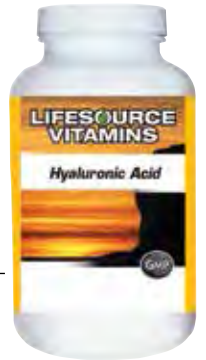
**ARE YOU OR SOMEONE YOU KNOW ON
PRESCRIPTIONS FOR HIGH BLOOD
PRESSURE OR CHOLESTEROL? WE CAN
HELP GET YOU GET OFF OF THOSE.
CALL US: 800.567.8122**

Hyaluronic Acid (HA)

with Lignisul MSM

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.

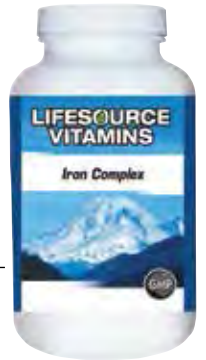
Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Silica. Contains no sugar, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

60 VCaps — **\$18.99** PER BOTTLE

Iron Complex

with Vitamins & Herbs

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

* 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).

100 Tablets — **\$6.99** PER BOTTLE

Vitamin K-2 100 mcg

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. This product also includes the addition of Alfalfa which is typically known to be a rich source of natural Vitamin K.



- Supports Bone Health
- With 300 mg of Alfalfa
- Vegetarian Formula
- Most Biologically Active Form
- A Dietary Supplement
- Supports a Healthy Cardiovascular System*

NUTRITIONAL FACTS

Serving Size: 1 VCaps Servings Per Container: 100

	Amt/Serving	DV%*
Vitamin K2 (as Menaquinone)	100 mcg	125%
Vitamin C (from Ascorbyl Palmitate)	2 mg	3%
Alfalfa (Medicago sativa)	300 mg	†

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

Other ingredients: Cellulose (capsule), Rice Flour, Maltodextrin, Ascorbyl Palmitate and Silica. Contains no sugar, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

100 VCaps — **\$11.99** PER BOTTLE

Super Kelp

- 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.

250 Tablets — **\$5.99** PER BOTTLE



Krill Oil (Neptune)

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	†			

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

Suggested Usage: As a dietary supplement, take 2 Softgels daily with breakfast.

Other Ingredients: Softgel capsule (gelatin, glycerin, water) an Glycerin. Contains shellfish (krill).

60 Soft Gels — **\$33.99** PER BOTTLE



L-Glutamine Powder

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

1000 Grams / 200 Servings — **\$44.99** PER BOTTLE



L-Arginine 500 mg

L-Arginine is considered the most potent free form Amino Acid ever discovered, due to its powerful Health properties, and is referred to by scientists as the "Miracle Molecule".

L-Arginine is converted to nitric oxide which aids in the relaxation of blood vessels. The effect is better blood circulation in the body, especially in the extremities. L-Arginine is a component of collagen, enzymes, hormones, skin and connective tissues. It reduces accumulation of compounds such as ammonia and plasma lactate, which are by-products of physical exercise. It inhibits platelet aggregation and can also decrease blood pressure.

L-Arginine has been found to play a supporting role in cardiovascular, immune and nervous systems and has been validated by hundreds of studies

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

NUTRITIONAL FACTS

Serving Size: 2 Capsules Servings Per Container: 50

L-Arginine (Free-Form)	Amt/Serving	DV%*
	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).

100 Capsules — **\$9.99** PER BOTTLE



L-Carnitine Liquid 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	3 g	1%
Protein	1 g	<2%
Sodium	2 mg	<2%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Carnipure™ (L-Carnitine)	1,100 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 and sodium benzoate.

16 fl. oz. / 32 day supply — **\$22.99** PER BOTTLE



Lavender Oil 1 oz.

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.



8.99 PER BOTTLE

Lecithin

Triple Strength 1200 mg

- Nervous system support
- Supports brain and nerve function
- Keeps food moving through systems
- Provides cardiovascular support

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 33

	Amt/Serving	DV%*
Calories	30	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Polyunsaturated Fat	2 g	†
Soy Lecithin (Non-GMO)	3.6 g (3,600 mg)	†
Phosphatidyl Choline	1.14 g (1,140 mg)	†

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

Other Ingredients: Softgel Capsule (gelatin, glycerine and water). Free of: yeast, wheat, gluten, milk, egg, fish, shellfish or three nut ingredients.

100 Softgels — **\$9.99** PER BOTTLE

Liver Detoxifier & Regenerator

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 doctor's, pharmacists and nutritionist's.



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 vesiculosus) (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)	100 mg	†
(Vitis vinifera) (Standardized for Polyphenols)	100 mg	†
Dandelion Root (Taraxacum officinale)	50 mg	†
L-Carnitine Base	50 mg	†
Scute Root (Sclerellariae 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.

90 Capsules — **\$19.99** PER BOTTLE

Lutein Esters 20 mg

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.

60 Capsules — **\$12.99** PER BOTTLE

Lycopene 10 mg

HELPFUL FOR:

- Macular degeneration
- Cardiovascular disease
- Cataracts
- Cancer prevention

NUTRITIONAL FACTS

Serving Size: 1 Softgel / 10 mg Servings Per Container: 60

	Amt/Serving	DV%*
Lycopene (LYCO-0-MATO®) (From Natural Tomato Extract)	10 mg	286%

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

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish and preservatives. Other Ingredients: Rice Bran Oil, Gelatin, Glycerine and Purified Water. Warnings: Do not eat freshness packet. Keep in bottle



60 Softgels — **\$18.99** PER BOTTLE

Maca 625 mg

- 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.

90 Capsules — **\$12.99** PER BOTTLE



Magnesium Citrate 200 mg

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.

100 Tablets — **\$7.99** PER BOTTLE



Ultra Mangosteen (Liquid) 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 xanthenes. Studies have identified approximately 200 different types of xanthenes, and the mangosteen fruit contains an amazing 43 of them! The antioxidant xanthenes 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

Features:

- Supports healthy weight loss
- Supports healthy joints and skin
- Supports healthy connective tissue
- Supports healthy cognitive function
- Supports healthy cholesterol levels
- Supports a healthy gastrointestinal tract
- 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..

32 fl. oz. / 32 day supply — ~~\$24.99~~ **\$22.99** PER BOTTLE

Melatonin

Pharmaceutical Grade 3 mg

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.

60 Capsules — ~~\$6.99~~ **\$6.99** PER BOTTLE



Ultra Meal Replacement P 48 G of Clean Pure Protein per serving

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

*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.

DOUBLE CHOCOLATE FUDGE OR CREAMY FRENCH VANILLA
3.3 lbs. — ~~\$57.99~~ **\$53.99** PER BOTTLE



Memory Enhancer & Brain Connector

All natural product that is completely safe and extremely effective for memory retention and memory enhancement/recall. Promotes overall mental well being with an exceptional blend of natural ingredients that works synergistically to provide optimum results.

LifeSource Vitamin's Memory Enhancer & Brain connector have had great results for: Alzheimer's patients, autistic children and also overall memory enhancement for adults all over the world.

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

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	†
Astragalus Root	400 mg	†	Grape Seed Extract	20 mg	†
Alpha Lipoic Acid	200 mg	†	5-HTP (5-Hydroxy L-Tryptophan)	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	†

*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

90 Capsules — \$24.99 PER BOTTLE

Menopause Support

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%*
Dong Quai (Angelica sinensis) (Root)	200 mg	†
Red Raspberry (Rubus idaeus) (Leaf)	100 mg	†
Chaste Tree (Vitex agnus castus) (Fruit) Extract (min. 0.5% Agnusides)	100 mg	†
Red Clover (Tritillium pratense) (Leaf) Extract (min. 4% Isoflavones)	100 mg	†
Black Cohosh (Actaea racemosa) (Root) Extract (min. 2.5% Triterpens)	80 mg	†
Soy Isoflavones (Non-GMO)	60 mg	†
Wild Yam (Dioscorea opposita) (Root) Extract (min. 6% Diosgenin)	50 mg	†
Licorice (Glycyrrhiza glabra) (Root)	50 mg	†
Ginger (Zingiber officinale) (Root)	50 mg	†
5-HTP (5-hydroxytryptophan) (Griffonia simpliciflora) (Seed)	30 mg	†

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

Other ingredients: Rice Flour, Cellulose (capsule), Silica and Magnesium Stearate (Vegetable Source). Contains soy and wheat. Free of: yeast milk, egg, fish, shellfish, or tree nut ingredients.

90 Veg Capsules — \$19.99 PER BOTTLE



Men's Potency & Libido Enhancer

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	†
Sarsaparilla	100mg	†	Beta Sitosterol	50mg	†
Saw Palmetto	100mg	†	Gamma Oryzanol	25mg	†
Wild Oats	100mg	†	Inositol	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

60 Tablets — \$17.99 PER BOTTLE



Men's Ultra Vitality Extra Strength

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.

60 Veggie Capsules — \$31.99 PER BOTTLE



Milk Thistle (Silymarin)

- 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: 2 Veg Capsules / 2000 mg Servings Per Container: 50

	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.

100 Veg Capsules — ~~\$22.99~~ **\$22.99** PER BOTTLE

MSM 1000 mg

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

- Alertness
- Athletic injuries/pain
- Back pain
- Blood clotting
- Depression
- Fibromyalgia
- Joint pain
- Enhances vitamin C
- Memory loss
- Migraines
- Muscle pain
- Removes toxins
- Scleroderma
- Rheumatoid arthritis
- 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.

120 Capsules — ~~\$14.99~~ **\$14.99** PER BOTTLE

NAC 600 mg (N-Acetyl Cysteine)

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.

100 Veg Capsules — ~~\$19.99~~ **\$18.99** PER BOTTLE

Nature's Tears® Eye-Mist®

NATURE'S TEARS® is an all-natural Eye-Mist® containing Bio-Logic Aqua™ tissue-culture grade water-pure, pH correct and bio-compatible with the eye's natural tear film. Restores lost moisture to the tear film's delicate aqueous layer, the skin of the eyelids and the skin around the eyes.

- Does not flood tear film
- Preservative-free
- Sterile
- Non-allergenic
- Contact lens-safe



1 OZ. — ~~\$6.49~~ **\$6.49** PER BOTTLE

Niacin Flush Free

- 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.

90 Capsules — ~~\$12.99~~ **\$12.99** PER BOTTLE

Moranga Leaf Extract

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. Even in a larger proportions. With all the health benefits of this miracle herb, it can easily be termed as the most nutritious herb on Earth. There are no side-effects which also has tried, tested, documented and proved evidence to support the same. 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.

60 Veg Capsules — ~~\$9.99~~ **\$9.99** PER BOTTLE

LIFESOURCE VITAMINS,
A COMPANY DRIVEN BY FAITH
AND POWERED BY GOD!

Multi Vitamin & Minerals Tablets

90 Tablets / 30 Day Supply — **\$14.99** PER BOTTLE

180 Tablets / 60 Day Supply — **\$26.99** PER BOTTLE

“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, GUARANTEED!
- 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.

What was #4 in Dr. Oz’ Ultimate Health Checklist from Oprah’s Best Life Week? ...

“Take a Multi-Vitamin. This should be part of your daily routine.”

—Dr. Mehmet C. Oz, M.D.

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%*	WHOLE FOODS ***	Amt/Serving	DV%*
VITAMINS					
Vitamin A (w/Beta Carotene)	10,000 I.U.	200	Spirulina	150 mg	***
Vitamin D (fish liver oil)	240 I.U.	100	Garlic	150 mg	***
Vitamin E (d-alpha tocoph.)	120 I.U.	400	Bee Pollen	50 mg	***
Vitamin C (ascorbic acid)	300 mg	500	Siberian Ginseng	50 mg	***
Vitamin B1 (thiamine)	30 mg	2000	Soya Lecithin	50 mg	***
Vitamin B2 (riboflavin)	30 mg	1765	Oat bran	50 mg	***
Vitamin B3 (niacinamide/niacin)	90 mg	450	HERBS***		
Vitamin B-5 (pantothenic acid)	90 mg	900	Kola Nut	50 mg	***
Vitamin B6 (pyridoxine HCl)	30 mg	1500	Ginger root	50 mg	***
Vitamin B12 (cobalamin)	150 mcg	2500	Cayenne	25 mg	***
Vitamin H (d-Biotin)	90 mcg	**	Yellow Dock	50 mg	***
Vitamin M (Folic Acid)	240 mcg	100	Fo-Ti	50 mg	***
Choline (bitartrate)	90 mg	**	Alfalfa Concentrate	50 mg	***
Inositol	60 mg	***	Aloe Vera	50 mg	***
Para Amino Benzoic Acid	30 mg	**	Ginkgo Biloba	25 mg	***
Bioflavonoids	30 mg	**	Dandelion	25 mg	***
Rutin	18 mg	**	Shiitake	25 mg	***
Hesperidin	9 mg	**	Golden Seal	25 mg	***
			Echinacea	25 mg	***
MINERALS (elemental values)					
Calcium (chelate/ascorbate)	400 mg	40	OTHER NUTRITIONAL FACTORS***		
Magnesium (chelate/oxide)	250 mg	50	RNA	100 mg	***
Potassium (amino acid complex)	150 mg	**	DNA	30 mg	***
Iodine (Kelp)	225 mcg	150	Royal Jelly	100 mg	***
Zinc (protein chelate)	30 mg	200	L-Glutathione	3 mg	***
Manganese (protein chelate)	15 mg	**	L-Phenylalaline	100 mg	***
Chromium (GTF/protein chelate)	150 mcg	***	L-Glutamine	100 mg	***
Selenium (amino acid complex)	100 mcg	100	L-Tyrosine	100 mg	***
Phosphorous (cal. phosphate)	125 mg	125	Coenzyme Q10	3 mg	***
Vanadium**	50 mcg	**	Sprouted barley juice (dry)	150 mg	***
Molybdenum**	15 mcg	**	Chlorella	150 mg	***
DIGESTIVE AIDS-ENZYMES***					
Bromelain (pineapple)	50 mg	***	Wheatgrass juice	150 mg	***
Papain (papaya)	50 mg	***	Flaxseed oil (dry)	150 mg	***
Citrus Pectin	50 mg	***	Cat’s Claw	250 mg	***
Acidophilus	50 mg	***	* U.S. Recommended Daily Allowance for adults.		
Betaine HCL (beets)	50 mg	***	** No USRDA has been established.		
Amylase	5 mg	***	*** Need in human nutrition not established		
Lipase	5 mg	***	Sugar Free • Starch Free • Salt Free • Yeast Free •		
Cellulase	5 mg	***	Wheat Free • No Animal, Milk or Egg Products • No Artificial Colors, Flavors or Preservatives		

Ultra Multi Vitamin & Immune Booster Liquid P

30 OZ. – **\$39.99** PER BOTTLE OR 3 BOTTLES FOR \$99.99

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

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.

NUTRITIONAL FACTS

Serving Size: 1 oz Servings per Container: 30

	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%
Vitamin B3 (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, Ginseng Root Extract, Green Tea Leaf Extract, Guarana Seed Extract, L-Threonine, Rhodiola Root Extract, Yerba Mate Extract

Immune Support 100 mg
 Astragalus Root Extract, Bupleurum Root Extract, elderberry Fruit Concentrate, Olive Leaf Extract, Mushroom Complex (Maitake, Cordyceps, 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

Ultra Multi Vitamin & Mineral Powder P

Includes Green Phyto Foods

30 Day Supply (390 Grams) — **\$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.

- Most Complete Multi Powder Available Anywhere!

- 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

VITAMINS	Amt/Serving	DV%*	MINERALS (Elemental Values)	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (Beta Carotene)	5000 IU	100	Calcium	400 mg	40	Lipase	5 mg	†	Shiitake	25 mg	†
Vitamin D3	400 IU	100	Magnesium	250 mg	63	Cellulose	5 mg	†	Golden Seal	25 mg	†
Vitamin E	200 IU	667	Potassium	150 mg	†	WHOLE FOODS			Echinacea	25 mg	†
Vitamin C	500 mg	883	Iodine	225 mcg	150	Spirulina	150 mg	†	OTHER NUTRITIONAL FACTORS		
Vitamin B-1	50 mg	3333	Zinc	15 mg	†	Garlic	1 mg	†	RNA	100 mg	†
Vitamin B-2	50 mg	2941	Manganese	2 mg	13	Bee Pollen	50 mg	†	DNA	30 mg	†
Niacinamide	40 mg	200	Chromium	150 mcg	125	Siberian Ginseng	50 mg	†	Royal Jelly	100 mg	†
Vitamin B-5	50 mg	500	Selenium	100 mcg	143	Oat Bran	50 mg	†	L-Glutathione	3 mg	†
Vitamin B-6	50 mg	2500	Phosphorus	125 mcg	†	Soya Lecithin	50 mg	†	L-Phenylalanine	100 mg	†
Vitamin B-12	250 mcg	4166	Vanadium	50 mcg	†	Advantraz	50 mg	†	L-Tyrosine	100 mg	†
Vitamin H	150 mcg	†	Molybdenum	15 mcg	20	Kola Nut	50 mg	†	Coenzyme Q-10	3 mg	†
Vitamin M	400 mcg	†	DIGESTIVE AIDS-ENZYMES			Ginger Root	1 mg	†	Sprouted Barley Juice	150 mg	†
Choline	150 mg	†	Bromelain	50 mg	†	Cayenne	1 mg	†	Chlorella	150 mg	†
Inositol	100 mg	†	Papain	50 mg	†	Yellow Doc	50 mg	†	Wheat Grass Juice	150 mg	†
Para Amino Benzoic Acid	50 mg	†	Citrus Pectin	50 mg	†	FO-TI	50 mg	†	Flaxseed Oil	150 mg	†
Bioflavonoids	50 mg	†	Acidophilus	50 mg	†	Alfalfa Concentrate	50 mg	†	Cat's Claw	250 mg	†
Rutin	30 mg	†	Betain Hydrochloride	50 mg	†	Ginkgo Biloba	50 mg	†	Yohimbe Bark	1000 mcg	†
Hesperidin	15 mg	†	Amylase	5 mg	†	Guarana	50 mg	†	Camu Camu	100 mg	†
						Dandelion	50 mg	†			

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

Ultra Multi Vitamin & Mineral Powder + Phyto Foods P

Includes Red, Purples, Blues and Orange Phyto Foods

30 Day Supply — **\$39.99** PER BOTTLE

Our Ultra Multi will enable your body to work as it should and create a healthy body as a result of being perfectly nutritionally balanced. The body can truly heal itself when given the right nutrition!

Most Complete Multi Powder Available Anywhere!

- 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



NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop (10 g) Servings Per Container: 40

AMOUNT	DV%*	AMOUNT	DV%*	AMOUNT	DV%*	AMOUNT	DV%*
Calories	17	Iodine	113 mcg	75%	L-Glutamine	50 mg	†
Calories from Fat	0	Molybdenum	8 mcg	11%	L-Tyrosine	50 mg	†
Total Fat	0 g	WHOLE FOODS			Para Amino Benzoic Acid	25 mg	†
Saturated Fat	0 g	Cat's Claw	125 mg	†	Bioflavonoids	25 mg	†
Total Carbohydrates	4 g	Spirulina	75 mg	†	Rutin	15 mg	†
Sugars	2 g	Sprouted Barley Juice	75 mg	†	DNA	15 mg	†
Sodium	10 g	Chlorella	75 mg	†	Hesperidin	8 mg	†
Fiber	4 g	Wheat Grass Juice	75 mg	†	L-Glutathione	2 mg	†
Protein	2 g	Flaxseed Oil	75 mg	†	Coenzyme Q-10	2 mg	†
VITAMINS		Camu Camu	50 mg	†	RED FOODS		
Vitamin A	5,000 IU	Bee Pollen	25 mg	†	Proprietary Fruit and Vegetable Blend	1113 mg	†
Vitamin C	283 mg	Siberian Ginseng	25 mg	†	Blackberries, Acerola, Black Raspberries, Blueberries,		
Vitamin D-3	400 IU	Oat Bran	25 mg	†	Cherries, Nectarines, Peaches, Gogi Berries, Mangos,		
Vitamin E	100 IU	Soya Lecithin	25 mg	†	Pomegranates, Papayas, Black Currants, Blood		
Vitamin B-1	25 mg	Advantraz	25 mg	†	Oranges, Cranberries, Red Plums, Strawberries		
Vitamin B-2	27 mg	Kola Nut	25 mg	†	and Watermelon		
Vitamin B-3	20 mg	Yellow Doc	25 mg	†	Carrot Powder	100 mg	†
Vitamin B-5	25 mg	FO-TI	25 mg	†	Apple Pectin	42 mg	†
Vitamin B-6	25 mg	Alfalfa Concentrate	25 mg	†	Flax Seed	42 mg	†
Vitamin B-12 (as Cyanocobalamin)	125 mcg	Aloe Vera	25 mg	†	Lycopene	42 mg	†
Vitamin H	75 mcg	Guarana	25 mg	†	Lutein	42 mg	†
Vitamin M	267 mcg	Ginkgo Biloba	13 mg	†	Oat Bran	29 mg	†
Choline	75 mcg	Dandelion	13 mg	†	Lecithin	25 mg	†
Inositol	50 mg	Shiitake	13 mg	†	Rice Bran	17 mg	†
MINERALS (Elemental Values)		Golden Seal	13 mg	†	Probiotic Blend	17 mg	†
Calcium	202 mg	Echinacea	13 mg	†	L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum,		
Magnesium	125 mg	Ginger Root	<1 mg	†	B. Breve and B. Longum		
Potassium	75 mg	Cayenne	<1 mg	†	ORAC Blend	8 mg	†
Zinc	8 mg	Garlic	<1 mg	†	Japanese Knotweed	7 mg	†
Manganese	1 mg	Yohimbe Bark	<1 mg	†	Bilberry Std. Extract 25%	7 mg	†
Chromium	75 mcg	OTHER NUTRITIONAL FACTORS			Grape Seed Extract	5 mg	†
Phosphorus	63 mcg	Royal Jelly	50 mg	†	Astaxanthin	3 mg	†
Selenium	50 mcg	RNA	50 mg	†			
Vanadium	25 mcg	L-Phenylalanine	50 mg	†			

* Daily values are based on 2,000 calorie diet. † Daily value not established. Other Ingredients: Natural orange, Vanilla flavors, Banna powder, Citric Acid

LifeSource Essential Liquid Multi Vitamin

16 Fl. Oz. Bottle / 31 days supply — **\$22.99** PER BOTTLE OR 3 BOTTLES FOR \$59.97

LifeSource Essential 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 Nutrition'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 Nutrition is the perfect solution for all ages!



NUTRITIONAL FACTS

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

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (from 60% Retinyl Palmitate & 40% Beta-Carotene)	5,000 IU	100%	Zinc (from Zinc AAC)	3 mg	20%
Vitamin C (as Ascorbic Acid)	250 mg	417%	Selenium (from Selenopure T L-selenomethionine)	15 mcg	21%
Vitamin D (as Ergocalciferol)	400 IU	100%	Manganese (from Manganese AAC)	2 mg	100%
Vitamin E (from d-alpha Tocopheryl Acetate)	100 IU	333%	Chromium (from Chromium Chelavite® AAC)	10 mcg	8%
Vitamin B-1 (from Thiamine Hydrochloride)	10 mg	667%	Potassium (from Potassium Chloride)	25 mg	<1%
Riboflavin (Vitamin B-2)	10 mg	590%	Orange Juice Powder	100 mg	†
Vitamin B-3 (from Niacinamide)	25 mg	125%	VitaBerry® HI-ORAC Fruit Blend	50 mg	†
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg	500%	Aloe Vera Juice	50 mg	†
Folate (as Folic Acid)	400 mcg	100%	Colloidal Minerals (Fulvic Acid)	50 mg	†
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%	Rice Protein Concentrate	30 mg	†
Biotin	100 mcg	33%	Choline (from Choline Bitartrate)	25 mg	†
Vitamin B-5 (from Calcium d-Pantothenate)	25 mg	250%	Inositol	25 mg	†
Calcium (from Calcium Carbonate)	25 mg	3%	Kelp (Laminaria digitata)	15 mg	†
Iodine (from Kelp (Laminaria digitata))	75 mcg	50%	Grapeseed Extract (Vitis Vinifera) (90% Polyphenols)	10 mg	†
Magnesium (from Magnesium Oxide)	10 mg	3%	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.

Men's Superior Multi Vitamin Veggie Capsules

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 ALL MEN OVER 40 YEARS OF AGE

NUTRITIONAL FACTS

Serving Size: 3 Veg Capsules Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	10,000 IU	200%	Vitamin B-12 (as Methylcobalamin)	250 mcg	4167%
Vitamin C (from Calcium Ascorbate)	250 mg	417%	Biotin	300 mcg	100%
Vitamin D (as Ergocalciferol)	1,000 IU	250%	Pantothenic Acid (Vitamin B-5)(from D-Calcium Pantothenate)	50 mg	500%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%	Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg	5%
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg	100%	Iodine (from Potassium Iodide)	150 mcg	100%
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%	Magnesium (from Magnesium Citrate)	25 mg	6%
Riboflavin (Vitamin B-2)	25 mg	1471%	Zinc (from Zinc Bisglycinate) (TRAACS)	30 mg	200%
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	35 mg	175%	Selenium (from L-Selenomethionine)	200 mcg	286%
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%	Copper (from Copper Bisglycinate)(TRAACS)	500 mcg	25%
Folate (as Folic Acid)	400 mcg	100%	Manganese (from Manganese Bisglycinate) (TRAACS)	2 mg	100%
			Chromium (from Chromium Picolinate)	200 mcg	167%
			Molybdenum (from Sodium Molybdate)	75 mcg	100%
			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))	10 mg	†
			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.

Men's Superior Multi Softgels

90 Softgels, 45 Day Supply — **\$19.99** 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 ALL MEN OVER 40 YEARS OF AGE

NUTRITIONAL FACTS

Serving Size: 2 Softgels Servings Per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Beta Carotene (as Pro-Vitamin A3 6mg)	6,000 IU	120	Calcium (from Calcium Ascorbate, Aquamine® F Red Algae Sea Minerals and D-Calcium Pantothenate)	55	6	Potassium (from Potassium Chloride)	25 mg	<1
Vitamin A (as Retinol Palmitate)	4,000 IU	80	Iodine (from Potassium Iodide)	225mcg	150	Saw Palmetto Extract (Berry) (Serenoa repens)(min. 85% fatty acids)	160 mg	†
Vitamin C (from Calcium Ascorbate)	250 mg	417	Magnesium (from Magnesium Citrate and Aquamine® F Red Algae Sea Minerals)	25 mg	6	Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg	†
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250	Zinc (from Zinc Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	15 mg	100	Nettle Root Extract (Urtica dioica)	50 mg	†
Vitamin E (as d-alpha Tocopheryl)	150 IU	500	Selenium (from Selenium Amino Acid Complex)(TRAACS®)(Albion®)	200 mcg	286	Alpha Lipoic Acid	25 mg	†
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100	Copper (from Copper Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	500 mcg	25	Choline (from Choline Bitartrate)	25 mg	†
Thiamine (Vit. B-1) (from Thiamine HCl)	25mg	1667	Manganese (from Manganese Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	2 mg	100	Grape Seed Extract (Vitis vinifera)	25 mg	†
Riboflavin (Vitamin B-2)	25mg	1471	Chromium (from Chromium Chelavite®) (Amino Acid Chelate)(TRAACS®)(Albion®)	120 mcg	100	Inositol	10 mg	†
Niacin (Vitamin B-3) (as Niacinamide)	35mg	175	Molybdenum (from Molybdenum Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	75 mcg	100	CoQ10 (as Ubiquinone) (from Natural Tomato Extract)	10 mg	†
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25mg	1250				Lycopene (LYC-0-MATO)	3 mg	†
Folate (as Folic Acid)	400mcg	100				Lutein (from FloraGLO®) (from Marigold Flowers)	500 mcg	†
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						

* 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 (Cinnamomum cassia) (Bark). Contains soy derivative. Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Seniors Ultra Multi-Vitamin

180 Tablets / 60 day supply — **\$28.99** 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%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (2000 IU as palmitate and 7500 IU as beta-carotene)	9500 IU	190%	Copper	0.025 mg	1%	Ginkgo Biloba	5 mg	†
Vitamin C	300 mg	500%	Manganese	2.5 mg	125%	Potassium (citrate)	25 mg	1%
Vitamin D2 (ergocalciferol)	200 IU	50%	Chromium	25 mcg	21%	RNA (ribonucleic acid)	5 mg	†
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%	Molybdenum	25 mcg	33%	Mixed Citrus Bioflavonoids	100 mg	†
Vitamin K	2.5 mcg	3%	Boron	0.5 mg	†	Hesperidin	12.5 mg	†
Thiamin	25 mg	1667%	Silicon (Horsetail Rush)	3 mg	†	Rutin	12.5 mg	†
Riboflavin	25 mg	1471%	Vanadium	10 mcg	†	Pectin	12.5 mg	†
Niacin (and as Niacinamide)	25 mg	125%	Choline	50 mg	†	Betaine HCl	15 mg	†
Vitamin B 6 (Pyridoxine HCl 90%, P-5-P 10%)	25 mg	1250%	Inositol	25 mg	†	Bromelain	2 mg	†
Folic Acid	200 mcg	50%	PABA (para-aminobenzoic acid)	25 mg	†	Papain (enteric coated)	2 mg	†
Vitamin B12 (Methylcobalamin)	25 mcg	417%	L-Cysteine	25 mg	†	Bilberry Extract 4:1	20 mg	†
Biotin	150 mcg	50%	Glutamic Acid	25 mg	†	Lutein	1.5 mg	†
Pantothenic Acid	25 mg	250%	DL-Methionine	25 mg	†	Enzopharm® Plus	10 mg	†
Calcium (as Calcium Citrate)	300 mg	30%	L-Aspartic Acid	50 mg	†	A proprietary blend of vegetarian enzymes: amylase, protease, lipase, hemicellulase, and lactase. (from Marigold Flowers)		
Iodine (from kelp)	35 mcg	23%	Phosphatidylserine	12.5 mg	†			
Magnesium	150 mg	38%	Octacosanol	500 mcg	†			
Zinc	10 mg	67%	Lecithin	50 mg	†			
Selenium	25 mcg	36%	Gamma Linolenic Acid	2.5 mg	†			
			Alpha Lipoic Acid	15 mg	†			
			Coenzyme Q10	5 mg	†			
			Lycopene	2.5 mg	†			
			Bioperine™	2.5 mg	†			

* 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.

Women's Superior Multi Softgels

90 Softgels, 30 Day Supply — **\$18.99** 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

DESIGNED FOR WOMEN IN THEIR LATE 30'S THROUGH 50'S

NUTRITIONAL FACTS

Serving Size: 3 Softgels Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Beta-Carotene (as pro-Vitamin A 3 mg) (Betadene®)	5,000 IU	100%	Iron (from Ferrochel® Iron Bisglycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	6 mg	33			
Vitamin C (from Calcium Ascorbate)	200 mg	333%	Iodine (from Potassium Iodide)	225mcg	150	Cranberry Concentrate (20:1) (Vaccinum macrocarpon)(Fruit)	100 mg	†
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%	Magnesium (from Magnesium Citrate and Aquamin® F Red Algae Sea Minerals)	100 mg	25	Horsetail Extract (Equisetum arvense) (Aerial Parts)(min. 8% Silica)	50 mg	†
Vitamin E (as d-alpha Tocopheryl)	150 IU	500%	Zinc (from Zinc Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	16 mg	100	Alpha Lipoic Acid	25 mg	†
Vitamin K (as Menquinone and Phytonadione)	80 mcg	100%	Selenium (from Selenium Amino Acid Complex)(TRAACS®)(Albion®)	200 mcg	286	Choline (from Choline Bitartrate)	25 mg	†
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%	Copper (from Copper Glycinate) (Amino Acid Chelate) (TRAACS®)(Albion®)	1 mg	50	Grape Seed Extract (Vitis vinifera)	25 mg	†
Riboflavin (Vitamin B-2)	25 mg	1471%	Manganese (from Manganese Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	2 mg	100	Green Tea Extract (Camelia sinensis)(Leaf) (min. 85% Polyphenols)<1 mg of natural caffeine)	25 mg	†
Niacin (Vit. B-3) (as Niacinamide and Inositol Hexanicotinate)	25 mg	1250%	Chromium (from Chromium Chelavite®) (Amino Acid Chelate)(TRAACS®)(Albion®)	2 mg	100	Inositol	25 mg	†
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-%-P))	25 mg	1250%	Molybdenum (from Molybdenum Glycinate) (Amino Acid Chelate)(TRAACS®)(Albion®)	75 mcg	100	CoQ10 (as Ubiquinone) (from Natural Tomato Extract)	10 mg	†
Folate (as Folic Acid)	800 mcg	200%	Potassium (from Potassium Chloride)	25 mg	<1	Lycopene (LYC-O-MATO)	500 mcg	†
Vitamin B-12 (as Methylcobalamin)	120 mcg	2000%	Evening Primrose Oil (Oenothera biennis)(Seed)	500 mg	†	Lutein (from FloraGLO®) (from Marigold Flowers)	500 mcg	†
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						

* 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.



Women's Multi Vitamin (Superior Formula) Tablets

90 Tablets — **\$18.99** 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
- High potency folate/folic acid
- Buffered vitamin C (calcium ascorbate)
- Contains iron bisglycinate
- Includes Dong Quai and Eleuthero
- 50mg of standardized wild yam extract

IDEAL FOR ALL WOMEN OVER 30 YEARS OF AGE (PRE-MENOPAUSAL)

NUTRITIONAL FACTS

Serving Size: 3 Tablets Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%	Calcium [from Calcium Carbonate (Aquamin® TG Red Algae Sea Minerals) and Calcium Ascorbate]	250 mg	25%	Pomegranate Extract (Fruit) [min. 40% Punicalagins (Punicosides A and B)]	50 mg	†
Vitamin C (from Calcium Ascorbate and Ascorbyl Palmitate)	300 mg	500%	Iron (from Ferrochel® Ferrous Bisglycinate) (TRAACS®)	18 mg	100%	Organic Acai (Euterpe oleracea) (Fruit Skin and Pulp)	50 mg	†
Vitamin D (as Ergocalciferol)	1,000 IU	250%	Iodine (from Potassium Iodide)	150 mcg	100%	Mangosteen Extract (Fruit Peel) (Garcinia mangostana) (min. 10% Mangostin)	50 mg	†
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%	Magnesium (from Magnesium Citrate and Aquamin® TG Red Algae Sea Minerals)	100 mg	25%	CoQ10 (Coenzyme Q10)	30 mg	†
Vitamin K (as Menquinone K2 and Phytonadione K1)	80 mcg	100%	Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%	Alpha Lipoic Acid	30 mg	†
Thiamin (Vitamin B-1) (from Thiamine HCl)	25 mg	1667%	Selenium (from L-Selenomethionine)	200 mcg	286%	Choline (from Choline Bitartrate)	25 mg	†
Riboflavin (Vitamin B-2)	25 mg	1471%	Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%	Inositol	25 mg	†
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	30 mg	150%	Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%	Aloe Vera (Leaf) (200:1 Concentrate)	25 mg	†
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%	Chromium (from Chromium Picolinate)	120 mcg	100%	Lycopene (from Natural Tomato Extract)	500 mcg	†
Folate (as Folic Acid)	800 mcg	200%	Molybdenum (from Sodium Molybdate)	75 mcg	100%	Lutein (from Marigold Flowers)	500 mcg	††
Vitamin B-12 (as Methylcobalamin)	200 mcg	3333%	Potassium (from Potassium Chloride)	25 mg	< 1%			
Biotin	300 mcg	100%	Cranberry (Vaccinium macrocarpon) (Fruit) (Standardized to min. 6% Quinic Acid)	100 mg	†			
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg	500%						

* 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.



Pre-Natal Plus with DHA

90 Softgels – ~~\$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 well 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%*		Amt/Serving	DV%*		Amt/Serving	DV%*
15			Pantothenic Acid (Vitamin B-5 from D-Calcium Pantothenate)	20 mg				
Calories from Fat	15		200%					
Total Fat	1.5 g	†	Calcium % [from Calcium Carbonate (Aquamin Red Algae Sea Minerals),					
Vitamin A (100% as Beta-Carotene)	5,000 IU	63%	Calcium Citrate and Calcium Ascorbate]	400 mg	31	Molybdenum (from Molybdenum Bisglycinate) (TRAACS)	75 mcg	†
Vitamin C (from Calcium Ascorbate)	120 mg	200%	Iron (from Ferrochel Ferrous Bisglycinate) (TRAACS)	27 mg	150%	Potassium (from Potassium Chloride)	25 mg	†
Vitamin D-3 (as Cholecalciferol)	400 IU	100%	Iodine (from Potassium Iodide)	150 mcg	100%	Fish Oil Concentrate	650 mg	†
Vitamin E (as d-alpha Tocopheryl Acetate)	100 IU	333%	Magnesium (from Magnesium Oxide, Aquamin Red Algae Sea Minerals and			DHA (Docosahexaenoic Acid)	250 mg	†
Vitamin K (as Menaquinone K2 and Phytonadione K1)	35 mcg	†	Magnesium Citrate)	200 mg	44%	EPA (Eicosapentaenoic Acid)	90 mg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	5 mg	294%	Zinc (from Zinc Bisglycinate) (TRAACS)	15 mg	100%	Borage Oil (Seed)	125 mg	†
Riboflavin (Vitamin B-2)	5 mg	250%	Selenium (from Selenium Amino Acid Complex) (TRAACS)	70 mcg	†	GLA (Gamma Linoleic Acid)	25 mg	†
Niacin (Vitamin B-3) (as Niacinamide)	15 mg	75%	Copper (from Copper Bisglycinate) (TRAACS)	2 mg	100%	Choline (from Choline Bitartrate)	10 mg	†
Vitamin B-6 (from Pyridoxine HCl)	10 mg	400%	Manganese (from Manganese Bisglycinate) (TRAACS)	2 mg	†	Inositol	10 mg	†
Folate (as Folic Acid)	800 mcg	100%	Chromium (from Chromium Chelavite) (TRAACS)	120 mcg	†	Lutein (from Marigold Flowers)	500 mcg	†
Vitamin B-12 (as Methylcobalamin)	500 mcg	6250%				Lycopene (from Natural Tomato Extract)	350 mcg	†
Biotin	300 mcg	100%						

* 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.

SUGGESTED USAGE: As a dietary supplement for pregnant or lactating women, take 3 softgels daily with food. Store in a cool, dry place after opening.

Pre-Natal Multi Vitamin (Complete Formula)

180 Tablets / 60 day supply — ~~\$22.99~~ \$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 expect 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%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (as Beta Carotene)	8000 IU	100%	Iodine from kelp	150 mcg	100%			
Vitamin C	180 mg	300%	Magnesium	900 mg	200%			
Vitamin D	400 IU	100%	Zinc	15 mg	100%			
Vitamin E	30 IU	100%	Selenium	30 mcg	†	Bioflavonoids Lemon	40 mg	†
Vitamin B1	15 mg	882%	Copper	100 mcg	†	Fructooligosaccharide	30 mg	†
Vitamin B2	17.5 mg	884%	Manganese	3 mg	†	Choline	15 mg	†
Vitamin B3 (Niacin)	20 mg	100%	Chromium Dinicotinate	25 mcg	†	Inositol	10 mg	†
Vitamin B6	10 mg	400%	Potassium	25 mg	†	PABA	5 mg	†
Folic Acid	800 mcg	100%	Protease	1800 HUT	†	Rutin	5 mg	†
Vitamin B12	12 mcg	150%	Amylase	140 DU	†	Histidine	3 mg	†
Biotin	300 mcg	100%	Lipase	1.5 LU	†	Octacosanol from Spinach	50 mcg	†
Pantothenic Acid	30 mg	300%	Cellulase	1.75 CU	†	Lactobacillus sporogens	1.5 million	†
Calcium	660 mg	50%	Molybdenum	25 mcg	†			
Iron	18 mg	100%	Taurine	50 mg	†			

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

Childrens Multi Vitamin & Minerals (Chewable Tablet)

180 Tablets — **\$18.99** PER BOTTLE 90 Tablets — **\$10.99** PER BOTTLE

Children need the most nutrition possible for proper growth and long-term health. During the formative years it is so important to have the proper nutrients present as the body is building, growing and setting the stage for the rest of their lives. To us at LifeSource Vitamins, the most important time of life is during this building stage of life. This sets the stage for their health for all the years to come. All of our studies, as well as scientists all over the world, are finding that the nutrition during the growth period pre-determines bone structure, development and total health patterns, whether they are good or bad. Our formula ensures that no matter what their diet entails, they will be getting the nutrition needed for optimum health for now and later life. Our vitamins are sugar free (and they taste great) but the most important thing is that just like all of our products, you can trust what is on the label is in the vitamin.



A FULL 6 MONTH SUPPLY FOR CHILDREN OVER 4 YEARS OLD, OR A 1 YEAR SUPPLY FOR CHILDREN 2-4 YEARS OF AGE!

NUTRITIONAL FACTS – 2-4 YEARS OLD

Serving Size: 1/2 Tablet

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories			Copper	1 mg	100%
Total Carbohydrate	0g	†	Folic Acid	200mcg	100%
Sugar	0g	†	Iodine	75 mcg	107%
Sugar Alcohol	0g	†	Niacin	7.5 mg	83%
Beta Carotene	1250 IU	50%	Pantothenic Acid	5mg	100%
Vitamin C	125 mg	313%	Zinc	6mg	75%
Vitamin D3	200 IU	50%	Calcium	75mg	9%
Vitamin E	15 IU	150%	Biotin	20mcg	13%
Vitamin B1 (Thiamin)	.75 mg	107%	Phosphorux	50mg	6%
Vitamin B2 (Riboflavin)	.85 mg	106%	Magnesium	10mg	5%
Vitamin B6	1 mg	143%	Choline	20mg	†
Vitamin B12	3 mcg	100%	Sodium	10mg	†

NUTRITIONAL FACTS – 4 YEARS OLD AND OLDER

Serving Size: 1 Tablet

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	5		Copper	2 mg	100%
Total Carbohydrate	1 g	<1%*	Folic Acid	400 mcg	100%
Sugar	0 g	0%	Iodine	150 mcg	100%
Sugar Alcohol	<1g	<1%	Niacin	15 mg	75%
Beta Carotene	2500 IU	50%	Pantothenic Acid	10 mg	100%
Vitamin C	250 mg	417%	Zinc	12 mg	80%
Vitamin D3	400 IU	100%	Calcium	150 mg	15%
Vitamin E	30 IU	100%	Biotin	40 mcg	13%
Vitamin B1 (Thiamin)	1.5 mg	100%	Phosphorux	100 mg	10%
Vitamin B2 (Riboflavin)	1.7 mg	100%	Magnesium	20 mg	5%
Vitamin B6	2 mg	100%	Choline	40 mg	†
Vitamin B12	6 mcg	100%	Sodium	20 mg	†

* 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.

Childrens Multi Vitamin & Mineral (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 Servings Per Container: 47

Children 3 Years Old and Under — Serving Size: 1.2 Teaspoon Servings Per Container: 94

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (Palmitate)	1250 IU	50%	Vitamin B-12 (cyanocobalamin)	9 mcg	300%	Potassium	65 mg	3%
Vitamin C (Ascorbic Acid)	50 mg	90%	Biotin	75 mcg	25%	ConcenTrace Powder	31 mg	†
Vitamin D3 (Cholecalciferol)	400 IU	100%	Pantothenic Acid	10 mg	200%	Chloride (ConcenTrace®)	7 mg	<1 %
Vitamin E (d-α-tocopherol)	10 IU	100%	(Calcium Pantothenoate)			Potassium (ConcenTrace®)	50 mcg	<1 %
Vitamin B-1 (Thiamine HCL)	1.5 mg	200%	Choline (Bitartrate)	3 mg	†	Sulfate (ConcenTrace®)	540 mcg	†
Vitamin B-2 (Riboflavin)	1.7 mg	200%	Inositol	3 mg	†	Sodium	90 mcg	<1 %*
Vitamin B3 (Niacinamide)	15 mg	167%	Manganese (Gluconate)	2 mg	200%	Lithium (ConcenTrace®)	10 mcg	†
Vitamin B-6 (Pyridoxine)	2 mg	286%	Zinc (Citrate)	5 mg	62%	Boron (ConcenTrace®)	10 mcg	†
Folate (Folic Acid)	200 mcg	100%	Sodium	44 mg	3%			

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

ULTRA TEEN MULTI Vitamin & Minerals (Chewable Wafer)

90 Wafers / 30 Day Supply — **\$14.99** PER BOTTLE

The LifeSource Ultra Teen Multi Chewable provides older children, teens, and adults with a complete multivitamin containing 33 vitamins and minerals that are frequently inadequately supplied in their daily diet. Ultra Teen Multi Chewables contain higher potencies than in typical children's supplements, in a combination that gives special attention to the balance and bio-availability of nutrients. Three wafer formula.

- Help lower cholesterol and triglycerides.
- Great Tasting
- Easy to Digest
- Balanced for Teens & Older Children

NUTRITIONAL FACTS

Serving Size: 1 Wafer Servings Per Container: 90

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (as Beta Carotene)	1167 IU	23%	Vitamin B6	6.7 mg	335%	Magnesium	33 mg	8%
Vitamin C	167 mg	278%	Folic Acid	50 mcg	13%	Zinc	1.7 mg	11%
Vitamin D3	33 IU	8%	Vitamin B12	2.5 mcg	42%	Selenium	5 mcg	7%
Vitamin E	10 IU	33%	Biotin	33 mcg	11%	Copper	.008 mg	0%
Thiamin	6.7 mg	447%	Pantothenic Acid	6.7 mg	67%	Manganese	.8 mg	40%
Riboflavin	6.7 mg	394%	Calcium	67 mg	7%	Chromium	5 mcg	4%
Niacin (as niacinamide)	6.7 mg	34%	Iron	1.7 mg	11%	Molybdenum	5 mcg	7%
			Phosphorus	13.3 mg	1%	Potassium	15 mg	<1%
			Iodine from kelp	13.3 mcg	9%	RNA (ribonucleic acid)	1.7 mg	†
						Soy Lecithin	33.3 mg	†
						Choline	3.3 mg	†
						Inositol	3.3 mg	†
						PABA	3.3 mg	†
						Mixed Citrus		
						Bioflavonoids	33.3 mg	†
						Histidine	6.7 mg	†
						Pectin	6.7 mg	†

* Daily values are based on 2,000 calorie diet. † Daily value not established. Contains: Fish (cod) and Soy.



Noni Juice (Liquid)

(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).

32 fl. oz. / 32 day supply — ~~\$24.99~~ **\$22.99** PER BOTTLE

Oregano Oil

- 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.

90 Softgels — **\$13.99** PER BOTTLE



Omega 3

Super EPA/DHA

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	†
Docosahexaenoic Acid (DHA)	120 mg	†

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

100 Capsules — **\$13.99** PER BOTTLE



Ultra Omega -3

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

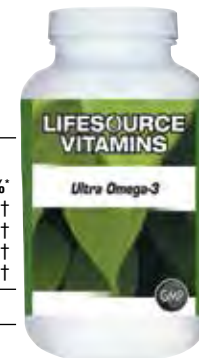
NUTRITIONAL FACTS

Serving Size: 1 Softgel Servings Per Container: 90

	Amt/Serving	DV%*
Natural Fish Oil Concentrate	1000 mg	†
Omega-3 Fatty Acids	750 mg	†
Eicosapentaenoic Acid (EPA)	500 mg	†
Docosahexaenoic Acid (DHA)	250 mg	†

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

90 Softgels — **\$21.99** PER BOTTLE



Super Omega 3-6-9

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%*		Amt/Serving	DV%*
Calories	25		Natural Fish Oil Concentrate	800 mg	†
Calories from Fat	20		Organic Flax Seed Oil (Linum usitatissimum) (Seed)	800 mg	†
Total Fat	2500 mg	4 %			
Saturated Fat	<500 mg	2 %			
Trans Fat	0 g	†	<i>Typical Profile of naturally occurring amounts of fatty acids (per serving)</i>		
Polyunsaturated Fat	1500 mg	†	Omega-3 Fatty Acids (EPA 144mg)		
Monounsaturated Fat	500 mg	†	(DHA 96mg)	690mg	†
Cholesterol	0 mg	0 %	Omega-6 Fatty Acids		
Protein	500 mg	1 %	(GLA 160mg)	600mg	†
Vitamin E (as d-alpha Tocopherol with Mixed Tocopherols)	20 IU	67 *	Omega-9 Fatty Acids	420mg	†
Borage Oil (Borago officinalis) (Seed)	800 mg	†			

* 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.

90 Softgels — **\$14.99** PER BOTTLE



GOD, FAMILY & COUNTRY! WORDS WE LIVE BY AT LIFESOURCE VITAMINS.

Omega Delight with Natural lemon Flavor!

You'll love it's natural lemon flavor — Plus it's low in calories and sodium free!

Pleasant Tasting Fish Oil – YES!

- Smooth and creamy, natural lemon flavored fish oil; sweetened with xylitol
- Sourced exclusively from salmon and/or cod liver oil.
- The delicious taste encourages daily compliance, and ensures optimal intake of the omega-3 fats Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA).
- Each serving (2 tsp) provides 720 mg of EPA (360 mg) and DHA (360 mg).
- Also provides 690 mg of heart-healthy omega-9 oleic acid.
- Provides better absorption (90% greater absorption than standard fish oil)* and is easier to consume than large soft gel capsules.
- Packaging occurs under strict nitrogen conditions, offering significant protection against oil degradation.
- Guarantee quality/stability of finished product for 18 months from date of manufacture under ambient conditions.



NUTRITIONAL FACTS

Serving Size: 2 Teaspoons Servings Per Container: 43

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	45		Vitamin E	4 IU	13
Calories from Fat	30		Omega 3 Rich Fish Oil	3,500 mg	†
Total Fat	3 g	5	Omega 3 Fatty Acids		
Saturated Fat	1 g	5	Eicosapentaenoic Acids (EPA)	360 mg	†
Trans Fat	0 g	†	Docosahexaenoic Acids (DHA)	360 mg	†
Polyunsaturated Fat	1 g	†	Other Omega 3 Acids	280 mg	†
Monounsaturated Fat	1 g	†	Omega 6 Fatty Acids		
Cholesterol	10 mg	3	Linoleic Acid	100 mg	†
Sodium	0 mg	0	Other Omega 6 Acids	100 mg	†
Total Carbohydrate	4 g	1	Omega 9 Fatty Acids	820 mg	†
Sugars	0 g	†	Oleic Acid	690 mg	†
Vitamin A	340 IU	76	Other Omega 9 Acids	140 mg	†

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

Other ingredients: Pure Fish Oil (salmon and/or cod liver oil), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, sorbic acid, turmeric, Vitamin E, and ascorbyl palmitate.

16 fl. oz. — \$23.99 PER BOTTLE

Para-Cleanse

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 (Artemisia 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.

120 Tablets — \$28.99 PER BOTTLE

P = LifeSource Proprietary Blend

Liquid Omega Fusion 3-6-9 Fish Oil Supplement

Natural Orange Cream Flavor

Liquid Omega Fusion 3-6-9 is a delicious way to complement any diet with a complete and balanced source of natural Omega 3, 6 and 9 fatty acids. These essential fatty acids are vital to good health and have been scientifically researched for their role in supporting cardiovascular health and a normal, healthy immune and inflammatory response. Each serving contains over 1500 milligrams of Omega 3, 880 milligrams of Omega 6 and over 1,000 milligrams of Omega 9. You'll love its natural orange cream flavor; plus its sugar and sodium free. Omega Fusion can be taken by the tablespoon or mixed into smoothies, yogurt or blended beverages to fortify your foods with optimal amounts of omega 3, 6 and 9 omega fatty acids.!



NUTRITIONAL FACTS

Serving Size: 1 Teaspoons Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	60		Other Omega 3 Acids	155 mg	†
Calories from Fat	50		Omega 6 Fatty Acids	725mg	†
Total Fat	5 g	8%	Omega 9 Fatty Acids	525 mg	†
Saturated Fat	1 g	5%	Linoleic Acid	200 mg	†
Polyunsaturated Fat	2.5 g	†	Gamma Linolenic Acid	200 mg	†
Monounsaturated Fat	1.5 g	†	Omega 9 Fatty Acids	365 mg	†
Total Carbohydrate	5 g	2%	Oleic Acid	365 mg	†
Vitamin E	6 IU	20%			
Omega 3 Fatty Acids	1,460 mg	†			
Alpha Linolenic Acid	680 mg	†			
Eicosapentaenoic Acids (EPA)	250 mg	†			
Docosahexaenoic Acids (DHA)	375 mg	†			

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

Ingredients: Pure Fish oil (Cod liver oil and/or salmon), organic flax oil, borage oil, water, xylitol, glycerine, natural flavors, gum arabic, citric acid, xanthan gum, guar gum, beta carotene, sorbic acid, Vitamin E and ascorbyl palmitate.

16 fl. oz. — \$24.99 PER BOTTLE

Pancreas Health **P**

"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%*
Chymotrypsin	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 mcg	†	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.

90 Tablets — \$19.99 \$17.99 PER BOTTLE

Papaya Enzyme

The Papaya is a plant native to Mexico and Central America. It is a short-lived, fast growing herb that bears fruit. The Papaya is a pear shaped fruit that is rich in Vitamin C, Vitamin A and potassium. Papayas also contain the enzyme Papain. Papain is a digestive enzyme that is more readily found in green, unripe fruits. Papain has a mild and soothing effect on the stomach and is very useful in helping to aid digestion.

LifeSource 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%*		Amt/Serving	DV%*
Calories	5		Bromelain (from Pineapple)		
Serving Size	2 Lozenges		(2400 GDU/g)	20 mg	†
Total Carbohydrate	1.5 g	<1%	Protease (5000 FCC/g)	20 mg	†
Servings Per Container	90		Lipase (2000 USP/g)	10 mg	†
Sugars	1.5 g	†	Cellulase (500 CMC/g)	5 mg	†
Papain (from Papaya) (2000 USP/g)	100 mg	†	Alpha-amylase (30,000 SKB/g)	2 mg	†
Papaya Fruit Powder	80 mg	†			

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

180 Lozenges — **\$8.99** PER BOTTLE

Peppermint Oil 1 oz.

Peppermint's brisk, uplifting aroma has been enjoyed for centuries, in both aromatherapeutic 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.

8.99 PER BOTTLE



pHion Diagnostic pH Test Strips

- Super sensitive and accurate
- Easier to read than litmus paper
- Gives you an extremely accurate reading of how acidic or alkaline your tissues really are
- Can test both urine and saliva to give you the most complete picture of your pH
- No guesswork. Because pHion Diagnostic pH Test Strips measure tight 0.25 increments, you'll know exactly what your pH is

90 Test Strips — **\$11.99** PER BOTTLE



VITAMINS CAN BE CONFUSING, NOT SURE WHAT TO TAKE, CALL US AND WE WILL WALK YOU THROUGH WHAT YOUR BODY TRULY NEEDS, NO SELLING, JUST GETTING YOU HEALTHY!

Pre Workout P

Combat Fuel - Ultra

Get Ready for some amazing workouts! 10 Times better Results than our previous version which was amazing for its time. This new updated version will flat out deliver results in your workouts and sport!

Our Proprietary Blended Ultra Pre Workout formula is redesigned and ready for to go to work for you. During the creation of this product we took our original ground breaking pre workout 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 L-Arginine/AAKG (for Nitric-Oxide production) as well as a full array of BCAA's, L-Citrulline, 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. Let me first start by saying this is a game changer for athletes everywhere.

Our Pre Workout powder is what I feel to be the most complete pre workout powder available on the market today. There are no added ingredients to make our label look better, just ingredients that help your body grow & perform at its highest level. No Hype, No Fillers! We have crafted this with careful study, trials and testing to make sure it is what I would want for myself, my family, you and your family, it is that simple. Ultra Pre Workout / Combat Fuel, just clean and potent nutrients with long term health in mind.



NUTRITIONAL FACTS

Servings Per Container: 30 Serving Size: 1 Scoop (22.69 Grams)

Mix with 12-16 oz of water 20-30 minutes before training.

	Amt/Serving	DV%*
Calories	90	
Vitamin C (Ascorbic Acid)	120 mg	200%
Sodium	10 mg	0%
Muscle Blend (Proprietary Blend)	6500 mg	†
Creatine Monohydrate, Creatine HCl, Dcreatine Malate, L-Arginine Alpha Keto Glutarate (AAKG)		
BCAA Complex (Proprietary Blend)	9000 mg	†
L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, L-Alanine		
Energy Blend (Proprietary Blend)	4475 mg	†
L-Taurine, L-Citrulline Malate, Medium Chain Triglycerides, L-Tyrosine, L-Carnitine Fumarate, L-Aspartic Acid, Papain, L-Pyrogutamic Acid, Green Tea Leaf Powder, Cinnamon Bark Extract.		

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

Other Ingredients: Natural Flavors, Stevia Leaf Extract, Red Beet Root Powder (Color).

1.5 lbs. — **\$39.99** PER BOTTLE

Psyllium Husk Powder 12 oz.

- 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.

12 OZ. — **\$6.99** PER BOTTLE



Phyto Foods

Green Phyto Foods (30 whole Food Concentrates) P

10 oz Powder / 31 Servings — **\$29.99** PER CONTAINER

2 lbs. Powder / 96 Serings — **\$69.99** PER CONTAINER (SAVE \$25.00)

120 Capsules / 20 Servings — **\$17.99** PER BOTTLE

Ensure getting
all your daily
fruits in just
one scoop!



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.

AVAILABLE IN • 10.0 OZ. POWDER • 2 LB. POWDER • 120 CAPSULES

NUTRITIONAL FACTS

Serving Size: 1 Heaping Tablespoon (9 g)

	Amt/Serving	DV%		Amt/Serving	DV%		Amt/Serving	DV%
Calories	40		Chlorella Powder	300 mg	†	Magnesium	24 mg	6%
Barley Grass Powder, Org.	500 mg	†	Protein	1 g	2%	Trace Mineral Concentrate	100 mg	†
Calories from Fat	15		Red Beet Powder	300 mg	†	Zinc	900 mcg	6%
Carrot Powder	500 mg	†	Vitamin A			Milk Thistle Extract (80% Silymarin)	80 mg	†
Total Fat	0.5 g	<1%	(as Beta-Carotene)	6250 IU	125%	Lecithin (Fine Powder)	2.0 g	†
Barley Malt Powder	400 mg	*	Panax Ginseng Root Powder (C.A. Mayer)			Kelp Powder	50 mg	†
Saturated Fat	0 g	0%	(min. 5% Ginsenosides)	250 mg	†	Spirulina (Hawaiian, Org.)	1.0 g	†
Broccoli Powder	350 mg	†	Vitamin K	160 mcg	200%	Ginkgo Biloba Extract (24%		
Cholesterol	0 mg	0%	Eleuthero (Eleutherococcus senticosus) (Root)	100 mg	†	Ginkgolivonglycosides) (Leaves)	20 mg	†
Brown Rice Bran	350 mg	†	Vitamin B-12	2.1 mcg	35%	Alfalfa Juice Concentrate	700 mg	†
Sodium	30 mg	2%	Peppermint Powder	150 mg	†	Grapeseed Extract (95% Polyphenols)	20 mg	†
Apple Fiber	350 mg	†	Calcium	40 mg	4%	Wheat Grass Powder, Org.	500 mg	†
Total Carbohydrate	6 g	2%	Green Tea Extract (40% Catechins)	100 mg	†	Bilberry Extract (25% Anthocyanidins)	20 mg	†
Apple Pectin	300 mg	†	Iron	1.8 mg	10%	Plant Based Enzymes	350 mg	†
Dietary Fiber	2 g	8%	Royal Jelly Powder (min. 5% 10-HDA)	100 mg	†	Coenzyme Q10 (CoQ10)	10 mg	†
Oat Bran	300 mg	†	Iodine (from Kelp)	150 mcg	100%	Alpha Lipoic Acid	10 mg	†
Sugars	1 g		Fructooligosaccharides (NutraFlora™ FOS)	100 mg	†	Stevia Extract (Leaves)	10 mg	†

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

Phyto Reds Powder (5,000 ORAC per serving) P

10 oz Powder / 30 Servings — **\$29.99** PER CONTAINER

2 lbs. Powder / 106 Serings — **\$69.99** PER CONTAINER (SAVE \$25.00)

Ensure getting
all your daily
veggies in just
one scoop!



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.

AVAILABLE IN • 10.0 OZ. POWDER • 2 LB. POWDER

NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop (8.5 grams)

	Amt/Serving	DV%		Amt/Serving	DV%		Amt/Serving	DV%
*Calories	22		Proprietary Blend			Rice Bran	100 mg	†
Calories from Fat	0		Goji berries, Cranberries, strawberries, Cherries, Black Raspberries,	6.675 g	*	Probiotic Blend (L. Acidophilus, L. Casei, L. Rhamnosus,		
Total Fat	0.5 g	<1%	Peaches, Pears, Papayas, Mangos, Watermelon, Black Currents,			L. Plantarum, B. Breve and B. Longum	100 mg	†
Saturated Fat	0 g	0%	Nectarines, Blood Oranges, Pomegranates, Acerola, Blueberries,			Grape Seed Extract	30 mg	†
Total Carbohydrate	4 g	1.33%	Blackberries and Red Plums			ORAC Blend	50 mg	†
Fiber	2 g	8%	Carrot Powder	600 mg	†	Polygonum Cuspidatum	40 mg	†
Sugars	0 g		Apple Pectin	250 mg	†	Bilberry Std. Extract 25%	40 mg	†
Protein	0 g		Flax Seed	250 mg	†	Lycopene	5 mg	†
			Oat Bran	175 mg	†	Lutein	5 mg	†
			Lecithin	150 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

LifeSource's Phyto Blues & Purples combine 19 nutrient rich whole fruits, vegetables and extracts to create a delicious, anti-aging drink mix. Some of nature's most protective foods are darkly colored fruits & vegetables because they are rich in antioxidants such as phenols, anthocyanins, ellagic acid, proanthocyanidins, bioflavonoids and vitamin C which provide a variety of health benefits. The ingredients in our Phyto Blues & Purples also include anti-aging nutrients such as: Alpha GPC, L-Carnosine, and Folic Acid to support mental energy, focus and clarity. LifeSource Phyto Blues & Purples contain powerful color-rich phytonutrients that support:

- Healthy aging

- Circulation & vascular health
- Memory
- Smooth, healthy, radiant skin
- Mental clarity & focus
- Immune system function
- Cell health & function
- Nerve and brain function

LifeSource Phyto Blues & Purples has a delicious berry flavor enhanced by the natural sweetness of stevia and purple carrot. All the fruits and vegetables used in our formula are pesticide-free.



NUTRITIONAL FACTS

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

	Amt/Serving	DV%		Amt/Serving	DV%
Calories	40		Soluble Fiber (Fibersol-2T brand)	2000 mg	†
Calories from fat	1		Proprietary Vegetable Powder Blend containing Eggplant, Purple Carrots, Purple Cabbage, and Beets	1250 mg	†
Total Fat	0.5 g	1	Acai Fruit Powder	400 mg	†
Saturated Fat	0 g	0%	Camu camu (fruit) Powder	300 mg	†
Cholesterol	0 g	0%	Mangosteen (Garcinia mangostana)	300 mg	†
Total carbohydrates	9 g	3%	Fruit Rind Extract yields Mangostin 30 mg	300 mg	†
Sugars	4 g		Goji (Wolfberry / Lycium barbarum) Berry Powder	200 mg	†
Fiber	3 g	12%	Proprietary "Brain Blend" containing L-Carnosine and Alpha GPC	100 mg	†
Protein	1 g		P4OpT Pomegranate Extract yields Punicosides 16 mg	40 mg	†
Vitamin C	2.95 mg	28%	Stevia	35 mg	†
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	†			

* 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

LifeSource's Phyto Oranges are a great way to pump up your intake of Vitamin C and Riboflavin, as well as many other nutrients contained in your orange fruits and vegetables. Use LifeSource's Phyto Orange Powder for an energizing array of fatigue-fighting nutrients. Taurine, Inositol and White Panax Ginseng create a fast-acting boost for energy level. This is enhanced by green coffee bean extract to provide natural caffeic and chlorogenic acids without the negative effects associated with caffeinated beverages. Each serving contains only 20 mg of caffeine (from green coffee bean extract)

LifeSource's Phyto Oranges contains nutrients and phytonutrients that support:

- Physical performance
- Brain function & mental alertness
- Glucose metabolism
- Oxygen utilization
- Fat metabolism
- Cardiovascular function

NUTRITIONAL FACTS

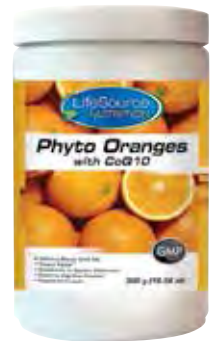
Serving Size: 1 Rounded Scoop / 10 g Servings Per Container: 30

	Amt/Serving	DV%		Amt/Serving	DV%*
Calories	40				
Calories from Fat	<1				
Total Fat	<0.5 g	<1%*			
Total Carbohydrates	8 g	3%*			
Sugars	4 g	†	Proprietary Vegetable Blend	1400 mg	†
Fiber***	2 g	8%*	containing Carrots, Yams, Pumpkin, Butternut Squash, Rutabaga		
Protein	1 g	2%*	Proprietary Energy Blend	800 mg	†
Iron	0.16 mg	1%**	containing Taurine, Inositol, DMG HCl, and White Panax Ginseng		
Sodium	14.3 mg	<1%**	Green Coffee Bean Extract	450 mg	†
Riboflavin	12 mg	706%	CoEnzyme Q10	15 mg	†
Vitamin C (Ascorbic Acid)	200 mg	333%	Stevia Leaf Extract	35 mg	†
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	†			

* 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



Policosanol 10 mg (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.

90 VCaps — ~~\$15.99~~ **\$13.99** PER BOTTLE



Potassium Gluconate

- Prevent and fight muscle cramps
- Important for healthy nervous system and regular heart rhythm

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.

100 Tablets — **\$5.99** PER BOTTLE



Potassium Iodide

Potassium Iodide is a compound that contains Iodine, a nutrient necessary for normal thyroid function. Iodine in the form of Iodide is an integral part of thyroid hormones, which regulate cellular metabolism and energy production. This product also supplies Potassium, a mineral that is essential for the maintenance of healthy water balance and whole body pH.

- 30 mg per Tablet
- For Short-Term Use
- Vegetarian Formula

NUTRITIONAL FACTS

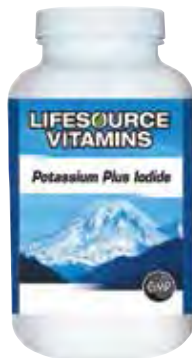
Serving Size: 1 Tablet Servings Per Container: 180

	Amt/Serving	DV%*
Iodine (from Potassium Iodide)	225 mcg	150%
Sodium (from Sodium Alginate)	5 mg	<1%
Potassium (from Potassium Chloride and Iodide)	99 mg	2%
Sodium Alginate	100 mg	†

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

180 Tablets — **\$11.99** PER BOTTLE



**TRUST IS MORE THAN
A 5 LETTER WORD, IT MUST BE EARNED.
LET US EARN YOUR TRUST!**

P = LifeSource Proprietary Blend

Progesterone (All Natural) Liposomal Skin Cream

Studies have shown that progesterone may provide many benefits such as protection against fibrocystic breasts and breast cancer, protection against osteoporosis, maintaining the sex drive and normalizing blood sugar levels.

Research has also indicated the importance of progesterone to the central nervous system (the brain and spinal chord) – finding levels of progesterone to be 20 times higher in brain cells than in the blood. Therefore it has been studied in benefiting brain injuries and preventing migraine headaches. Progesterone has long been studied for its calming almost sedating effect. Proper levels have been linked to sleeping well and maintaining a sense of calm. *All natural & plant based.*

Progesterone Cream can help with:

- Depression and sadness
- Uterine fibroids
- Menopause hot flashes
- Weight gain
- PMDD-Premenstrual Dysphoric Disorder
- Breast pain
- Skin conditions
- Vaginal dryness
- Irregular bleeding
- Estrogen dominance
- No animal testing
- *Each pump contains 20 mg of natural progesterone!*
- Anxiety
- Endometriosis
- Urinary incontinence
- Sleep difficulties
- Low sex drive
- PCOS-Polycystic Ovary Syndrome
- Anovulation (lack of ovulation)
- Luteal Phase Defect/infertility
- Premenstrual & chronic headaches
- Depression, anxiety & sadness
- No artificial colors or fragrances
- Liposomal skin cream with natural progesterone from wild yam and balancing herbs

3 OZ — **\$21.99** PER BOTTLE



ProstaPlex P (Optimum Prostate Health)

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: 3 Tablets Servings Per Container: 30

	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-Alanine	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		

90 Tablets — **\$24.99** PER BOTTLE



Protandim

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.

Other Ingredients: Calcium Carbonate, Croscarmellose Sodium, Dicalcium Phosphate, Magnesium Stearate, Microcrystalline Cellulose, Modified Cellulose, Silica, Stearic Acid.

30 Caplets/30 day supply — **\$49.99** PER BOTTLE

3 Pack Special — **\$44.99** PER BOTTLE

Quercetin with Bromelain

- 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.

120 Veg Capsules — **\$21.99** PER BOTTLE

Pure Raspberry Ketones

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.

60 Veggie Capsules — **\$9.99** PER BOTTLE

Red Yeast Rice 1200 mg

- 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.

60 Tablets — **\$24.99** PER BOTTLE

Organic Red Yeast Rice With CoQ10

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. The LifeSource Nutrition 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
- Milk thistle & alpha lipoic acid
- Lowers cholesterol
- Vegetarian formula

NUTRITIONAL FACTS

Serving Size: 2 Vcaps Servings Per Container: 30

	Amt/Serving	DV%*
Organic Red Yeast Rice (<i>Monascus purpureus</i>)	1200 mg	†
Milk Thistle (<i>Silybum marianum</i>) 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.

60 Vcaps — **\$21.99** PER BOTTLE

Relora

Relora is a natural ingredient that may support controlling stress and stress-related eating with the added value of being non-sedating. In central nervous system receptor binding assays, the plant extracts in Relora bind to several important targets associated with stress. It does not bind to the benzodiazepine receptors that would cause sedation, yet has the relaxing qualities that have been demonstrated in both animal and human studies.



NUTRITIONAL FACTS

Serving Size: 1 Vcaps Servings Per Container: 60

	Amt/Serving	DV%*
Relora® (a proprietary blend of a patented extract from <i>Magnolia officinalis</i> bark and a proprietary extract from <i>Phellodendron amurense</i> bark)	300 mg	†

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

Other ingredients: Capsule (gelatin, water) cellulose, magnesium stearate, vegetable stearin and silica. Contains No sugar, salt, yeast, wheat, gluten, soy, preservatives, artificial colors, flavors, milk, egg, and shellfish.

60 Vcaps — **\$21.99** PER BOTTLE

Resveratrol Plus

Scientific studies have shown that Resveratrol supports healthy cardiovascular function through various mechanisms. Resveratrol, especially when combined with other polyphenols, is known for its anti-aging effects, as well as for its ability to support a healthy inflammatory response.

LifeSource's Resveratrol Plus contains a comprehensive blend of polyphenols, including natural resveratrol and proanthocyanins (OPC's from grape seed), plus catechins (green tea extract) for powerful cardiovascular protection.*

Benefit's of LifeSource's Resveratrol:

- 100 mg of red wine extract
- Cardiovascular support*
- Rich in polyphenols!
- Vegetarian formula
- Natural Trans-Resveratrol 150 mg



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.

60 VCaps — \$19.99 PER BOTTLE

Royal Jelly 1500 mg

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



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.

60 Capsules — \$16.99 PER BOTTLE

HEAT KILLS WHEN USED IN PROCESSING VITAMINS, OVER 90% OF ALL VITAMIN COMPANIES USE HEAT, LIFESOURCE USES COLD PROCESSING TO PRESERVE NUTRIENTS AND BIO AVAILABILITY.

P = LifeSource Proprietary Blend

SAM-E 200 mg (Hypericum Perforatum)

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

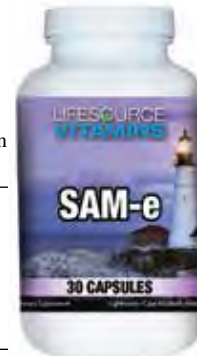
NUTRITIONAL FACTS

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-Methionine)	200 mg	†

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

30 Capsules — \$19.99 PER BOTTLE



Saw Palmetto 160 mg

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

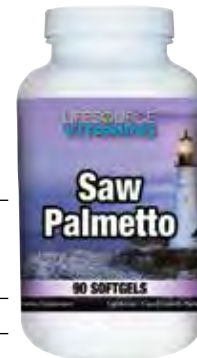
NUTRITIONAL FACTS

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.

90 Softgels — \$13.99 PER BOTTLE



Selenium 200 mcg

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

NUTRITIONAL FACTS

Serving Size: 1 VCaps 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.

90 VCaps — \$7.99 PER BOTTLE



Shark Cartilage

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. Arthritis, Anti Inflammatory, Skin, Digestive & Eye Health.

NUTRITIONAL FACTS

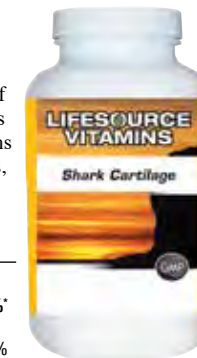
Serving Size: 6 Capsules Servings Per Container: 16

	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.

100 Capsules — \$11.99 PER BOTTLE



Spirulina 500 mg

- 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.

Suggested Use: As a dietary supplement, take 6 tablets daily. Warnings: Please discard the inedible freshness packet enclosed

200 Tablets — **\$12.99** PER BOTTLE



Stevia Extract Liquid

(461 servings)

- Pleasant tasting herb
- All-natural herbal product
- Safe, natural dietary supplement
- Doesn't affect blood sugar levels decay
- Low caloric value, zero carbs per serving
- Non-bitter aftertaste
- Safe for diabetics
- Vegetarian product
- Won't promote tooth decay

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.

2 fl. oz. / 461 Servings — **\$8.99** PER BOTTLE

Stevia Extract Powder

(622 servings)

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.

1 oz. / 622 Servings — **\$8.99** PER BOTTLE

St. John's Wort

(Hypericum Perforatum)

- 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.

100 VCaps — **\$10.99** PER BOTTLE



Stress & Anxiety Relief

All Natural Formula

- 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: 2 Capsules Servings per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin E	100 IU.	333	Iron	25 mg.	136
Vitamin C	500 mg.	833	Zinc	25 mg.	186
Vitamin B1	50 mg.	6,666	Manganese	10 mg.	†
Vitamin B2	50 mg.	2,491	Chromemate	10 mg.	†
Vitamin B3	40 mg.	1,000	Selenium	10 mg.	†
Vitamin B5	200 mg.	2,000	L-Glutamic Ac.	50 mg.	†
Vitamin B6	100 mg.	2,058	GABA	50 mg.	†
Vitamin B12	50 mcg.	2,500	Tyrosine	50 mg.	†
Vitamin H	150 mcg.	50	Ribonucleic Ac.	50 mg.	†
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.

100 Tablets — **\$18.99** PER BOTTLE

Tea Tree Oil 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.

1 fl. oz. (30 ml) — **\$8.99** PER BOTTLE



Thermo Lean (Diet Formula) Ephedra-Free

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 per 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.

90 Tablets — **\$13.99** PER BOTTLE



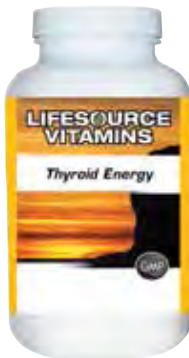
I CAN DO ALL THINGS
THROUGH CHRIST
WHO STRENGTHENS ME.
PHILIPPIANS 4:13

Thyroid Energy

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

Note: If you are taking prescription thyroid medication, we strongly recommend that you consult with your doctor before taking Thyroid Energy.

LifeSource's Thyroid Energy is a complete nutritional support for the thyroid gland. Unlike Thyrodine, 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.



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)	225 mcg	150%
Zinc (from L-OptiZinc® - Zinc L-Methionine Complex)	25 mg	170%
Selenium (from L-Selenomethionine) (Yeast-Free)	50 mcg	70%
Copper (from Copper Amino Acid Chelate)	1 mg	50%
L-Tyrosine (Free-Form) 1.0 g	1,000 mg	†
Irish Moss (Chondrus crispus) (Thallus)	200 mg	†
Guggul (Commiphora mukul) (Resinous Sap)	75 mg	†
Standardized Extract (min. 10% Guggulsterones)		
Kelp (Laminaria digitata) (Whole Plant)	60 mg	†
Ashwagandha (Withania somnifera) (Root)		
Standardized Extract (min. 4.5% Withanolides)	50 mg	†
Concetrace® Trace Minerals	5 mg	†

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

90 VCaps — **\$21.99** PER BOTTLE

Ubiquinol

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 QHTM) (Reduced Form CoQ10)	50 mg	†

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

60 Softgels — **\$29.99** PER BOTTLE

HAVE YOU SEEN OUR CONDITIONS & CURES SECTION ONLINE? YOU CAN READ ABOUT HUNDREDS OF CONDITIONS AND WHAT SUPPLEMENTS CAN HELP.

P = LifeSource Proprietary Blend

Ultra Weight Loss 30 oz.

The ultimate weight loss product on the market! Our Ultra Weight Loss contains 9 of the most effective, clinically tested weight loss nutrients available today.



- **GARCINIA CAMBOGIA** - Known for its appetite suppressing qualities & can provide natural energy
- **SUPER CITRIMAX®** - Three times as effective as diet and exercise alone!
- **HYDROXYCITRIC ACID (HCA)** - Shown to help block carbs, curb appetite and help with weight loss
- **GREEN COFFEE BEAN EXTRACT-SVETOL®** - Patented plant extract that helps you simultaneously lose weight and improve your body's form
- **RASPBERRY KETONES** - Has been shown to increase fat burning and accelerate metabolism
- **AFRICIAN BUSH MANGO** - Has shown to boost your fat burning rate and can decrease your appetite
- **CHROMIUM PICOLINATE** - Shown helpful in suppressing appetites and cravings, and can also build muscle and trim fat simultaneously
- **GREEN TEA EXTRACT** - Helps with thermogenesis and aids in the metabolism of fat
- **L-CARNITINE** - Essential for the transport of fat into the body's fat burning factories, plays a crucial role in cardiovascular metabolism / weight management

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

* 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

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

Water Gone Herbal Diuretic

Ailments for Which Diuretics May Be Effective

- Hypertension
- Edema
- Osteoporosis
- Certain Kidney disorders
- Diabetes • Urinary tract infection
- 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	†

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

100 VCaps — **\$14.99** PER BOTTLE

Ultra Cleanse Day & Night Formulas

Twin Pack

Lifesource Nutrition'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%		Amt/Serving	DV%
Ojibwa 4:1 Herbal Extract	500 mg	†	Glucomannan	200 mg	†
[A proprietary blend of Burdock (arctium lappa) (Root), Turkey Rhubarb (rheum palmatum) (root) and Sheep Sorret (Rumex acetosella) (Leaf), Sipperry Elm (Ulmus fulva) (Bark)]			Gum Acacia	200 mg	†
Apple Pectin	300 mg	†	Cascara Sagrada		
			(Rhamnus purshiana) (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%		Amt/Serving	DV%
Potassium (from Potassium Gluconate)	15 mg	<1%	Ginger Extract (Zingiber officinale) (Root)	50 mg	†
Ashwagandha (Withania somnifera) (Root)	100 mg	†	(Root) (Standardized to min. 5% Gingerols)		
Bentonite Clay Powder	100 mg	†	Buchu (Agathosma betulina) (Leaf)	50 mg	†
Dandelion (Taraxacum officinale) (Leaf)	100 mg	†	Parsley (Petroselinum crispum) (Leaf)	50 mg	†
Milk Thistle Extract			Red Clover (Trifolium pratense) (Tops)	50 mg	†
(Silybum marianum) (Fruit and Seeds)	100 mg	†	Marshmallow (Althaea officinalis) (Root)	20 mg	†
(Standardized to min. 80% Silymarin Flavonoids)			Chlorophyll	10 mg	†
Chlorella	100 mg	†			
Uva Ursi Extract (Arctostaphylos uva-ursi) (Leaf) (Standardized to min. 20% Arbutin)	70 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).

120 VCaps — **\$19.99** FOR TWIN PACK

THY WORD IS A LAMP UNTO MY FEET,
AND A LIGHT UNTO MY PATH.

PSALM 119: 105

Valerian Root 500 mg

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

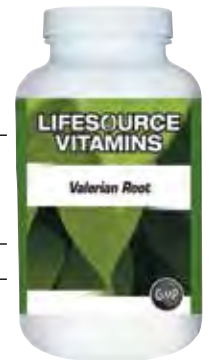
NUTRITIONAL FACTS

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.

100 Capsules — **\$6.99** PER BOTTLE



Vision Formula P

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

120 Capsules — **\$17.99** PER BOTTLE

Vitex (Chasteberry Tree Extract) 300 mg

- 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)	300 mg	†
(Vitex agnus castus) (Standardized to min. 0.5% Agnusides)		
Dong Quai (Angelica sinensis) (Root)	150 mg	†

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

90 Veggie Caps — **\$12.99** PER BOTTLE



Whey Protein Isolate

1.1 lbs. — **\$21.99** PER CONTAINER

AVAILABLE IN DOUBLE CHOCOLATE FUDGE AND CREAMY FRENCH VANILLA ONLY

3.3 lbs. / 40 Scoops — ~~\$57.99~~ **\$53.99** PER BOTTLE

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA AND UNFLAVORED

Our whey protein comes from grass fed U.S. raised dairy cows that are:

- Disease free
- Pesticide-free
- Chemical-free
- Hormone treatment free
- GMO free



Why Whey Isolate?

Whey Protein Isolate is one of the greatest ways to supplement your nutrition today. Unlike regular protein powders, whey isolate contains more protein by weight than anything else and is considered one of the best new forms of superfood that is out there on the market today.

The reason for its growing success is really the fact that whey protein isolate is a new scientific break through gaining tremendous recognition and notoriety in the natural healthy industry.

Now some of you might be asking the question, “What is the difference between an isolate and a concentrate?”

For those of you who are lactose intolerant, isolates contain only 1% lactose while concentrates contain 5-6%. Really both are such incredibly small percentages that unless you had an extremely super delicate case of lactose intolerance, your body won't even be susceptible at all to this. This is why whey itself is incredibly beneficial. Additionally, whey protein isolate has a higher BV, or biological value, because it contains more protein with less lactose. Whey isolate contains 90-98% protein while concentrates contain anywhere from 70-85% protein.

But to be completely honest, both isolates as well as concentrates help in such tremendous ways that I recommend this for anybody to take. Not only does it reduce body fat, reduce food cravings, but it increases your immune system, reduces aging signs, lowers cholesterol levels and also helps fight the risk of getting cancer.

DO NOT BE FOOLED BY LOW COST PROTEIN POWDERS. IF IT IS A LOW COST PROTEIN YOU CAN BET THAT THEY USE HEAT TO PROCESS OR THEY USE DEAD PROTEINS!

- 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 YOU CAN FIND!
50 GRAMS OF PROTEIN**



CHOOSE FROM 3 FLAVORS

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.

Whey Plus Greens & Reds

2 lbs. / 23 Scoops — **\$44.99** PER CONTAINER

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%
L-Alanine	860 mg	†
L-Arginine	764 mg	†
L-Aspartic Acid	1879 mg	†
L-Cystine	214 mg	†
L-Glutamic Acid	2647 mg	†
L-Glycine	394 mg	†
L-Histidine	303 mg	†
L-Isoleucine	1145 mg	†
L-Leucine	1860 mg	†
L-Lysine	1646 mg	†
L-methionine	322 mg	†
L-Phenylalanine	573 mg	†
L-Proline	1128 mg	†
L-Serine	930 mg	†
L-Threonine	1145 mg	†
L-Tryptophan	376 mg	†
L-Tyrosine	429 mg	†
L-Valine	1056 mg.	†
L- Glutamine	4 g.	†
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	†



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



	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% Ginkgolavonglycosides 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	50 mg	†
L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum, B. Breve, and B. Longum		
Carrot Powder	300 MG	†
Apple Pectin	125 MG	†
Flax Seed	125 MG	†
Oat Bran	88 MG	†
Lecithin	75 MG	†
Rice Bran	50 MG	†
ORAC Blend	25 MG	†
Japanese Knotweed	20 MG	†
Bilberry Std. Extract 25%	20 MG	†
Grape Seed Extract	15 MG	†
Lycopene	125 MCG	†
Lutein	125 MCG	†
Astaxanthin	10 MCG	†
Proprietary Blend	3338 MG	†
Cherries, Nectarines, Peaches, Pears, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, and Watermelon.		

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

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

Whey Protein Concentrate

3.3 lbs. / 40 Scoops — \$57.99 **\$53.99** PER BOTTLE

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA AND UNFLAVORED

AVAILABLE IN DOUBLE CHOCOLATE FUDGE AND 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!

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!



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 Isolate, Natural Cocoa, Natural French Vanilla, Stevia, & L-Glutamine.

Rawfusion

1 lb. – **\$21.99** PER CONTAINER

2 lb. – **\$36.99** PER CONTAINER

4 lb. – **\$67.99** PER CONTAINER

AVAILABLE IN RICH
CHOCOLATE, VANILLA BEAN,
OR PEANUT CHOCOLATE
FUDGE!



RAWFUSION is the world's first unmatched proprietary raw plant fusion matrix that sets a new industry standard for performance and taste. RAWFUSION contains a creamy, positively charged protein matrix that not only tastes incredibly awesome, but it's good for you. RAWFUSION is the brainchild of over 1 year of intense research & experimentation in the field of protein cold-extrusion technologies. With RAWFUSION you are getting 21 grams of a custom bio-fermented, allergen, GMO & Animal FREE plant protein fusion which contains Pea Protein Isolate, Brown Rice Sprouted & Artichoke Protein Concentrate swirled in a deliciously addicting Omega Fatty Acid rich sunflower oil matrix.

RAWFUSION amino acid profile mimics that of whey/milk thus is rich in Glutamine and contains over 4,500 mg of BCAAs (Leucine, Isoleucine, Valine) per 1 scoop. Our patent pending formulation is free of solvents, radiation, artificial colors, sweeteners or anything created synthetically. Further, each ingredient is extracted from organic raw ingredients that are GMO, herbicides and pesticide FREE.

RAWFUSION is a next generation Vegan, Raw Plant Based Protein that is not only easily digestible, but also ultra-healthy and ideal for those who like to be healthy and fit without compromising taste. No matter if you are looking to manage weight, increase vitality, trying to curb appetite or simply want to add quality macro-nutrients to your diet, here are just a few reasons why RAWFUSION is for you.

NUTRITIONAL FACTS (1 LB)

Serving Size: 1 Scoop Servings Per Container: 15

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	116	†	Asparatic Acid	2454 mg	†
Calories from Fat	9	†	Cysteine	394 mg	†
Total Fat	0.7 g	1%	Glutamic Acid	4011 mg	†
Saturated Fat	0 g	0%	Glycine	1031 mg	†
Trans Fat	0 g	†	Histidine	563 mg	†
Cholesterol	0 mg	0%	Isoleucine	1240 mg	†
Sodium	188 mg	8%	Leucine	2042 mg	†
Potassium	25 mg	1%	Lysine	1458 mg	†
Total Carbohydrate	5 g	2%	Methionine	395 mg	†
Dietary Fiber	0.7 g	3%	Phenylalanine	1176 mg	†
Sugars	1 g	†	Proline	1221 mg	†
Protein	21 g	42%	Serine	1187 mg	†
Iron	2 mg	11%	Threonine	1007 mg	†
Phosphorus	137 mg	14%	Tryptophan	300 mg	†
Amino Acid Profile		†	Tyrosine	933 mg	†
Alanine	1086 mg	†	Valine	1298 mg	†
Arginine	1849 mg	†			

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

Other Ingredients: Protein Blend (pea protein isolate, rice protein isolate, artichoke protein powder), fructose, natural flavors, guar gum, stevia, glycine..

Women's Balance

PMS Support

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%*
itamin 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)	50 mg	†
Vitex agnus castus extract (fruit) (0.5% Agnusides)	50 mg	†

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

Free of: yeast, wheat, soy, milk, sugar, salt, preservatives, gluten, egg & shellfish.

Other Ingredients: Black Cohosh, cramp bark, rice flour, silicon dioxide and magnesium stearate.

90 Capsules — **\$15.99** PER BOTTLE

Zinc Picolinate

50 mg

- 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%

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

60 Capsules — **\$5.99** PER BOTTLE



GETTING ENOUGH FRUITS AND VEGGIES

IN YOUR DIET? WE MAKE IT LOTS

EASIER AND DELICIOUS. LOOK AT

OUR LINEUP OF PHYTO POWDERS ON

PAGES 40 & 41.

LifeSource Essentials Hair & Body Care P

Tested & Proven Trichogen!

An amazing stimulating conditioner 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 P Omega-3 Shampoo

Sulfate Free and Paraben free

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 Cocamidopropyl Sulfate, 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.

12 fl oz / 354 ml — **\$12.99** PER BOTTLE

Daily Rejuvenation P Omega-3 Conditioner

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.

8 fl oz / 236 ml — **\$12.99** PER BOTTLE

OUR HAND MADE HAIR CARE, SKIN CARE & SOAPS ARE FREE OF HARMFUL CHEMICALS, SULFATES AND PARABENS. THE WAY IT SHOULD BE!

P = LifeSource Proprietary Blend

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 — **\$4.99** EA

4 + Bars — **\$4.00** EA

CHOOSE FROM 21 WONDERFUL OPTIONS

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



LifeSource Essentials Organic Skin Care

LifeSource's All Natural Skincare Products

LifeSource Essentials is a new approach to skin care whereby each product is manufactured utilizing the purest methods possible – employing eco friendly, fair trade ingredients, clean energy sources, distilled extractions and recyclable packaging. Our products are vegan certified and never tested on animals.

LifeSource skin care is made from ingredients that are present in or produced by nature. The extraction methods are simple, using minimal chemical processing or are a result of naturally occurring biological events, such as fermentation.

Product benefits:

- No synthetics
- No GMO's
- Not exposed to irradiation
- Ecologically ethical — grown, harvested, raised and processed in an ecological or sustainable manner

All of our skin care products are concentrated formulas, designed so that each bottle should last approximately 3 months with normal usage.

Overnight Mini-peel Treatment

Skin Type: All except very sensitive skin types

Glycolic is a naturally-occurring, non-toxic Alpha Hydroxy Acid found in Sugar Cane. Its small molecular structure facilitates a more effective penetration of skin cells when compared to other Alpha Hydroxy Acids. Glycolic accelerates the removal of dead skin, increases collagen production, and reduces the appearance of fine lines, sun damage and hyper-pigmentation. This exceptional 15% concentration serum also contains Apple Source Malic Acid, Salicylic Acid and Organic Extracts that diminish large pores, acne scarring, and help clear oily or acne-prone skin. Please see web site for ingredients.

1 fl oz / 3 month supply — **\$38.00** PER BOTTLE
.3 OZ SAMPLE — \$3.50 PER BOTTLE



Grape Skin Gotu Kola Anti-Aging Serum PM

Skin Type: Normal/all, mature

Concentrated Grape Skin and Anti-Oxidant Gotu Kola target wrinkles, age spots and sun damage. This unique free-radical fighting blend of natural source vitamins and botanicals are delivered in a potent base of Alpha Lipoic Acid and DMAE that works on a molecular level to re-fine and revitalize skin. Excellent when used under makeup or at night for intensive moisturizing. For optimal results use daily in conjunction with Anti-Aging moisturizer suited to your skin type. Please see web site for ingredients.

1 fl oz / 3 month supply — **\$40.00** PER BOTTLE
.3 OZ SAMPLE \$3.50



Organic Marshmallow 23 Karat Eye Cream

Skin Type: Normal/all, dry/sensitive, mature

This intensive eye treatment addresses the special needs of the eye zone that is prone to visible signs of aging including fine lines, wrinkles, dark circles, moisture loss, free radical damage, and collagen breakdown. Organic Marshmallow Extract increases circulation and reduces dark circles around the eye, as calming Organic Calendula, Seabuckthorn and Organic Sunflower instantly refresh and encourage elasticity and smoothness. Micronized 23 Karat Mineral Mica and other botanical ingredients minimize the harmful effects of the sun by helping to filter out UV rays. Rich yet non-greasy, this gentle and nourishing treatment crème penetrates quickly without any greasy residue. Please see web site for ingredients.

.5 fl oz / 3 month supply— **\$38.00** PER BOTTLE
.3 OZ SAMPLE \$4.00



Super C+ Tripeptide Anti-Aging Serum AM

Skin Type: Normal/all, dry/sensitive, mature, environmentally distressed

Combat visible premature aging by fighting destructive free radicals. Vitamin C, high potency plant based Hyaluronic Acid and Bioflavonoids blend to create a potent serum capable of encouraging younger, firmer looking skin. In addition to substantial Anti-Oxidant benefits this serum hydrates and replenishes dehydrated, mature or sun damaged skin. Regular use of this serum will visibly improve the appearance of your skin. Mild formula suitable for all skin types. Please see web site for ingredients.

1 fl oz / 3 month supply — **\$40.00** PER BOTTLE
.3 OZ SAMPLE \$4.00



Organic Alfalfa Blemish Fighting Serum

Skin Type: Oily, problem, combination

Infused with potent concentration of Carrot Root Extract, Glycolic and Salicylic Acids, this non-greasy serum assists in regulating sebum production and encourages balanced skin. Effective as daily moisture protection or more frequently as a spot treatment to reduce shine, this serum calms irritation and evens skin tone for a healthy-looking complexion. Please see web site for ingredients.

1 fl oz / 3 month supply — **\$40.00** PER BOTTLE
.3 OZ SAMPLE \$4.00



Organic Sweet Almond Spearmint Pistachio Mask

Skin Type: All skin types (not to be used by anyone with nut allergies)

A multi-use masque derived from rich Pistachio Pulp puree blended with revitalizing Shea and Amazonian Murumuru Butter. Delightfully refreshing, this masque contains Spearmint Leaf Oil that revitalizes and brightens skin's complexion with its mildly astringent and cooling properties. Velvety smooth yet hydrating, your skin will be enriched with the humectants, Plant based Hyaluronic Acid, Organic Oils and Extracts. Please see web site for ingredients.

2 fl oz / 3 month supply — **\$42.00** PER BOTTLE
.3 OZ SAMPLE \$4.00



Organic Chamomile Bilberry Matte moisturizer

Skin Type: Normal/all, oily/combo, congested

An oil-free moisturizer formulated with powerful antioxidants, rich in vitamins and minerals that help to inhibit free radical damage in human tissue. This moisturizer is specially formulated with anti-inflammatory, soothing ingredients such as Rosemary, Licorice Root and Organic Aloe Vera. Lemon Peel Oil refreshes while Carrot Root Extract nourishes and moisturizes without clogging pores. This moisturizer quickly absorbs into the skin leaving a soothing, non-greasy complexion. Please see web site for ingredients.

2 fl oz / 3 month supply — **\$42.00** PER BOTTLE
.3 OZ SAMPLE \$4.00



Organic Honey Banana Exfoliating Treatment

Skin Type: All skin types except oily

A delicious, ultra-rich enzymatic exfoliant that dissolves dead skin cells without scrubbing. Banana, rich in Minerals and Antioxidants, helps soften the skin and maintain an optimal moisture level. Pineapple and Papaya Enzymes gently remove unwanted surface debris. Each non-abrasive treatment will leave your skin feeling not only brighter, but softer and more supple. Ideal for those with sensitive or reactive skin, or those who desire exfoliation with additional hydration. Please see web site for ingredients.

2 fl oz / 3 month supply — **\$30.00** PER BOTTLE
.3 OZ SAMPLE \$4.00

Organic Calendula Triple Berry Q10 Moisturizer

Skin Type: Normal/all, dry/sensitive, mature

A rich moisturizer that delivers nutrients and anti-oxidants to encourage healthy, vibrant skin. Cranberry Extract, Amazonian Butter, BioActive Antioxidants, Omega-3, Omega-6, and Vitamin E help reduce dryness and repair cellular damage. Excellent for dry, dehydrated skin, this moisturizer also contains Pure Oils and Vitamin C to help deter free radicals and combat signs of aging. Please see web site for ingredients.

2 fl oz / 3 month supply — **\$44.00** PER BOTTLE
.3 OZ SAMPLE \$4.00

Organic Jojoba Raspberry Grape Moisturizer

Skin Type: Dry/sensitive, mature

A rich all-natural deep moisturizing crème. Liposomes are highly complex microscopic lipid spheres made of highly purified natural lecithin that encapsulates water and active ingredients. Liposomes act as a delivery vehicle of free-radical scavengers. They prevent premature aging, rejuvenate and give fatigued cells a welcome boost. This crème is infused with a bounty of highly beneficial actives such as Red Wine Skin Extract, Raspberry Oil, Panthenol, biologically active Plant Oils and ultra-hydrating Plant Butters. Please see web site for ingredients.

2 fl oz / 3 month supply — **\$44.00** PER BOTTLE
.3 OZ SAMPLE \$4.00

Organic Shea Butter Mango Mask

Skin Type: Normal/all, dry/sensitive, mature

Mango Butter, rich in vitamin C, revitalizes while enhancing skin condition and restoring natural suppleness, elasticity and softness. Nourish and deeply hydrate with Brazilian Fruit Butter, Shea Butter and a host of protective oils. Salicylic Acid gently exfoliates dead skin cells revealing a fresher, glowing appearance. Please see web site for ingredients.

2 fl oz / 3 month supply — **\$42.00** PER BOTTLE
.3 OZ SAMPLE \$4.00



Organic Sweet Orange Balancing Toner

Skin Type: All skin types

A refreshing daily tonic that restores vital nutrients as it adjusts to the optimum pH level of your skin. Infused with antioxidant Grape Skin and Organic Algae Extract to moisturize and revitalize your skin. Please see web site for ingredients.

8 fl oz / 3 month supply — **\$30.00** PER BOTTLE
1 OZ SAMPLE \$4.00

Organic Lemongrass Vanilla Cleanser

Skin Type: Dry/sensitive, normal, mature

A non-irritating crème cleanser that rids skin of dirt and impurities, while helping to soothe and calm sensitive skin. Soy proteins, spinach, tropical butters and anti-oxidant infused oils help promote moisture retention and elasticity. Please see web site for ingredients.

8 fl oz / 3 month supply — **\$34.00** PER BOTTLE
.3 OZ SAMPLE \$3.00

Organic Anise Foaming Wash

Skin Type: All skin types

Enriched with vitamin E and C, this cleanser is designed to thoroughly clean all skin types. The added anise extract promotes a healthy, glowing complexion. Natural moisturizing agents like Wheat Germ Oil leave the skin smooth and revitalized. Please see web site for ingredients.

8 fl oz / 3 month supply — **\$34.00** PER BOTTLE
.3 OZ SAMPLE \$3.00



“The Story of Jesus for Children”

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

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.

DVD — ~~\$6.99~~ **\$4.99** EA



“Magdalena: Released from Shame”

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!*

DVD — ~~\$6.99~~ **\$4.99** EA



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 hundreds of 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 197 million people have indicated decisions to accept Christ as their personal Savior and Lord.



DVD — ~~\$14.99~~ **\$7.99** EA

Blu-Ray — ~~\$16.99~~ **\$8.99** EA

Lifesource Handmade Candles



Heavenly Scented Candles:

Our Heavenly Scented Soy Wax candles are for everyday use. The Soy we use is grown in the USA by farmers exclusively. 90 to 110 hours burn time!

Heavenly Candles Available in: **Love Spell, Pine Forest, Relaxation, Rose Garden, Autumn Walk, Clean Sheets, Cinnamon & Spice, and Gardenia.**

Clean Air Candles:

Eliminates virtually every unwanted odor. Our Clean Air Candle will leave your home or office clean and fresh. 90 to 110 hours burn time!

Clean Air Candles Available in: **Original Fresh, Mango/Vanilla, Tropical, and Spiced**

16 oz. Decorative Glass Jars — **\$16.99** PER JAR

OR 2 OR MORE **\$14.00** PER JAR

Powered by God Bracelet

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”.



1-10 — **0.99** EA

11-50 — **0.79** EA

51 + — **0.49** EA

GREEN, PINK AND BLUE

Please call us direct for volume discounts!

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 — **\$6.99** PINK, GREEN AND TEAL

28 oz — **\$7.49** BLUE



20 oz Sports

Blender Bottle — **\$9.99** PINK, GREEN, BLUE, BLACK, ORANGE

28 oz Sports

Blender Bottle — **\$12.99** BLACK

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