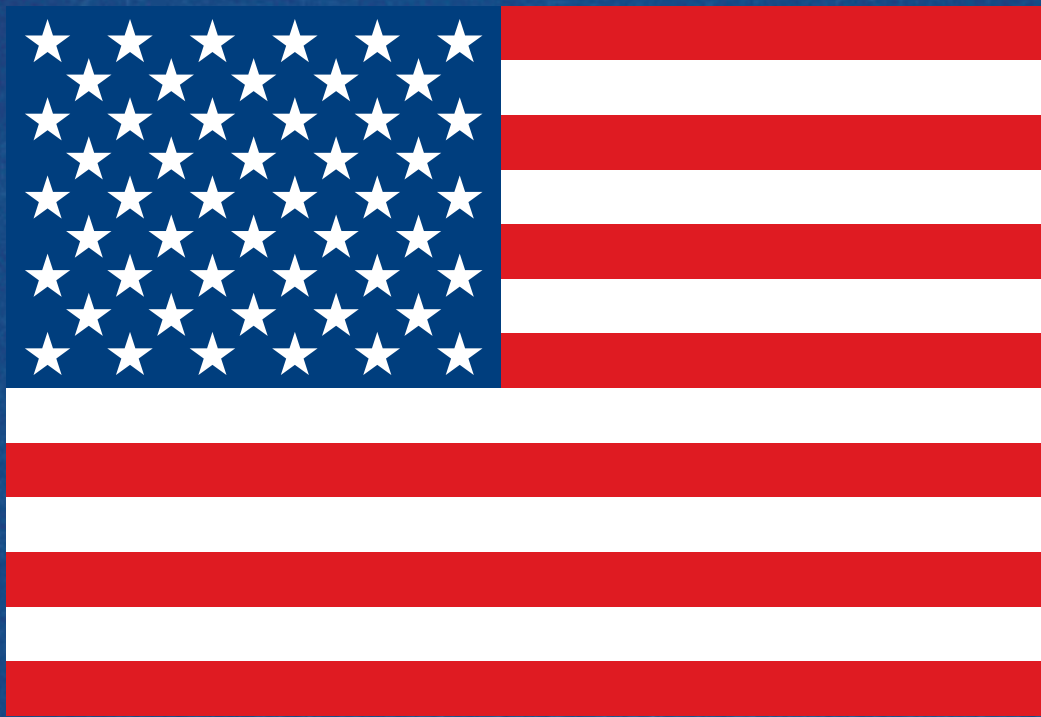


LIFESOURCE
VITAMINS

AMERICA



STRONG

**A Company Driven by Faith
& Powered by God**

From the nutrients we choose, to the way we run our business,
we are a company that answers to God, in all we do.

Since 1992

LIFESOURCE VITAMINS



Bruce Brightman, Founder

Since 1992 we have worked relentlessly to stay true to these three simple words, in this exact order.

GOD - Keeping God first is our top priority at LifeSource Vitamins, and always will be.

FAMILY - Loving our immediate family and our family of customers from around the world who reach out to us for: information, encouragement, or maybe a prayer request. We have a prayer wall at our main office, and it gets a workout.

COUNTRY - We are thankful and proud to be Americans. We respect all those who have sacrificed so that we may live free in this great country.

LifeSource Vitamins is a family owned and operated company. We make consistent choices to provide quality products that are cleanly sourced, at fair prices. We give honest help to our customers without the sales pressure.

We do not answer to a board of directors or shareholders, we answer to God. Over the past 29 years, God has kept us moving forward and we will continue to be faithful in our commitment to Him. We donate 100% of all net proceeds to Christian organizations, to help spread the hope of Jesus Christ within the USA and throughout the entire world. We have worked with these organizations for years, some on a personal level. By ordering from LifeSource Vitamins, customers just like you, make a huge impact. The proceeds from your orders are bringing the promise of Jesus Christ to millions of people (in their own language), some of whom may have never heard the name of Jesus or known that there is a God who loves them. For that, we humbly forge on, as the battle is great, but He is greater, He is the almighty!

We proudly donate to many fine Christian Organizations such as:

- Campus Crusade for Christ
- The Jesus Film Project
- Samaritan's Purse
- Compassion International
- Tim Tebow Foundation

5-HTP

60 Veg Caps - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule Servings per Container: 60

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

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

† Daily Value not established.

Other Ingredients: Rice Flour and Cellulose (capsule)

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

7-Keto / DHEA

90 Veg Caps - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 3 Veg Caps Servings Per Container: 30

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

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

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

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

Warning: Please keep out of the reach of children.

7-Keto Fitness

60 Veg Capsules - \$39.99



7-Keto is an improved non-androgenic form of DHEA. 7-Keto Fitness is a more potent form of DHEA (dehydroepiandrosterone) that may improve lean body mass and enhance thermogenesis.

- 7-Keto Fitness shown in clinical research studies to be safe and effective for weight and fat loss.
- Contains standardized green tea extract rich in EGCG.
- ChromeMate® brand Chromium Polynicotinate for its synergistic support

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule Servings per Container: 60

	Amt/Serving	DV%*
Chromium (as polynicotinate)	100 mcg	286%
7-Keto® (3-acetyl-7-oxo-dehydroepiandrosterone)	100 mg	†
Green Tea Leaf Extract (Camellia sinensis) (Standardized to 50% [50 mg])		
Epigallocatechin gallate)	100 mg	†

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

† Daily Value not established.

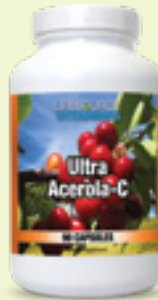
Other Ingredients: Vegetarian capsule (cellulose, water), rice flour, cellulose, vegetable stearin, magnesium stearate and silica

Contains no sugar, dairy, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

NEW

Ultra Acerola-C

90 Veg Capsules - \$17.99



Acerola is most well-known for being extremely rich in vitamin C. Because of this, it's often used to help with or prevent colds or flu. It's also used as an antioxidant nutrient. Together with vitamin C, acerola may be taken to boost immunity.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 45

	Amt/Serving	DV%*
Vitamin C (as Acerola, Ascorbic Acid)	500 mg	833%
Proprietary Blend - Acerola Berry Powder, Ascorbic Acid	1,500 mg	†

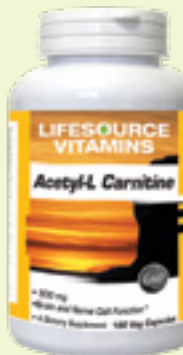
* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Vegetarian cellulose capsules, Microcrystalline cellulose, and Vegetable magnesium stearate

Acetyl-L-Carnitine

100 Veg Caps - \$29.99



Common uses for supplemental Acetyl-L Carnitine:

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

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsule Servings per Container: 50

	Amt/Serving	DV%*
Acetyl-L-Carnitine (from Acetyl-L-Carnitine HCl)	1000 mg	†

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

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

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

Acid Reducer with Enzymes

60 Chewables - \$16.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Chewable Tablets Servings per Container: 30

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

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

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

Adrenal Rx

90 Veg Caps - \$23.99



- Increase Resistance to Physical, Mental, and Environmental Stress
- Defend against Diseases and Disorders Caused by Stress
- Allows the Body to Respond to Stress
- Prevent Adrenal Overstimulation
- Normalize Stress Hormone Levels

SUPPLEMENT FACTS

Serving Size: 1 Veggie Capsule	Servings per Container: 90		
	Amt/Serving	DV%*	
Eleuthero Root (Organic)	158 mg	†	
Ashwagandha Root (Organic)	158 mg	†	
Schizandra Berry (Organic)	40 mg	†	
Cordyceps Mushroom (Organic)	50 mg	†	
American Ginseng Root	25 mg	†	
Rhodiola Root Extract (5% Rosavins)	25 mg	†	
Red Chinese Ginseng Root	20 mg	†	

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

† Daily Value not established.

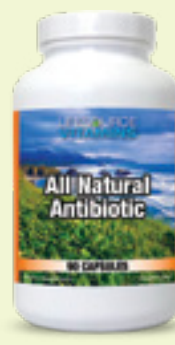
Other Ingredients: Modified Vegetable Cellulose (vegetarian capsule)

All Natural Antibiotic

90 Capsules - \$22.99

180 Capsules - \$39.99

(SAVE \$6)



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

Lifesource's All Natural Antibiotic can assist in the treatment of: dental infections, eye infections, ear infections, intestinal infections, pneumonia, sinus infections, athlete's foot, candida/yeast infections and many more. In a 2008 study, antibiotic side effects led to greater than 140,000 emergency room admissions per year in the United States. Roughly 50 percent of emergency visits were due to reactions to antibiotics in the penicillin class of drugs, and the other 50 percent were due to a wide variety of antibiotics used to treat many different types of infections.

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

SUPPLEMENT FACTS

Serving Size: 2 Capsules			Servings Per Container: 45		
	Amt/Serving	DV%*		Amt/Serving	DV%*
Echinacea extract	300 mg	†	Barberry	50 mg	†
Garlic extract (odor less)	200 mg	†	Astragalus Root	50 mg	†
Burdock Root powder	150 mg	†	Grapefruit seed oil extract	50 mg	†
Red Clover Blossoms powder	100 mg	†	Neem Oil	50 mg	†
Turmeric extract	100 mg	†	Pau D'Arco	40 mg	†
Molkosan	100 mg	†	Golden Seal powder	25 mg	†
Ganoderma Mycelium	100 mg	†	Caprylic Acid	20 mg	†
Olive leaf extract	75 mg	†			

Aloe Vera Juice

(Concentrate)

32 fl oz - \$10.99

1 Gallon (128 fl oz.) - \$26.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Ounce	Servings per Container: 32		
	Amt/Serving	DV%*	
Aloe Vera (from Aloe Vera 200:1 Concentrate, Aloe Vera 10:1 Concentrate IASC Approved†)	29,000 mg	†	

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

† Daily Value not established.

Other Ingredients: Aloe Vera Juice, Potassium sorbate, sodium benzoate. Contains no sugar, starch, yeast, wheat, corn, soy, artificial color or flavor.

Suggested usage: Drink one ounce 1-3 times daily

† = International Aloe Science Council. Inc. Certified and Approved Raw Material

Aloe Vera Gels

100 Softgels - \$13.99



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

SUPPLEMENT FACTS

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

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

Other Ingredients: Organic Extra Virgin Olive Oil, Softgel Capsule (bovine gelatin, water, glycerin) and Silica. **Not manufactured with** yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients, NON-GMO

Alfalfa

250 Tablets - \$9.99



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

SUPPLEMENT FACTS

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

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

Allergy Support

90 Tablets - \$34.99



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

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

SUPPLEMENT FACTS

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

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

Other Ingredients: Cellulose, stearic acid, cellulose gum, dicalcium phosphate, silica, magnesium stearate and pharmaceutical glaze.

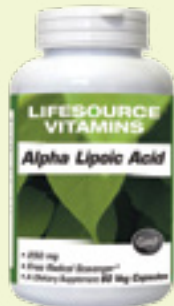
Contains No sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Ginger (Zingiber officinale) rhizome 35 mg †

Alpha Lipoic Acid

60 Veg Capsules - \$18.99
120 Veg Capsules - \$32.99

(SAVE \$5)



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

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

SUPPLEMENT FACTS

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

* Daily Value Not Established

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

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

P = LifeSource Proprietary Blend

Ultra Aminos

120 Capsules - \$15.99



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

SUPPLEMENT FACTS

Serving Size: 4 Capsules Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	15		L-Phenylalanine	72 mg	
Protein	3 g	6%	L-Threonine	141 mg	
Vitamin B-6			L-Tryptophan	37 mg	
(from Pyridoxine HCl)	13 mg	650%	L-Valine	141 mg	
Blend of peptide-bound Amino Acid sources (Whey Protein Isolate, Soy Protein Isolate, Sodium Caseinate, Gelatin) plus Free-Form Amino Acids (L-Glutamine, L-Arginine, L-Ornithine)	3 g (3,000 mg)	†	Non-Essential Amino Acids		
TYPICAL AMINO ACID PROFILE (example) (per serving) **			L-Alanine	135 mg	
Essential Amino Acids			L-Arginine	306 mg	
Mg per 4 Capsule Serving			L-Aspartic Acid	246 mg	
L-Isoleucine	115 mg		L-Cysteine	38 mg	
L-Leucine	205 mg		L-Glutamic Acid	454 mg	
L-Lysine	185 mg		L-Glutamine	200 mg	
L-Methionine	35 mg		Glycine	167 mg	
			L-Histidine	37 mg	
			L-Hydroxyproline	44 mg	
			L-Ornithine	24 mg	
			L-Proline	179 mg	
			L-Serine	106 mg	
			L-Tyrosine	66 mg	

* Percent Daily Values are based on 2,000 calorie diet. **Subject to natural variability † Daily Value not established. **Other Ingredients:** Gelatin (capsule), Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), and Silica. Contains milk and soy.

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

Arthrigone Cream

4 oz. - \$9.99



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

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

ALSO SEE OUR CBD BALM ON PAGE 13

Antioxidant Supreme

90 Capsules - \$16.99



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 Antioxidant Supreme are comprised of the most powerful oxidation quenching nutrients available today.

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

SUPPLEMENT FACTS

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

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

Arthritis Relief & Joint Rebuilder

100 Tablets - \$26.99
200 Tablets - \$48.99

(SAVE \$5)



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

SUPPLEMENT FACTS

Serving Size: 4 Tablets. Servings Per Container: 25

	Amt/Serving	DV%*		Amt/Serving	DV%*
Glucosamine	300 mg	†	Vitamin B-6	25 mg	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%
Boswellia	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-	100 mg	†
Alfalfa	400 mg	†	Flavonoid Complex		
White Willow Bark	400 mg	†	Bromelain	100 mg	†
Horsetail	200 mg	†	Grape Seed Extract	2,000 mcg	†
Ginger	200 mg	†	Devils Claw	400 mg	†
EPA (Fish Oil)	100 mg	†	Calcium Lactate	200 mg	20%
Vitamin A	5,000 IU	100%	Licorice	150 mg	†
Vitamin C	200 mg	333%	Zinc (Gluconate)	15 mg	100%
Vitamin D	200 IU	50%	Boron	100 mcg	†
Vitamin E	75 IU	250%	Quercetin	25 mg	†

Aspirin (All Natural)

90 Capsules - \$14.99
180 Capsules - \$24.99

(SAVE \$5)



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

A Safer Alternative!

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 45

	Amt/Serving	DV%*		Amt/Serving	DV%*
White Willow Bark Ext. 15%	450 mg.	†	Thymus Vulgaris	60 mg.	*
Feverfew	120 mg.	*	Chamomile Flower Powder	60 mg.	*
Cherry Flex	100 mg.	*	Pau D'Arco	50 mg.	*
Nettle Extract	100 mg.	*	Magnesium Oxide	50 mg.	13%
Codonopsis root	100 mg.	*	Alfalfa	10 mg.	*
Bonaset	100 mg.	*	Cramp Bark	10 mg.	*
Jamaican Dogwood	100 mg.	*	Fo-Ti	5 mg.	*
Malic Acid	100 mg.	*	Capsicum	5 mg.	*
Sambucus Nigra	85 mg.	*	Bromelain	5 mg.	*
Quercetin	75 mg.	*	Papain	5 mg.	*

Ashwagandha

90 Capsules - \$16.99



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

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

SUPPLEMENT FACTS

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

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

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

Astragalus Root (Organic)

90 Veg Caps - \$15.99



Used for centuries to help keep immune function optimal by restoring, strengthening and increasing vitality. Stimulates deep immunity and is best for immune deficiency where one gets sick easily or is prone to viral and bacterial infections. Helps keep white blood cell counts in the normal range for those in chemotherapy.

Supplement Facts

Serving Size: 1 Veggie Capsule	Servings per Container: 90	
Amt/Serving	DV%*	
Organic Astragalus Root (Astragalus membranaceus)	470 mg	†

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

Other Ingredients: Modified Vegetable Cellulose

Ashwagandha Liquid Extract (Organic) 1 fl oz - \$12.99



Ashwagandha, an exotic Indian herb, has remarkable stress-relieving properties comparable to those drugs used to treat depression and anxiety. In addition to its excellent protective effects on the nervous system, Ashwagandha may be a promising alternative treatment for a variety of degenerative diseases. Ashwagandha has powerful antioxidant properties that seek and destroy the free radicals that have been implicated in aging and numerous disease states. LifeSource 100% USDA Organic Ashwagandha Powder helps keep you calm and relaxed by interacting with the stress hormone, cortisol, producing calming effects on nerves while supporting adrenal gland function.

SUPPLEMENT FACTS

Serving Size: 30 Drops (1 ml)	Servings per Container: 30	
Amt/Serving	DV%*	
Fresh Organic Ashwagandha Root Herb Strength Ratio: 1:1.5	667 mg	†

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

† Daily Value not established.

Other Ingredients: Grain Alcohol, Deionized Water

Vitamin B-6

100 Tablets - \$7.99



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

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

SUPPLEMENT FACTS

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

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

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

Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors **Suggested usage:** Take 1 tablet daily

Astaxanthin 4mg

60 Softgels - \$18.99



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

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

SUPPLEMENT FACTS

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

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

Ingredients: Vegetarian Softgel Capsule (modified corn starch, carrageenan, glycerin, water), Extra Virgin Olive Oil, Mixed Tocopherols and Rosemary Leaf Extract. Mixed Tocopherols from soy. **Not manufactured with** wheat, gluten, milk, egg, fish, or shellfish ingredients.

B-12 Complex

2 fl oz - \$10.99



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

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

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

SUPPLEMENT FACTS

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

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

Other Ingredients: De-ionized Water, Glycerin, Xylitol, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Ginger Root, Grapefruit Fibers and Cinnamon Bark Oil Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients

Astaxanthin Extra Strength 10mg 60 Softgels - \$36.99



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

SUPPLEMENT FACTS

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

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

Other Ingredients: Safflower Oil, Softgel Capsule (gelatin, water, glycerin) and Vitamin E (as natural d-alpha tocopherol). Vitamin E from Soy.

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

Methyl-B-12 1000mcg 100 Lozenges - \$16.99



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

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Vitamin B-12	1,000 mcg	16,667%
Suggested usage: Take 1 lozenge daily		

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



SUPPLEMENT FACTS

Serving Size: 1 Lozenge	Servings per Container: 60
Amt/Serving	DV%*
Vitamin B-12 (as Methylcobalamin)	5,000 mcg 208,333%

Other Ingredients: Xylitol, Cellulose, Modified Cellulose Gum, Silica, Natural Raspberry Flavor, Stearic Acid, Natural Strawberry Flavor, Citric Acid, Calcium Stearate, Grape Extract (Fruit), Grapeseed Extract, Wild Blueberry (Fruit), Wild Blueberry Extract, Raspberry Extract (Fruit), Raspberry Seed Extract, Cranberry (Fruit), Prune, Tart Cherry (Fruit), Wild Blueberry (Fruit), Wild Bilberry Extract, Strawberry (Fruit)

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

Suggested usage: Take 1 lozenge daily

Liquid Methyl B-12 2,500 mcg 2 fl oz. - \$18.99



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

SUPPLEMENT FACTS

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

Other Ingredients: Vegetable glycerin USP, Reverse Osmosis Purified Water, Montmorency whole cherry fruit concentrate, Organic cherry flavoring, citric acid, Rebaidioside A extract (Stevia), citrus extract

Contains no Sugar, Starch, Salt, Wheat, Gluten, Yeast, Milk or Soy Derivatives

B-50 Complex 100 Capsules - \$14.99



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

SUPPLEMENT FACTS

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

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

B-100 Complex 100 Capsules - \$19.99

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



SUPPLEMENT FACTS

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

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

Superior Methyl B Complex 120 Capsules - \$23.99



Coenzyme B Complex contains vitamins in the superior, "active" form. These methyl forms of B vitamins are absorbed and utilized more efficiently by the body and are also most effective when taken together. For those that are seeking the most support from their B vitamins.

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings per Container: 60
Amt/Serving	DV%*
Thiamin (vitamin B1) (as thiamine mononitrate, thiamine hydrochloride, thiamin cocarboxylase chloride)	50 mg 4167%
Riboflavin (vitamin B2) (riboflavin, riboflavin 5'phosphate)	50 mg 3846%
Niacin (vitamin B3) (as inositol hexanicotinate)	100 mg 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5'phosphate, pyridoxine alpha-ketoglutarate)	80 mg 4706%
Folate (from Quartrefolic® 5-methyltetrahydrofolate glucosamine salt)	400 mcg DFE (240 mcg 5-MTHF) 100%
Vitamin B12 (as cobolamin, Methylcobalamin)	500 mcg 20833%
Biotin	200 mcg 667%
Pantothenic Acid (D-calcium pantothenate)	50 mg 1000%
Choline (bitartrate)	40 mg 7%
PABA (para-aminobenzoic acid)	50 mg †
Inositol (from inositol hexanicotinate)	27 mg †
Coenzyme Q10	1 mg †
Alpha Lipoic Acid	200 mcg †

Barley Grass Powder (Organic) 1 lb. - \$19.99



Barley Grass contains very large amounts of vitamins, minerals, essential and non-essential amino acids, high amounts of antioxidants and enzymes and other beneficial nutrients. These beneficial nutrients include: Superoxide Dismutase (SOD), B9 (Folic Acid), B5 (Pantothenic Acid), Vitamin A (Carotenoids), including Beta Carotene, B1, B2, B6, B12, C, Calcium, Iron, Magnesium, Manganese, Potassium, Sodium and Zinc.

LifeSource's USDA Organic Barley Grass Powder, certified and rich with the fiber, protein, minerals, chlorophyll and antioxidants that make up a complete nutritional supplement.

SUPPLEMENT FACTS

Serving Size: 5 g (1 Tablespoon)		Servings per Container: 90	
Amt/Serving	DV%*	Amt/Serving	DV%*
17.5		Sodium	9.9 mg .42%
73.2 KJ		Total Carbohydrates	2.81 g .94%
.18 g	.28%	Protein	1.11 g 2.21%

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

† Daily Value not established.

Ingredients: 100% Organic Barley Grass Powder.

Suggested usage: Take 1 tablespoon daily

BCAA 5,000 Powder

11.65 oz – \$39.99



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

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

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

SUPPLEMENT FACTS

Serving Size: 1 Scoop	Servings Per Container: 30		
	Amt/Serving	DV%*	
Calories	4		
Potassium	34 g	1%	
Vitamin B-1	1.5 mg	100%	
Niacin	20 mg	100%	
Pantothenic Acid	10 mg	100%	
Branched Chain Amino Acids	5 grams	**	
Leucine	2,500 mg	**	
Isoleucine	1,250 mg	**	
Valine	1,250 mg	**	
Glutamine	5 grams	**	

Ultra Beta Glucan

90 Veg Caps – \$18.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap	Servings Per Container: 90		
	Amt/Serving	DV%*	
Beta - 1,3/1,6 -D- Glucan Powder (from <i>Saccharomyces cerevisiae</i>)	100 mg*	†	
Maitake Mushrooms (<i>Grifola frondosa</i>)	160 mg*	†	

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

Bee Pollen 500mg

100 Capsules - \$6.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100		
	Amt/Serving	DV%*	
Bee Pollen	500 mg	†	

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

Beta-Sitosterol

90 Capsules - \$14.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings per Container: 90		
	Amt/Serving	DV%*	
Beta-Sitosterol Complex (providing an average of 225mg of beta-sitosterol)	500 mg	†	

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

Beet Root Powder (Organic)

10 oz. - \$23.99



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

SUPPLEMENT FACTS

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

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

Ingredients: Raw Organic Beet Powder

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

Bilberry Extract

60 Veg Capsules - \$19.99



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

SUPPLEMENT FACTS

Serving Size 1 Capsule	Servings Per Container 60		
	Amt/Serving	DV%*	
Bilberry Extract (berry) (25% anthocyanins)	100mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established. **Other Ingredients:** Cellulose, Vegetarian capsule (Cellulose), silica, Magnesium Stearate (Vegetable Source)
Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish Suitable for vegans.

Beta Carotene 25,000 IU

90 Softgels - \$6.99



- Antioxidant Support
- Converts to Vitamin A as needed

SUPPLEMENT FACTS

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

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

Biotin 5,000 mcg

60 Veg Caps - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap	Servings Per Container: 60		
	Amt/Serving	DV%*	
Biotin 5.0 mg	(5,000 mcg)	16,667%	

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

Bitter Melon

90 Veg Caps - \$16.99



Bitter Melon supports a healthy pancreas, balanced blood sugar levels in the normal range, and it helps to maintain normal blood glucose metabolism. Further, it has an affinity for the blood and brings these cleansing, purifying qualities into the entire circulatory system.

SUPPLEMENT FACTS

Serving Size: 1 Veggie Cap Servings per Container: 90

	Amt/Serving	DV%*
Bitter Melon Fruit Extract (5% Charantin)	500 mg	†

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Blood Pressure Support

90 Veg Caps - \$26.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings per Container: 90

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

* Percent Daily Values are based

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

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

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

Black Cohosh Extract Plus

120 Capsules - \$12.99



Relief of many menopausal symptoms and menstrual dysfunctions

- Hot flashes • Headaches
- Mood • Cramps

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 120

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

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

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

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

Other Ingredients: White Rice Powder, Magnesium Stearate

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

Black (Cumin) Seed Oil

90 Veg Caps - \$15.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule Servings per Container: 90

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

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

Other Ingredients: Vegetable cellulose and d-alpha tocopheryl acetate

Blood Sugar Control

90 Capsules - \$16.99
180 Capsules - \$29.99
(SAVE \$4)



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.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 45

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

Bronchial Support

8 oz - \$17.99



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

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon Servings per Container: 48

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

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

Suggested usage: 2 to 4 teaspoons two times daily

Vitamin C 1,000 mg

100 Tablets - \$11.99
200 Tablets - \$19.99
(SAVE \$4)



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

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

NEW

Vitamin C 1,000 mg

100 Capsules - \$14.99
200 Capsules - \$24.99
(SAVE \$5)



SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 100

	Amt/Serving	DV*
Vitamin C (from Ascorbic Acid)	1,000 mg	1,667%

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

† Daily Value not established.

Other Ingredients: Vegetarian cellulose capsules, Microcrystalline cellulose, and Vegetable magnesium stearate

Vitamin C w/Rose Hips 500 mg

100 Tablets - \$9.99
250 Tablets - \$19.99



SUPPLEMENT FACTS

Serving Size: 1 Tablet Servings per Container: 250

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

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

† Daily Value not established.

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

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

NEW

Vitamin C Crystals Buffered

4.4 oz - \$14.99
8.8 oz - \$25.99
(SAVE \$4)



100% Calcium Ascorbate – Non Acidic

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

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

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

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

SUPPLEMENT FACTS

Serving Size: 1/4 teaspoon Servings Per Container: 100

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

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

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

Vitamin C Chewable

100 Tablets - \$15.99



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

SUPPLEMENT FACTS

Serving Size: 1 Chewable Tablet Servings Per Container: 100

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

Superior C 500 mg

180 Veg Caps - \$28.99



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 wellabsorbed, highly effective Vitamin C supplement. The metabolites allows our Superior C 500 mg to work by:

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

Absorbed approximately 4 times the rate of normal Vitamin C!

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsules Servings Per Container: 180

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

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

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

NEW

Vitamin C Complete

100 Capsules - \$19.99



Our Buffered Vitamin C Complete formula provides a naturally buffered high potency vitamin c with a special blend of bioflavonoids. Bioflavonoids from citrus, rutin and hesperidin help to support the retention of vitamin c in the body.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 50

	Amt/Serving	DV*
Vitamin C (from natural ascorbic acid, rose hips, acerola)	1,000 mg	1,111%
Lemon Bioflavonoid Complex (fruit)	500 mg	†
Rutin (aerial parts)	100 mg	†
Hesperidin (fruit)	100 mg	†
Pectin (fruit)	30 mg	†

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

† Daily Value not established.

Other Ingredients: Capsule (vegetable source), magnesium stearate (vegetable source), buffering base (calcium carbonate, magnesium oxide) **Contains no** artificial colors, flavors or preservatives, no wheat, gluten, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. **Non-GMO**

Vitamin C Gummies 250 mg

90 Gummies - \$17.99



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

SUPPLEMENT FACTS

Serving Size: 2 Gummies Servings per Container: 45

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

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

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

Allergen Warning: May contain tree nuts

Calcium Citrate Plus

240 Veg Caps - \$24.99



SUPPLEMENT FACTS

Serving Size: 3 Veg Caps	Servings Per Container: 80		
	Amt/Serving	DV%*	
Vitamin D2 (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.

Liquid Cal/Mag

Orange/Vanilla Flavor

32 fl oz - \$24.99



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

SUPPLEMENT FACTS

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

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

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

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

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

Ultra Bone Builder

120 Capsules - \$19.99

240 Capsules - \$34.99

(SAVE \$5)



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

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

SUPPLEMENT FACTS

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

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

Other Ingredients: Bovine Gelatin (capsule), Magnesium Stearate (vegetable source), Silica, Glucosamine Potassium Sulfate Complex, Stearic Acid (vegetable source) and cellulose Contains shellfish (crab, shrimp, lobster, crayfish)

Coral Calcium Advanced

100 Veg Caps - \$19.99



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

SUPPLEMENT FACTS

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

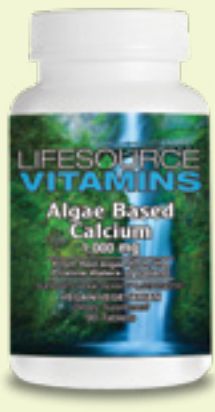
* Percent Daily Values are based on 2,000 calorie diet.

Other Ingredients: Cellulose (capsule), Silica and Magnesium Stearate (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients

NEW

Algae Based Calcium

90 Tablets - \$26.99



Aquamin® mineralized red algae is collected in the pristine Arctic waters of Iceland. It is rich in calcium, magnesium and 72 trace minerals. Aquamin® helps to mineralize bone cells, and supports bone density and strength. Bone mineralization is also enhanced when taken with Vitamins D-3 and K-2

SUPPLEMENT FACTS

Serving Size: 3 Tablets	Servings per Container: 30		
	Amt/Serving	DV%*	
Vitamin D3 (lichen)	20 mcg (800 IU)	100%	
Vitamin K2 (MK-7 from natto)	85 mcg	71%	
Calcium (from Aquamin® Icelandic red algae)	1,000 mg	77%	
Magnesium (from Aquamin® Icelandic red algae)	96 mg	23%	
Strontium (from Aquamin® Icelandic red algae)	7 mg	†	
Silica (from Aquamin® Icelandic red algae)	3 mg	†	
Boron (from Aquamin® Icelandic red algae)	93 mcg	†	
Vanadium (from Aquamin® Icelandic red algae)	26 mcg	†	
Organic Vegan & Red Algae Blend (Mineralized Icelandic Red Algae, Organic Strawberry, Raspberry, Blueberry, Tart Cherry, Pomegranate, Cranberry, Broccoli Sprouts, Broccoli, Tomato, Carrot, Spinach, Kale)	3,535 mg	†	

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

Other Ingredients: Cellulose, magnesium stearate, silica, vegetable stearin
Contains no sugar, salt, dairy, wheat, gluten, yeast, corn, preservatives, artificial colors or flavors

Oyster Calcium

100 Tablets - \$10.99

200 Tablets - \$17.99

(SAVE \$4)



Oyster Shell Calcium provides health benefits and can play an important role in the body by increasing the functionality of nerves, cells, muscle and bone.

SUPPLEMENT FACTS

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

Candida Cleanse

90 Veg Caps - \$17.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps

Servings Per Container: 45

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

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

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

Free of: sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, preservatives or artificial colors

Other Ingredients: Cellulose (capsule), Garlic (Allium sativum) (Bulb), Olive Leaf Extract (Olea europaea), Cat's Claw (Uncaria tomentosa)(bark), Wormwood (Artemisia absinthium) (Ariel Parts), Silica, Magnesium Stearate (vegetable source) and Cellulose Powder

Cat's Claw

100 Veg Caps - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules

Servings per Container: 50

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

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

† Daily Value not established.

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

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

Cayenne 500 mg

100 Veg Caps - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 100

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

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

† Daily Value not established.

Other Ingredients: Cellulose (capsule)

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

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

NEW

CBD Oil (Full Spectrum)

8.3 Mg - \$29.99
16.6 Mg - \$49.99
33.3 Mg - \$69.99



Cannabidiol (CBD) is a compound found in the flowers and leaves of the hemp plant. This compound, alongside hemp's other abundant healing compounds, has become popularized for its natural therapeutic qualities.

LifeSource Vitamins CBD Oil is Full Spectrum, meaning it contains all the plants natural Cannabinoids, Terpenes, and Flavonoids. Full Spectrum delivers the full synergistic effect! In other words, our Full Spectrum CBD is much more effective at any dose.

SUPPLEMENT FACTS

Serving Size: 0.5 ml

Servings per Container: 60

	Amt/Serving	DV%*
Hemp Oil Extract (CBD)	8.3 mg	†
Total Fat	.5 g	.8%
Saturated Fat	.5 g	†

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

† Daily Value not established.

Other Ingredients: Hemp Oil Extract, Medium-Chain Triglyceride (MCT) Oil, Organic Flavoring **Contains Less Than .3% THC**

CBD Capsules (Full Spectrum) 10 mg

100 Veg Capsules - \$34.99



CBD CAPSULES 500MG are packed with premium, CBD-rich, full-spectrum industrial hemp. For those looking for convenience, capsules are the simplest way to get your daily dose of fiber and whole-plant nutrients. Compact, flavorless, and easy take on-the-go, our pre-measured capsules ensure consistency in your dosage. Each capsule is made with the highest quality CBD that nature has to offer: third party lab tested, CO2 extracted, GMP certified, and handcrafted.

SUPPLEMENT FACTS

Serving Size: 2 Vegan Capsules

Servings per Container: 50

	Amt/Serving	DV%*
Raw Decarboxylated Hemp Complex	1 g	†
Aerial Plant Parts (CBD)	10 g	†
Protein	.13 g	2%
Omega-3	6.2 mg	1%
Omega-6	19.5 mg	3%
Omega-9	3.7 mg	<1%
Calcium	31.46 mg	3%
Magnesium	2.62 mg	1%
Potassium	13.6 mg	1%

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

† Daily Value not established.

Other Ingredients: Raw hemp-full aerial parts & phytocannabinoid rich

NEW

CBD Softgels (Full Spectrum) 25 mg

60 Softgels - \$49.99



CBD SOFTGELS 1,500MG are packed with premium, CBD-rich, full-spectrum industrial hemp. feature a potent 25 mg dose of CBD packed into one easy-to-swallow softgel. Created with the highest quality CBD that nature has to offer, this powerful softgel is intended for those with some CBD experience under their belt. Travel-friendly, flavorless, and easy to take on-the-go, our CBD extract is delivered in all-natural hemp seed oil and a 100% vegan softgel capsule for quick absorption - all you'll need is one for the whole day! Each softgel is created in a GMP certified facility with state of the art CO2 extraction, and third-party tested to offer you with the most pure CBD that nature has to offer.

SUPPLEMENT FACTS

Serving Size: 1 Vegan Softgel

Servings per Container: 60

	Amt/Serving	DV%*
Calories Per Softgel	9	
CBD Extract	25 mg	†
Total Fat		
Omega-3 Polyunsaturates	185 mg	†
Omega-6 Polyunsaturates	535 mg	†
Omega-9 Monounsaturates	105 mg	†

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

† Daily Value not established.

Ingredients: Full Spectrum CBD Oil, Hemp Seed Oil, Modified Starch, Vegetable Glycerin, Purified Water

CBD Balm Lavender (Full Spectrum) 1 oz. - \$24.99



This combination of natural ingredients harnesses the power of full-spectrum CBD for topical, all-natural pain relief and wellness. Enjoy daily as part of your self-care routine. Apply topically as needed, gently massage into the skin and relax.

- Can relieve discomfort in the neck, back, shoulders, wrists, hands and knees
- Helps muscles recover from soreness, aches, cramps and nerve pain
- Moisturize the skin to treat chapped lips and dry skin

Ingredients: Full Spectrum CBD Oil extract (500 mg), Tocopherol Vitamin E, Beeswax, Avocado Oil, Lavender Essential Oil, Hemp Seed Oil, Jojoba Oil and Coconut Oil

Charcoal 100 Capsules - \$8.99



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

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 50

	Amt/Serving	DV%*
Charcoal	520 mg	†

* Daily value based on a 2,000 calorie diet.

† Daily value not established.

Chlorella (Organic) 90 Veg Capsules - \$16.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 90

	Amt/Serving	DV%*
Organic Chlorella Thallus Broken Cell Wall	500 mg	†

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Chlorophyll Liquid 16 fl oz - \$18.99



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

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

SUPPLEMENT FACTS

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

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

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

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

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

Cholesterol Support 90 Tablets - \$19.99 180 Tablets - \$35.99 (SAVE \$4)



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

SUPPLEMENT FACTS

Serving Size: 3 Tablets Servings Per Container: 30

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

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

Suggested Usage: Take 2 to 3 Tablets Daily

Choline Bitartrate 30 Capsules - \$12.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 30

	Amt/Serving	DV%*
Choline Bitartrate	250 mg	†

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

† Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate

Suggested usage: Take 1 capsule daily

Cider Vinegar Diet 180 Capsules - \$15.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 90

	Amt/Serving	DV%*
Vitamin B-6 (Pyridoxine HCl)	7 mg	412%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	200 mcg	571%
Apple Cider Vinegar Powder	500 mg	†
Soy Lecithin	200 mg	†
Glucomannan (from Konjac Root) (Amorphophallus konjac)	100 mg	†
Organic Kelp (Laminaria spp.) (Whole Plant)	20 mg	†
Grapefruit Fiber	30 mg	

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

† Daily Value not established.

Other Ingredients: Maltodextrin, Hypromellose (cellulose capsule), Silicon Dioxide and Stearic Acid (vegetable source). Contains Soy (lecithin)

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

Chromium Picolinate

100 Veg Caps - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings per Container: 100
Amt/Serving	DV%*
Chromium (from Chromium Picolinate)	200 mcg 571%

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

† Daily Value not established.

Other Ingredients: Rice Flour and Cellulose (capsule)

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

Cod Liver Oil

100 Softgels - \$9.99



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

SUPPLEMENT FACTS

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

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

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

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

Contains fish (cod). Cod Liver Oil is a product of Norway

Cinnamon Bark

120 Capsules - \$12.99



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

SUPPLEMENT 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)	1,000 mg †

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

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

CLA Conjugated Linoleic Acid

90 Softgels - \$19.99



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

SUPPLEMENT 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).

Collagen Tablets

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



Contains Bromelain and Papain, Enzymes that break down amino acids and help stimulate growth of collagen in the body.

SUPPLEMENT FACTS

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

* Daily value based on a 2,000 calorie diet.

† Daily value not established.

Suggested usage: Take 2 tablets 3 times daily.

Coconut Oil Softgels

60 Softgels - \$12.99



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

SUPPLEMENT FACTS

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

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

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

Coconut Oil (Organic)

16 oz. - \$14.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon	Servings per Container: 32
Amt/Serving	DV%*
Calories	130
Total Fat	14 g 18%
Saturated Fat	12 g 60%
Trans Fat	0 g †
Polyunsaturated Fat	0 g †
Monounsaturated Fat	0.5 g †
Cholesterol	0 mg 0%
Sodium	0 mg 0%
Total Carbohydrate	0 g 0%
Medium Chain Triglycerides	7,700 mg †
Lauric Acid	5,670 mg †
Caprylic Acid	1,050 mg †
Capric Acid	980 mg †

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

Ingredients: Organic Virgin Coconut Oil

Collagen Liquid

(Enzyme Hydrolyzed Collagen) 16 fl oz / 30 Day Supply - \$44.99 PER BOTTLE
3 Bottles for \$119.97 (SAVE \$15)



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

NUTRITION FACTS

Serving Size: 1 Tablespoon		Servings per Container: 30	
Amt/Serving	DV%*	Amt/Serving	DV%*
36		L-Glutamic Acid	1727 mg †
0		Glycine	4167 mg †
0		L-Histidine	118 mg †
3 g	1%	L-Hydroxylysine	181 mg †
8 g	16%	L-Hydroxyproline	2197 mg †
500 mg	†	L-Isoleucine	272 mg †
contains 8 grams of		L-Lysine	697 mg †
Collagen Protein		L-Methionine	136 mg †
† LifeSource		L-Phenylalanine	379 mg †
		L-Proline	2477 mg †
1667 mg	†	L-Serine	636 mg †
1333 mg	†	L-Threonine	300 mg †
1045 mg	†	L-Tyrosine	152 mg †
10 mg	†	L-Valine	515 mg †

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

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

P Collagen Cream

4 oz. - \$12.99



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

Collagen Peptides Powder 3 Pack Special for \$104.97 (SAVE \$15)

1 LB. - \$39.99



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

SUPPLEMENT FACTS

Serving Size: 10 Grams (1 heaping scoop)

Servings per Container: about 45

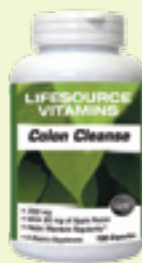
	Amt/Serving	DV%*
Calories	35	
Total Fat	0 g	0%
Total Carbohydrates	0 g	0%
Protein	9 g	18%
Collagen Peptide Complex (from Hydrolyzed Collagen Type I & III) (bovine)	10 g	†

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

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

Colon Cleanse

180 Capsules - \$18.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings per Container: 90

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

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

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

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

Congest-Eeze

60 Liquid Capsules - \$26.99



Congest Eeze is a great respiratory remedy for acute colds, flu, sinus infections, asthma, bronchitis, pneumonia, smokers' lung, Pneumocystis, and general lung congestion. It is very similar our 1 fl. oz. liquid formula Respir-Ease but adds Oregano Oil to increase antimicrobial action. It is a powerful lung macrophage (white blood cell) stimulant to help the lung powerfully address viral and bacterial conditions. It helps clear the lungs of congestion in order to resolve lingering mucus that wants to be expelled.

SUPPLEMENT FACTS

Serving Size: 1 Liquid Capsule

Servings per Container: 60

	Amt/Serving	DV%*
Fresh Osha Root, Fresh Yerba Santa Leaf, Garlic Bulb (Organic), Mullein Leaf, Thyme Herb (Organic), Licorice Root (Organic), Oregon Grape Root, Echinacea purpurea Flowering Tops (Organic), Lomatium Root, Wild Cherry Bark, Ginger Root (Organic), Oregano Oil	700 mg	†

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

† Daily Value not established.

Other Ingredients: Non-GMO Soy Lecithin, Modified Vegetable Cellulose, Medium Chain Triglycerides

Colloidal Minerals (liquid)

32 oz. - \$19.99



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

SUPPLEMENT 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.

Cortisol Support

90 Veg Caps - \$26.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 90

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

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

Other Ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and silica. Not manufactured with wheat, gluten, milk, egg, fish. Shellfish or tree nut ingredients

NEW

CoQ10 50 mg

50 Softgels - \$17.99



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

NUTRITION FACTS

Serving Size: 1 Softgel	Servings Per Container: 50	
	Amt/Serving	DV%*
Vitamin E (from d-alpha Tocopherol)	20 mg	133%
Selenium (from L-Selenomethionine)	70 mcg	127%
Coenzyme Q10	50 mg	†

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

† Daily Value not established.

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

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

Ubiquinol 50 mg

60 Softgels - \$31.99



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

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 60	
	Amt/Serving	DV%*
Ubiquinol (Kaneka QH™) (Reduced Form CoQ10)	50 mg	†

NEW

Ubiquinol 100 mg

60 Softgels - \$49.99



SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings per Container: 60	
	Amt/Serving	DV%*
Ubiquinol CoQH (Reduced form of CoQ10)	100 mg	*

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

† Daily Value not established.

Other Ingredients: Softgel (gelatin, vegetable glycerin, caramel, titanium dioxide, water), olive oil, Ascorbyl palmitate, soy lecithin. Contains soy.

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

Cranberry Concentrate

100 Capsules - \$14.99



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

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings Per Container: 50	
	Amt/Serving	DV%*
Calories	5	
Total Carbohydrate	1.1 g	<1%*
Dietary Fiber	560 mg	2%*
Sugars	630 mg	†
Vitamin C (as Ascorbic Acid)	20 mg	33%†
Cranberry Concentrate (fruit)	1.4 g	†
(1400 mg of 8:1 Concentrate)		

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

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

NEW

CoQ10 200 mg

60 Softgels - \$49.99



SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 60	
	Amt/Serving	DV%*
Coenzyme Q10 (as ubiquinone)	200 mg	+

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

† Daily Value not established.

Other Ingredients: Softgel (gelatin, glycerin, water and annatto), rice bran oil, lecithin, Vitamin E and beeswax. Contains soy. May contain traces of peanuts

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

Cranberry & D-Mannose

60 Veg Caps - \$19.99



For anyone who has had a UTI, you know how tough it is! Cranberries and D-Mannose are loaded with so many beneficial compounds directly related to Urinary Tract and overall health. D-Mannose, a sugar known to maintain UT health and support urinary tract (UT) health altogether, and cranberry, an ingredient that supports the UT lining in your Urinary Tract.

SUPPLEMENT FACTS

Serving Size: 2 Veggie Caps	Servings per Container: 30	
	Amt/Serving	DV%*
Calories	7	
Total Carbohydrates	2 g	
Sugars	1 g	
Vitamin C (as Ascorbic Acid)	30 mg	50%†
D-Mannose	1000 mg	†
Cranberry Fruit 37:1 (min. 4% Proanthocyanidins)	400 mg	†

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

Other Ingredients: Modified Vegetable Cellulose

CoQ10 400 mg

30 Softgels - \$39.99



SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 30	
	Amt/Serving	DV%*
Calories	5	286%
Total Fat	.5 g	<1%
Vitamin E (as d-alpha Tocopherol) (soy-free)	20 mg	133%
Coenzyme Q10 (CoQ10)	400 mg	†
Sunflower Lecithin	35 mg	†

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

† Daily Value not established.

Other Ingredients: Softgel Capsule (bovine gelatin (BSE-free), glycerin, water, organic caramel color), Organic Extra Virgin Olive Oil and Silicon Dioxide

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

Creatine Monohydrate Powder

8.8 oz - \$12.99



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

Curcumin Extract

60 Veg Capsules - \$23.99
120 Veg Capsules - \$42.99

(SAVE \$5)



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

Prevent and reverse:

- Inhibits Inflammation • Brain and Immune System Health
- Digestive, Joint and Pancreatic Health
- Antioxidant Support

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule Servings Per Container: 60

Tumeric Root Extract
(Curcuma longa) (Standardized to Min. 95.0% Curcuminoids (630 mg)
(containing Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin))
Demethoxycurcumin and Bisdemethoxycurcumin)

Amt/Serving **DV%***
665 mg *

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

Free of: yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.

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

Vitamin D-3 5000 IU Softgels

120 Softgels - \$14.99
240 Softgels - \$24.99
(SAVE \$5)



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

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

SUPPLEMENT FACTS

Serving Size: 1 Softgel Capsule

Servings Per Container: 120

Vitamin D-3
(as Cholecalciferol)

Amt/Serving **DV%***
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.

NEW

Vitamin D-3 5000 IU

90 Capsules - \$12.99



SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 90

Vitamin D3 (cholecalciferol)

Amt/Serving **DV%***
5000 IU 1250%

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

† Daily Value not established.

Other Ingredients: Vegetarian cellulose capsules

NEW

Vitamin D-3 10,000 IU

90 Softgels - \$19.99



SUPPLEMENT FACTS

Serving Size: 1 Softgel

Servings Per Container: 90

Vitamin D3 (as cholecalciferol)

Amt/Serving **DV%***
250 mcg 1250%
(10,000 IU)

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

† Daily Value not established.

Other Ingredients: Olive oil, gelatin (bovine), vegetable glycerin and purified water

Vitamin D-3 1,000 IU

180 Softgels - \$11.99



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

SUPPLEMENT FACTS

Serving Size: 1 Softgel

Servings Per Container: 180

Vitamin D-3 (as Cholecalciferol)

Amt/Serving **DV%***
1,000 IU †

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

Liquid Vitamin D-3 1,000 IU

1 fl. oz. - \$14.99



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

SUPPLEMENT FACTS

Serving Size: 1 Drop

Servings Per Container: 925

Vitamin D3 (Cholecalciferol)

Amt/Serving **DV%***
1,000 IU 250%

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

† Daily value not established.

Other ingredients: glycerin, water, hydroxy lecithin.

Vitamin D-3 Gummies

90 Gummies - \$16.99



SUPPLEMENT FACTS

Serving Size: 2 Gummies

Servings per Container: 45

Calories
15

Total Carbohydrate

4 g 1%

Sugars

3 g †

Vitamin D3 (as cholecalciferol)

2,000 IU 500%

Sodium

10 mg <1%

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

† Daily Value not established.

Other Ingredients: Glucose syrup, sugar, water, pectin, citric acid, sodium citrate, natural flavors, natural color (annatto and elderberry juice), coconut oil and cernauba wax

Allergen Warning: Contains Tree Nuts (Coconut Oil)

D-Mannose

120 Veg Caps - \$24.99



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

SUPPLEMENT FACTS

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

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

† Daily Value not established.

Other Ingredients: Cellulose (capsule), Rice Flour, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica. Non-GMO

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

Deer Antler Spray w/IGF-1

2 fl. oz - \$29.99 /
3 for \$74.97
(SAVE \$15)



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

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

SUPPLEMENT FACTS

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

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

Other Ingredients: Purified Water, Natural & Artificial Flavors, Xylitol, Citric Acid, Stevia, Potassium Sorbate (as preservative)

Suggested usage: Spray three times under tongue twice daily 20 minutes before a meal

Dong Quai (Organic)

90 Veg Caps - \$13.99



Dong Quai is a famous Chinese herb used for many menstrual irregularities. It is used in menopause to lessen the negative symptoms of hot flashes, mood swings, and irritability. It is also used in premenstrual (PMS) disorders to decrease the discomfort of cramps, slow onset, dull ache, mood swings, bloating and irritability.

SUPPLEMENT FACTS

	Amt/Serving	DV%*
Serving Size: 2 Capsules		Servings per Container: 45
Organic Dong Quai Root (Angelica sinensis)	1,000 mg	†

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Diet & Energy

90 Capsules - \$14.99



Metabolic Diet and Adrenal Support

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

SUPPLEMENT FACTS

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

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

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

800.567.8122

Vitamin E-400

100 Softgels - \$11.99
200 Softgels - \$20.99
(SAVE \$3)



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

SUPPLEMENT FACTS

Serving Size: 1 Softgels	Servings Per Container: 100
Amt/Serving	DV%*
Vitamin E	400 IU 500%
(d-alpha tocopherol, plus beta, delta, and gamma tocopherols)	

Elderberry Plus

90 Veg Caps - \$17.99



Elderberry Plus is a unique formula that combines both Elderberry and Elderflower with Umckaloabo Root. It helps strengthen the immune system and provides immediate and effective immune support. Elderberry Plus can be used as a preventative to increase resistance to illness and help rebuild a strong immune response or it can be taken when already ill to reduce symptoms and shorten the duration of the illness.

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings per Container: 45
Amt/Serving	DV%*
Organic Elderberry Fruit	750 mg †
Wildcrafted Elderberry Flower	100 mg †
Selectively Imported Pelargonium sidoides Root (Umckaloabo)	100 mg †

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Echinacea 1,000 mg

100 Capsules - \$8.99



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

SUPPLEMENT FACTS

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

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

† Daily Value not established.

Elderberry Plus Gummies

90 Gummies - \$18.99



- One of the Most Effective Herbs for the Flu
- Powerful Antioxidant
- Can Reduce Oxidation of LDL Cholesterol, a Contributing Factor of Heart Disease
- Includes Vitamin C & Zinc for Complete Immune Support

SUPPLEMENT FACTS

Serving Size: 2 Gummies	Servings per Container: 45
Amt/Serving	DV%*
Calories	15
Total Carbohydrates	4 g
Sugars	3 g
Vitamin C (ascorbic acid)	90 mg 150%
Zinc (citrate)	7.5 mg 50%
Sodium	25 mg 1%
Elderberry Fruit (Sambucus nigra)	100 mg †

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

† Daily Value not established.

Other Ingredients: Organic tapioca syrup, raw cane sugar, water, pectin, sodium citrate, natural flavors, citric acid, coconut oil and carnauba wax

Echinacea & Goldenseal Root

60 Liquid Capsules - \$26.99



Echinacea & Goldenseal is an acute formula, to be used when either one feels like they are about to come down with a cold/flu (take every couple of hours), or if cold/flu symptoms are already present (take at least 3 times per day until symptoms subside).

Echinacea stimulates innate immunity and excites phagocytosis of the white blood cells in general circulation while Goldenseal and Yerba Mansa stimulate immunity in the respiratory tract to act more vigorously. It will help keep control over undesirable microorganisms.

SUPPLEMENT FACTS

Serving Size: 1 Liquid Capsules	Servings per Container: 60
Amt/Serving	DV%*
Echinacea purpurea Herb (Organic), Goldenseal Root (Organic), Echinacea angustifolia Root (Organic), Oregon Grape Root, Fresh Yerba Mansa Root (Organic), Myrrh Gum, Fresh Wild Indigo Root	1,000 mg †

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

Other Ingredients: Non-GMO Soy Lecithin, Medium Chain Triglycerides, Modified Vegetable Cellulose

Elderberry Syrup (Organic)

4 fl oz. - \$17.99
8 fl oz. - \$29.99
(SAVE \$6)



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

SUPPLEMENT FACTS

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

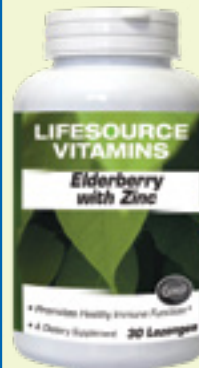
* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Vegetable glycerin, deionized water
Contains no salt, wheat, gluten, yeast, corn, soy, preservatives, artificial colors or flavors, glucose or fructose

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

Elderberry w/Zinc

30 Lozenges - \$10.99



LifeSource Vitamins lozenges are loaded with Elderberry Extract powder that is synergistically formulated with Zinc and Vitamin C for maximum effectiveness. HAVE A COLD: this homeopathic preparation will help you feel better while you are getting better and could shorten the life of your cold.

SUPPLEMENT FACTS

Serving Size: 1 Lozenge	Servings Per Container: 30
Amt/Serving	DV%*
Calories	10
Total Carbohydrate	3 g 1%*
Total Sugars	< 1 g †
Includes <1 g Added Sugars	1%
Sorbitol	2 g †
Vitamin C (as Ascorbic Acid and from Sodium Ascorbate)	150 mg 167%
Zinc (from Zinc Gluconate)	12 mg 109%
Elderberry Concentrate (Sambucus nigra) (fruit)	100 mg †
Echinacea purpurea (Root)	25 mg †
Bee Propolis	25 mg †
Slippery Elm Bark (Ulmus rubra) (Bark)	25 mg †

Other Ingredients: Sorbitol, Fructose, Microcrystalline Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silicon Dioxide, Natural Raspberry Flavor and Hypromellose (cellulose)

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

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

† Daily Value not established.

Electrolyte Balance

100 Veg Capsules - \$13.99



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

SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule Servings per Container: 100

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

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established. Other Ingredients: Vegetable cellulose, vegetable magnesium stearate, and rice flour

Kids & Teens Chewable Enzymes

90 Chewables - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 2 Chewables Servings per Container: 45

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

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

Super Digestive Enzymes

90 Capsules - \$17.99
180 Capsules - \$31.99
(SAVE \$4)



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 90

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

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

Advanced Papaya Enzymes

90 Chewable Tablets - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 2 Tablets Servings per Container: 45

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

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established. Other Ingredients: Fructose, Sorbitol, Stearic Acid (vegetable source), Calcium Stearate (vegetable source), Natural Tropical Fruit Flavor, Citric Acid, Silica, Beet Root Fiber
Contains no artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish

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JOIN OUR EMAIL OR
MAILING LIST.**

**You will receive advanced notifications of upcoming promotions and sales.
We do not sell any customer information, you will not receive spam, junk mail or robo-calls.**

Esiak 750 mg

120 Capsules - \$16.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 120

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

*Daily value not established

Evening Primrose Oil

100 Softgels - \$9.99



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

SUPPLEMENT FACTS

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

Fenugreek (Organic)

90 Veg Caps - \$10.99



Fenugreek has been shown to reduce blood glucose levels by slowing absorption of sugars in the stomach and stimulating insulin production. Fenugreek helps stimulate milk production in lactating women. Research has shown it can increase milk production within 24 to 72 hours of consumption. It can also stimulate uterine contractions and induce labor; therefore it is not recommended during pregnancy.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings per Container: 90
Amt/Serving	DV%*
Organic Fenugreek Seed (Trigonella foenum-graecum) Full Spectrum	575 mg †

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Feverfew

90 Capsules - \$11.99



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

SUPPLEMENT FACTS

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

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

† Daily value not established.

Ultra Fiber Gummies

60 Gummies- \$14.99



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

SUPPLEMENT FACTS

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

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

Other Ingredients: Chicory root fiber, sugar, water, pectin, natural flavors, citric acid, sodium citrate, natural color (annatto and elderberry juice), coconut oil and carnauba wax.

Allergen Warning: Contains Tree Nuts (Coconut Oil)

ClearFiber™ Powder

Net Wt. 5 oz. (142g) - \$14.99



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

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

SUPPLEMENT FACTS

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

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

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

Fibroid Formula

90 Tablets - \$12.99



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

SUPPLEMENT FACTS

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

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

Flax Seed Oil

100 Softgels - \$12.99



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

SUPPLEMENT FACTS

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

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

Other Ingredients: Softgel Capsule (gelatin, water, glycerin, organic caramel color)

Not manufactured with yeast, wheat, gluten, soy, corn, milk, eggs, fish or shellfish ingredients

Each serving may also have the following naturally occurring amounts of polyunsaturated

fats and monounsaturated fats: Linolenic Acid (Omega-3): 55%, Linoleic Acid (Omega-6):

14%, Oleic Acid (Omega-9): 19%, Other (Saturated): 12%

NON-GMO

Organic Flax Oil

16 fl oz - \$19.99



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

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

SUPPLEMENT FACTS

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

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

Ingredients: Organic Flax Oil, Antioxidant Blend (Organic, Rosemary, Mixed Tocopherols, Ascorbyl Palmitate, Citric Acid)

Garlic (Odorless) 2000 mg

100 Softgels - \$10.99
200 Softgels - \$17.99
(SAVE \$4)



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

SUPPLEMENT FACTS

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

* Daily value based on a 2,000 calorie diet.

† Daily value not established.

Methyl Folate

90 Tablets - \$15.99



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

SUPPLEMENT FACTS

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

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

Other Ingredients: Cellulose, Silica, Stearic Acid (vegetable source), Calcium Stearate (vegetable source)

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

Folic Acid with Vitamin B-12

250 Tablets - \$8.99



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

SUPPLEMENT FACTS

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

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

Free of: yeast, wheat, soy, milk, gluten, sugar or salt.

Other Ingredients: Cellulose, stearic acid, magnesium stearate.

GABA w/Vit B-6 500 mg

100 Capsules - \$12.99



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

SUPPLEMENT FACTS

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

* Daily value based on a 2,000 calorie diet.

† Daily value not established.

NON-GMO

Ginger Root

90 Capsules - \$12.99



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

SUPPLEMENT FACTS

Serving Size: 2 Veggie Caps	Servings Per Container: 45
Amt/Serving	DV%*
Organic Ginger Root (Zingiber officinale)	1000 mg †

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

† Daily Value not established.

Other Ingredients: Vegetable Cellulose

Ginkgo Biloba

60 Capsules - \$9.99



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

SUPPLEMENT FACTS

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

P G.I. & Colon Support

90 Capsules - \$16.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 90

Amt/Serving	DV%*
750 mg	†

Proprietary Blend:

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

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

Glucosamine, Chondroitin & MSM (Liquid)

16 fl. oz. / 32 Day Supply - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 mL)

Servings per Container: 32

	Amt/Serving	DV%*
Calories	15	
Vitamin C (as Ascorbic Acid)	125 mg	10%
Manganese (from Manganese AAC*)	4 mg	200%
Sodium	95 mg	2%
Potassium	5 mg	<1%
Glucosamine HCl	750 mg	†
Chondroitin Sodium Sulfate (from Bovine Cartilage)	600 mg	†
MSM (Methylsulfonylmethane)	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.

Panax Ginseng

100 Capsules - \$12.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 100

Amt/Serving	DV%*
650 mg	†

Korean Ginseng

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

Glucosamine Chondroitin Plus

120 Veg Caps - \$24.99



- Our Only Capsule with Glucosamine, Chondroitin, and MSM Together in One Product
- Provides Fast, Effective Pain Relief
- Nourishes Cartilage, Ligaments, and Tendons
- Enhances Joint Lubrication, Flexibility and Mobility

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings per Container: 60

	Amt/Serving	DV%*
Glucosamine Sulfate	750 mg	†
Chondroitin Sulfate	600 mg	†
MSM	250 mg	†
Devil's Claw Root (5% Harpagosides)	50 mg	†

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose, Omega 3 (Flax Seed), Natural Silica

Glucosamine 1500 mg & Chondroitin 1200 mg

**120 Tablets - \$26.99
240 Tablets - \$48.99
(SAVE \$5)**



Joint Support Factors

Glucosamine and chondroitin sulfate are substances found naturally in the body. Glucosamine is a form of amino sugar that is believed to play a role in cartilage formation and repair. Chondroitin sulfate is part of a large protein molecule (proteoglycans) that gives cartilage elasticity. Glucosamine and Chondroitin work together to replenish joint tissues and promote normal movement while protecting our healthy cartilage from potential future damage.

SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 60

Amt/Serving	DV%*
1500 mg	†
1200 mg	†

Glucosamine Sulfate
Chondroitin Sodium Sulfate

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

Glucosamine Sulfate & MSM (Vegetarian)

120 Tablets - \$26.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings per Container: 120

	Amt/Serving	DV%*
Potassium (from glucosamine sulfate potassium chloride)	85 mg	†
Glucosamine sulfate (from 667 mg of glucosamine sulfate potassium chloride)	500 mg	†
MSM (methylsulfonylmethane)	500 mg	†

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

Other ingredients: Cellulose, modified cellulose, vegetable stearin, cellulose gum, magnesium stearate, silica and food glaze Shellfish free, Vegetarian and Vegan.

**BLESSED IS THE
NATION WHOSE
GOD IS THE LORD.
PSALM 33:12**

L- Glutathione 250 mg 60 Veg Caps - \$24.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule Servings per Container: 60

	Amt/Serving	DV%*
Setria™ Glutathione (Reduced Form)	250 mg	†

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

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

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

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



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule Servings per Container: 90

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

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

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

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

Gluten-ADE 60 Veg Capsules - \$22.99



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

SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsules Servings per Container: 30

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

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

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

Contains No sugar, salt, yeast, wheat, gluten, soy, corn, preservatives, artificial colors or flavors Suggested usage: Take 2 capsules 10-15 minutes prior to meal

Green Coffee Bean Extract with 200mg Svetol® 120 Capsules - \$26.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings per Container: 60

	Amt/Serving	DV%*
Svetol®		
(<i>Coffea Canephora</i> Robust P., Standardized to 50% total Polyphenols and 45% Chlorogenic Acids)	200 mg	†
Green Coffee Bean Extract		
(<i>Coffea Canephora</i> , Standardized to 50% total chlorogenic acids)	900 mg	†

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

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

Directions: Take 2 capsules twice daily 30 minutes before meal

Green Tea Extract 100 Capsules - \$12.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule Servings Per Container: 100

	Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	60 mg	67%
Green Tea Extract	400 mg	†
Extract (Leaf) (up to 32 mg of naturally occurring caffeine) (min. 40% Catechins)		

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

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

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

Gotu Kola (Organic) 90 Veg Caps - \$13.99



Gotu Kola has been traditionally used as an energizing, cognitive stimulating herb for use in fatigue, confusion and general lethargy. It seems to have a stimulating effect on the thyroid and is indicated for low functional thyroid activity.

SUPPLEMENT FACTS

Serving Size: 1 Veggie Capsule Servings per Container: 90

	Amt/Serving	DV%*
Organic Gotu Kola Herb (<i>Centella asiatica</i>)	400 mg	†

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Suggested usage: Take 1 capsule, once or twice daily

Ultra Hair, Skin & Nails

60 Tablets - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 60.

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

NEW

Ultra Hair Skin & Nails Gummies W/Collagen

60 Gummies - \$15.99



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

SUPPLEMENT FACTS

Serving Size: 2 Gummies

Servings per Container: 30

	Amt/Serving	DV%*
Calories	15	
Total Carbohydrates	4 g	1%
Total Sugars	4 g	+
Includes 4 g Added sugar		8%
Vitamin A (retinyl acetate)	1,200 IU	133%
Vitamin C (ascorbic acid)	30 mg	33%
Vitamin D (cholecalciferol)	10 mcg	50%
Vitamin E (dl-alpha-tocopheryl acetate)	18 mg	120%
Vitamin B6 (pyridoxine HCl)	2 mg	118%
Folate	670 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (cyanocobalamin)	8 mcg	333%
Biotin	6,000 mcg	20,000%
Pantothenic Acid (calcium d-pantothenate)	10 mg	200%
Iodine (potassium iodide)	80 mcg	53%
Zinc (citrate)	2.7 mg	33%
Sodium	10 mg	<1%
PABA (para-Aminobenzoic Acid)	25 mg	+
Collagen (Type I)	12 mg	+
Silicon	2 mg	+

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

Other Ingredients: Glucose syrup, sugar, glucose, pectin, citric acid, sodium citrate, passion fruit flavor, vegetable oil (contains carnauba wax), and purple carrot juice concentrate.

Contains Tree Nuts (coconut)

Gluten & Gelatin Free. **Non-GMO**

Hawthorn Berry (Organic)

90 Veg Caps - \$12.99



Hawthorn is an all-around heart tonic for long-term use in cardiac pathology and for general preventative heart health. The powerful actions of Hawthorn has been used for several heart and cardiovascular conditions such as:

- Treat angina
- Lower high blood pressure
- Correct arrhythmia (irregular heartbeat)
- Relieve symptoms of congestive heart failure
- Heart attack recovery
- Heart disease prevention

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings per Container: 45

Amt/Serving	DV%*
Organic Hawthorn Berry (Crataegus laevigata or monogyna)	1,000 mg +

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Heart / Vascular Support

90 Capsules - \$22.99



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

SUPPLEMENT FACTS

Serving Size: 3 Capsules

Servings Per Container: 30

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

Hemp Seed Oil

60 Liquid Caps - \$9.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Liquid Capsules

Servings per Container: 30

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

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

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

HGH Formula Tablets

90 Tablets - \$19.99
180 Tablets - \$35.99
(SAVE \$4)



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

Benefits Shown by LifeSource HGH Tablets

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

SUPPLEMENT FACTS

Serving Size: 3 Tablets			Servings Per Container: 30		
Amt/Serving	DV%*		Amt/Serving	DV%*	
Glutamic Acid 471 mg	†	Threonine 129 mg	†	Histidine 48 mg	†
Proline 153 mg	†	Serine 120 mg	†	Glycine 47 mg	†
Pituitary Growth		Phenylalanine 87 mg	†	Methionine 45 mg	†
Hormones 150 mg	†	Arginine HCL 72 mg	†	Cystine 45 mg	†
Alanine 129 mg	†	Valine 72 mg	†	Soy Protein 27 mg	†
Isoleucine 129 mg	†	Tyrosine 63 mg	†	Leucine 24 mg	†

Holy Basil (Organic)

60 Veg Caps - \$17.99



Research shows that Holy Basil counteracts stress-induced changes in neurotransmitters and enzymes. It normalizes and brings balance to biochemicals in the body's stress center such as cortisol, epinephrine and dopamine. Holy Basil is helpful for individuals with stress-related conditions, such as anxiety, irritability, depression, irritable bowel, digestive disorders, hormonal fluctuations, adrenal fatigue, insomnia, and immune deficiency.

- Used to Counteract Stress and Calm the Mind
- Decreases the Stress Hormone "Cortisol"
- Traditionally Used for Inflammation, Digestion, Asthma, Arthritis, and Skin Conditions
- Stimulates Insulin Secretion from the Pancreas

SUPPLEMENT FACTS

Serving Size: 1 Capsule		Servings per Container: 60	
	Amt/Serving	DV%*	
Organic Holy Basil Herb	225 mg	†	
Holy Basil Leaf Extract (2% Ursolic Acid)	225 mg	†	

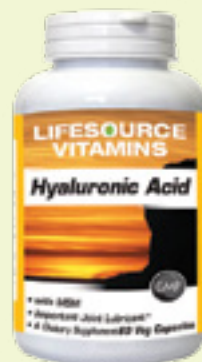
* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Hyaluronic Acid

60 Veg Caps - \$19.99



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
- Tissue reconstruction
- Improved bone density
- Increased mental alertness
- Improved muscle strength

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps		Servings Per Container: 30	
	Amt/Serving	DV%*	
Sodium (from Sodium Hyaluronate)	10 mg	<1%	
Hyaluronic Acid (from Sodium Hyaluronate)	100 mg	†	
Lignisul™ MSM (Methylsulphonylmethane)	900 mg	†	

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

Maximum HGH Powder

10.83 oz powder - \$49.99



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

SUPPLEMENT FACTS

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

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

Hoodia Complex

90 Capsules - \$19.99



In a nutshell, the best product on the market to help you lessen your caloric (calorie) intake without feeling hungry all of the time. A must for anyone who has tried every other weight loss program that never worked! Unlike any other formula available, this product has been developed to release hoodia into the system over a prolonged period of time. By taking 2 tablets daily, this helps maintain the benefits of hoodia around the clock, even while you sleep. LifeSource's Hoodia Caps are NOT detoxifying, amphetamine, diuretic, or Ephedra weight loss pills, what Hoodia does is suppress your appetite, stopping you from thinking about food, thereby reducing your caloric intake. How does it do this? LifeSource's Hoodia contains the extract of Hoodia Cactus. This is estimated to be up to 100,000 times as potent as glucose in sending a signal to the brain that the body is in a state of satiety, or in common terms: not hungry, and in clinical trials on obese subjects it has been proven to reduce caloric intake by as much as 40%.

SUPPLEMENT FACTS

Serving Size: 2 Capsules		Servings Per Container: 45	
	Amt/Serving	DV%*	
Hoodia Cactus Extract 20:1	200 mg	†	Glucosmannan 400 mg
Green Tea 60%	250 mg	†	Guarana Extract 40%
Colcus Forskohu Extract 10%	100 mg	†	Chromium Polynicotinate 1000 mcg
Garcinia Cambogia	150 mg	†	Chick Weed 190 mg

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

Immune Support

60 Softgels - \$19.99



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

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

SUPPLEMENT FACTS

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

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

† Daily Value not established.

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

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

NEW

Immune Plus

90 Capsules - \$16.99



A healthy immune system becomes ever more important as we age, quite possibly the most important single health concern we can address at a younger age. Creating the foundation when you are younger is critical.

- Immune Enhancement
- Avoid Getting Sick or Push Your Illness Out of your Body
- Stimulate Immune Activity, Modulate the Immune System, Fight Bacteria and Viral Conditions

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 90
Amt/Serving	DV%*
Vitamin C (from proprietary blend listed below)	350 mg 583%
Proprietary Blend (Acerola Berry Powder, Ascorbic Acid, Echinacea (Echinacea angustifolia), Pau d' Arco, Red Clover)	750 mg †

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

† Daily Value not established.

Other Ingredients: Vegetarian cellulose capsules and Vegetable stearate

Vitamin K-2 w/D3

90 Chewable Tablets - \$12.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 non-GMO Chewable Tablet	Servings per Container: 90
Amt/Serving	DV%*
Vitamin K-2 (MK7)	75 mcg 94%
Vitamin D-3 (cholecalciferol)	2,000 IU 500%

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

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

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

Inflacalm

60 Veg Caps - \$21.99



Inflacalm helps calm inflammation, ease pain, and increase circulation to joints and tissues. It is indicated for those seeking safe, drug-free relief from any inflammatory ailment whether it be acute or chronic.

- Calms Inflammation, Reduces Pain, and Increases Circulation to Joints and Tissues
- Drug-Free Relief from Any Inflammatory Ailment, Acute or Chronic
- Alternative to Ibuprofen to Help Relieve Pain and Inflammation Without Gastrointestinal Side Effects
- Ginger Root, Holy Basil Leaf, White Willow Bark, Turmeric Root, Green Tea, Rosemary, Boswellia Extract

SUPPLEMENT FACTS

Serving Size: 1 Veggie Capsule	Servings per Container: 60
Amt/Serving	DV%*
Ginger Root (5% Gingerol)	75 mg
Holy Basil Leaf (2% Ursolic Acid)	75 mg
White Willow Bark (25% Salicin)	75 mg
Turmeric Root (95% Curcumanoids)	50 mg †
Green Tea (95% Polyphenols, 50% EGCG)	50 mg
Rosemary Extract (5% Rosmarinic Acid)	50 mg
Boswellia Extract (65% Boswellic Acid)	25 mg

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Kava

90 Veg Caps - \$19.99



Kava is simply the best anti-anxiety herb and is great in emotional stress and upheaval. It calms when one is in the middle of intense personal trauma. While relaxing, it does not dull the senses but rather tends to focus the mind and sensory capacity.

Kava is also used to help induce a deep restful sleep if used 30 minutes before bedtime. For those who sleep lightly, Kava helps bring one beyond the light sleep and beyond the active REM stage of dream stages that can be overactive and stressful. Kava does not usually make one sleepy if used in the daytime.

Kava also is a great muscle relaxer that does not sedate the mind. It helps body pain that is acute or chronic.

- Anti-depressant that Elevates Moods and Sensory Perception
- Can Diminish Pain and Decrease Adrenaline
- Sedative, Muscle Relaxant, and Promotes REM Sleep
- Calming Effect During Emotional Stress and Upheaval,
- Has Been Used to Replace Pharmaceutical Drugs Such as Valium, Zanax, Librium and More

SUPPLEMENT FACTS

Serving Size: 1 Veggie Cap	Servings per Container: 90
Amt/Serving	DV%*
Vanuatu Kava Root (Piper Methysticum)	400 mg †

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose, Omega-3 (Flax Seed)

Iron Complex

100 Tablets - \$11.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings per Container: 100
Amt/Serving	DV%*
Vitamin C (as Ascorbic Acid)	50 mg 56%
Folate	200 mcg 83%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 2083%
Iron (as 158 mg Ferrochel Iron Bisglycinate)	27 mg 150%
Dong Quai (Angelica sinensis) (root)	100 mg †
Red Raspberry (Rubus idaeus) (leaf)	100 mg †

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

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

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

Super Kelp

250 Tablets - \$7.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablet / 125 mg	Servings Per Container: 250
Amt/Serving	DV%*
Kelp	125mg †
Iodine	225mcg †

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

† Daily value not established.

Kidney Support

60 Veg Caps - \$17.99



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

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

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

SUPPLEMENT FACTS

Serving Size 2 Veg Caps			Servings per Container 30		
	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin B6 (pyridoxine HCl)	5 mg	250%	Milk Thistle 80% Extract (seed)	100 mg	†
Citric Acid	250 mg	†	Cranberry 4:1 Extract (fruit)	100 mg	†
Chanca Piedra 4:1 Extract (Phyllanthus niruri)			Pomegranate 40% Extract (fruit)	100 mg	†
(stem and leaf)	250 mg	†	Amla 4:1 Extract (fruit)	25 mg	†
Celery 10:1 Extract (seed)	200 mg	†	Bromelain (2400 GDU/g)	25 mg	†
Tart Cherry 4:1 Extract (fruit)	200 mg	†	Yucca 4:1 Extract (root)	25 mg	†
Green Coffee Bean 50% Extract	100 mg	†	Devil's Claw 5% Extract (root)	25 mg	†
			Turmeric 95% Extract (rhizome)	25 mg	†

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

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

L-Carnitine Liquid

16 fl. oz. / 32 day supply \$22.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 mL)		Servings Per Container: 32	
	Amt/Serving		DV%*
Calories	15		
Total Carbohydrates	4 g		1%*
Vitamin B-6 (as Pyridoxine HCl)	2 mg		100%
Pantothenic Acid (from D-Calcium Pantothenate)	10 mg		100%
L-Carnitine (Carnipure) (Free-Form Base)	1.0 g (1,000 mg)		†
Stevia Extract (Leaf)	16 mg		†

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

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

Non-GMO

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

L-Arginine

100 Capsules - \$11.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Capsules		Servings Per Container: 50	
	Amt/Serving		DV%*
L-Arginine (Free-Form)	1.0 g (1,000 mg)		†

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

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

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

L-Lysine

100 Capsules - \$9.99



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

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

SUPPLEMENT FACTS

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

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

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

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

L-Theanine

60 Veg Caps - \$22.99



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

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

SUPPLEMENT FACTS

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

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

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

Not Manufactured with wheat, gluten, soy, milk, eggs, fish, shellfish or tree nut ingredients.

L-Glutamine Powder

200 Servings - \$44.99



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

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

L-Tryptophan

60 Veg Caps - \$19.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules	Servings per Container: 30
Amt/Serving	DV%*
1,000 mg	†

L-Tryptophan (Free-Form)

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

Lutein Esters

60 Capsules - \$12.99
 120 Capsules - \$21.99

(SAVE \$4)



Lutein and zeaxanthin are the main pigments in part of the eye called the macula. Lutein is strongly implicated in maintaining eye health, and as a preventative against macular degeneration. Lutein acts as an antioxidant, protecting cells against the damaging effects of free radicals. At one time researchers believed all antioxidants served the same purpose. Now there is growing evidence that individual antioxidants may be used by the body for specific purposes. Researchers believe that lutein is deposited into areas of the body most prone to free radical damage.

SUPPLEMENT FACTS

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

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

Lycopene 15 mg

60 Softgels - \$26.99



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

HELPFUL FOR:

- Macular degeneration • Cataracts • Cardiovascular disease

SUPPLEMENT FACTS

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

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

Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, preservatives.
Other Ingredients: Softgel (gelatin, Glycerin and water) Rice Bran Oil, medium chain triglycerides, beeswax and silica.

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

Lecithin 1200 mg

100 Softgels - \$9.99



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

SUPPLEMENT FACTS

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

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

Other Ingredients: Capsule (gelatin), Glycerin, Soybean Oil, Water

Liver Health & Support

90 Capsules - \$22.99



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

SUPPLEMENT FACTS

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

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

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

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

Maca (Organic)

90 Capsules - \$13.99



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

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

SUPPLEMENT FACTS

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

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

Maca Powder (Organic)

1 lb. - \$19.99



Maca is a powerful adaptogen that helps the body deal with biochemical, physiological, and psychological stressors. It has a revitalizing effect on those who are feeling low in energy and vitality. Used as a tonic it can help reduce stress, increase energy levels and mental focus, and restore strength and vigor. It can help improve athletic performance by improving stamina and helping the body recover faster.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (5g)	Servings per Container: 90
Amt/Serving	DV%*
Maca (Organic) (Powder)	5,000 mg †

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

Other Ingredients: 100% Organic Maca Root Powder
Suggested usage: Take 1 scoop daily

Magnesium Citrate

100 Tablets - \$14.99



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

SUPPLEMENT FACTS

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

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

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

Mellow Mag (Magnesium Carbonate Powder)

8 oz - \$17.99



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

SUPPLEMENT FACTS

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

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

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

Contains no sugar, salt, dairy, soy, yeast, wheat, gluten, preservatives, artificial colors, artificial flavors. **Suggested usage:** Take one (1) scoop daily. Add 1 scoop in a cup and add 2-3oz of hot water. Let it fizz. Stir until dissolved. Fill cup with additional water or other liquid

Magnesium Glycinate

90 Veg Caps - \$16.99
180 Veg Caps - \$28.99
(SAVE \$5)



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

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

SUPPLEMENT FACTS

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

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

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

MCT Oil

32 fl. oz. - \$24.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15mL) (14 g MCT Oil)	Servings per Container: 63
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	Amt/Serving	DV%*
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%
Saturated Fat	14 g	70%
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
MCT Oil has naturally occurring fatty acids Caprylic Acid (C8:0) and Capric Acid (C10:0).

NEW

Magnesium Complete 180 Veg Capsules - \$19.99



Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. It is a required cofactor for an estimated 300 enzymes. Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism. Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings Per Container: 180
Amt/Serving	DV%*
Magnesium (from Magnesium Oxide, Magnesium Citrate, and Magnesium Aspartate)	400 mg 95%

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

Other Ingredients: Rice Flour, Cellulose (capsule), Silica and Stearic Acid (vegetable source)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients.
Non-GMO

MCT OIL 3,000 mg

120 Liquid Softgels - \$12.99



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

SUPPLEMENT FACTS

Serving Size: 4 Liquid Capsules	Servings per Container: 30
Amt/Serving	DV%*
Medium Chain Triglycerides	3,000 mg †
Typically Providing:	
Caprylic Acid	1,652 mg †
Capric Acid	1,052 mg †

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

Calming Magnesium Powder

16 oz - \$28.99



Support relaxation and nerve function with great tasting Calming. Magnesium is an essential mineral that supports relaxation, improved sleep, muscles, nerve function, bone health and more. When effervescent Calming powder is combined with water it forms Magnesium Citrate with an ionic bond, creating a highly absorbable magnesium supplement. Great tasting Natural Raspberry Lemonade Flavor!

SUPPLEMENT FACTS

Serving Size: ½ Teaspoon (4.5g)	Servings per Container: 101
Amt/Serving	DV%*
Magnesium	340 mg 81%

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

Ingredients: Citric Acid and Magnesium Carbonate, Natural Raspberry Flavor, Organic Stevia Extract (leaf), Natural Lemon Flavor, Salt Citric Acid and Magnesium Carbonate will effervesce to form ionic Magnesium Citrate when combined with water

Contains No Artificial Colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, shellfish, or fish. Suitable for Vegans

NEW

MCT Oil Powder - Keto Power

10.3 oz - \$29.99



- 7 grams of MCT Oil per serving 100% sourced from coconuts
- Unflavored, Unsweetened, and easy to mix
- Supports natural ketone and energy levels in the body
- Great for baking, shakes or smoothies.
- Perfect for Keto and low carb diets

SUPPLEMENT FACTS

Serving Size: 1 scoop (9.7g)	Servings per Container: 30
Amt/Serving	DV%*
Calories	70
Total Fat	7 g 9%
Saturated Fat	7 g 35%
Total Carbohydrates	2 g 1%
Dietary Fiber	2 g 7%
Medium Chain Triglycerides (MCT) containing	
Caprylic Acid and Capric Acid Triglycerides	7 g †

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

Other ingredients: Prebiotic Acacia Fiber

Contains no dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors

Suggested Use: Add one (1) scoop to smoothies, food and shakes or mix with 8 oz. of water

Melatonin 1 mg

60 Veg Lozenge - \$6.99



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

SUPPLEMENT FACTS

Serving Size: 1 Lozenge	Servings Per Container: 60
Amt/Serving	DV%*
Melatonin	1 mg. †

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

Other Ingredients: Sorbitol, xylitol, cellulose, modified cellulose gum, stearic acid (vegetable source), silicon dioxide, citric acid, natural peppermint flavor and magnesium stearate (vegetable source)

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

Melatonin Plus

50 Veg Tablets - \$8.99



SUPPLEMENT FACTS

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

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

† Daily Value not established.

Other Ingredients: Cellulose (Vegetable Source), Calcium Stearate (Vegetable Source), Silica.

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

Suggested usage: Take 1 tablet 15 minutes before bedtime

Melatonin 3 mg

120 Capsules - \$11.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 120
Amt/Serving	DV%*
Melatonin	3 mg †

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

† Daily value not established.

Memory Enhancer & Brain Connector

90 Capsules - \$26.99
180 Capsules - \$46.99
(SAVE \$7)



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

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

NUTRITION FACTS

Serving Size: 4 Capsules			Servings per Container: 22		
	Amt/Serving	DV%*		Amt/Serving	DV%*
Beta Carotene	2000 IU	40%	Polygonum Multiflorum	150 mg	†
Vitamins B1	40 mg	2667%	Chlorella (Algae Chlorophyll)	120 mg	†
Vitamin B3 (Niacin)	40 mg	200%	Choline (Bitartrate)	100 mg	†
Vitamin B5 (Pantothenic Acid)	160 mg	1600%	DMAE	100 mg	†
Vitamin B6	80 mg	4000%	(Dimethylaminoethanol)	80 mg	†
Vitamin B12			L-Tyrosine	80 mg	†
(Vegetarian Source)	400 mcg	6667%	L-Phenylalanine	80 mg	†
Calcium	120 mg	12%	Glycine	75 mg	†
Phosphorus			L-Alanine	75 mg	†
(Di Calcium Phosphate)	40 mg	4%	L-Glutamic Acid	75 mg	†
Magnesium	80 mg	20%	Pygeum Africanum Extract	75 mg	†
Zinc	10 mg	114%	Acetyl L- Carnitine	50 mg	†
Selenium	80 mcg	114%	Ginkgo Biloba Extract	40 mg	†
Astragalus Root	400 mg	†	Grape Seed Extract	20 mg	†
Alpha Lipoic Acid	200 mg	†	5-HTP		†
Vicia Faba-fava (Broad Bean)	200 mg	†	(5-Hydroxy L-Tryptophan)	10 mg	†
Mucuna Pruriens (Velvet Bean)	200 mg	†	Pregnenolone	10 mg	†
L-Glutamine	200 mg	†	CoQ-10	2 mg	†
Spirulina	160 mg	†	Melatonin	1 mg	†
			Huperzine-A	10 mcg	†

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

† Daily Value not established.

Suggested usage: Take 2 to 4 capsules daily or as otherwise recommended by your health care professional

Melatonin 10 mg

60 Capsules - \$11.99



SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Servings Per Container: 60
Amt/Serving	DV%*
Vitamin B6 (as pyridoxine hydrochloride)	10 mg 588%
Melatonin	10 mg †

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

† Daily Value not established.

Other Ingredients: Cellulose, vegetarian capsule (modified cellulose, gellan gum) Contains no sugar, dairy, yeast, wheat, gluten, eggs, peanuts, soy, tree nuts, fish, shellfish, preservatives, artificial colors or flavors

Liquid Memory Enhancer & Brain Connector

32 fl oz - \$34.99



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

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

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

SUPPLEMENT FACTS

Serving Size: 1 fl oz = 2 tablespoons Servings per Container: 32

Amt/Serving	DV%*	
Calories 35		
Total Carbohydrates	3 g	1%
Sugars	0 g	
Vitamin C (as Calcium ascorbate)	225 mg	375%
Thiamine (B1)	6 mg	400%
Riboflavin (B2)	15 mg	882%
Niacin (B3)	15 mg	75%
Pyridoxine (B6)	15 mg	750%
Folic Acid	225 mcg	56%
Cyanocobalamin (B12)	60 mcg	1000%
Pantothenic Acid (B5)	30 mg	300%
Calcium (Lactate gluconate) (22 mg elemental)	250 mg	2%
Magnesium (gluconate) (13 mg elemental)	250 mg	2%
Chromium Polynicotinate	60 mcg	†
Choline	15 mg	†
Phospholipid & Essential Fatty Acid Blend	258 mg	†
Soy Lecithin blend (containing: phosphatidyl choline, phosphatidyl ethanolamine, phosphatidyl inositol), borage oil (containing: gamma linolenic, linolenic, alpha linolenic oleic, stearic, and palmitic acid), phosphatidyl serine)		
Proprietary Blend	1,050 mg	†
GABA (Gamma-Aminobutyric Acid), Taurine,		
Trace Mineral Blend	3 mg	†

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

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

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

Plant - Based Balanced Meal A Complete Nutritional Shake

1 LB - \$34.99 CHOCOLATE OR VANILLA

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

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

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

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

SUPPLEMENT FACTS

Serving Size: 2 Scoops (approximately 39.5 g)

Servings per Container: 12

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

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

Other Ingredients: Cocoa, natural chocolate flavors, inulin, stevia, guar gum, silica, natural vanilla flavor, natural caramel flavor, lo han guo, organic maltodextrin and organic corn starch. Contains No sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

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



**LOOKING FOR A SPECIFIC PRODUCT?
THERE IS AN INDEX LOCATED IN THE BACK.
IT STARTS ON PAGE 78.**

Ultra Meal Replacement (Vanilla & Chocolate)

48 g of Clean Pure Protein per serving

Double Chocolate Fudge or Creamy French Vanilla

3 lbs. - \$59.99

6 lbs. - \$104.99 **Free Shipping Over \$99**

(SAVE \$15)

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

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

LIFESOURCE'S MEAL REPLACEMENTS DO NOT CONTAIN:

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

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

NUTRITION FACTS

Servings Size: 2 Scoops (78 g)

	Amt/Serving	DV%*	Typical Amino Profile:	
Calories	282		Alanine	1,842 mg.
Calories from fat	8		Arginine	1,647 mg.
Total Fat	2 g	0%	Aspartic Acid	3,127 mg.
Saturated Fat	1.5 g	0%	Cystine	821 mg.
Cholesterol	0 g	0%	Glutamic Acid	10,225 mg.
Sodium	84 mg	5%	Glycine	1,339 mg.
Total Carbohydrate	20 g		10% Histidine	965 mg.
Dietary Fiber	4 g		Isoleucine	2,294 mg.
Sugars	4 g		Leucine	3,254 mg.
Protein	48 g		Lysine	3,560 mg.
Vitamin A		100%	Methionine	1,172 mg.
Vitamin C		100%	Phenylalanine	2,048 mg.
Vitamin D3		100%	Proline	2,021 mg.
Vitamin B1		100%	Serine	2,983 mg.
Vitamin B2		100%	Threonine	2,147 mg.
Vitamin B3		100%	Tryptophan	998 mg.
Vitamin B5		100%	Tyrosine	1,468 mg.
Vitamin B6		100%	Valine	2,145 mg.
Vitamin B12		100%		
Vitamin K1		100%		
Biotin		100%		
Zinc		100%		
Calcium		20%		

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



P = LifeSource Proprietary Blend

Men's Potency

60 Tablets - \$18.99
120 Tablets - \$32.99
(SAVE \$5)



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

NUTRITION FACTS

Serving Size: 3 Tablets

Servings per Container: 20

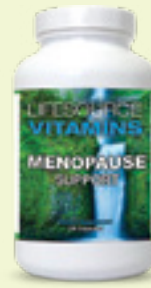
	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin E			Orchic Extract	100 mg	†
(as Alpha tocopheryl)	200 IU	667%	Prostate Extract	100 mg	†
Niacin	50 mg	250%	Sarsaparilla	100 mg	†
Vitamin B6 (Pyridoxine)	25 mg	1250%	Saw Palmetto	100 mg	†
Vitamin B12			Wild Mexican Yam	100 mg	†
(cobalamin conc.)	100 mcg	1667%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

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

P = LifeSource Proprietary Blend

Menopause Support

120 Capsules - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules

Servings Per Container: 60

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

* Daily values not established

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

Milk Thistle (Silymarin)

100 Veg Capsules - \$22.99



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

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

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule

Servings Per Container: 100

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

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

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

Other Ingredients: Cellulose (capsule), Cellulose.

Moringa Leaf Extract

60 Veg Caps - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veggie Cap

Servings per Container: 60

	Amt/Serving	DV%*
Moringa Leaf Extract 10:1		
Moringa oleifera	500 mg	†

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

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

Men's Ultra Vitality

60 Veg Caps - \$31.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Veggie Capsules

Servings Per Container: 30

	Amt/Serving	DV%*
Tongkat Ali (Eurycoma longifolia Extract) (Root) (min. 10% Saponins)	200 mg	†
Maca Root (Lepidium 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.

Moringa Leaf Powder (Organic)

10 oz - \$19.99



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

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon Servings per Container: 56

Amt/Serving	DV%*
5,000 MG	†

*Moringa Leaf Powder (Moringa oleifera)

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

MSM Capsules

120 Capsules - \$14.99



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

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

SUPPLEMENT FACTS

Serving Size: 2 Capsules / 2000 mg Servings Per Container: 60

Amt/Serving	DV%*
2000 mg	†

MSM (Methylsulphonylmethane)

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

† Daily value not established.

MSM Powder

16 oz Powder - \$16.99



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

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

SUPPLEMENT FACTS

Serving Size: ½ Teaspoon (scoop not included)
Servings per Container: 226

Amt/Serving	DV%*
2,000 mg	†

MSM (Methylsulphonylmethane)

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

† Daily Value not established.

Suggested usage: Take one-half (1/2) to two (2) teaspoons with water or juice one to three times per day

Mushroom Defense Mix

60 Veg Caps - \$24.99



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

8 Mushroom Complex:

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

Benefits of Mushrooms

- Promotes Normalized Cellular Growth*
- Supports Immune Function*
- Supports the Body's Normal Detoxification Processes*
- Promotes Optimal Digestion*
- Supports a Healthy Gut Flora*
- Protects your Body Against Environmental Stresses*

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap

Servings per Container: 60

Organic Mushroom Mycelial Biomass Blend

King Trumpet (Pleurotus eryngii), Cordyceps (Cordyceps militaris),

Turkey Tail (Trametes versicolor),

Reishi (Ganoderma lucidum), Himematsutake (Agaricus blazei),

Lion's Mane (Hericium erinaceus), Maitake (Grifola frondosa),

Antrodia camphorata on myceliated organic oats.

† Daily Value not established.

Other Ingredients: Vegetable Capsule (cellulose).

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

Suggested usage: Take one capsule daily between meals.

NAC

100 Veg Capsules - \$18.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap

Servings Per Container: 100

	Amt/Serving	DV%*
Molybdenum (as Amino Acid Chelate)	50 mcg	67%
Selenium (as L-Selenomethionine)	25 mcg	36%
N-Acetyl Cysteine	600 mg	†

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

† Daily value not established.

LifeSource Whey Protein

- ORGANIC GRASS FED
- U.S. DAIRY COWS
- PESTICIDE FREE
- HORMONE FREE
- NON-GMO

See Page 66

for our Whey Protein Products

Niacin Flush Free

90 Capsules - \$12.99



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

NUTRITION 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.

Multi Vitamins & Minerals Tabs 71 Whole Food Based Ingredients

90 Tablets - \$19.99
180 Tablets - \$31.99 (SAVE \$8)
360 Tablets - \$56.99 (SAVE \$7)

LifeSource Multi-Vitamins are made with:

- With 71 Whole Food Ingredients
- A Most Complete, Well Rounded Scientifically Advanced Multivitamin
- Enzymes (Critical for Digesting these Vitamins & Minerals)
- Chelated Minerals (The Most Absorbable)
- Digestive Aids (To Ensure Absorption to the Blood Stream)
- Probiotics (Essential for Digestive Tracts, Immune System, & Disease Fighting)
- Great for any age Adult
- Loaded with Live Food, not Synthetics!

With 71 Whole Live Food Ingredients, Our Most Complete, Scientifically Advanced Multivitamin, is loaded with Enzymes for Bioavailability, Chelated Minerals (The Most Absorbable), Digestive Aids for absorption, Probiotics for Disease Fighting, Great for any age Adult, No Synthetics, Non-GMO! Compare ours with any and all other multivitamins on the market at any price!

This multivitamin is our most reordered product in the history of our company. We have customers that have been with us for over 29 years now and they still, to this day, take this product each and every day and have since 1992, when I began this company.
Bruce Brightman - Founder

Great for:

- **Any adults** who want to optimize their health today and in years to come. **Busy adults** that 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. No more catching every cold or flu that comes through town.
- **Seniors** who are both active and not so active. Seniors 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.
- **Professional, Olympic & Intense Athletes**, who break down their bodies and deplete nutrients through working and playing hard.

Developed by a team of Doctors, Pharmacists, & Nutritionists to ensure maximum absorption, optimum potency, and safety. Our 71 Whole Food Based Multi contains vitamins, minerals, fruits, vegetables, antioxidants, green superfoods, mushrooms 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.*

Fact: Why do we need Whole Food Based

Multivitamins? There are numerous carefully controlled health and food studies have shown that by the time the food makes it to our tables we have lost sometimes as much as 50% of the nutrients of those particular foods, yes, 50%!



Here are just some of the reported, studied and known benefits of taking a quality Whole Food Based Multivitamins:

- Delay of Pre-Mature Aging / Strengthening of Bones*
- Helps Your Body Fight Against Cancer*
- Decrease Body Fat / Cardiovascular Health*
- Lowering Cholesterol / Digestion Aid*
- Anti-Depression / Helps with Diabetes*
- Increases Energy Levels / Good Gut Bacteria*
- Heart Health / Hearing Support / Immune System*
- Kidney/Liver Functioning / Memory & Brain Health*
- Stress Level Balancing / Sleep Regulating*
- Better Hair, Skin, & Nails/ Better Vision Health*
- Prevent Arthritis and Strokes*

NUTRITION FACTS

Serving Size: 3 Tablets

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
VITAMINS			Phosphorous (cal. phosphate)	125 mg	125	Alfalfa Concentrate	50 mg	***
Vitamin A (w/Beta Carotene)	10,000 I.U.	200	Vanadium**	50 mcg		Aloe Vera	50 mg	***
Vitamin D (fish liver oil)	240 I.U.	100	Molybdenum**	15 mcg		Ginkgo Biloba	25 mg	***
Vitamin E (d-alpha tocoph.)	120 I.U.	400				Dandelion	25 mg	***
Vitamin C (ascorbic acid)	300 mg	500	DIGESTIVE AIDS-ENZYMES***			Shiitake	25 mg	***
Vitamin B1 (thiamine)	30 mg	2000	Bromelain (pineapple)	50 mg	***	Golden Seal	25 mg	***
Vitamin B2 (riboflavin)	30 mg	1765	Papain (papaya)	50 mg	***	Echinacea	25 mg	***
Vitamin B3 (niacinamide/niacin)	90 mg	450	Citrus Pectin	50 mg	***			
Vitamin B-5 (pantothenic acid)	90 mg	900	Acidophilus	50 mg	***	OTHER NUTRITIONAL FACTORS***		
Vitamin B6 (pyridoxine HCl)	30 mg	1500	Betaine HCL (beets)	50 mg	***	RNA	100 mg	***
Vitamin B12 (cobalamin)	150 mcg	2500	Amylase	5 mg	***	DNA	30 mg	***
Vitamin H (d-Biotin)	90 mcg	**	Lipase	5 mg	***	Royal Jelly	100 mg	***
Vitamin M (Folic Acid)	240 mcg	100	Cellulase	5 mg	***	L-Glutathione	3 mg	***
Choline (bitartrate)	90 mg	**				L-Phenylalaline	100 mg	***
Inositol	60 mg	***				L-Glutamine	100 mg	***
Para Amino Benzoic Acid	30 mg	**	WHOLE FOODS ***			L-Tyrosine	100 mg	***
Bioflavonoids	30 mg	**	Spirulina	150 mg	***	Coenzyme Q10	3 mg	***
Rutin	18 mg	**	Garlic	150 mg	***	Sprouted barley juice (dry)	150 mg	***
Hesperidin	9 mg	**	Bee Pollen	50 mg	***	Chlorella	150 mg	***
MINERALS (elemental values)			Siberian Ginseng	50 mg	***	Wheatgrass juice	150 mg	***
Calcium (chelate/ascorbate)	400 mg	40	Soya Lecithin	50 mg	***	Flaxseed oil (dry)	150 mg	***
Magnesium (chleate/oxide)	250 mg	50	Oat bran	50 mg	***	Cat's Claw	250 mg	***
Potassium (amino acid complex)	150 mg	**						
Iodine (Kelp)	225 mcg	150	HERBS***					
Zinc (protein chelate)	30 mg	200	Kola Nut	50 mg	***			
Manganese (protein chelate)	15 mg	**	Ginger root	50 mg	***			
Chromium (GTF/protein chelate)	150 mcg	***	Cayenne	25 mg	***			
Selenium (amino acid complex)	100 mcg	100	Yellow Dock	50 mg	***			
			Fo-Ti	50 mg	***			

* U.S. Recommended Daily Allowance for adults.

** No USRDA has been established.

*** Need in human nutrition not established.

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

P = LifeSource Proprietary Blend

Ultra Multi Vitamin & Immune Booster Liquid

32 oz - \$39.99 /
3 Bottles for \$104.97
(SAVE \$15)

156 Nutrients – 100% Plant Sourced – Whole Food Based

- 156 Nutrients Synergistically Blended Ultra Multivitamin & Immune Booster
- 100% Plant Sourced / Whole-Food Based / Non-GMO
- 76 Phyto Fruits, Veggies, Spices, Herbs, and Sea Vegetables (High-ORAC)
- Live & Cold Pressed Food Product for Maximum Effectiveness and Bioavailability
- 72 Plant-Derived Fulvic Acid Trace Mineral Complex
- Autoimmune Recovery
- Cardiovascular Support & Liver Detox Blend
- Super Antioxidant Blend (Free Radical Damage Support)
- Youth, Energy, & Circulatory Complex - Energy, Stamina, and Vitality
- Plant Based Omega 3, 6 & 9
- Prebiotic Multi-Fiber Complex & Digestive Support Blend
- Up to 98% Absorbed within 90 Seconds

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. 156 Nutrients Synergistically blended & designed to provide maximum absorption at the cellular level of the body. And it tastes great!

So what does 100% Plant Sourced mean?

It means that everything in our Ultra Multivitamin & Immune Booster is derived by our Fruits & Veggies. The way God intended it to be.

No Soy – No Gluten – No Artificial Sweeteners
No Sugar – No Yeast – No Salt – No GMO's
No Milk Derivatives – No Preservatives

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.



SUPPLEMENT FACTS

Serving Size: 1 fl. oz. (30 mL)

Servings per Container: 32

	Amt/Serving	DV%*	
Calories	30		Organic Agatti Leaf and Flower Extract (Sesbania grandiflora), Holy
Sodium	23 mg	2%	Basil Extract (ocimum sanctum), Grape Seed Extract (Vitis vinifera),
Total Carbohydrates	5 g	2%	Pomegranate Extract (Punica granatum), Blueberry Fruit Extract
Vitamin A (as Retinyl palmitate)	900 mcg	100%	(Vaccinium corymbosum), Chokeberry Fruit Extract (Aronia arbutifolia),
Vitamin C (as ascorbic acid and acerola cherry fruit extract)	120 mg	133%	Mangosteen Pericarp Extract (Garcinia mangostana), Cranberry Fruit
Vitamin D3 (as Cholecalciferol)	25 mcg	125%	Extract (Vaccinium macrocarpon), Goji Berry Fruit Extract (Lycium
Vitamin E (as d-alpha tocopherol acetate) (non-GMO from sunflower oil)	15 mg	100%	barbarum), Apple Extract (Pyrus malus), and
Thiamine Hydrochloride (Vitamin B-1)	3 mg	250%	Bilberry Fruit Extract (Vaccinium myrtillus) 5,370 mg †
Riboflavin-5 phosphate (Vitamin B-2)	3.5 mg	269%	Prebiotic Digestive Support Blend Isomalto-oligosaccharides
Niacin (as niacinamide) (Vitamin B-3)	16 mg	100%	(prebiotic fiber and Green Papaya Fruit 1,000 mg †
Pyridoxal-5 phosphate (Vitamin B-6)	4 mg	235%	Cardiovascular Support & Liver Detox Blend: Trymethylglycine
Folate (as folic acid)	400 mcg	100%	(TMG)(as Betaine anhydrous from sugar beets), Trans-Resveratrol
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%	(from yeast fermentation), Whole Grape Extract (Vitis vinifera)(seed,
Biotin	300 mcg	1000%	skin & pulp), and Fenugreek Extract 10:1)
Pantothenic Acid (as D-calcium pantothenate)	10 mg	200%	Trigonella-foenum graecum)(seed) 250 mg †
Magnesium (as mineralized red algae sea minerals			Super Antioxidant, Youth & Energy Complex: Beet Juice
(lithothamnium corallioides/lithothamnium calcareum)	5 mg	1%	(Beta vulgaris L.)(Organic), Pomegranate Juice (Punica granatum),
Zinc (as zinc bisglycinate chelate)	6 mg	42%	Blueberry Juice (Vaccinium angustifolium), Acai Berry Extract
Manganese (as manganese bisglycinate chelate)	1 mg	50%	(Euterpe oleracea)(4:1), Maca Root Extract 10:1 (Lepidium meyenii),
Chromium (as chromium picolinate)	60 mcg	171%	and Spirulina (microalgae)(Organic) 360 mg †
Molybdenum (as sodium molybdate)	78 mcg	173%	72 Plant Derived Fulvic Trace Mineral Complex as mineralized red algae
Choline (from choline bitartrate)	100 mg	18%	sea minerals, (lithothamnium corallioides/lithothamnium calcareum)
Boron (as boron glycinate chelate)	2 mg	62%	(whole plant), and Fulvic Acid (as fulvic mineral complex) 70 mg †

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

** Naturally Occurring

† Daily Value not established.

Other Ingredients: Water (Reverse Osmosis), Vegetable Glycerin, Allulose, Erythritol, Natural Flavor, Citric Acid, Xanthan Gum, Potassium Sorbate (to preserve freshness), Citrus extract, Organic Stevia leaf extract (Rebadioside A), Monk Fruit Extract, and Rosemary extract

Ultra Multi Vitamin & Mineral Powder

A Whole Food Based Multi Vitamin

14 oz - \$29.99

LifeSource Vitamin's Powdered Ultra Multivitamin provides a synergistic blend of vitamins & minerals as well as a vast array of Co-nutrients, Antioxidants, Bioflavonoids, Plant Enzymes, Digestive Enzymes, Herbal Extracts and Green Phyto Foods. Our whole food based Multivitamin will energize every cell in the body enabling those cells to produce more energy on their own and to function at peak efficiency. With optimum cell function you will feel more alive, more alert and more aware than you have in years! This is a great formula for those who struggle to swallow tablets and the added benefit of only needing to take one dose per day makes it a great choice for those who are on the go.

- Whole Food Based & Super Enzymes
- Energizing Super Foods & Superior Tonic Herbs.
- Superior Antioxidant Formula.
- Suitable for Vegetarians
- Metabolic Efficiency
- Bones & Joint Support
- Electrolyte Balancing
- Energy & Endurance
- Immune Function Enhancing
- Vision & Eye Health Functions
- Mixes Fast & Absorbed in the body Immediately

SUPPLEMENT FACTS

Serving Size: 1 Scoop (13 grams)

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A	5,000 IU	100%	Manganese	2 mg	13%	Acidophilus	50 mg	†	DNA	30 mg	†
Vitamin C	500 mg	883%	Selenium	100 mcg	143%	Advantra Z	50 mg	†	Rutin	30 mg	†
Vitamin D3	400 IU	100%	Chromium	150 mcg	125%	Alfalfa Concentrate	50 mg	†	Ginkgo Biloba	25 mg	†
Vitamin E	200 IU	667%	Molybdenum	15 mcg	20%	Aloe Vera	50 mg	†	Dandelion	25 mg	†
Vitamin B1	50 mg	3333%	Cat's Claw	250 mg	†	Bee Pollen	50 mg	†	Echinacea	25 mg	†
Vitamin B2	50 mg	2941%	Chlorella	150 mg	†	Betaine Hydrochloride	50 mg	†	Golden Seal	25 mg	†
Niacinamide	40 mg	200%	Choline	150 mg	†	Bioflavonoids	50 mg	†	Shiitake	25 mg	†
Vitamin B6	50 mg	2500%	Flaxseed Oil	150 mg	†	Bromelain	50 mg	†	Hesperidin	15 mg	†
Folic Acid	400 mcg	100%	Spirulina	150 mg	†	Citrus Pectin	50 mg	†	Amylase	5 mg	†
Vitamin B12	250 mcg	4166%	Sprouted Barley Juice	150 mg	†	Fo-Ti	50 mg	†	Cellulose	5 mg	†
Biotin	150 mcg	50%	Wheat Grass Juice	150 mg	†	Guarana	50 mg	†	Lipase	5 mg	†
Pantothenic Acid	50 mg	500%	Camu Camu	100 mg	†	Kola Nut	50 mg	†	CoQ10	3 mg	†
Calcium	400 mcg	40%	Inositol	100 mg	†	Oat Bran	50 mg	†	L-Glutathione	3 mg	†
Potassium	150 mg	4%	L-Glutamine	100 mg	†	Papain	50 mg	†	Cayenne	1 mg	†
Phosphorous	125 mg	13%	L-Phenylalanine	100 mg	†	Para Amino Benzoic Acid	50 mg	†	Garlic	1 mg	†
Iodine	225 mcg	150%	L-Tyrosine	100 mg	†	Siberian Ginseng	50 mg	†	Ginger Root	1 mg	†
Magnesium	250 mg	63%	RNA	100 mg	†	Soy Lecithin	50 mg	†	Yohimbe Bark	1,000 mcg	†
Zinc	15 mg	100%	Royal Jelly	100 mg	†	Yellow Dock	50 mg	†	Vanadium	50 mcg	†

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

Ultra Multi Vitamin & Mineral Powder + Phyto FoodsLoaded With Phyto Reds, Phyto Blues, Phyto Purples and Phyto Oranges 30 Day Supply **14 oz - \$39.99**

LifeSource Vitamins Proprietary Blended Powdered Ultra Multivitamin with Phyto Reds, Oranges, Purples & Blues provides a synergistic blend of vitamins & minerals as well as a vast array of Co-nutrients, Antioxidants, Bioflavonoids, Plant Enzymes, Digestive Enzymes, and Herbal Extracts. Our whole food based Multivitamin will energize every cell in the body enabling those cells to produce more energy on their own and to function at peak efficiency. With optimum cell function you will feel more alive, more alert and more aware than you have in years! This is a great formula for those who struggle to swallow tablets and the added benefit of only needing to take one dose per day makes it a great choice for those who are on the go. See the difference when you take this multi vitamin and what your body can do to heal itself and become amazingly healthy!

SUPPLEMENT FACTS

Serving Size: 1 Rounded Scoop (10 g)

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	17		Molybdenum	8 mcg	11%	Para Amino Benzoic Acid	25 mg	†	Black Currants, Plums, Elderberries,		
Calories from Fat	0					Bioflavonoids	25 mg	†	Bilberries, Figs and Raisins		
Total Fat	0 g		WHOLE FOODS			Rutin	15 mg	†	Proprietary Vegetable		
Saturated Fat	0 g		Cat's Claw	125 mg	†	DNA	15 mg	†	Powder Blend	208 mg	†
Total Carbohydrates	4 g	1%	Spirulina	75 mg	†	Hesperidin	8 mg	†	Eggplant, Purple Carrots,		
Sugars	2 g	2%	Sprouted Barley Juice	75 mg	†	L-Glutathione	2 mg	†	Purple Cabbage and		
Sodium	10 g	<1%	Chlorella	75 mg	†	Coenzyme Q-10	2 mg	†	Beets Acai Fruit Powder	67 mg	†
Fiber	4 g	16%	Wheat Grass Juice	75 mg	†				Camu Camu Powder	50 mg	†
Protein	2 g	4%	Flaxseed Oil	75 mg	†	RED PHYTOS			Mangosteen	50 mg	†
VITAMINS			Camu Camu	50 mg	†	Proprietary Fruit and			Goji Berry	33 mg	†
Vitamin A	5,000 IU	100%	Bee Pollen	25 mg	†	Vegetable Blend	1113 mg	†	Proprietary "Brain" Blend	17 mg	†
Vitamin C	283 mg	314%	Siberian Ginseng	25 mg	†	Blackberries, Acerola, Black Raspberries, Blue-			(L-Carnosine and Alpha GPC)		
Vitamin D-3	400 IU	100%	Oat Bran	25 mg	†	berries, Cherries, Nectarines, Peaches, Gogi			P40p Pomegranate Extract	7 mg	†
Vitamin E	100 IU	333%	Soya Lecithin	25 mg	†	Berries, Mangos, Pomegranates, Papayas,			Stevia	6 mg	†
Vitamin B-1	25 mg	2083%	Advantra Z	25 mg	†	Black Currants, Blood Oranges, Cranberries,			Other Ingredients: Natural Raspberry,		
Vitamin B-2	27 mg	2077%	Kola Nut	25 mg	†	Red Plums, Strawberries and Watermelon			Strawberry, Cherry, Vanilla and Spearmint		
Vitamin B-3	20 mg	133%	Yellow Doc	25 mg	†	Carrot Powder	100 mg	†	flavors, Banna powder, Citric Acid		
Vitamin B-5	25 mg	500%	FO-Ti	25 mg	†	Apple Pectin	42 mg	†			
Vitamin B-6	25 mg	1923%	Alfalfa Concentrate	25 mg	†	Flax Seed	42 mg	†	ORANGE PHYTOS		
Vitamin B-12			Aloe Vera	25 mg	†	Lycopene	42 mg	†	Proprietary Fruit Blend	642 mg	†
as Cyanocobalamin)	125 mcg	2083%	Guarana	25 mg	†	Lutein	42 mg	†	Oranges, Peaches, Nectarines, Tangerines,		
Vitamin H	75 mcg	250%	Ginkgo Biloba	13 mg	†	Oat Bran	29 mg	†	Cantaloupe, Pineapple, Clementines, Papaya,		
Vitamin M	267 mcg	673%	Dandelion	13 mg	†	Lecithin	25 mg	†	Apricot, Mango, Kumquat, Persimmons		
Choline	75 mg	14%	Shiitake	13 mg	†	Rice Bran	17 mg	†	Proprietary Vegetable		
Inositol	50 mg		Golden Seal	13 mg	†	Probiotic Blend	17 mg	†	Powder Blend	233 mg	†
MINERALS (Elemental Values)			Echinacea	13 mg	†	L. Acidophilus, L. Casei, L. Rhamnosus, L.			Carrots, Yams, Pumpkin,		
Calcium	202 mg	20%	Ginger Root	<1 mg	†	Plantarum, B. Breve and B. Longum			Butternut Squash, Rutabaga		
Magnesium	125 mg	31%	Cayenne	<1 mg	†	ORAC Blend	8 mg	†	Proprietary Energy Blend	133 mg	†
Potassium	75 mg	16%	Garlic	<1 mg	†	Japanese Knotweed	7 mg	†	Taurine, Inositol, DMG, HCl and		
Zinc	8 mg	100%	Yohimbe Bark	<1 mg	†	Bilberry Std. Extract 25%	7 mg	†	White Panax Ginseng Green		
Manganese	1 mg	50%	OTHER NUTRITIONAL FACTORS			Grape Seed Extract	5 mg	†	CoffeeBean Extract	75 mg	†
Chromium	75 mcg	62%	Royal Jelly	50 mg	†	Astaxanthin	3 mg	†	Polyphenols 40mg,		
Phosphorous	63 mcg	6%	RNA	50 mg	†	PURPLE PHYTOS			Chloregenic Acid 38mg,		
Selenium	50 mcg	71%	L-Phenylalanine	50 mg	†	Proprietary Fruit Blend	817 mg	†	Caffeine 2g & Coenzyme Q-10	3mg	
Vanadium	25 mcg	100%	L-Glutamine	50 mg	†	Blueberries, Blackberries,			Stevia Leaf Extract	6 mg	†
Iodine	113 mcg	75%	L-Tyrosine	50 mg	†	Black Cherries, Black Raspberries,					

P = LifeSource Proprietary Blend

LifeSource Essential Liquid Multi Vitamin (Orange Flavor)

16 fl oz - \$24.99

LifeSource Vitamins Liquid Multi provides a solid nutritional base at a great price. It's easy to swallow, easy to digest and has a pleasant orange flavor. Like all of our products we've excluded the additives and impurities that you find in many leading brands of supplements. LifeSource Vitamin's Liquid Multi Vitamin starts working for you faster than any tablet, capsule, or soft-gel product. Because the digestive system becomes less effective with age, assimilation of nutrients becomes less than optimal. Research shows that after age 50, the utilization of essential nutrients is greatly reduced. So when nutrient absorption may be most critical, our bodies lack the ability to break down the tablets, gelatin capsules, and soft-gel caps. Highly absorbable liquid from LifeSource Vitamins is the perfect solution for all ages!

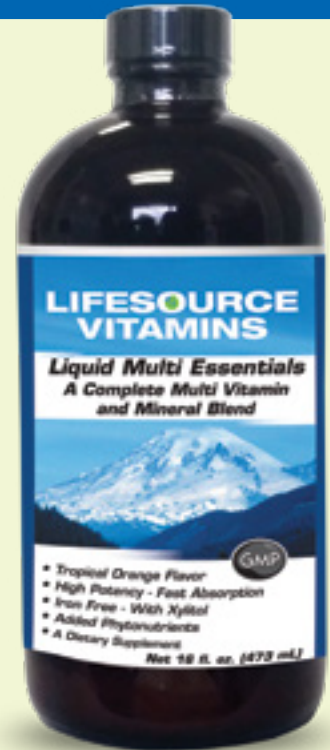
SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15 ml)

Servings Per Container: 32

Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin A (from 60% Retinyl Palmitate & 40% Beta-Carotene)	5,000 IU	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	10 mg 500%	Aloe Vera Juice 50 mg †	
(from Pyridoxine Hydrochloride)		Colloidal Minerals (Fulvic Acid)	50 mg †
Folate (as Folic Acid)	400 mcg 100%	Rice Protein Concentrate	30 mg †
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1667%	Choline (from Choline Bitartrate)	25 mg †
Biotin	100 mcg 33%	Inositol 25 mg †	
Vitamin B-5 (from Calcium d-Pantothenate)	25 mg 250%	Kelp (Laminaria digitata)	15 mg †
Calcium (from Calcium Carbonate)	25 mg 3%	Grapeseed Extract	10 mg †
Iodine [from Kelp (Laminaria digitata)]	75 mcg 50%	(Vitis Vinifera) (90% Polyphenols)	
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.



Adult Gummy Multivitamin

90 Gummies - \$16.99

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

Our Adult mixed fruit gummies (Orange, Cherry and Strawberry) have no artificial flavors or colors; we do this from the fruit we use. Not Synthetic Dyes!

SUPPLEMENT FACTS

Serving Size: 2 Gummies (Orange, Cherry and Strawberry Flavor)

Servings per Container: 45

Amt/Serving	DV%*	Amt/Serving	DV%*
Calories	15	Folic Acid	400 mcg 100%
Total Carbohydrates	4 g 1%	Vitamin B-12 (Cyanocobalamin)	8 mcg 33%
Sugars	3 g †	Biotin	150 mcg 50%
Vitamin A (Retinyl Acetate)	4000 IU 80%	Pantothenic Acid (Calcium D-Pantothenate)	10 mg 100%
Vitamin C (Ascorbic Acid)	60 mg 30%	Iodine (Potassium Iodine)	80 mcg 53%
Vitamin D (Cholecalciferol)	400 IU 100%	Zinc (Zinc Sulfate)	5 mg 33%
Vitamin E (dl-Alpha Tocopheryl Acetate)	40 IU 133%	Sodium	15 mg 1%
Vitamin B-6 (Pyridoxine Hydrochloride)	2 mg 100%		

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

Other Ingredients: Glucose syrup, sugar, water, citric acid, pectin, sodium citrate, natural flavors, natural colors (annatto, elderberry juice, grape juice concentrate), coconut oil and carnauba wax. **Suggested usage:** Take 2 gummies daily. Do not exceed 3 gummies daily.

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd. Lyc-O-Mato® is a registered trademark of LycoRed, Natural Product Industries, Ltd.



WE HAVE GUMMIES!

- GREAT TASTE • NO ARTIFICIAL COLORS OR FLAVORS
- VITAMIN C • OMEGA • FIBER • PRO-BIOTICS

Mens Superior Multi Veg Capsules

90 Veg Caps - \$24.99

Other male multiples are now obsolete with LifeSource Vitamins Men's Multivitamin formula. Our vegetarian vitamins are formulated for higher levels of the nutrients men need to maintain optimum health. What makes our formula better?

- Contains 10,000 IU beta carotene from a vegetarian source, with mixed carotenoids.
- Inositol hexanicotinate for vitamin B-3 - the superior form nutritionists recommend.
- B-6 derived from P-5-P, a more bioavailable and efficient form.
- B-12 as methylcobalamin, the most active co-enzyme form.
- 160 mg of Saw Palmetto - important for every man over 30.
- 50 mg of the powerful metabolic antioxidant Alpha Lipoic Acid - rarely found in other multiples.
- 15 mg of CoQ10 ideal for men of all ages.
- High levels of Lycopene and Lutein, carotenoids critical for prostate and eye health.
- Iron-free formula offers the best value on the market for premium male multiples.
- Vegetarian Formula.
- Keeping men active in all areas of life!

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 3 Veg Capsules

Servings Per Container: 30

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin A (75% as Beta-Carotene and 25% as Retinyl Palmitate)	10,000 IU 200%	Biotin	300 mcg 100%	Saw Palmetto Extract (Berry)	
Vitamin C (from Calcium Ascorbate)	250 mg 417%	Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg 500%	(Serenoa repens) (min. 45% Fatty Acids)	160 mg †
Vitamin D (as Ergocalciferol)	1,000 IU 250%	Calcium (from Calcium Ascorbate and Calcium Citrate)	50 mg 5%	Alpha Lipoic Acid	50 mg †
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU 500%	Iodine (from Potassium Iodide)	150 mcg 100%	Aloe Vera (Leaf) (200:1 Concentrate)	50 mg †
Vitamin K (as Menaquinone K2 and Phytonadione K1)	80 mcg 100%	Magnesium (from Magnesium Citrate)	25 mg 6%	Choline (from Choline Bitartrate)	25 mg †
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg 1667%	Zinc (from Zinc Bisglycinate) (TRAACS)	15 mg 100%	Grape Seed Extract (Vitis vinifera) (Standardized for Polyphenols)	25 mg †
Riboflavin (Vitamin B-2)	25 mg 1471%	Selenium (from L-Selenomethionine)	200 mcg 286%	Inositol	25 mg †
Niacin (Vitamin B-3) (as Niacinamide and from Inositol Hexanicotinate)	35 mg 175%	Copper (from Copper Bisglycinate)(TRAACS)	500 mcg 25%	CoQ10 (Coenzyme Q10)	15 mg †
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg 1250%	Manganese (from Manganese Bisglycinate) (TRAACS)	2 mg 100%	Natural Trans-Resveratrol [from Japanese Knotweed Extract (Polygonum cuspidatum) (Root)]	10mg †
Folate (as Folic Acid)	400 mcg 100%	Chromium (from Chromium Picolinate)	200 mcg 167%	Lycopene (from Natural Tomato Extract)	3 mg †
Vitamin B-12 (as Methylcobalamin)	250 mcg 4167%	Molybdenum (from Sodium Molybdate)	75 mcg 100%	Lutein (from Marigold Flowers)	500 mcg †
		Potassium (from Potassium Chloride)	25 mg <1%		

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

Other Ingredients: Cellulose Powder, Cellulose (capsule), Stearic Acid (vegetable source) and Silica.**Contains:** Soy derivatives.**Contains no:** sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Men's Superior Multi Softgels

90 Softgels (45 Day Supply): \$26.99
 180 Softgels (90 Day Supply) \$48.99
 (SAVE \$5)

Why Softgels?

The softgel medium is a popular way to deliver a dose of vitamins, minerals, or herbs. Unlike hard tablets and capsules, softgels are soft and pliable. This allows them to be swallowed more easily, and exudes a more comfortable appearance.

- With Saw Palmetto, Plant Sterols, Lycopene, Nettle Root & CoQ10
- Supports cardiovascular and prostate health and lower cholesterol

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 2 Softgels

Servings Per Container: 90

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Vitamin A (60% as Beta-Carotene (Betatene®) and 40% Retinyl Palmitate)	10,000 IU 200%	Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg 500%	Molybdenum (from Molybdenum Bisglycinate)(TRAACS*)	75 mcg 100%
Vitamin C (from Calcium Ascorbate)	250 mg 417%	Calcium (from Cal. Ascorbate, Aquamin® F Seaweed Derived Minerals and Calcium Pantothenate)	55 mg 6%	Potassium (from Potassium Chloride)	25 mg < 1%
Vitamin D-3 (as Cholecalciferol)	1,000 IU 250%	Iodine (from Potassium Iodide)	225 mcg 150%	Saw Palmetto Extract (Berry)	160 mg †
Vitamin E (as d-alpha Tocopherol)	150 IU 500%	Magnesium (from Magnesium Citrate and Aquamin® F Seaweed Derived Minerals)	25 mg 6%	(Serenoa repens) (min. 85% Fatty Acids)	
Vitamin K (as Menaquinone and Phytonadione)	80 mcg 100%	Zinc (from Zinc Bisglycinate) (TRAACS*)	15 mg 100%	Phytosterols (Plant Sterols) (with Beta-Sitosterol)	50 mg †
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg 1667%	Selenium (from Selenium Amino Acid Complex) (TRAACS*)	200 mcg 286%	Alpha Lipoic Acid	25 mg †
Riboflavin (Vitamin B-2)	25 mg 1471%	Copper (from Copper Bisglycinate) (TRAACS*)	500 mcg 25%	Choline (from Choline Bitartrate)	25 mg †
Niacin (Vitamin B-3) (as Niacinamide)	35 mg 175%	Manganese (from Manganese Bisglycinate) (TRAACS*)	2 mg 100%	Grape Seed Extract (Vitis vinifera)	25 mg †
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg 1250%	Chromium (from Chromium Chelavite®) (TRAACS*)	120 mcg 100%	Inositol	10 mg †
Folate (as Folic Acid)	400 mcg 100%			CoQ10 (as Ubiquinone)	10 mg †
Vitamin B-12 (as Cyanocobalamin and Methylcobalamin)	120 mcg 2000%			Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	3 mg †
Biotin	300 mcg 100%			Lutein (FloraGLO®) (from Marigold Flowers)	500 mcg †

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

Other Ingredients: Pumpkin Seed Oil, Softgel Capsule (gelatin, glycerin, water, carob), Soy Lecithin, Beeswax and Cinnamon (Cinnamomum cassia) bark oil**Not manufactured with** wheat, gluten, milk, eggs, fish or shellfish ingredients.

Men's Ultra Sport Multi

90 Softgels - \$24.99

Research has proven that strength & endurance athletes, due to their intensity and frequency of their training programs, have higher nutritional requirements than regular athletes. Over 90% of these athletes do not get enough nutrients to reach full potential.

The nutrients in Men's Ultra Sport Multi's have been shown to be much more absorbable and utilizable by the body, meaning you get much more nutrition out of each serving. Men's Ultra Sport Multi's contain a full spectrum blend of vitamins and minerals and the timed-release functionality of the multivitamin which ensures that your body has a steady stream of vital nutrients throughout the day. So work hard, play hard, train hard and these multi's will keep up with you!

This Multivitamin is specifically designed for Men who are between 18 and 75 and are still extremely active in their sport or their profession.

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 3 Softgels

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	25		Vitamin B-12 (as Methylcobalamin)	1,000 mcg	16,667%	Amino Acids, proprietary blend of:		
Calories from Fat 20			Biotin	300 mcg	100%	L-Leucine, L-Isoleucine, L-Valine,		
Total Fat	2.5 g	4%	Pantothenic Acid			L-Glutamine, L-Arginine, Taurine		
Saturated Fat	1.5 g	8%	(from Calcium Pantothenate)	50 mg	500%	(all free-form)	175mg	†
Trans Fat	0 g	†	Calcium [from Calcium Carbonate			Tribulus terrestris Extract (Fruit)	100 mg	†
Vitamin A (100% as Beta-Carotene)			(Aquamin® Seaweed			ZMA® (complex of Zinc Mono-L-methionine,		
(Betatene®)	5,000 IU	100%	Derived Minerals)]	50 mg	5%	Magnesium/Zinc Aspartate and		
Vitamin C (as Ascorbic Acid)	120 mg	200%	Iodine (from Potassium Iodide)	225 mcg	150%	Pyridoxine HCl)	100 mg	†
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%	Magnesium (from Magnesium Aspartate,			CardioAid®-S Plant Sterol Esters		
Vitamin E			Magnesium Citrate and Aquamin®			(with Beta-Sitosterol, plus Campesterol		
(from d-alpha Tocopheryl Acetate)	100 IU	333%	Seaweed Derived Minerals)	25 mg	6%	and Stigmastanol)	100 mg	†
Vitamin K			Zinc [from Zinc Bisglycinate (TRAACS®),			Panax Ginseng Extract (Root)	100 mg	†
(as Menaquinone and Phytonadione)	45 mcg	56%	Zinc Mono L-methionine and Zinc Aspartate)	15 mg	100%	Maca (Lepidium meyenii) (Root)	50 mg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%	Selenium (from Selenium Glycinate Complex)	200 mcg	286%	Green Tea Extract (Leaf)	50 mg	†
Riboflavin (Vitamin B-2)	50 mg	2941%	Copper (from Copper Bisglycinate)			Saw Palmetto Extract (Fruit)	50 mg	†
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%	(TRAACS®)	2 mg	100%	Alpha Lipoic Acid	50 mg	†
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%	Chromium (from Chromium Picolinate)	200 mcg	167%	Aloe Vega (Leaf) (Concentrate)	50 mg	†
Folate (as Folic Acid)	400 mcg	100%	Molybdenum (from Sodium Molybdate)	75 mcg	100%	Lutein (from MariGold Extract)	500 mcg	†
			MCT (Medium Chain Triglycerides) Oil	1,500 mg	†	Lycopene (from Natural Tomato Extract)	500 mcg	†

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

Other Ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Beeswax and Soy Lecithin, Contains Soy. MCT Oil from coconut/palm kernel oil.

Not Manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these aller- gens.



Men's Once a Day Whole Food Multi

30 Tablets - \$16.99

90 Tablets - \$42.99

(SAVE \$8)

LifeSource Vitamins Men's Once Daily Multi, contains all of the basic array of vitamins / minerals in a once per day vegetarian tablet, but also key ingredients studied, and shown to support men's health, with a variety of Plant Foods, Herbs, Enzymes and Probiotics.

- Green Foods, Herbs, Plant Foods and Enzymes for digestion and uploading
- Probiotic Blend, Folic Acid and B Vitamins
- Support Cardiovascular and Prostate health and helps lower cholesterol

IDEAL FOR MEN OF ALL AGES

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU	100%	Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate			Citrus Bioflavonoid Complex	25 mg	†
Vitamin C (as ascorbic acid)	120 mg	200%	malate and calcium pantothenate)	50 mg	5%	Men's Health Blend		
Vitamin D3 (as cholecalciferol)	800 IU	200%	Magnesium (from magnesium oxide)	25 mg	6%	Saw Palmetto (berry) 2:1 Extract	50 mg	†
Vitamin E (d-alpha tocopheryl succinate)	100 IU	333%	Zinc (OptiZinc®)	20 mg	133%	Spirulina platensis	50 mg	†
Vitamin K1 (as phytonadione)	100 mcg	125%	Selenium (from selenomethionine, amino acid complex)	200 mcg	167%	Lycopene (from Tomato, natural)	1,000 mcg	†
Thiamin (as thiamin hydrochloride)	25 mg	1,667%	Copper (amino acid chelate)	2 mg	100%	Vegetable Juice Blend		
Riboflavin	25 mg	1,471%	Manganese (from manganous gluconate)	2 mg	100%	(Kale [leaf], Spinach [leaf],		
Niacin (as niacinamide)	25 mg	125%	Chromium (from chromium nicotinate)	200 mcg	167%	Dandelion Greens [leaf],		
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,250%	Molybdenum (from sodium molybdate)	75 mcg	100%	Beet (beta vulgaris) [root]]	10 mg	†
Folic Acid	800 mcg	200%	Choline (as choline bitartrate)	20 mg	†	Digestive Support Blend		
Vitamin B12 (as cyanocobalamin)	25 mcg	417%	Inositol	20 mg	†	Protease, Amylase, Lipase, Cellulase	36 mg	†
Biotin	150 mcg	50%				Lactobacillus Sporogenes (Probiotic strain)	25 mg	†
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%				Betaine HCl	10 mg	†

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

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Silicon Dioxide and Modified Cellulose.

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



Men's Ultra Daily Pack (Whole Food Based)**30 Packs - \$39.99**

Each Pack contains 3 capsules / 1 softgel / 3 tablets. Men's Ultra Daily Pack provide an array of Men's nutritional needs in the convenience of a single pack. Easy to travel with, throw them in your pocket or suitcase.

A complete vitamin and mineral complex from A to Z and a 42 Fruit and Vegetable blend. Also loaded with what Men really need: Digestive Enzyme Complex, Spirulina, Wheatgrass, Green Tea, Psyllium Husks, Apple Pectin, Trace Mineral Complex, Kelp, CLA, Omega 3's - Essential Fatty Acids (GLA, ALA, EPA, DHA), Saw Palmetto, Pygeum Africanum, Pumpkin Seed and over 50 more nutrients all working together to make this to be the most complete Men's Daily pack available.

These Men's Ultra Packs are designed to help with: **Aging, Immune Support, Prostate Health, Bone Strength, Muscle Growth, Cardiovascular Functioning, Digestion Improvement, Depression, Energy Metabolism, Memory & Cognitive Performance, Hearing, Vision, Sleep, Heart & Circulatory Health, Hair and Skin, Arthritis Support, Kidney & Liver Health and much more.**

DID YOU KNOW: Over 75% or 3 out of 4 Americans do not meet the FDA Recommended Daily Allowance (RDI) for overall nutrition in their diets. For those over 55, the % is even higher. Our Men's Ultra Packs will help you fill the gaps in your diet, leading to healthier you!

Vitamins work through consistent methodical use, just like we don't get overweight from one meal, it takes time to for vitamins to get your body to a complete & nutritional balance. But once your body gets to a complete balance your system will be better equipped to heal itself. Multivitamins quite simply fill in the gaps and help this process. Long term, lacking of these vitamins and minerals in your daily diet have been shown to cause deteriorating energy levels, poor immune system, weak bones, arthritic conditions, cognitive/brain decline, vision issues and a myriad of other health related problems. This is why you have to take matters into your own hands. Vitamins, taken properly over time will greatly help you age stronger and healthier.

It would be ideal to split these 7 Capsules/Softgel/Tablets throughout the day with breakfast and lunch. But if you take them all at one meal that is ok too. Just take them mid meal or at the end of your meal with 8 ounces of water.

SUPPLEMENT FACTS

Serving Size: 1 Packet (3 Capsules / 1 Softgel / 3 Tablets)

Servings per Container: 30

Vitamin A (67% as beta carotene / 33% palmitate)	4,500 mcg	500%	Apple Pectin (malus domestica) (fruit)	15 mg	†
Vitamin C (ascorbic acid)	500 mg	556%	Chlorophyll (sodium copper chlorophyllin)	15 mg	†
Vitamin D-3 (cholecalciferol)	15 mcg	75%	Lactobacillus Acidophilus	20 million CFU*	†
Vitamin E (d-alpha toco. Succinate / acetate)	73 mg	489%	Octacosanol	15 mcg	†
Vitamin B-1 (thiamine mononitrate)	50 mg	4167%	Kelp (thallus)	210 mcg	†
Vitamin B-2 (riboflavin)	50 mg	3846%	Boron (as amino acid chelate)	2027 mcg	†
Niacin (niacin granular)	10 mg	63%	CLA Complex (80% conjugated linoleic acid from safflower oil)	290 mg	†
Vitamin B-6 (pyridoxine hci)	53 mg	3088%	GLA Complex (18.5% gamma linolenic acid from borage seed oil)	262 mg	†
Folate	670 mcg DFE (400 mcg folic acid)	167%	ALA Complex (50% alpha linolenic acid from flaxseed oil)	150 mg	†
Vitamin B-12 (cyanocobalamin)	100 mcg	4167%	EPA (eicosapentaenoic acid from fish oil)	125 mg	†
Biotin	100 mcg	333%	DHA (docosahexaenoic acid from fish oil)	100 mg	†
Pantothenic Acid (d-calcium pantothenate)	20 mg	400%	Saw Palmetto Powder (fruit berries)	300 mg	†
Calcium (carbonate/dicalcium phosphate/citrate/amino acid chelate/hydroxyapatite/gluconate/lactate/orotate/malate/succinate)	675 mg	52%	Pygeum Africanum (5:1 extract) (bark)	150 mg	†
Phosphorus (dicalcium phosphate)	111 mg	9%	Pumpkin Seed Powder	30 mg	†
Magnesium (oxide/amino acid chelate)	350 mg	83%	Burdock Root Powder	2.5 mg	†
Zinc (oxide/glycinate monohydrate)	40 mg	364%	Cayenne Pepper Powder (fruit)	2.5 mg	†
Selenium (amino acid chelate)	50 mcg	91%	Goldenseal Root Powder	2.5 mg	†
Copper (gluconate/oxide)	.45 mg	50%	Gravel Root Powder (Eupatorium purpureum)	2.5 mg	†
Manganese (sulfate)	2 mg	87%	Juniper Berries Powder	2.5 mg	†
Chromium (as polynicotinate)	50 mcg	143%	Marshmallow Root Powder	2.5 mg	†
Potassium (as citrate)	50 mg	1%	Parsley Leaf Powder	2.5 mg	†
Enzyme Complex (from plants) Consisting of Bromelain, Papain, Amylase and Lipase	75 mg	†	L-Glutamic Acid HCl	35 mg	†
Spirulina Algae	500 mg	†	L-Alanine	35 mg	†
Wheat Grass Powder (aerial plant)	200 mg	†	L-Glycine	15 mg	†
Safflower Powder (flower)	100 mg	†	42 Fruit & Vegetable Proprietary Blend Consisting of		
Lecithin	75 mg	†	Blueberry Fruit, Cranberry Fruit, Grape Seed, Strawberry Fruit,		
Inositol	75 mg	†	Raspberry Fruit, Pomegranate Fruit, Bilberry Fruit, Alfalfa Leaf,		
Citrus Bioflavonoids 50% Complex	50 mg	†	Carrot Root, Beet Root, Broccoli (floret & stalk), Acai Fruit,		
Gotu Kola Powder (aerial parts)	50 mg	†	Chokeberry Fruit, Apple (fruit), Apple Pectin (fruit), Maqui Berry,		
Echinacea Purpurea Root Powder	25 mg	†	Grape Skin, Black Cherry Fruit, Tomato Fruit, Barley (aerial parts),		
Green Tea (98% extract) (dried leaves)	25 mg	†	Celery Seed, Chlorella, Black Currant Fruit, Artichoke Leaf,		
PABA (para-Aminobenzoic Acid)	15 mg	†	Mango Fruit, Pineapple Fruit, Spirulina, Dandelion Root,		
Psyllium Husk Powder (hulls)	15 mg	†	Wheat Grass Leaf, Green Tea Leaf, Milk Thistle Leaf, Eleutherococcus		
Oat 10:1 Extract (aerial parts)	15 mg	†	Senticosus Root, Ashitaba Root, Bing Cherry Fruit, Elderberry Fruit,		
			Goji Berry, Grapefruit Fruit, Mangosteen Fruit, Spinach Leaf,		
			Tart Cherry Skin, Papaya Fruit and Asian Pear	315 mg	†

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

† Daily Value not established.

ALLERGEN WARNING: Contains Soy (Lecithin) and Fish (Anchovy)**Other Ingredients:** Gelatin (bovine), vegetable stearic acid, vegetable magnesium stearate, glycerin, rice flour, pharmaceutical glaze, microcrystalline cellulose, croscarmellose sodium, purified water and silicon dioxide

Women's Ultra Daily Pack (Whole Food Based)**30 Packs - \$39.99**

Each Pack contains 3 capsules / 1 softgel / 3 tablets. Women's Ultra Daily Packs are overflowing with the nutrients women need each and every day! Providing a complete array of Women's nutritional needs in the convenience of a single pack. Easy to travel with, throw them in your gym bag, purse, pocket, on your desk at work or in your suitcase.

A complete vitamin and mineral women's formula from A to Z with a powerful 42 Fruit and Vegetable blend. Also loaded with what Women really need: Digestive Enzyme Complex, Calcium, Magnesium, Wheatgrass, Green Tea, Omega 3's - Essential Fatty Acids (GLA, ALA, EPA, DHA), Black Cohosh, Dong Quai, Licorice Extract, Vitex Berry (Chaste Berry), Red Clover, Sage, False Unicorn, Blessed Thistle, Red Raspberry, Mexican Wild Yam and over 50 more nutrients all working synergistically to make this the most complete Women's Daily pack available.

These packs contain Calcium/Magnesium tablets, providing dual support for bone health and strength. Stress can be a major issue for many active women, but Women's Ultra Packs address this by having a soothing herbal blend that helps balance emotions and encourage relaxation.

These Women's Ultra Packs are designed to support: **Aging, Immune Support, Hormone Levels, Bone Strength, Muscle Growth, Mood Balance, Cardiovascular Functioning, Digestion Improvement, Energy Metabolism, Depression, Stabilize Physical, Mental and Emotional Energy, Memory & Cognitive Performance, Hearing, Vision, Sleep, Heart & Circulatory Support, Hair and Skin, Arthritis Support, Kidney & Liver Health and much more.**

DID YOU KNOW: Vitamins and minerals are called "Essential" because they are needed to sustain life and our bodies do not create them, they must be obtained from diet. The most common source are fruits and vegetables, but only 14% of U.S. adults and 9.5% of teens are eating the recommended servings. Our Women's Ultra Daily Packs can fill the gaps in your diet and make a difference in your long term health!

It would be ideal to split these 7 Capsules/Softgel/Tablets throughout the day with your breakfast and lunch. But if you take them all at one meal that is ok too. Just take them mid meal or at the end of your meal and 8 ounces of water.

SUPPLEMENT FACTS

Serving Size: 1 Packet (3 Capsules / 1 Softgel / 3 Tablets)

Servings per Container: 30

	Amt/Serving	DV*		Amt/Serving	DV*
Vitamin A (67% as beta carotene / 33% palmitate)	4,500 mcg	500%	Apple Pectin (malus domestica) (fruit)	15 mg	†
Vitamin C (ascorbic acid)	500 mg	556%	Chlorophyll (sodium copper chlorophyllin)	15 mg	†
Vitamin D-3 (cholecalciferol)	15 mcg	75%	Lactobacillus Acidophilus	20 million CFU*	†
Vitamin E (d-alpha toco. Succinate / acetate)	73 mg	489%	Octacosanol	15 mcg	†
Vitamin B-1 (thiamine mononitrate)	50 mg	4167%	Peat Extract (providing all 72 naturally occurring trace minerals)	3 mg	†
Vitamin B-2 (riboflavin)	50 mg	3846%	Kelp (thallus)	210 mcg	†
Niacin (niacin granular)	10 mg	63%	Boron (as amino acid chelate)	2027 mcg	†
Vitamin B-6 (pyridoxine hci)	50 mg	2941%	CLA Complex (80% conjugated linoleic acid from safflower oil)	290 mg	†
Folate	670 mcg DFE (400 mcg folic acid)	167%	GLA Complex (18.5% gamma linolenic acid from borage seed oil)	262 mg	†
Vitamin B-12 (cyanocobalamin)	100 mcg	4167%	ALA Complex (50% alpha linolenic acid from flaxseed oil)	150 mg	†
Biotin	100 mcg	333%	EPA (eicosapentaenoic acid from fish oil)	125 mg	†
Pantothenic Acid (d-calcium pantothenate)	20 mg	400%	DHA (docosahexaenoic acid from fish oil)	100 mg	†
Choline (as choline bitartrate)	30 mg	5%	Soy Isoflavones	15 mg	†
Calcium (carbonate/dicalcium phosphate/citrate/amino acid chelate/hydroxyapatite/gluconate/lactate/orotate/malate/succinate)	675 mg	52%	Black Cohosh (2.5% extract) (root)	80 mg	†
Phosphorus (dicalcium phosphate)	111 mg	9%	Dong Quai (1% extract) (root)	75 mg	†
Magnesium (oxide/amino acid chelate)	350 mg	83%	Licorice (1% extract) (root)	75 mg	†
Zinc (oxide/glycinate monohydrate)	15 mg	136%	Red Clover (1% extract) (aerial parts)	200 mg	†
Selenium (amino acid chelate)	50 mcg	91%	Sage (2.5% extract) (leaf)	100 mg	†
Copper (gluconate/oxide)	.2 mg	22%	Chasteberry (0.5% extract) (fruit)	25 mg	†
Manganese (sulfate)	2 mg	87%	Blessed Thistle (herb powder)	25 mg	†
Chromium (as polynicotinate)	50 mcg	143%	Red Raspberry Powder (fruit)	25 mg	†
Potassium (as citrate)	50 mg	1%	Wild Yam (16% extract) (root)	7.5 mg	†
Enzyme Complex (from plants) Consisting of Bromelain, Papain, Amylase and Lipase	75 mg	†	Trans-Resveratrol (from Polygonum cuspidatum Extract) (root)	500 mcg	†
Spirulina Algae	500 mg	†	42 Fruit & Vegetable Proprietary Blend Consisting of Blueberry Fruit, Cranberry Fruit, Grape Seed, Strawberry Fruit, Raspberry Fruit, Pomegranate Fruit, Bilberry Fruit, Alfalfa Leaf, Carrot Root, Beet Root, Broccoli (floret & stalk), Acai Fruit, Chokeberry Fruit, Apple (fruit), Apple Pectin (fruit), Maqui Berry, Grape Skin, Black Cherry Fruit, Tomato Fruit, Barley (aerial parts), Celery Seed, Chlorella, Black Currant Fruit, Artichoke Leaf, Mango Fruit, Pineapple Fruit, Spirulina, Dandelion Root, Wheat Grass Leaf, Green Tea Leaf, Milk Thistle Leaf, Eleutherococcus Senticosus Root, Ashitaba Root, Bing Cherry Fruit, Elderberry Fruit, Goji Berry, Grapefruit Fruit, Mangosteen Fruit, Spinach Leaf, Tart Cherry Skin, Papaya Fruit and Asian Pear	315 mg	†
Wheat Grass Powder (aerial plant)	200 mg	†			
Safflower Powder (flower)	100 mg	†			
Lecithin	75 mg	†			
Inositol	75 mg	†			
Citrus Bioflavonoids 50% Complex	50 mg	†			
Gotu Kola Powder (aerial parts)	50 mg	†			
Echinacea Purpurea Root Powder	25 mg	†			
Green Tea (98% extract) (dried leaves)	25 mg	†			
PABA (para-Aminobenzoic Acid)	15 mg	†			
Psyllium Husk Powder (hulls)	15 mg	†			
Oat 10:1 Extract (aerial parts)	15 mg	†			

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

† Daily Value not established.

ALLERGEN WARNING: Contains Soy (Lecithin) and Fish (Anchovy)**Other Ingredients:** Gelatin (bovine), vegetable stearic acid, vegetable magnesium stearate, glycerin, rice flour, pharmaceutical glaze, microcrystalline cellulose, croscarmellose sodium, purified water and silicon dioxide

Women's Superior Multi Tablets

90 Tablets - \$23.99

Our Women's Multi Vitamin & Mineral formula is designed for women who are in their child bearing years. This Multi will bridge the nutrient gap in your daily diet, while assisting in bringing your body back into a naturally balanced state. It's widely known & accepted that a body in proper balance can heal itself. What makes Women's Multi so effective?

- Natural Beta-Carotene as the source of Vitamin A. (safe & effective)
- Recommended potencies of B-vitamins with B-3, B-5 & B-6.
- High potency folate/folic acid – important for women.
- Buffered Vitamin C (calcium ascorbate) for reduced acidity.
- Contains Albion Lab's patented Ferrochel® iron bisglycinate, which is gentle on the stomach.
- Non-GMO

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

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 30

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

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

Other Ingredients: Cellulose, Silica, Stearic Acid (vegetable source), Croscarmellose Sodium, Vegetarian Coating and Chlorophyll. Vitamin E from soy.



Women's Superior Multi Softgels

90 Softgels - \$25.99
180 Softgels - \$44.99
(SAVE ¥)

In a perfect world women would get all their vitamins from the food they eat. Although it's not impossible for most of us it's improbable. The fact of the matter is that we live busy high-paced lives. We don't always eat the right foods and therefore don't always get the vitamins that we need. Women are especially susceptible to vitamin deficiency as many of us tend to put everyone and everything before ourselves. This means that we tend to our spouses, children, household chores, and work before we take the time out to take care of ourselves. Vitamin importance takes a backseat to these things as a result. What is the answer to the loss of vitamins in our busy life? Take a multivitamin.

- With Evening Primrose, Cranberry, Green Tea, Horsetail Silica, & CoQ10
- Gentler and easier to swallow and absorb

FOR WOMEN AGE 30'S THROUGH 50'S

SUPPLEMENT FACTS

Serving Size: 3 Softgels

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	25		Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	50 mg	500%	Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	100%
Calories from Fat	20		Calcium (from Aquamin® Seaweed Derived Minerals, Calcium Carbonate, Ascorbate and Pantothenate)	140 mg	14%	Potassium (from Potassium Chloride)	25 mg	< 1%
Total Fat	2 g	3%	Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®) 6 mg 33%			Evening Primrose Oil (Oenothera biennis) (Seed)	500 mg	†
Protein	1 g	2%	Iodine (from Potassium Iodide)	225 mcg	150%	Cranberry Concentrate (20:1) (Vaccinium macrocarpon) (Fruit)	100 mg	†
Beta-Carotene (100% as Beta-Carotene) (Betatene®)	5,000 IU	100%	Magnesium (from Magnesium Citrate, Magnesium Oxide and Aquamin® Seaweed Derived Minerals)	100 mg	25%	Horsetail Extract (Equisetum arvense) (Aerial Parts) (min. 8% Silica)	50 mg	†
Vitamin C (from Calcium Ascorbate)	200 mg	333%	Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%	Alpha Lipoic Acid	25 mg	†
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%	Selenium (from Selenium Amino Acid Complex) (TRAACS®) (Albion®)	200 mcg	286%	Choline (from Choline Bitartrate)	25 mg	†
Vitamin E (as d-alpha Tocopherol)	150 IU	500%	Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%	Grape Seed Extract (Vitis vinifera)	25 mg	†
Vitamin K (as Menaquinone and Phytonadione)	80 mcg	100%	Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%	Green Tea Extract (Camellia sinensis) (Leaf)	25 mg	†
Thiamine (Vit. B-1) (from Thiamine HCl)	25 mg	1667%	Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	100%	Inositol	25 mg	†
Riboflavin (Vitamin B-2)	25 mg	1471%				CoQ10 (as Ubiquinone)	10 mg	†
Niacin (Vitamin B-3) (from Niacinamide and Inositol Hexanicotinate)	25 mg	125%				Lycopene (LYC-O-MATO®) (from Natural Tomato Extract)	500 mcg	†
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg	1250%						
Folate (as Folic Acid)	800 mcg	200%						
Vitamin B-12 (as Methylcobalamin)	120 mcg	2000%						
Biotin	300 mcg	100%						

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

Suggested Usage: Take 3 Softgels daily with food.

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

Contains no: wheat, gluten, milk, egg, fish or shellfish ingredients.



Women's Once a Day Whole Food Multi

30 Tablets - \$16.99

90 Tablets - \$42.99

(SAVE \$8)

Women's Once Daily multi contains not only basic nutritional support of vitamins and minerals in one vegetarian tablet, but also key ingredients observed in studies to support female health, including a variety of Herbs, Plant Foods, Enzymes and Probiotics.

- Whole Food Based • Made with Green Foods - Kale, Spinach and Dandelion • Enzymes and Probiotics for digestion and Absorption
- Contains Dong Quai • 120mg of Vitamin C • 800 IU Vitamin D3 • All B Vitamins • Folic Acid • Magnesium, Zinc, Selenium

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU	100%	Selenium (from selenomethionine, amino acid complex)	200 mcg	167%
Vitamin C (as ascorbic acid)	120 mg	200%	Copper (amino acid chelate)	1 mg	50%
Vitamin D3 (as cholecalciferol)	800 IU	200%	Manganese (from manganous gluconate)	2 mg	100%
Vitamin E (d-alpha tocopheryl succinate)	100 IU	333%	Chromium (from chromium nicotinate)	200 mcg	167%
Vitamin K1 (as phytonadione)	100 mcg	125%	Molybdenum (from sodium molybdate)	75 mcg	100%
Thiamin (as thiamin hydrochloride)	25 mg	1,667%	Choline (as choline bitartrate)	20 mg	†
Riboflavin	25 mg	1,471%	Inositol	20 mg	†
Niacin (as niacinamide)	25 mg	125%	Boron (amino acid complex)	1 mg	†
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,250%	Citrus Bioflavonoid Complex	25 mg	†
Folic Acid 800 mcg 200%			Women's Health Blend		
Vitamin B12 (as cyanocobalamin)	25 mcg	417%	(Dong Quai [root] 4:1 Extract, Spirulina platensis, Wild Yam Root Extract)	125 mg	†
Biotin 150 mcg 50%			Vegetable Juice Blend		
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%	(Kale [leaf], Spinach [leaf], Dandelion Greens [leaf], Beet (beta vulgaris) [root])	10 mg	†
Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate malate and calcium pantothenate)	200 mg	20%	Digestive Support Blend		
Magnesium (from magnesium oxide)	100 mg	25%	Protease, Amylase, Lipase, Cellulase	36 mg	†
Zinc (OptiZinc®)	10 mg	67%	Lactobacillus sporogenes (Probiotic strain)	25 mg	†
			Betaine HCl	10 mg	†

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

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Modified Cellulose, Silicon Dioxide and Glycerin

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



Pre-Natal Plus with DHA Multi Vitamin

180 Tablets - \$24.99

We at LifeSource Vitamins are proud to offer this ever so complete Prenatal Multi with DHA. There is no more important time for women to take multivitamins as when they are pregnant, and frankly a few months before they get pregnant as well. Our Prenatal is designed for women who are trying to conceive, are pregnant, or nursing, as we all have learned how important nursing is to the child's lifelong health. The perfect combination of 33 nutrients including DHA for a healthy Mom & Baby during this very special time.

Pregnant women depend on DHA to promote healthy fetal development. According to the Academy of Nutrition and Dietetics, the average woman only eats 2 ounces of the recommended 8 to 12 ounces of fish per week during pregnancy. This is exactly why we added DHA to these multi's.

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings per Container: 60

	Amt/Serving	DV%*		Amt/Serving	DV%*
Vitamin A	8000IU	100%	Molybdenum	25mcg	33%
Vitamin C	180mg	300%	Potassium	25mg	<1%
Vitamin D-3	400IU	100%	DHA	100mg	†
Vitamin E	30IU	100%	L-Taurine	50mg	†
Vitamin B1	15mg	882%	Lemon Bioflavonoids	40mg	†
Vitamin B2	17.5mg	875%	Inulin (FOS)	30mg	†
Vitamin B3 Niacin	20mg	100%	Choline	15mg	†
Vitamin B6 (as Pyridoxine HCl)	10mg	400%	DHEA	10mg	†
Folic Acid	800mcg	100%	Inositol	10mg	†
Vitamin B12	12mcg	150%	PABA	5mg	†
Biotin	300mcg	100%	Rutin	5mg	†
Pantothenic Acid	30mg	300%	L-Histidine HCL	3 mg	†
Calcium	660mg	51%	Octacosanol	50mcg	†
Iron	18mg	100%	Protease 5000HUT/GM	1800HUT	†
Iodine from kelp	150mcg	100%	Amylase 5000KB/GM	140 DU	†
Magnesium	900mg	200%	Lipase 1000FIP/GM	1.5LU	†
Zinc	15mg	100%	Cellulase 1000CU/GM	1.75CU	†
Selenium	30mcg	43%	Lactobacillus Sporogenes	1.5 Million	†
Copper	100mcg	5%			
Manganese	3mg	150%			
Chromium	25mcg	21%			

Directions: Pregnant or Lactating women, take three tablets daily.



Kids & Teens Chewable Multi Vitamins & Minerals

90 Chewable - \$24.99
180 Chewable - \$39.99
(SAVE \$10)

Our Childrens Multi is a Phyto Nutrient Whole Food based multivitamin/mineral supplement enriched with Phyto Fruits and Phyto Veggies. Complete B-complex formula balanced for mental clarity and immune strength. LifeSource Vitamins Children's Multivitamin contains Beta Carotene Pro Vitamin A, Bioflavonoids, and 400 IU of Vitamin D3, as recommended by the American Academy of Pediatrics. Loaded with antioxidants provided from our Phyto Fruits and Veggies to protect kids from environmental pollutants and stress. And best of all, they are sugar FREE, not like most other major brands that are packed with unnatural sugar, sucrose, sucralose or other harmful sweeteners! Ours is sweetened simply by the Phyto Fruits inside these Kids' Multi's.

We Consider This Kids Multi to be the Best in the World, Sold Anywhere at Any Price! Loaded with Phyto Fruits and Veggies and they will love the taste

SUPPLEMENT FACTS 4+ YEARS OLD

Serving Size: 1 Tablet

Amt/Serving	DV%*	Amt/Serving	DV%*	Phyto-Nutrients Whole Foods Concentrate	
Beta Carotene	5000 IU	100%	PABA	.5 mg	*
Vitamin C			Biotin	150 mcg	50%
(with Rose Hips, Buffered with Mineral Ascorbates)	100 mg	166%	Folic Acid	200 mcg	50%
Vitamin D3	400 IU	100%	Vitamin K1	10 mcg	*
Vitamin E			Citrus Bioflavonoid Complex (Vitamin P)	30 mg	*
(natural d-alpha)	45 IU	150%	Zinc, Elemental (Chelated)	5.25 mg	35%
Vitamin B1 (Thiamin)	3.4 mg	226%	Selenium (Yeast Free)	10 mcg	*
Vitamin B2 (Riboflavin)	4.1 mg	239%	Calcium, Elemental	100 mg	
Niacinamide	24 mg	120%	Magnesium, Elemental	50 mg	12.50%
Vitamin B5 (Pantothenic Acid)	.22 mg	220%	Iron, Elemental (Chelated)	6.3 mg	35%
	Amt/Serving	DV%*	Chromium (as Picolinate)	10 mcg	*
Vitamin B6	2 mg	100%	Iodine (as kelp)	75 mcg	50%
Vitamin B12	3 mcg	100%	Phosphorus	10mcg	1%
Choline	5mg	†	Molybdenum	5 mcg	*
Inositol	2.5 mg	*	Copper	200 mcg	10%
				Whole Food Vegetable Complex:	
				Carrots, Broccoli, Spinach, Celery, Beets,	
				Amt/Serving	DV%*
				Green Beans & Parsley.	
				Whole Food Fruit Complex:	
				Orange Juice, Pineapple Juice, Raspberry Juice, Dried Apples, Dried Apricots, Dried Peaches, Dried Cherries, Dried Plums & Figs.	
				Super Protein Concentrate	
				Enzyme Blend: Amylase, Protease, Lipase	25 mg *
				Acerola Cherry Juice Concentrate	10 mg *
				Hesperidin Complex	10 mg *
				Rutin	5 mg *

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



Kids & Teens Multivitamin Gummies

90 Gummies - \$16.99

During this time of your child's life their brain is setting the foundation for all mental capacities for life, their health is formulating whether they will be a healthy child as well as all of their bodily functions are growing & processing to ensure efficiencies for the rest of their lives. No time is more critical to help with their nutritional intake than this time as kids can be picky eaters and not get what they truly need to grow and be healthy and reach their full potential.*

Children need a sound nutritional basis upon which to grow and develop, so it's important to ensure that they eat a balanced diet. Of course, many children do not eat the right foods, opting instead for fast foods and foods containing more sugar than nutritional value. In order to ensure that your children get all the nutrients needed, you may choose to give them a daily vitamin. However, the last thing you want in that vitamin is a bunch of sugar. So what is a parent to do? Try LifeSource Vitamins Gummies for your kids, which is a multivitamin formulated specifically to ensure that children receive the nutrients they need to properly support their bodies during their years of growth and development.

LifeSource Vitamins All Natural Kids Gummies Contain Essential Vitamins and Minerals for your kids growing brains and bodies:

- Vitamin A: Healthy Eye Functioning and Immune System. More than one and a half cups of Broccoli.
- Vitamin C: Helps Support Immune System. More than 2 Tangerines
- Vitamin D: Supports Healthier Bones, Teeth, Muscle and Immune Support
- Vitamin E: Antioxidant and Essential Nutrient, Heart and Immune Health.
- B Vitamins: Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin and Pantothenic Acid to help convert the food we eat into Energy.
- Iodine: An Essential Mineral
- Zinc: Immune Support

Other Highlights:

- All Natural Fruit Flavors: No Synthetics!
- Colors are derived from the fruit we use: No Synthetic Dyes!
- Gluten Free
- No Yeast
- No Preservatives
- 45 Day Supply

SUPPLEMENT FACTS

Serving Size: 2 Gummies

Servings per Container: 45

Amt/Serving	DV%*	Amt/Serving	DV%*	Amt/Serving	DV%*
Calories	15	Vitamin C (ascorbic acid)	20 mg 50/33%	Biotin	60 mcg 40/20%
Total Carbohydrates (Ages 2 to 4)	4 g	Vitamin D (cholecalciferol)	400 IU 100%	Pantothenic Acid (calcium pantothenate)	5.2 mg 104/52%
Sugars	3 g	Vitamin E (dl-Alpha Tocopheryl ace)	16.5 IU 1 65/55%	Iodine (potassium Iodine)	42 mcg 60/28%
Total Carbohydrates (Ages 4 & Up)	4 g	Vitamin B-6 (pyridoxine hydrochloride)	2 mg 286/100%	Zinc (citrate)	2.7 mg 34/18%
Sugars	3 g	Folic Acid	260 mcg 130/65%	Choline (bitartrate)	40 mcg †
Vitamin A (palmitate)	2100IU	Vitamin B-12 (cyanocobalamin)	6 mcg 200/100%	Inositol	40 mcg †

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



Ultra Teen Multi Vitamin & Minerals

60 Tablets - \$16.99

The LifeSource Vitamins Ultra Teen Multi provides older children, teens, and adults with a complete multivitamin containing 100% of the Daily Allowance of 29 vitamins, minerals & nutrients that are all too often inadequately supplied in our teens daily diet. Our Ultra Teen Multivitamins contain higher potencies than in typical children's supplements, in a combination that gives special attention to the balance and bioavailability of nutrients.

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 60

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



Kids & Teens Liquid Multi Vitamin & Minerals

16 fl oz - \$26.99

LifeSource Vitamins Kid's & Teens Liquid Multivitamins & Minerals is a new, full spectrum blend of liquid vitamins designed to provide children with the important vitamins and minerals that their bodies need on a daily basis to grow healthy minds and bodies. Great tasting and a powerful full day of nutrients in one serving. Ideal for all children, and teenagers as well! If you want the most complete multivitamin available, or if your child will not take chewable multi's, these are what just you need. You can mix it right into their juice during the day. Flora® ScFOS Prebiotic Blend with Green Papaya and Bromelain gently strengthens the immune and digestive system. Hi ORAC Superior Phyto Food Fruit & Veggie Complex - Loaded with: Apricots, Bananas, Broccoli, Cabbage, Cherries, Cranberries, Ginger, Grapefruits, Green Tea, Kale, Kiwis, Lemons, Limes, Mangoes, Oranges, Pineapples, Plums, Raspberries, Red Peppers, Spinach, Sweetened with Xylitol not Sucralose, for its beneficial properties. No Crystalline Fructose! Whole Food Multi Specifically Formulated for our kids and yours!

- 100% of Vitamins: A, C, D3, E, B1, B2, B3, B6, Folate and B12
- A Full Spectrum of Vitamins, Minerals and Enzymes.
- 98 % Absorption within 90 seconds.
- Vitamin A (as natural beta carotene)
- Vitamin D3 - The American Academy of Pediatrics has doubled it's recommendation of Vitamin D intake. This multi has your kids covered.
- Organic Ingredients - Non GMO - Gluten Free - Sugar Free - Soy Free - 100% Vegetarian & Vegan
- No Artificial Flavors and No Artificial Sweeteners
- Vitamin C w/ Bioflavonoids -120mg. 300% Daily Allowance
- Trace Mineral Blend - Aquamin® - Mineralized Red Algae
- Prebiotic Multi-Fiber Complex and Digestive Support - NutraFlora® ScFOS Prebiotic Blend with Green Papaya and Bromelain gently strengthens the immune and digestive system.
- Hi ORAC Superior Phyto Food Fruit & Veggie Complex - Loaded with: Apricots, Bananas, Broccoli, Cabbage, Cherries, Cranberries, Ginger, Grapefruits, Green Tea, Kale, Kiwis, Lemons, Limes, Mangoes, Oranges, Pineapples, Plums, Raspberries, Red Peppers, Spinach,
- Sweetened with Xylitol not Sucralose, for its beneficial properties.
- No Crystalline Fructose

SUPPLEMENT FACTS

Serving Size: Children 1-4 years old 1/2 Tablespoon, Children 5 and older 1 Tablespoon

Servings per Container: 64 / 32

Amt/Serving	DV% (1-4)	DV% (4-12)	Amt/Serving	DV% (1-4)	DV% (4-12)
Calories	10	+	Zinc (as Zinc Picolinate)	5 mg	60%
Sodium	<10mg	+	Selenium (as Selenium amino acid chelate)	10 mcg	14%
Carbohydrates	4 g	+	Manganese (as Manganese Bisglycinate Chelate)	1 mg	50%
Dietary Fiber	1 g	5%	Chromium (as Chromium Polynicotinate)	10 mcg	8%
Sugars	0 g	+	Molybdenum (as Sodium Molybdenate)	20 mcg	27%
Vitamin A (as Natural Beta-Carotene)	2,500 IU	100%	Potassium (as Potassium Citrate)	50 mg	+
Vitamin C (as Ascorbic Acid, Citrus Bioflavonoids)	120 mg	300%	Choline (Bitartrate)	20 mg	+
Vitamin D3 (as Cholecalciferol)	400 IU	100%	Inositol	15 mg	+
Vitamin E (as d-alpha-tocopherol acetate)	20 IU	100%	Aquamin®		
Vitamin B1 (as Thiamine HCL)	2 mg	140%	S (as Mineralized Red Algae Sea Minerals)		
Vitamin B2 (as Riboflavin-5-Phosphate)	2 mg	140%	(Lithothamnium coraloides/ Lithothamnium calcareum) (Whole Plant)	44 mg	+
Vitamin B3 (as Niacinamide)	10 mg	100%	Wellberry™ (Vitamin C, Indian Gooseberry Fruit Extract, Citrus Bioflavonoids, Vegetable Fatty Acids)	205 mg	+
Vitamin B6 (as Pyridoxine HCL)	2 mg	100%	Digestive Health Blend (Isomaltol-oligosaccharides(prebiotic fiber), NutraFlora® (ScFOS Prebiotic Blend), Green Papaya juice, Bromelain 1	225 mg	+
Folate (100% from certified organic Citrus Limon extract (peel) as Orgen-FA®)	400 mcg	200%	Fruits & Greens Antioxidant Fruit and Vegetable Blend (extracts of Banana, Kiwi, Mango, Pineapple, Cranberry, Cherry, Raspberry, Red Pepper, Plum, Apricot, Ginger, Broccoli, Spinach, Kale, Cabbage, Orange, Grapefruit, Lemon, Lime, Green Tea)	50 mg	+
Vitamin B12 (as Methylcobalamin)	15 mcg	500%			
Biotin	65 mcg	45%			
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%			
Calcium (as Calcium Citrate and Aquamin® Sea Minerals)	25 mg	8%			
Iodine (Potassium Iodine)	50 mcg	70%			
Magnesium (as Magnesium Citrate and Aquamin® sea minerals)	25 mg	13%			



Other Ingredients: Cellulose, Silica, Modified Cellulose Gum, Stearic Acid (Vegetable Source), Magnesium Stearate (Vegetable Source), Glycerin, Natural Cinnamon Oil.

Contains No artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish * Daily Value not established.

Men's Senior Multi Vitamin

180 Tablets - \$39.99

LifeSource Vitamins advanced Ultra Senior Multi-Vitamin is a great vegetarian formula for Men ages 50 and older. Contains nutrients ideal for Bone Support, Eye Support, Healthy Digestion, Blood Pressure & Cholesterol Support. LifeSource Vitamins Men's Ultra Senior's also contains Co-Enzyme, or activated forms of B-vitamins, for ease and assurance of activation in the body. Enhanced chelated minerals for optimum bioavailability. Moderate and effective doses of essential nutrients for the entire body. Enzymes support nutrient digestion and assimilation, sparing the body's valuable supply of enzymes and saving energy in the digestive process.

This unique formula is designed to focus on what a man's body needs as he ages, and contains unique nutrients not found in other multi vitamins, such as Lutien / Zeaxanthin, Lycopene, Bilberry, Grapeseed Extract, Saw Palmetto, Lemon bioflavonoid complex, Cinnamon Powder, Tomato Powder, Enzymes, Betaine HCl, Ginger and much more.



IDEAL FOR MEN OVER 50 YEARS OF AGE

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 60

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

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

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), silica, magnesium stearate (vegetable source), glycerin, natural cinnamon oil.

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd.

Lyc-O-Mato® is a registered trademark of LycoRed, Natural Product Industries, Ltd.

Women's Senior Multi Vitamin

180 Tablets - \$39.99

LifeSource Vitamins has created a Superior Senior Multivitamin just for Women over 50. Our Ultra Senior Women's multiple vitamin and mineral will help to bridge the nutrient gap in your daily diet. These will truly help get your body back to a balance so it can start healing itself. We feel this is the best multi available, just compare labels! In today's world of processed foods and fastpaced lifestyles, most of us do not get the daily recommended allowance of vitamins, minerals and other nutrients. LifeSource's multivitamins & minerals are formulated to provide a broad range of nutrition in a synergistic manner.

Uniquely formulated for the female baby boomer with Alpha Lipoic Acid, Lutien & antioxidants for eye and cell health.

IDEAL FOR WOMEN OVER THE AGE OF 50

SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container: 60

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

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

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), Silica, cinnamon oil, glycerin.

Contains No artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish. Lutemax™ 2020 trademark belongs to OmniActive Health Technologies Ltd.

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Seniors Ultra Multi Vitamin (6 Month Supply)

180 Tablets - \$39.99

LifeSource's advanced Ultra Senior Multi-Vitamin is a great formula for men or women ages 50 and older. This is designed to focus on what the body needs as we age and contains unique nutrients not found in other multi vitamins such as Coenzyme Q10, Ginkgo Biloba, Alpha Lipoic Acid, Phosphatidylserine, Lycopene, Bilberry Extract, Octacosanol, and more. This combination of 60 ingredients puts focus on cardiovascular, neurological and ocular health, as well as defensive antioxidant support.

IDEAL FOR ANYONE OVER 50 YEARS OF AGE – MEN & WOMEN

SUPPLEMENT 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 (as Cu AAC)	0.025 mg	1%	Gamma Linolenic Acid	2.5 mg	*
Vitamin C (as Ascorbic Acid & Ca Ascorbate)	300 mg	500%	Manganese (as Mn Gluconate)	2.5 mg	125%	Alpha Lipoic Acid	15 mg	*
Vitamin D3 (Cholecalciferol)	200 IU	50%	Chromium (as Cr Polynicotinate)	25 mcg	21%	Coenzyme Q10	5 mg	*
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%	Molybdenum (as Mo AAC)	25 mcg	33%	Lycopene	2.5 mg	*
Vitamin K (as Phytonadione)	2.5 mcg	3%	Boron (as B AAC)	0.5 mg	*	Bioperine®	2.5 mg	*
Thiamin	25 mg	1667%	Potassium (as K citrate)	25 mg	1%	Ginkgo Biloba	5 mg	*
Riboflavin	25 mg	1471%	Silicon (Horsetail Rush)	3 mg	*	RNA (ribonucleic acid)	5 mg	*
Niacin (and as Niacinamide)	25 mg	125%	Vanadium (as V AAC)	10 mcg	*	Mixed Citrus Bioflavonoids	100 mg	*
Vitamin B 6			Choline (as Choline Bitartrate)	50 mg	*	Hesperidin	12.5 mg	*
(Pyridoxine HCl 90%, P-5-P 10%)	25 mg	1250%	Inositol	25 mg	*	Rutin	12.5 mg	*
Folic Acid	200 mcg	50%	PABA (para-aminobenzoic acid)	25 mg	*	Pectin	12.5 mg	*
Vitamin B12 (Methylcobalamin)	25 mcg	417%	L-Cysteine (enteric coated)	25 mg	*	Betaine HCl	15 mg	*
Biotin	150 mcg	50%	Glutamic Acid	25 mg	*	Bromelain	2 mg	*
Pantothenic Acid (as Ca Pantothenate)	25 mg	250%	DL-Methionine (enteric coated)	25 mg	*	Papain	2 mg	*
Calcium (as Ca Citrate)	300 mg	30%	L-Aspartic Acid	50 mg	*	Bilberry Extract 4:1	20 mg	*
Iodine (from kelp)	35 mcg	23%	Phosphatidylserine	12.5 mg	*	Lutein	1.5 mg	*
Magnesium (as Mg Carbonate)	150 mg	38%	Octacosanol	500 mcg	*	A proprietary blend of vegetarian enzymes		
Zinc (as Zn Gluconate)	10 mg	67%	Soy Lecithin	50 mg	*	(amylase, protease, lipase, hemicellulase, and lactase)	10 mg	*
Selenium (as Se AAC)	25 mcg							

* Daily Value not established.

Other ingredients: Stearic acid, cellulose, silicon dioxide, pharmaceutical glaze



Ultimate T-Shirt

~~\$19~~ \$14

The Softest Tee We Could Find!

Ultra Soft Cotton • Poly + Rayon

AMERICA STRONG



Olive Leaf Extract 750 mg 60 Veg Caps - \$14.99



SUPPLEMENT FACTS

Serving Size: 1 Veg Cap	Servings per Container: 60
Amt/Serving	DV%*
Olive Leaf (20% extract) (standardized to contain 150mg of Oleuropein)	750 mg †

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

Other Ingredients: Cellulose, vegetable magnesium stearate and silicon dioxide.

Suggested usage: Take 1 capsule 1 to 2 times daily.

Ultra Omega-3

90 Softgels - \$21.99 PER BOTTLE
180 Softgels - \$38.99 PER BOTTLE
(SAVE \$5)



The Natural Fish Oil Concentrate used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants) and is Non-GMO.

Specifically, the omega-3 fatty acids found in fish oil have been shown to:

- Reduce the risk of heart attack or stroke
- Lower blood triglyceride levels
- Lower blood pressure
- Decrease inflammation
- Reduce joint stiffness
- Lower cholesterol levels

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 180
Amt/Serving	DV%*
Calories	10
Calories from Fat	10
Total Fat	1 g 2%*
Saturated Fat	<0.5 g <1%*
Trans Fat	0 g †
Polyunsaturated Fat	1 g †
Monounsaturated Fat	<0.5 g †
Cholesterol	0 mg 0% †
Natural Fish Oil Concentrate	1,000 mg †
Omega-3 Fatty Acids	
Eicosapentaenoic Acid (EPA)	500 mg †
Docosahexaenoic Acid (DHA)	250 mg †

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

Other Ingredients: Softgel Capsule (bovine gelatin, glycerin, enteric coating, water) and Vitamin E (as natural d-alpha tocopherol).

Contains: Fish (anchovies). Vitamin E from soy. Fish oil is a product of Peru and Chile.

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

Oregano Oil 90 Softgels - \$16.99



- Clear congestion
- Antibacterial & antifungal properties
- Soothe the digestive tract • Powerful Antioxidant

SUPPLEMENT FACTS

Serving Size: 1 Softgel	Servings Per Container: 90
Amt/Serving	DV%*
Oregano Oil (Origanum vulgare) (min. 55% Carvacrol)	0.2 mL/181 mg †
Ginger Oil (Zingiber officinale)	0.2 mL/17.6 mg †
Fennel Oil (Foeniculum vulgare)	0.2 mL/19.3 mg †

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

Other Ingredients: Softgel Capsule (gelatin, glycerin, water, enteric coating, carob) and Extra Virgin Olive Oil.

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

Super Omega 3-6-9

90 Softgels - \$17.99
180 Softgels - \$29.99
(SAVE \$6)



Blend of Fish, Borage and Organic Flax Seed Oils. This combination of well-known nutritional oils provides a unique balance of Omega-3 and Omega-6 essential fatty acids plus Omega-9, a non-essential, but beneficial fatty acid.

- Nerve transmission
- Division of cells (growth and healing processes)
- Response to pain, swelling and inflammation
- Transporting of oxygen from cells to tissues
- Supporting immune response
- Providing energy to the heart muscle/heart health

SUPPLEMENT FACTS

Serving Size: 2 Softgels	Servings per Container: 45
Amt/Serving	DV%*
Calories	25
Total Fat	2.5 g 3%
Saturated Fat	<.5 g 2%
Polyunsaturated Fat	1.5 g †
Monounsaturated Fat	.5 g †
Protein	<1 g 1%
Borage Oil (seed)	800 mg †
Natural Fish Oil Concentrate	800 mg †
Organic Flax Seed Oil	800 mg †
Naturally Occurring Fatty Acids (example) per serving	
Omega-3 Fatty Acids	604 mg (126mg EPA, 78mg DHA) †
Omega-6 Fatty Acids	539 mg (160 mg GLA) †
Omega-9 Fatty Acids	225 mg †

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

Other Ingredients: Softgel Capsule (bovine gelatin, glycerin, water) and Vitamin E (as natural d-alpha tocopherol with mixed tocopherols). **Non-GMO**

Contains Fish (sardines, anchovies). Vitamin E from soy

Krill Oil (Neptune) 60 Softgels - \$33.99



There are many advantages to taking a Neptune Krill Oil supplement. Not only do you get the health benefits of omega 3 fatty acids, you also get a natural source of brain-nourishing phospholipids and a potent antioxidant - Astaxanthin. This unique combination of Neptune Krill Oil ingredients is what separates it from other healthy oils. LifeSource Neptune Krill Oil is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e., mercury, heavy metals, PCB's, dioxins, and other contaminants).

- Cardiovascular health
- Healthy blood sugar levels
- Promotes optimal reproductive cycles
- Supports healthy joints
- Supports mental health and immune system function
- Helps brain and nervous system function

SUPPLEMENT FACTS

Serving Size 2 Softgels	Servings per Container 30
Amt/Serving	DV%*
Calories	10
Calories from Fat	10
Total Fat	1 g 2%*
Neptune Krill Oil (NKOT)	1.0 g (1,000 mg) †
Omega-3 Fatty Acids	230 mg †
Eicosapentaenoic Acid (EPA)	120 mg †
Docosahexaenoic Acid (DHA)	70 mg †
Phospholipids	390 mg †
Esterified Astaxanthin	750 mcg †

Omega 3 Super EPA/DHA

100 Softgels - \$13.99
200 Softgels - \$23.99
(SAVE \$4)



Omega-3 fatty acids have earned a wide reputation for preventing heart disease. The Omega-3 fatty acids help lower LDL cholesterol and contribute to functions that help thin blood and decrease plaque along the artery walls, improving blood circulation. Omega 3 has been shown to increase your overall health and energy level.

SUPPLEMENT FACTS

Serving Size: 1 Softgel / 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.

NEW

Superior Omega-3 W/Vitamin D3 60 Softgels - \$24.99



Superior Omega-3 is our new lemon-flavored Omega-3 formula providing 900 mg EPA and 660 mg DHA, combined with 1,000 IU of Vitamin D3. The Omega-3 fish oil, in this product, is from wild caught anchovies, sardines, mackerel, and tuna. The oil is then molecularly distilled to ensure purity and stability.

Superior Omega 3 supports:

- Cardiovascular health • Immune system function
- Joint comfort • Skin and hair health
- Neurological performance

SUPPLEMENT FACTS

Serving Size: 2 Softgels	Servings Per Container: 30
Amt/Serving	DV%*
Calories	25
Total Fat	2.5 g 3%
Cholesterol	4 mg 1%
Vitamin D3 (as Cholecalciferol)	25 mcg (1,000 IU) 125%
Marine Lipid Concentrate yielding EPA 900 mg & DHA 660 mg	2,520 mg †

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

† Daily Value not established.

Other Ingredients: gelatin, glycerin, water, rosemary leaf extract, d-alpha tocopherol (as a preservative), natural lemon flavor. Non-GMO

Contains: Fish (Anchovy, Sardine, Mackerel and Tuna)

Kids & Teens DHA 60 Chewables Softgels - \$12.99



Recent research shows the important role the essential fatty acid DHA plays in the developing brain. DHA is the first fatty acid used by the brain to form healthy cell membranes vital for cell signaling. Molecularly distilled and tested for mercury, PCB's, dioxins and heavy metals in every batch, our Kids DHA provides this essential fat from cold water fish in a chewable, natural orange crème-flavored softgel kids can enjoy.

SUPPLEMENT FACTS

Serving Size: 2 Softgels	Servings Per Container: 30
Amt/Serving	DV%*
Calories	4.5
Calories from Fat	4.5
Total Fat	0.5 g
Vitamin A	0 IU 0%
Vitamin D3	0 IU 0%
Vitamin E (as d-alpha tocopherol from soy)	2 IU 7%
Fish Oil (from anchovy, salmon, sardine, and/or tuna)	500 mg **
Fatty Acid Composition: Total Omega-3 fatty acids	270mg **
EPA (as eicosapentaenoic acid)	50 mg **
DHA (as docosahexaenoic acid)	200 mg **

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

Other Ingredients: Softgel (gelatin, glycerin, water, natural orange flavor), natural orange crème flavor, stevia extract powder

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

Ultra High Potency Liquid Omega 3

8.5 fl oz - \$24.99



High Potency Omega-3 is a delicious, yes we said delicious way to complement any diet with a complete and balanced source of natural Omega 3 fatty acids. This essential fatty acid is vital to good health and has been scientifically researched for its role in supporting cardiovascular health and a normal, healthy immune and inflammatory response. This liquid contains the highest combined levels of EPA and DHA of any LifeSource product. You'll love its "Lightly Sweet" Maple Syrup flavor; plus, its sugar and sodium free. High Potency Liquid Omega-3 can be taken by the tablespoon or mixed into smoothies, yogurt or blended beverages to fortify your foods with optimal amounts of omega 3 fatty acids.

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon (5 mL)	Servings per Container: 50
Amt/Serving	DV%*
Calories	40
Calories from Fat	40
Total Fat	5 g 8%
EPA (eicosapentaenoic acid)	705 mg †
DHA (docosahexaenoic acid)	440 mg †

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

Other Ingredients: Natural Maple Flavor, Natural Lemon Oil Flavor, Non-GMO Sunflower Lecithin, D-Alpha Tocopherol (from sunflowers), Rosemary extract, Luo Han Guo, Ascorbyl Palmitate
Contains no artificial colors, flavors, or preservatives, no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, or crustacean shellfish.

Omega w/DHA Gummies 60 Gummies - \$14.99



Most people believe that fish are a rich source of DHA, when in fact fish get DHA from the algae in their food chain. LifeSource Vitamins goes straight to the source, producing DHA from the same microalgae sources fish get it from. Grown in a controlled environment, our Gummies are a vegetarian and sustainable source of Omega 3-6-9 & DHA.

This product is for those 2 years or older, meaning it's great for kids or adults. Also, it tastes great with natural Lemon and Orange flavors. Gluten-free and Vegetarian.

SUPPLEMENT FACTS

Serving Size: 3 Gummies	Servings Per Container: 20
Amt/Serving	DV%*
Calories	30
Total Carbohydrate (Ages 2 to 4)	7 g *
Sugar 4 g *	
Total Carbohydrate (Ages 4 & up)	7 g 2%
Sugars 4 g *	
Vitamin C (ascorbic acid)	20 mg 50/33%
Sodium	20 mg */1%
Omega Oil (Chia & DHA)	
- Omega-3 (Alpha Linolenic Acid)†	30mg
- Omega-6 (Linolenic Acid)	65mg
- Omega-9 (Oleic Acid)	30mg 275 mg *
DHA (life'sDHA™ from algae)	50 mg *

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

Other ingredients: Softgel capsule (gelatin, glycerin, water, enteric coating) and Vitamin E (as natural d-alpha tocopherol) Contains fish (tuna). Fish oil is a product of India.

NON-GMO

Have a prayer request?
Email us, call us or send us a note.
We have an active prayer wall
at our main office, and we would
love to add your request to it.

P Pancreas Health

90 Tablets - \$19.99



"I lost my father to pancreatic cancer, so this one was easy for me to get into production. I loved him and feel that he could be here today with all of the knowledge we have now on the pancreas, its functions and preventative supplements." — Bruce Brightman, founder of LifeSource Vitamins LifeSource's Pancreas Formula is uniquely designed to give highly concentrated extracts to support pancreatic function and supplement pancreatic enzyme production.

Key Benefits

- All natural, herbal ingredients.
- Supports healthy pancreatic function.
- Rejuvenates digestive system.
- Naturally-occurring vitamins, minerals, and nutrients.

SUPPLEMENT FACTS

Serving Size: 3 Tablets

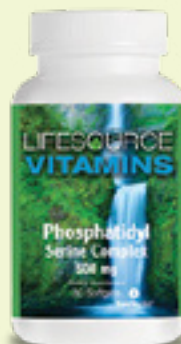
Servings Per Container: 30

	Amt/Serving	DV%*		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	†	Trypsin (1:75)	30mg	†

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

Phosphatidyl Serine Complex 500 mg

30 Softgels - \$19.99



PS or Phosphatidyl Serine, is also referred to as the Essential Brain Nutrient! Phosphatidylserine is a phospholipid that is found in virtually every cell of our bodies, but is most highly concentrated in the walls or membranes of brain cells, that have been shown to make up about 70% of its nerve tissue mass. There it aids in the storage, release and activity of many vital neurotransmitters and their receptors. Phosphatidylserine also aids in cell-to-cell communication. PS is a must have for the maintaining of healthy cognitive functioning over the course of our lives.

SUPPLEMENT FACTS

Serving Size: 1 Softgel

Servings per Container: 30

	Amt/Serving	DV%*
Phosphorus	10 mg	1%
Potassium	3 mg	<1%
Phosphatidyl serine complex	500 mg	†
Phosphatidylserine	100 mg	†
Phosphatidylcholine	55 mg	†
Phosphatidylinositol	10 mg	†
Phosphatidylethanolamine	20 mg	†
Linolenic acid	10 mg	†
Linoleic acid	85 mg	†
Oleic acid	15 mg	†
Palmitic acid	27 mg	†
Stearic acid	6 mg	†
Capric acid	51 mg	†
Caprylic acid	120 mg	†

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

Other Ingredients: Softgel (gelatin, glycerin, water), soybean oil, carob and Vitamin E.

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

Suggested usage: Take 1 softgel capsule one (1) to three (3) times daily with meals.

Para-Cleanse

120 Tablets - \$32.99



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.

Millions of people are infected by one or more of over 1000 known human parasites. Intestinal parasites are one of the more common types of parasites, but parasites can be found in all areas of our body. Let us help you rid them!

SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 60

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

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

Other Ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silicon dioxide.

Policosanol 10 mg

60 Veg Caps - \$17.99



Policosanol is a blend of long-chain fatty alcohols (LCFA) derived from sugar cane. LCFA's are naturally occurring plant waxes. Studies indicate that these plant waxes may help to support cholesterol levels already within the normal range.

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap

Servings Per Container: 90

	Amt/Serving	DV%*
Policosanol (from Sugar Cane)	10 mg	†

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

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

Contains no: salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

• FAITHFUL • HOPEFUL
• RESILIENT • UNSHAKABLE

"I will live in them and walk among them.
I will be their God and they will be my people."
2 CORINTHIANS 6:16

Ultra Plant Protein (Chocolate or Vanilla)

2.2 lbs. - \$49.99

Chocolate or Vanilla Just Raw, Vegan Whole Food Nutrition To Support Your Busy, Active Lifestyle! LifeSource Vitamins Ultra Plant Protein is a nutritionally complete plant protein supplement that is highly digestible & free of common food irritants. The combination of our exceptional plant proteins scores a perfect 1.0 on the Protein Digestibility Corrected Amino Acid Score (PDCAAS). PDCAAS is the gold standard for rating the quality of protein for human nutrition. LifeSource Vitamins Ultra Plant Protein also contains added BCAA's to make it unique among protein products. Most plant based products contain less than optimal amounts of these important compounds. BCAA's are important for preventing muscle breakdown and supporting muscle growth. Finally a deliciously great tasting Vegan Plant Protein that mixes perfectly

- Synergistic enzyme blend ensures easy digestion
- Blended with Omega 3 rich Chia Seed and Sacha Inchi Seed
- 21 grams of pure clean vegan protein
- Provides energy for working muscles and promotes muscle growth
- Great for all diets, sensitivities to whey and other protein sources
- Sweetened w/ Stevia – NOT Sucralose!
- Contains a whopping 6,225mg of BCAA's, (BCAA's: leucine, isoleucine, and valine)
- Also contains 3,475mg of Glutamine to Support Lean Muscle Mass, Muscle Growth & Strength, Immune Function and GI health*
- Boosts your pre-workout energy level and helps your muscles recover after exercising: BCAA's, Amino's & Glutamine.
- Our processing is earth friendly and no chemical processes.

SUPPLEMENT FACTS

Serving Size: 1 Scoop

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	130		Iron	6 mg	33
Calories from Fat	20		Multi Source Plant Protein Blend		
Total Fat	2.5 g	4	(Pea protein isolate, Cranberry seed,		
Sodium	280 mg	12	Chia seed and Sacha Inchi		
Potassium	50 mg	3	seed)	25,550 mg	**
Total Carbohydrate	4 g	1	Branch Chain Amino Acids (L-Leucine,		
Dietary Fiber	1 g	<1	L-Isoleucine and Valine)	6,225 mg	**
Sugars	<1 g	**	Glutamine	3,475 mg	**
Protein	21 g	42	Enzyme Blend Alpha-galactosidase		
Calcium	50 mg	5	and Bromelain	110mg	**

Other ingredients: Inulin, stevia, xanthan gum, glycine, natural flavor and silica.

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

† Daily value not established.ed.



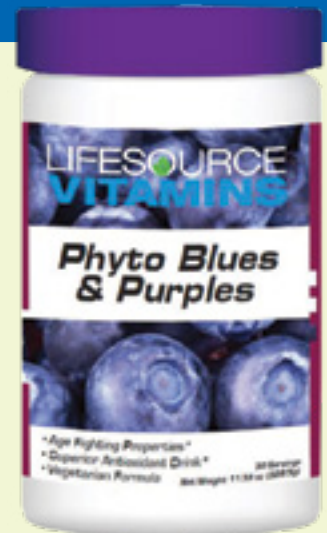
P **Phyto Blues & Purples** Age Fighter

11.59 oz Powder - \$31.99

LifeSource Vitamins Phyto Blues & Purples combine 23 nutrients that are rich whole fruits, vegetables and extracts. This is a great way to get your blue fruits and purple fruits that are so very important in today's hectic lifestyle that we all have. Our goal was to create a delicious, Anti-Aging, drink mix that would change people's lives through better nutrition. These Blues & Purples are the sure to help your nutritional balance and effect your life. When your body gets: Blueberry, Blackberry, Black Cherries, Black Raspberries, Black Currants, Plums, Elderberries, Bilberries, Figs, Raisins, Eggplant, Purple Carrots, Purple Cabbage, Beets, Acai Fruit Powder, Camu Camu, Mangosteen, Goji Berry, L-Carnosine, Alpha GPC & Pomegranate Extract your body will feel absolutely alive with energy, and it will give your body exactly what it needs for optimum health!

LifeSource Phyto Blues & Purples contain powerful color-rich phytonutrients that support:

- Anti-Aging - Healthy Aging
- Circulation & Vascular Health
- Helps overall Memory
- Radiant Skin, Smooth and Healthy
- Mental clarity & focus
- Immune System Function
- Complete Cell Health & Function
- Supports Healthy Nerve and Brain Functions

**NUTRITIONAL FACTS**

Serving Size: 1 Scoop (10.95g)

Servings per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	40		Proprietary Fruit Powder Blend			Camu camu Fruit Powder	300 mg	†
Calories from Fat	1		containing Blueberry, Blackberry,			Mangosteen (Garcinia mangostana)		
Total Fat,	5 g	1%	Black Cherries, Black Raspberries,			Fruit Rind Extract	300 mg	†
Total Carbohydrates	9 g	3%	Black Currants, Plums, Elderberries,			Goji (Wolfberry/Lycium barbarum)		
Sugars	4 g	†	Bilberries, Figs and Raisins	4,900 mg	†	Berry powder	200 mg	†
Fiber	3 g	12%	Soluble Fiber (Fibersol® 2 brand)	2,000 mg	†	Proprietary "Brain Blend" containing		
Protein	1 g	2%	Proprietary Vegetable Powder			Phosphatidylserine, Inositol, L-Carnosine		
Vitamin A	31 IU	1%	Blend containing Eggplant, Purple Carrots, Purple			and Alpha GPC	100 mg	†
Vitamin C	2.95 mg	5%	Carrots, Purple Cabbage and Beets	1,250 mg	†	Pomegranate Extract	40 mg	†
Folic Acid	400 mcg	100%	Acai Fruit Powder	400 mg	†	Stevia Leaf Extract	35 mg	†
Calcium	14 mg	1%						
Iron	.687 mg	4%						
Sodium	50 mg	2%						

* 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** **Phyto Oranges** With CoQ10

10.58 oz Powder - \$31.99

LifeSource Vitamins Fatigue Fighting Phyto Oranges is a great way to get your day started or a mid-day snack that will keep you energized the healthy way. This formula is a wonderful blend of fruits that will make your body run much more efficiently and will help fight off colds and flus, along with the general feeling of sluggishness that many of us experience. Combat the mid-day lull in a healthy way. Have a great all natural fruit shake that is so very good for you and is loaded with Oranges, Peaches, Nectarines, Tangerines, Cantaloupe, Pineapple, Clementines Papaya, Apricot, Mango, Kumquat, Persimmons, Yams, Pumpkin, Butternut Squash, Rutabaga and more. Your body will finally get the fruits that you need to run optimally. You will feel a difference after a just a few servings.

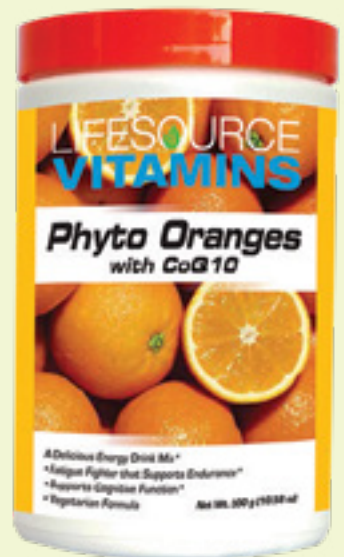
NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop / 10 g

Servings Per Container: 30

	Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	40		Soluble Fiber (Fibersol® brand)	1,500 mg	†
Calories from Fat	<1		Proprietary Vegetable Blend: Carrots,		
Total Fat	<.5 g	<1%	Yams, Pumpkin, Butternut Squash,		
Total Carbohydrates	8 g	3%	Rutabaga	1,400 mg	†
Sugars	4 g	†	Proprietary Energy Blend: Taurine,		
Fiber	2 g	8%	Inositol, N,N-Dimethylglycine HCl (DMG),		
Protein	1 g	2%	White Panax Ginseng	800 mg	†
Iron	16 mg	1%	Green Coffee Bean Extract	450 mg	†
Sodium	14.3 mg	<1%	CoQ10	15 mg	†
Riboflavin	12 mg	706%	Stevia Leaf Extract	35 mg	†
Vitamin C (ascorbic acid)	200 mg	333%			
Proprietary Fruit Blend: Oranges,					
Peaches, Nectarines, Tangerines,					
Cantaloupe, Pineapple, Clementines,					
Papaya, Apricot, Mango, Kumquat,					
Persimmons	3,850 mg	†			

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

Other Ingredients: Natural orange and vanilla flavors, banana powder, citric acid
Product contains natural sources of iron and sodium**P** = LifeSource Proprietary Blend

P Green Phyto Foods**(30 Whole Food Concentrates)****10 oz Powder / 31 Servings — \$31.99 PER CONTAINER****2 lbs. Powder /100 Servings — \$74.99 PER CONTAINER (SAVE \$28)****120 Capsules / 20 Servings — \$17.99 PER BOTTLE****240 Capsules / 40 Servings — \$31.99 PER BOTTLE (SAVE \$4)**

LifeSource's Proprietary Formula is a powerful Mega-Food formulation of certified organically grown grasses, sprouted grains, vegetables, blood purifying and immune enhancing herbs, with antioxidants. LifeSource's Green Phyto SuperFoods Formula is the most complete well-rounded SuperFoods green formula on the market today. Our Green Phyto Foods are the combination of the best of green SuperFoods available anywhere in the world. Our all-natural nutrients ensure that you will get 100% absorption, while synthetic and non-organic greens will provide 5-15% absorption. Phyto benefits: helps energy levels, cholesterol, fat, strengthens immune system and natural weight loss. Detoxifies the intestinal tracts and cleans/purifies the colon. Neutralizes acidity. Helps with digestion, heartburn, acid reflux, upset stomachs, bodily waste functions, aids in mental clarity. Oxygenates the cells, and helps the skin cells to regenerate more efficiently. Maximizes blood purification and aids in detoxification, dramatically slows the aging processes caused by over-acidification and helps hair and nails strengthen and become healthier. 2.5 lbs of veggies per serving.

NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop

	Amt/Serving	DV%*		Amt/Serving	DV%*		Amt/Serving	DV%*
Calories	40		Chlorella Powder	300 mg	†	Magnesium	24 mg	6%
Barley Grass Powder, Org.	500 mg	†	Protein	1 g	2%	Trace Mineral Concentrate	100 mg	†
Calories from Fat	15		Red Beet Powder	300 mg	†	Zinc	900 mcg	6%
Carrot Powder	500 mg	†	Vitamin A			Milk Thistle Extract (80% Silymarin)	80 mg	†
Total Fat	0.5 g	<1%	(as Beta-Carotene)	6250 IU	125%	Lecithin (Fine Powder)	2.0 g	†
Barley Malt Powder	400 mg	*	Panax Ginseng Root Powder (C.A. Mayer)			Kelp Powder	50 mg	†
Saturated Fat	0 g	0%	(min. 5% Ginsenosides)	250 mg	†	Spirulina (Hawaiian, Org.)	1.0 g	†
Broccoli Powder	350 mg	†	Vitamin K	160 mcg	200%	Ginkgo Biloba Extract (24%		
Cholesterol	0 mg	0%	Eleuthero (Eleutherococcus senticosus) (Root)	100 mg	†	Ginkgo flavonoglycosides) (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.

**P Phyto Reds Powder****(5,000 ORAC per serving)****10 oz Powder / 33 Servings - \$31.99 PER CONTAINER****2 lbs. Powder / 106 Servings - \$74.99 PER CONTAINER (SAVE \$27)****Phytonutrients appear to serve three major functions in the human body:**

1. They act as antioxidants - protect our bodies from free-radical damage and support healthy cellular functions. (Free radical damage)
2. They regulate hormone levels - Phytonutrients provide nutrients required for optimum hormonal functions.
3. Preserve optimal health and longevity.

Phytonutrients can:

- Slow and/or stop the development of cancer cells.
- Block testosterone and estrogen from promoting cancer cell growth.
- Prevent tumors from spreading by choking off their blood supply. • Detoxify environmental carcinogens.
- Reverse coronary artery disease. • Reduce or eliminate the need for insulin injections for type II (adult-onset) diabetes.
- Boost the effectiveness of conventional cancer treatments and reduce their toxic side effects.
- Replace lost bone minerals in people suffering from osteoporosis. • Whole body support with vitamins, enzymes, fruits and fiber.
- High in natural anti-oxidants for healthy aging, vascular and immune support.

NUTRITIONAL FACTS

Serving Size: 1 Rounded Scoop (8.5 grams)

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

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

Other Ingredients: Stevia Allergy Information: This product contains Lecithin (From Soy).

Potassium Gluconate

100 Tablets - \$7.99



This important mineral is a major component of the cells in our body and is required for muscle contraction, production of energy, synthesis of nucleic acids and proteins. Even the beating of the heart depends on potassium. Potassium benefits athletic performance, but is depleted from the body by excessive loss of fluid like that experienced during intense workouts. Many athletes take Potassium to prevent and fight off muscle cramps. Drink a glass of water with your Potassium Gluconate supplement. Also, increase your intake of water when taking this product as it helps with overall performance.

- Prevent and fight muscle cramps.
- Important for healthy nervous system and regular heart rhythm.
- Helps in the overall lowering of blood pressure.

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 100

Potassium (from Potassium Gluconate)

Amt/Serving	DV%*
99 mg	3%

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

Other Ingredients: Cellulose, Modified Cellulose Gum, Silica, Stearic Acid (vegetable source), Calcium Stearate (vegetable source), Glycerin.

35 Billion Probiotic

30 Veg Caps - \$28.99

60 Veg Caps - \$49.99

(SAVE \$8)



Our 35 Billion Probiotic, also referred to as friendly or good bacteria, gut flora, intestinal flora, microflora, and direct fed microorganisms (DFM), probiotics help maintain the natural balance of organisms (microflora) in the intestines. They are live, microscopic living organisms – such as bacteria, viruses, and yeasts – that play a vital role in the fermentation and digestion of carbohydrates, and aid in the digestion of fats and proteins. Probiotics has shown to prevent bloating, gas, and yeast overgrowth because they help maintain intestinal acidity at a healthy pH level. These probiotic can also help generate certain vitamins and nutrients, support the immune system, and help prevent disease by depriving bad bacteria of nutrients, and secreting acids that harmful bacteria can't cope with.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule

Servings per Container: 30

Proprietary probiotic blend
Lactobacilli acidophilus (La-14)
Bifidobacterium lactis (BI-04)
Lactobacilli salivarius (Ls-33)
Lactobacilli plantarum (Lp-115)
Bifidobacterium bifidum (Bb-02)
Bifidobacterium longum (BI-05)
Lactobacilli rhamnosus (Lr-32)
Lactobacilli bulgaricus (Lb-64)
Prebiotic blend

Amt/Serving	DV%*
35 billion cells per capsule	†

50 mg

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

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

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

Probiotic Digestive Support

60 Capsules - \$32.99



- A prebiotic (fructo-oligosaccharide) acts as a food source to aid the growth, multiplication, and survival of efficacious probiotics in the gut.
- Restores the Natural Balance of Good Bacteria in Your Digestive Tract*
- Helps maintain a healthy, balanced immune system*
- Helps Entire Digestive System Work Better*
- Provides 10 efficacious bacterial species
- Provides 9 enzymes to further support digestive health and balance

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings per Container: 30

20 billion x10 strain pre- and pro-blend (grown on milk)

Fructo-oligosaccharides

Lactobacillus acidophilus (3.8 billion cfu)

Lactobacillus rhamnosus (3.75 billion cfu)

Lactococcus lactis (375 million cfu)

Bifidobacterium longum (350 million cfu)

Lactobacillus casei (350 million cfu)

Bifidobacterium lactis (325 million cfu)

Lactobacillus brevis (325 million cfu)

Bifidobacterium bifidum (300 million cfu)

Streptococcus thermophilus (300 million cfu)

Lactobacillus bulgaricus (200 million cfu)

BioCore® Optimum Complete Digestion support

Amylase (3,500 DU)

Protease (21,000 HUT/4,000 PC/50 SAPU)

Alpha-galactosidase (150 GalU)

Glucosylase (9 AGU)

Lactase (1,000 ALU)

Invertase (400 SU)

Lipase (500 FIP)

Acid maltase (14 MaltU)

Peptidase (2 AP)

220 mg

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

Contains No Artificial colors, flavors, or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

Dophilus Plus Probiotic

60 Veg Caps - \$16.99

120 Veg Caps - \$29.99

(SAVE \$4)



Dophilus Plus is a combination of 8 different species of beneficial bacteria designed to support gastrointestinal health and immune system function. FOS is also included in this product to assist healthy growth of acidophilus and bifidus organisms. Dophilus Plus exclusively utilizes the finest strains from Rhodia Incorporated, the world's leading supplier of high quality probiotic ingredients, and is enteric-coated to ensure that the bacteria in this product are not destroyed in stomach acid but reach the small and large intestines where they are most beneficial. After opening store in a cool, dry place, refrigeration is recommended.

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 60

Blend of 8 Strains of Probiotic

Bacteria

4.0 Billion Organisms*

Lactobacillus acidophilus

1.2 billion*

Lactobacillus casei

600 million*

Lactobacillus rhamnosus

600 million*

Bifidobacterium

200 million*

longum

200 million*

Bifidobacterium lactis

200 million*

Streptococcus

400 million*

thermophilus

200 million*

Bifidobacterium bifidum

200 million*

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

Free of: wheat, milk, egg, fish, shellfish or tree nut ingredients

Other Ingredients: Cellulose (capsule), Ascorbic Acid, Magnesium Stearate (vegetable source), FOS (Fructooligosaccharides), Maltodextrin and Enteric Coating.

Refrigeration after opening is suggested but not required.



VARIETY OF COLORS AND
SIZES TO CHOOSE FROM.
28oz \$9.99

100 Billion Probiotic

30 Veg Caps - \$52.99



100 Billion Probiotic is a combination of 12 different strains of beneficial bacteria designed to support gastrointestinal health and immune system function. 100 Billion, High Potency.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule
Servings per Container: 30

Amt/Serving	DV%*		Amt/Serving	DV%*	
Proprietary probiotic blend (100 billion cells per capsule)	421 mg	†	Lactobacillus rhamnosus (Lr-32) Bifidobacterium longum (BI-05) Bifidobacterium bifidum (Bb-06) Lactobacillus salivarius (Ls-33) Lactobacillus plantarum (Lp-115) Lactobacillus bulgaricus (Lb-87) Larch Arabinogalactan (Fiber Aid)	25 mg	†
Bifidobacterium lactis (BI-04)			Fructooligosaccharides (FOS)	25 mg	†
Lactobacilli acidophilus (La-14)					
Bifidobacterium infantis (Bi-26)					
Lactococcus lactis (LI-23)					
Bifidobacterium breve (Bb-03)					
Lactobacillus casei (Lc-11)					

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

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

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

Women's 50 Billion Probiotic

30 Capsules - \$34.99



LifeSource Vitamins:

High Potency Probiotic w/ Prebiotics Specifically Formulated for Women and their exact needs to promote Balance and Harmony.

Supports women's gut flora, intestinal flora, microflora, and direct fed microorganisms (DFM), probiotics help maintains the natural balance of organisms (microflora) in the intestines. They are live, microscopic living organisms – such as bacteria, viruses, and yeasts – that play a vital role in the fermentation and digestion of carbohydrates, and aid in the digestion of fats and proteins.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule Servings per Container: 30

Amt/Serving	DV%*
Proprietary Lactobacillus blend Lactobacillus acidophilus (La-14) Lactobacillus casei (Lc-11) Lactobacillus lactis (LI-23) Lactobacillus salivarius (Ls-23) Lactobacillus plantarum (Lp-115) Proprietary Bifidobacterium blend (25 billion CFU) Bifidobacterium lactis (BI-04) Bifidobacterium breve (Bb-03) Prebiotic blend (Fructooligosaccharides (FOS), Larch Arabinogalactan (FiberAid®))	50 mg

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

† Daily Value not established.

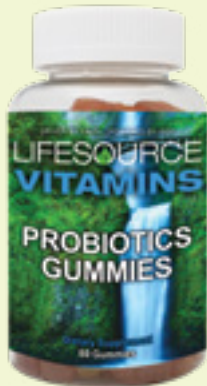
Other Ingredients: Vegetarian capsule (modified cellulose, water), cellulose, magnesium stearate, silica and calcium silicate

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

Suggested usage: Take 1 tablet daily with meals

Probiotic Gummies

60 Gummies - \$24.99



SUPPLEMENT FACTS

Serving Size: 1 Gummy Servings per Container: 60

	Amt/Serving	DV%*
Calories	10	
Total Carbohydrates	3 g	1%
Sugars	2 g	†
Sodium	5 mg	<1%
DE111® (Bacillus Subtilis)	2.5 Billion CFU	†

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

† Daily Value not established.

Other Ingredients: Organic tapioca syrup, organic evaporated cane sugar, natural flavors, pectin, citric acid, sodium citrate, natural color (black carrot), organic sunflower oil (contains carnauba wax) and corn starch

Suggested usage: Adults/Children Over 4, one Gummy Daily

Kids & Teens Extra Strength Probiotic Chewables

50 Chewables - \$21.99



LifeSource Vitamins Kids Dophilus Extra Strength with 10 Billion CFU is a combination of probiotic bacterial strains designed to support gastrointestinal health and immune system function. In addition, healthy intestinal flora also helps to create a favorable environment for the absorption of nutrients. FOS is included in this product to assist healthy growth of acidophilus and bifidus organisms. Kids Dophilus can be used by both adults and children. Because it is sweetened with Xylitol, it won't harm teeth and it tastes great.

SUPPLEMENT FACTS

Serving Size: 1 Chewable Servings per Container: 50

	Amt/Serving	DV%*
Calories	5	
Total Carbohydrates	1 g	<1%
Sugar Alcohols (Xylitol & Sorbitol)	1 g	†
Blend of 10 Strains	10 Billion CFU	†
Lactobacillus acidophilus (La-14)		
Lactobacillus plantarum (Lp-115)		
Lactobacillus rhamnosus (Lr-32)		
Lactobacillus paracasei (Lpc-37)		
Lactobacillus salivarius (Ls-33)		
Bifidobacterium lactis (BI-04)		
Bifidobacterium longum (BI-05)		
Streptococcus thermophiles (SI-21)		
Bifidobacterium breve (Bb-03)		
Lactobacillus casei (Lc-11)		

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

Other Ingredients: Xylitol, Sorbitol, Cellulose, Stearic Acid (vegetable source), Silica, Natural Berry Flavors, Beet Powder and FOS (Fructooligosaccharides)

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

Kids & Teens Dophilus Probiotic Chewables

60 Chewables - \$12.99



- All-natural berry flavor • Naturally aids digestion
- Boosts immunity • No sugar
- Shown to help Irritable Bowel Systems

SUPPLEMENT FACTS

Serving Size: 1 Chewable Servings Per Container: 60

	Amt/Serving	% Daily Value*
FOR CHILDREN 4+ YRS OF AGE		
Calories	5	†
Total Carbohydrates	1.4 g	1%
Sugar Alcohol	1.2 g	†
Blend of 10 Strains of Probiotic Bacteria	2 Billion Organisms	†

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

PRE-WORKOUT
EXTREME ALSO
AVAILABLE

Pre-Workout Formula 10.6 oz - \$19.99



Introducing our new scientifically formulated Pre-Workout Formula. Still all-natural with no artificial colors or flavors and loaded with proven synergistic ingredients that will provide maximum results for athletes, weekend warriors, or for those who participate in light to moderate physical activity.

For use to enhance physical activity and athletic performance by increasing energy, stamina and endurance. Sharpens mental clarity and focus, promotes lean muscle growth and supports lactic acid clearance to reduce fatigue or post-workout soreness and discomfort.

- Using Guarana Seed Extract and B12, provides pre-workout energy to get you ready to lift, run or compete physically
- CarnoSyn® Beta-Alanine supports an increase in muscle carnosine and athletic performance
- New Citrus Splash Flavor

SUPPLEMENT FACTS

Serving Size: 1 Scoop (Approximately 20 grams)		Servings per Container: 15	
	Amt/Serving	DV*	
Calories	60		
Sodium (as sodium chloride)	50 mg	2%	
Total Carbohydrates	15 g	5%	
Vitamin B-12	65 mcg	2,708%	
Pantothenic Acid	5 mg	100%	
Potassium (as potassium chloride)	50 mg	1%	
Pre-Workout Proprietary Blend	4,354 mg	†	
Creatine Monohydrate, CarnoSyn® Beta-Alanine, Arginine Alpha Ketoglutarate, Guarana Seed Extract, Krebs Cycle Intermediates, Alpha Lipoic Acid and Citrulline Malate			

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

† Daily Value not established.

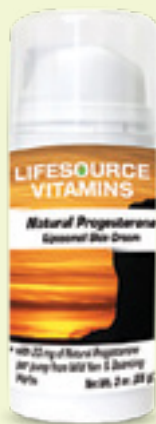
Other Ingredients: Maltodextrin, stevia and natural orange flavor. This product contains approximately 100 mg of caffeine per serving, which is equivalent to 1 ½ cups of coffee

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

Suggested usage: Add 1 scoop to ten ounces of water

Take 1 scoop 30-35 minutes prior to exercise

Progesterone (All Natural) Liposomal Skin Cream 3 oz - \$21.99



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 cord) - finding levels of progesterone to be 20 times higher in brain cells than in the blood. Therefore it has been studied in benefiting brain injuries and preventing migraine headaches. Progesterone has long been studied for its calming almost sedating effect. Proper levels have been linked to sleeping well and maintaining a sense of calm. All natural & plant based. Progesterone Cream can help with

- Depression and sadness
- Anxiety
- Uterine fibroids
- Endometriosis
- Menopause hot flashes
- Urinary incontinence
- Weight gain
- Sleep difficulties
- PMDD-Premenstrual
- Low sex drive
- Dysphoric Disorder
- PCOS-Polycystic Ovary Syndrome
- Breast pain
- Anovulation (lack of ovulation)

- Skin conditions
- Luteal Phase Defect/ infertility
- Vaginal dryness
- Premenstrual & chronic headaches
- Irregular bleeding
- Depression, anxiety & sadness
- Estrogen dominance
- No artificial colors or fragrances
- Liposomal skin cream with natural progesterone from wild yam and balancing herbs
- Each pump contains 20 mg of natural progesterone!

ProstaPlex

90 Tablets - \$26.99
180 Tablets - \$48.99
(SAVE \$5)



LifeSource's Signature ProstaPlex Formula containing 31 ingredients is 10 times more effective than saw palmetto by itself. Our ProstaPlex Formula helps prevent prostate growth and inflammation, and also restores urinary regularity. ProstaPlex is also fortified with anti-bacterial additives. Some degree of benign prostatic hyperplasia is present in 80% of all men over forty years in age. LifeSource's potent formula protects against urinary and sexual dysfunction associated with BPH. Scientific ratios of potent substrates help block di-hydrotestosterone, an identified cause of enlargement of the prostate, while anti-bacterial additives simultaneously protect against infection.

Hundreds of thousands of men die each year from prostate cancer. It can be prevented! ProstaPlex, the most comprehensive supplement for prostate health on the market today!

SUPPLEMENT FACTS

Serving Size: 2 Tablets		Servings per Container: 45	
	Amt/Serving	DV*	
Vitamin A (as Beta Carotene)	10,000 IU	200%	African Cherry Extract 75 mg †
Vitamin E (Acetate)	100 IU	333%	Dong Quai Extract 75 mg †
Vitamin B6 (Pyridoxine)	25 mg	1250%	Glycine 75 mg †
Zinc Arginate	10 mg	67%	L-Alanine 75 mg †
Copper (Sulfate Anhydrous)	2 mg	100%	L-Glutamic Acid 75 mg †
Saw Palmetto Powder	200 mg	†	Turmeric Powder 50 mg †
Stinging Nettle Root (Extract)	175 mg	†	Cowherb Seed Extract 25 mg †
Saw Palmetto Berry Extract	125 mg	†	European Goldenrod Extract 25 mg †
Apis Mellifica (Honeybee)	100 mg	†	Indian Frankincense Extract 25 mg †
Dong Quai Powder	100 mg	†	Turmeric Extract 25 mg †
Licorice Root	100 mg	†	Panax Ginseng Extract 15 mg †
Prostate Extract	100 mg	†	Salvia Root 15 mg †
			Hydrangea Root Extract 10 mg †

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

Suggested usage: Take 2 tablets daily.

Psyllium Husk Powder 12 oz. 12 oz. - \$10.99



Soluble fiber from foods such as psyllium seed husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Psyllium Husk Powder supplies 6 grams of the 7 grams soluble fiber necessary per day to have this effect.

SUPPLEMENT FACTS

Serving Size: 1 Level Tablespoon (about 9g)		Servings per container: 38	
	Amt/Serving	DV*	
Calories	30		
Sodium	10 mg	<1%	
Total Carbohydrates	8 g	3%	
Dietary Fiber	7 g	28%*	
Soluble Fiber	6 g		
Insoluble Fiber	1 g		
Calcium		2%	
Iron		8%	

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

Suggested Use: As a dietary supplement, mix 1 level tablespoon into at least 12 oz of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day.

Other Ingredients: None Non-GMO

Notice: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing

Pycnogenol 60 Veg Capsules - \$26.99



As a potent natural scavenger of free radicals, Pycnogenol helps to protect the body's tissue from oxidative stress and supports a healthy, balanced immune system response to normal metabolic stress..

SUPPLEMENT FACTS

Serving Size: 2 Veg Capsules		Servings per Container: 30	
	Amt/Serving	DV*	
Pycnogenol® (French Maritime Pine Bark Extract) (Pinus pinaster)	60 mg	†	
Citrus Bioflavonoid Complex	600 mg	†	

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

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

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

Quercetin Complex

100 Capsules - \$26.99



Quercetin is a naturally occurring bioflavonoid compound. It serves as an antioxidant in the body and assists with a healthy inflammation response. Bioflavonoids are compounds that give color to fruits and vegetables, as well as red colored wines.

Bromelain, a proteolytic enzyme from pineapple, and magnesium are added to help support the body's response to inflammation.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 100

	Amt/Serving	DV%*
Vitamin C (as ascorbic acid)	100 mg	167%
Magnesium (from magnesium carbonate)	15 mg	4%
Quercetin	250 mg	†
Lemon Bioflavonoid Complex	50 mg	†
Bromelain (from pineapple)	25 mg	†

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

Other Ingredients: Cellulose, Vegetarian Capsule (Cellulose), Magnesium Stearate (vegetable source), Silica

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

Resveratrol Plus

60 Veg Caps - \$19.99



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 (OPCs from grape seed), plus catechins (green tea extract) for powerful cardiovascular protection.*

Benefit's of LifeSource's Resveratrol:

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

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps

Servings Per Container: 30

	Amt/Serving	DV%*
Red Wine Extract (Alcohol-Free) (Vitis vinifera)		
(min. 30% Polyphenols)	200 mg	†
Polygonum cuspidatum Extract (Root)	200 mg	†
(50% Natural Trans-Resveratrol - 100 mg) Green Tea Extract	200 mg	†
(Camellia sinensis) (Leaf) (min. 98% Total Polyphenols,		
70% Total Catechins and 45% EGCG) (Contains up to 14 mg of Natural Caffeine)		
Grape Seed Extract (Vitis vinifera) (min. 95% Polyphenols)	100 mg	†

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

Red Yeast Rice 1200 mg

60 Tablets - \$24.99



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

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 60

	Amt/Serving	DV%*
Calcium (from Calcium Carbonate)	150 mg	12%
Red Yeast Rice (Monascus purpureus)	1.2 g (1,200 mg)	†
Concentrated (10:1) Powder)		

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

Royal Jelly

60 Capsules - \$19.99



Royal Jelly has a complex nutritional profile that includes nucleotides, polyphenols, and unique organic acids. It has been used traditionally since ancient times as a health tonic.

- Boost Immune System
- Beneficial for short-term memory
- Reduce menopausal symptoms

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule

Servings Per Container: 60

	Amt/Serving	DV%*
Royal Jelly (min. 6% 10-HDA) (Freeze-dried concentrate equivalent to 1500 mg of fresh Royal Jelly)	500	*

* Daily Value Not Established.

Suggested Use: As a dietary supplement, take 1 capsule daily, preferably with meals.

Other Ingredients: Cellulose (capsule), Rice Flour and Magnesium Stearate (vegetable source).
Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients.

Organic Red Yeast Rice With CoQ10

60 Veg caps - \$24.99
120 Veg caps - \$42.99
(SAVE \$7)



1200 mg with CoQ10 60 mg

Red Yeast Rice is a unique natural product that's been used in Asian traditional medical systems since approximately 800 A.D. It is produced by the fermentation of red yeast (Monascus purpureus) with white rice. LifeSource Vitamin Red Yeast Rice is carefully produced to avoid the presence of citrinin, a sometimes toxic by-product of the fermentation process. This product is further enhanced with the addition of CoQ10 to support healthy cardiovascular and immune system function, Milk Thistle Extract to support healthy liver function, and Alpha Lipoic Acid to provide antioxidant support.

- Cardiovascular support • Lowers cholesterol
- Milk thistle & alpha lipoic acid • Vegetarian formula

SUPPLEMENT FACTS

Serving Size: 2 Vcaps

Servings Per Container: 30

	Amt/Serving	DV%*
Organic Red Yeast Rice (Monascus purpureus)	1200 mg	†
Milk Thistle (Silybum marianum)	210 mg	†
Standardized Extract (min. 80% Silymarin) Alpha Lipoic Acid	100 mg	†
CoQ10 (Coenzyme Q10) (as Ubiquinone)	60 mg	†

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

Other ingredients: Cellulose (capsule), Silica, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source). Contains soy derivative.

Contains no sugar, salt, wheat, gluten, corn, milk, egg, shellfish or preservatives. Vegetarian/vegan product.

SAM-E

30 Tablets - \$24.99



SAM-e is produced in small amounts by the human body, where it is an important physiological factor in the production of many compounds. However, the body does not always produce adequate amounts of SAM-e and supplementation is sometimes required.

- Helps fight depression
- Can reduce symptoms of osteoarthritis

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 30

	Amt/Serving	DV%*
SAMe (from 400 mg of s-adenosyl-L-methionine tosylate)	200 mg.	*

Other Ingredients: Cellulose, silica, magnesium stearate, ethyl cellulose, oleic acid, medium chain triglycerides, sodium alginate, modified cellulose, triacetin, calcium carbonate and riboflavin (for color).

= LifeSource Proprietary Blend

Saw Palmetto

120 Softgels - \$18.99



Saw Palmetto berries have been found to support healthy urinary tract and prostate functions.

SUPPLEMENT FACTS

Serving Size: 1 Softgels / 160 mg Servings Per Container: 120

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

* Daily value based on a 2,000 calorie diet.

† Daily value not established.

Spirulina (USDA Organic)

200 Tablets - \$15.99



Spirulina is rich in Beta-Carotene and Vitamin B12 and has naturally occurring protein and GLA (Gamma Linolenic Acid), a popular fatty acid with numerous health benefits. In addition, Spirulina has naturally occurring minerals, trace elements, cell salts, amino acids and enzymes.

SUPPLEMENT 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		0%†
Calcium		2%†

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

Warnings: Please discard the inedible freshness packet enclosed.

Selenium

90 Veg Caps - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 1 Veg Cap Servings Per Container: 90

	Amt/Serving	DV%*
Selenium (as L-Selenomethionine)	200 mcg	286%

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

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

Spirulina Powder (Organic)

7.9 oz - \$21.99



Spirulina is considered a complete protein because well over half of it consists of amino acids -- the building blocks of protein. It is also a rich source of other nutrients including B complex vitamins, beta-carotene, vitamin E, carotenoids, manganese, zinc, copper, iron, selenium, and gamma-linolenic acid (an essential fatty acid). LifeSource's USDA Organic Spirulina Powder helps support energy production and immune function at the cellular level.

SUPPLEMENT FACTS

Serving Size: ½ tsp (1 g) Servings per Container: 225

	Amt/Serving	DV%*
Protein	<1 g	†
Sodium	20 mg	1%†
Organic Spirulina	1,000 mg	†
Typical Analysis-Each serving may typically provide the following naturally occurring nutrients		
Vitamin A (as beta-carotene)	750 mcg RAE	83%
Vitamin K	9 mcg	33%
Riboflavin	.03 mg	2%
Niacin	.08 mg	1%
Vitamin B12	3 mcg	125%
Chromium	1 mcg	3%
C-Phycocyanin	70 mg	†
Chlorophyll	5 mg	†
Gamma Linolenic Acid (GLA)	14 mg	†
Zeaxanthin	1.2 mg	†
Inositol	.6 mg	†

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

Contains no artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, shellfish, or fish. Suitable for Vegans. **Suggested usage:** Add daily to food or beverage

Shark Cartilage

100 Capsules - \$14.99



LifeSource Vitamins Shark Cartilage is derived from 100% pure freeze dried backbone of sharks and is a natural source of chondroitin and glycosaminoglycans (GAG's). Our powder is thoroughly tested for important shark components and contains no solvents, bleaches or chemical processing agents. May help with Arthritis, Anti Inflammatory, Skin, Digestive & Eye Health.

SUPPLEMENT FACTS

Serving Size: 6 Capsules Servings Per Container: 16

	Amt/Serving	DV%*
Calories	10	
Total Carbohydrate	1 g	<1%
Sodium	55 mg	2%
Protein	2 g	4%
Calcium	1,000 mg	77%
Shark Cartilage (with natural mucopolysaccharides)	4.5 g	†

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

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

Contains fish (shark). Non-GMO

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

Sleep Formula Advanced

50 Capsules - \$16.99



Sleep Formula Advanced (Melatonin-Free) can help you get a good night sleep. This blend contains natural herbs such as Passion Flower, Chamomile, Hops and other proven nutrients to encourage natural, restful sleep.

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings per Container: 50

	Amt/Serving	DV%*
Vitamin B6 (as pyridoxine HCl)	1 mg	50%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Magnesium (citrate)	40 mg	10%
GABA (gamma amino butyric acid)	180 mg	†
L-Theanine	120 mg	†
Chamomile (flowers)	75 mg	†
Passion Flower Extract	20 mg	†
Hops Extract (Humulus Lupulus 4:1) Flower	20 mg	†
Lemon Balm (leaf)	10 mg	†

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

Other Ingredients: Vegetable Capsule (Cellulose), Cellulose, Magnesium Stearate (Vegetable Source), Silica.

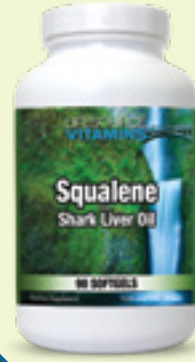
Contains No artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Suggested usage: Take 1 capsule: 30 minutes prior to bedtime.

NEW

Squalene (Shark Liver Oil)

90 Softgels - \$28.99



LifeSource Vitamins active agent of Squalene from shark liver oil is Alkylglycerol (AKG). It is an ether lipid that has shown the ability to stimulate the human immune system. Also, AKG has scientifically proved antitumor activity.

- Naturally cleanses the body of toxins
- Pain relief in fibromyalgia and chronic fatigue syndrome
- Strengthening our immune systems against sinusitis and hay fever
- Positive effects on treating fungal and bacterial infections as a natural bactericidal agent

SUPPLEMENT FACTS

Serving Size: 2 Softgels Servings per Container: 45

	Amt/Serving	DV%*
Squalene (Shark Liver Oil)	2,000 mg	†

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

† Daily Value not established. Other Ingredients: Gelatin

Stevia Extract Powder (Organic)

1 oz. - \$9.99



NUTRITIONAL FACTS

Serving Size: 1 Level Scoop Servings Per Container: 622

	Amt/Serving	DV%*
Stevia Extract Powder	45 mg	†
(Stevia rebaudiana) (Leaf) (min. 80% Glucosylsteviosides)		

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

Stevia Extract Liquid (Organic)

2 fl. oz - \$9.99



- Pleasant tasting herb
- Non-bitter aftertaste
- All-natural herbal product
- Safe for diabetics
- Safe, natural dietary supplement
- Vegetarian product
- Doesn't affect blood sugar
- No tooth decay levels
- Low caloric value, zero carbs per serving
- Also available in caramel, chocolate, cinnamon, hazelnut, orange, peppermint and vanilla, \$12.99 Each

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.

Tart Cherry W/Turmeric

30 Veg Tablets - \$12.99



Tart Cherry, combined with Turmeric, are highly prized health-boosting substances because of their antioxidant properties protecting cells from free radical damage. In addition, they help manage appropriate levels of COX enzymes, supporting healthy tissues and joints, and positive control of immune responses.

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings per Container: 30
Amt/Serving	DV*
Tart Cherry (Prunus cerasus) [fruit] (8:1 fruit extract standardized to contain at least 0.8% anthocyanosides)	825 mg †
Turmeric (Curcuma longa) Extract [root] (standardized to 95% curcuminoids)	50 mg †

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

† Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid (Vegetable Source), Magnesium Stearate (Vegetable Source), Silica, Glycerin

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

Stress Relief & Calming Formula

100 Tablets - \$17.99



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

SUPPLEMENT FACTS

Serving Size: 3 Tablets		Servings per Container: 33	
Amt/Serving	DV%*		
100 IU.	333	L-Glutamic Ac.	50 mg. †
500 mg.	833	GABA	50 mg. †
50 mg.	6,666	Tyrosine	50 mg. †
50 mg.	2,491	Ribonucleic Ac.	50 mg. †
40 mg.	1,000	Chamomile	75 mg. †
200 mg.	2,000	Hops	75 mg. †
100 mg.	2,058	Passion Flower	75 mg. †
50 mcg.	2,500	Skullcap	75 mg. †
150 mcg.	50	Valerian	200 mg. †
450 mcg.	100	St. John's Wort	100 mg. †
250 mg.	25	Kava Kava Rt.	75 mg. †
250 mg.	83	Choline	100 mg. †
99 mg.	†	Inositol	250 mg. †
25 mg.	136	PABA	50 mg. †
25 mg.	186	Lemon Bio. Con.	250 mg. †
mg.	†	Rice Bran Con.	100 mg. †
10 mg.	†	Melatonin	1000 mcg. †

* 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.

Taurine 500 mg - Free Form

100 Caps - \$7.99



Taurine is a conditionally essential amino acid that is not utilized for protein synthesis, but is mainly found free in most tissues, especially throughout the nervous system. It functions in tissues by stabilizing cell membranes and aiding the transport of potassium, sodium, calcium and magnesium in and out of cells. It is also used by the body in visual pathways, as well as in the brain and nervous system, where it works together with glycine and GABA as a neurotransmitter.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings per Container: 100
Amt/Serving	DV*
Taurine (Free-Form)	500 mg †

Other Ingredients: Rice Flour and Gelatin (capsule)

Thermo Lean

90 Tablets - \$16.99



LifeSource's Thermo Lean delivers a unique combination of 17 different synergistic nutrients that work with your body to turn up your thermogenesis, in essence increasing the rate at which fat is released from the body and increasing your resting metabolic rate.

SUPPLEMENT FACTS

Serving Size: 3 Tablets	Servings Per Container: 30
Amt/Serving	DV*
Chromium Picolinate	150 mcg †
Proprietary Blend	2100 mg †
Hawthorne Berry, Licorice Root, Bladderwrack, Choline, Ginger Root, Ginkgo Biloba, Ginseng, Gotu Kola, Guarana seed extract), L-Carnitine, Uva Ursi, Burdock Root, Cornsilk, Bromelain, Boron.	

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

St. John's Wort

100 Capsules - \$12.99



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

NUTRITIONAL FACTS

Serving Size: 1 Capsule	Servings Per Container: 100
Amt/Serving	DV*
St. John's Wort Extract (Hypericum perforatum aerial part with flowers standardized to contain 0.3% hypericin)	300 mg †

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

† Daily value not established.

P = LifeSource Proprietary Blend



Thyroid Energy

90 Veg Caps - \$21.99
180 Veg Caps - \$38.99
 (SAVE \$5)



Hypothyroidism is a condition that occurs when the thyroid gland produces insufficient amounts of thyroid hormones in the body. Life-Source's Thyroid Energy is a complete nutritional support for the thyroid gland. Unlike Thyroidine, it contains no glandulars and is suitable for vegans. LifeSource has combined Iodine (from Kelp) and Tyrosine, the two integral constituents of thyroid hormone, with the minerals Selenium, Zinc and Copper to assist in production. In addition, LifeSource's Thyroid Energy contains Guggul Extract, an Ayurvedic herb known for its ability to support a healthy metabolism.

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

SUPPLEMENT FACTS

Serving Size: 2 Veg Caps	Servings Per Container: 45	
	Amt/Serving	DV%*
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	60 mcg	1000%
Iodine (from Kelp and Irish Moss)	175 mcg	150%
Zinc (from L-OptiZinc® - Zinc L-Methionine Complex)	25 mg	170%
Selenium (from L-Selenomethionine) (Yeast-Free)	50 mcg	70%
Copper (from Copper Amino Acid Chelate)	1 mg	50%
L-Tyrosine (Free-Form)	1.0 g	1,000 mg
Irish Moss (Chondrus crispus) (Thallus)	200 mg	†
Guggul (Commiphora mukul) (Resinous Sap)	75 mg	†
Standardized Extract (min. 10% Guggulsterones)		
Kelp (Laminaria digitata) (Whole Plant)	60 mg	†
Ashwagandha (Withania somnifera) (Root)		
Standardized Extract (min. 4.5% Withanolides)	50 mg	†
Concetrace® Trace Minerals	5 mg	†

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

Turmeric Advanced Powder

1.6 oz - \$19.99



Turmeric has a long history of use in Ayurvedic medicine. Curcumin is the active ingredient in turmeric and has been consumed for medicinal purposes for thousands of years. Several of the healthful inflammation response effects of curcumin are mediated through suppression of the expression of mediators produced by cells, all of which come from genes regulated by nuclear factor kappa B (NF-κB). Black pepper and its principle component, piperine, aid in the absorption and bioavailability of curcumin. Finally, our organic turmeric is fermented using Lactobacillus acidophilus. Fermented foods provide beneficial probiotics and offer enhanced nutrient bioavailability.

• USDA Organic • Fermented • Non-GMO

SUPPLEMENT FACTS

Serving Size: ½ Teaspoon (1.01g)	Servings per Container: 45	
	Amt/Serving	DV%*
Organic Fermented Turmeric (rhizome/root) Booster	1,000 mg	†
Organic Black Pepper (fruit)	5 mg	†

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

Other Ingredients: Organic Acacia Gum, Lactobacillus Acidophilus

Suggested usage: Add one serving daily to food or drink

Turmeric Root (Organic)

60 Liquid Capsules - \$24.99



Turmeric is one of the most potent anti-inflammatory herbs. It works by keeping naturally occurring levels of cortisone at higher blood levels, thus producing a systemic anti-inflammatory effect. This can help conditions ranging from all auto-immune disorders (MS, lupus, psoriasis, asthma, arthritis) to any condition where cortico-steroid drug use is indicated. This includes Crohn's disease, colitis and bursitis. Turmeric is a liver cooler that prevents the liver from breaking down. It can arrest cirrhosis and stop necrosis of the liver. It helps alcoholics and drug abusers save their liver. It increases bile and as a result helps in fat digestion. It is indicated for those with elevated liver enzymes including Hepatitis C.

SUPPLEMENT FACTS

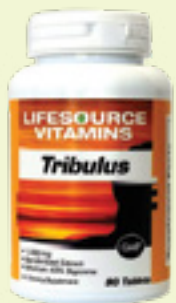
Serving Size: 1 Veggie Capsule	Servings per Container: 60	
	Amt/Serving	DV%*
Organic Turmeric Root (Curcuma longa) Extract	400 mg	†
Turmeric Root Extract (95% Curcuminoids, 95 mg)	100 mg	†
Turmeric Root CO2 Supercritical Extract (40% Turmerones, 20mg)	50 mg	†
Black Pepper Fruit Extract	5 mg	†

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

Other Ingredients: Non-GMO Soy Lecithin, Vegetable Cellulose, Medium Chain Triglycerides, Chlorophyll

Tribulus

90 Tablets - \$19.99



Tribulus has been used for centuries in ancient Greece, India and Africa to enhance vitality and virility. Recent research indicates that Tribulus can support the body's free radical defense systems and preliminary studies suggest that Tribulus may help to promote healthy endocrine function and male reproductive health.

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings per Container: 90 Tablets	
	Amt/Serving	DV%*
Tribulus terrestris (Standardized extract) (min. 45% Saponins) (Fruit/Aerial Parts)	1,000 mg	†

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

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

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

Suggested usage: Take 1 tablet daily with meal

Triphala

90 Veg Caps - \$14.99



Triphala restores digestive function, encourages beneficial intestinal bacteria, enhances enzyme production, helps draw stagnated wastes out of the intestines, and encourages healthy and complete elimination. The formula is non-irritating, non-habit forming, can be used on a daily basis, and is gentle enough for those more sensitive to cleansing, and is suitable for vegetarians. Studies have shown Triphala to have a wide-range of medicinal properties including antioxidant, antibiotic, anti-inflammatory, adaptogenic, hypoglycemic, analgesic, antipyretic, antimutagenic, and anticancer. Triphala contains polyphenols and flavonoids, including gallic acid, chebulagic acid, and chebulinic acid, which are believed to contribute to its many health benefits.

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Servings per Container: 90	
	Amt/Serving	DV%*
Organic Triphala Fruit Blend (Chebulic myrobalan Fruit, Belleric myrobalan Fruit, Amalaki-Amla Fruit)	500 mg	†

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

† Daily Value not established.

Other Ingredients: Modified Vegetable Cellulose

Turmeric Advanced

w/BioPerine 750mg

60 Veg Caps - \$26.99



Turmeric (Curcuma longa), the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an antiinflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.

- BioPerine supports proper assimilation of turmeric, curcuminoid compounds and other nutrients
- A Potent, Yet Safe Anti-Inflammatory

SUPPLEMENT FACTS

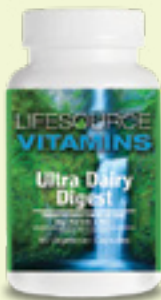
Serving Size: 1 Vegetarian Capsule	Servings Per Container: 60	
	Amt/Serving	DV%*
Turmeric root extract (Curcuma longa) (rhizome)(Standardized to 95% [712.5 mg] curcuminoids)	750 mg	
BioPerine (black pepper fruit extract)	5 mg	*

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

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

Ultra Dairy Digest

60 Veg Capsules - \$13.99



- Digestive Aid for Those Lactose Intolerant
- Promotes Digestion of Lactose, Milk Proteins & Fats
- Contains Enzymes Needed to Break Down Nutrients

SUPPLEMENT FACTS

Serving Size: 1 Vegetarian Capsule	Servings per Container: 60		
	Amt/Serving	DV%*	
Proprietary Dairy enzyme blend	200 mg	†	
Lactase	1,000 ALU	†	
Proteases	630 BLGU/25,000 HUT	†	
Lipase	250 FCC FIP	†	

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

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

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

Suggested usage: Take 1 tablet 1 to 3 times daily

Ultra Weight Loss

60 Capsules - \$19.99



We have combined 7 different weight loss, fat burning and metabolism enhancing supplements in one amazing product. Our Ultra Weight Loss Liquid has helped thousands of people control their weight. Now reformulated in convenient capsule form, this product (along with a healthy, well-balanced diet) can help you support a healthy body weight.

- Weight Loss
- Burns Fat
- Curbs Appetite
- Helps Reduce Caloric Intake
- Boost Metabolism

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings per Container: 30		
	Amt/Serving	DV%*	
Raspberry Ketones	600 mg	†	
Green Tea Extract	100 mg	†	
Resveratrol	100 mg	†	
African Mango (Irvingia Gabonensis)	100 mg	†	
Acai Fruit Extract	100 mg	†	
Apple Cider Vinegar Powder	100 mg	†	
Kelp	100 mg	†	

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

Other Ingredients: Vegetable Capsule, Microcrystalline Cellulose

Suggested usage: Take 1 capsule twice daily

Valerian Root 500 mg

100 Capsules - \$9.99



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

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 100		
	Amt/Serving	DV%*	
Valerian Root	500 mg	†	

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

† Daily Value not established.

Vision Formula

120 Capsules - \$19.99

240 Capsules - \$34.99

(SAVE \$5)



LifeSource's proprietary blend is a full range of antioxidant nutrients which may aid in maintaining visual functions and complete eye health. Lutein, a carotenoid found in dark green leafy vegetables, is a dominant pigment in the macular region of the eye. Bilberry extract contains biologically active flavonoids which support healthy vision. This formula is a must for people who have a history of eye problems in their family's tree.

SUPPLEMENT FACTS

Serving Size: 4 Capsules	Servings Per Container: 30		
	Amt/Serving	DV%*	
Vitamin B12 (Cyanocobalamin)	25 mcg	416.5%	
Pantothenic Acid (d-Calcium Panthothenate)	50 mg	500%	
Calcium (as Calcium Citrate)	50 mg	5%	
Iodine (from Potassium Iodide)	10 mcg	6.5%	
Magnesium (as Magnesium Citrate)	125 mg	31.5%	
Zinc (Zinc Citrate)	25 mg	83.25%	
Selenium (l-Selenomethionine)	100 mcg	143%	
Copper			
(Copper Amino Acid Chelate)	1.5 mg	75%	
Vitamin A	16250 IU	325%	
Vitamin C (Ascorbic Acid)	250 mg	416.5%	
Vitamin E (d-Alpha Tocopheryl Acetate)	100 IU	333.5%	
Thiamine (Thiamine HCl)	10 mg	666.5%	
Riboflavin	12.5 mg	735.5%	
Niacin			
(83% Niacinamide & 17% Niacin)	30 mg	150%	
Vitamin B6 (Pyridoxine HCl)	15 mg	750%	
Folic Acid	400 mcg	100%	
Manganese (Manganese Citrate)	5 mg	250%	
Chromium	100 mcg	83.5%	
Molybdenum	60 mcg	80%	
Potassium	49.5 mg	1.5%	
L-Taurine	250 mg	*	
Quercetin	150 mg	†	
NAC (N-Acetyl Cysteine)	125 mg	†	
L-Methionine	100 mg	†	
Ginkgo Biloba Leaf Extract	30 mg	†	
Glutamic Acid	25 mg	†	
L-Glycine	25 mg	†	
Bilberry	25 mg	†	
Lutein	20 mg	†	
Silica (from Horsetail Herb)	5 mg	†	
Boron (as Boron Citrate)	300 mcg	†	

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

Water Gone Herbal Diuretic

100 Veg Caps - \$14.99



The term diuretic refers to any substance that helps to rid the body of excess body fluids and salts through urination. These can take the form of prescription or over-the-counter drugs, homeopathic and herbal remedies or certain foods with diuretic qualities that promote urine formation. Whatever the source, diuretics help to prevent or treat a number of conditions including Edema, High-Blood Pressure, Kidney Stones and Glaucoma.

SUPPLEMENT FACTS

Serving Size 2 Veg Caps	Servings Per Container 50		
	Amt/Serving	DV%*	
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1471%	
Potassium (from Potassium Chloride)	99 mg	2%	
Uva Ursi Extract (Arctostaphylos uva-ursi) (Leaf)			
(Standardized to min. 20% Arbutin)	250 mg	†	
Dandelion (Taraxacum officinale) (Leaf)	200 mg	†	
Juniper (Juniperus communis) (Berries)	120 mg	†	
Buchu (Agathosma spp.) (Berries)	120 mg	†	

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

Other Ingredients: Cellulose (capsule), Rice Flour, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source) **Not manufactured with** wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. **Non-GMO**

Wheatgrass Powder (Organic)

1 lb - \$19.99



Organic Wheatgrass is a nutrient-rich grass containing 17 amino acids. Wheatgrass retains 92 of the 102 minerals found in the soil including Calcium, Phosphorus, Iron, Magnesium and Potassium. It is a rich natural source of Vitamins A and C. It is exceptionally rich in Vitamins E, K and B-Complex.

LifeSource's USDA Organic Wheatgrass, designed to help support a normal inflammatory response, proper digestion and weight loss.

SUPPLEMENT FACTS

Serving Size: 5 g (1 Tablespoons)	Servings per Container: 90		
	Amt/Serving	DV%*	
Calories	15.74	143%	
Energy	6.54 KJ	†	
Total Fat	.12 g	.18%	
Sodium	7.1 mg	.30%	
Total Carbohydrates	2.64 g	.88%	
Protein	.96 g	1.92%	

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

† Daily Value not established.

Ingredients: 100% Organic Wheatgrass Powder

Suggested usage: Take 1 tablespoon daily

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

Women's Balance PMS Support 90 Capsules - \$16.99



This product is a unique herbal support formula for women. We have combined standardized herbal extracts of Wild Yam and Vitex with nutritional support from Dong Quai, GLA, Vitamin B6 and Folic Acid to promote a healthy feminine balance.

SUPPLEMENT FACTS

Serving Size: 1 Veg Capsule	Servings Per Container: 90		
	Amt/Serving	DV%*	
Vitamin B-6 (as Pyridoxine HCl)	17 mg	850%	
Folate (as Folic Acid)	133 mcg	33%	
Borage Oil Powder (15 mg GLA)	100 mg	†	
Wild Yam Extract (Dioscorea villosa) (root) (6% Diosgenin)	75 mg	†	
Dong Quai (Angelica sinensis) (root)	100 mg	†	
Chaste Berry Tree (Vitex) Extract (agnus castus) (fruit) (0.5% Agnusides)	50 mg	†	

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Cellulose (capsule), Rice Flour, Magnesium Stearate (vegetable source), Silica and Black Cohosh (Rhizome/Root) **Not manufactured with** wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients **Directions:** Take 1 capsule three times daily

Ultra Women's Vitality 60 Capsules - \$14.99



Synergistic blend to help with Aging, Energy and Virility. The hormonal imbalances derived from menopause have been shown to lead most women to experience some form of sexual dysfunction, whether it be lack of desire and or arousal. This unique blend promotes hormonal balance, with improved circulation, antioxidants and adaptations that have been shown to support energy levels and libido.

SUPPLEMENT FACTS

Serving Size: 2 Capsules	Servings Per Container: 30		
	Amt/Serving	DV%*	
Horney Goat Weed Extract (providing 10mg of icariins)	1,000 mg	†	
Proprietary Blend	560 mg	†	
Maca Root Powder, Tongkat Ali Root Powder, Saw Palmetto Berry Powder, Tribulus Terrestris 40% extract, Polypodium Powder, Muira Puama Root Powder, L-Arginine, and Panax Ginseng Root Powder			

* Percent Daily Values are based on 2,000 calorie diet. † Daily Value not established.
Other Ingredients: Rice Flour, gelatin (bovine), and vegetable magnesium stearate

Zinc Chelated

100 Tablets - \$12.99
 250 Tablets - \$24.99



Zinc is an essential mineral that plays an important role in many enzymatic functions. Found primarily in the kidneys, liver, pancreas, and brain, Zinc also helps support healthy immune system functions and is an important component of bodily antioxidant systems. The chelated form of zinc in this formulation helps to promote optimal absorption.

SUPPLEMENT FACTS

Serving Size: 1 Tablet	Servings Per Container: 100		
	Amt/Serving	DV%*	
Zinc (as amino acid chelated)	50 mg	333%	

* Percent Daily Values are based on 2,000 calorie diet.
 † Daily Value not established.
Other Ingredients: Cellulose, vegetable stearin, cellulose gum, modified cellulose, dicalcium phosphate, silica and magnesium stearate
Contains no sugar, salt, dairy, yeast, soy, wheat, gluten, preservatives, artificial colors or flavors

Zinc Picolinate 50 mg 60 Capsules - \$9.99



• Helps kidneys maintain acid base balance & detoxify
 • Brain development. • The senses of appetite, taste & smell.
 • Participates in antioxidant enzyme systems in your eyes, helping to prevent & slow the progression of macular degeneration.

SUPPLEMENT FACTS

Serving Size: 1 Capsule	Servings Per Container: 60		
	Amt/Serving	DV%*	
Zinc (from Zinc Picolinate)	50 mg	333%	

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

NEW

Zinc Lozenges

60 Lozenges - \$10.99
 120 Lozenges - \$17.99
 (SAVE \$4)



Zinc is an essential mineral that plays a major role in growth, reproduction, antioxidant defenses, and healthy immune function. Provided as a lozenge, zinc gluconate has been shown to reduce the severity and duration of the common cold, as well as reduce antibiotic use in school-age children with a cold.

SUPPLEMENT FACTS

Serving Size: 1 Lozenge	Servings Per Container: 60		
	Amt/Serving	DV%*	
Vitamin C (as calcium ascorbate, ascorbic acid)	60 mg	100%	
Zinc (as citrate, gluconate)	15 mg	100%	
Slippery Elm Bark Powder	25 mg	†	
Bee Propolis	5 mg	†	

* Percent Daily Values are based on 2,000 calorie diet.
 † Daily Value not established.
Other Ingredients: Fructose, sorbitol, natural lemon flavor, stearic acid, silica, citric acid, magnesium stearate
Contains no salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors

NEW

Zinc Chelated Liquid W/Elderberry

4 fl oz - \$14.99



One of our most complete liquids for cold and flu season. This powerful combination of Zinc, Organic Elderberry, Organic Echinacea, and Umckaloabo Root helps your immune system and metabolism function. Also, powerful antioxidants and vitamins can help tame inflammation. This highly absorbable liquid is just what the doctor ordered!

SUPPLEMENT FACTS

Serving Size: 1 Lozenge	Servings Per Container: 30		
	Amt/Serving	DV%*	
Calories	10		
Total Carbohydrate	3 g	1%*	
Total Sugars	< 1 g	†	
Includes <1 g Added Sugars		1%	
Sorbitol	2 g	†	
Vitamin C (as Ascorbic Acid and from Sodium Ascorbate)	150 mg	167%	
Zinc (from Zinc Gluconate)	12 mg	109%	
Elderberry Concentrate (Sambucus nigra) (fruit)	100 mg	†	
Echinacea purpurea (Root)	25 mg	†	
Bee Propolis	25 mg	†	
Slippery Elm Bark (Ulmus rubra) (Bark)	25 mg	†	

Other Ingredients: Sorbitol, Fructose, Microcrystalline Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silicon Dioxide, Natural Raspberry Flavor and Hypromellose (cellulose)
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, or tree nut ingredients.

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

† Daily Value not established.

ZMA Sports Recovery 800 mg 90 Capsules - \$19.99



ZMA is a natural boosting testosterone supplement. Preferred by athletes in all sports who want to improve performance and accelerate healing and tissue repair.

Benefits of ZMA:

- Faster & More Efficient Recovery • Better Sleep
- Increased Endurance • Increased Strength / Gains
- Increased Testosterone Levels

SUPPLEMENT FACTS

Serving Size: 3 Capsules Men / 2 Capsules Women	Servings per Container: 30/45		
	Amt/Serving	DV%*	
Vitamin B-6 (from Pyridoxine HCl)	15 mg	882%	
Magnesium (from Magnesium Aspartate)	450 mg	107%	
Zinc (from Zinc Mono-L-methionine and Zinc Aspartate)	30 mg	273%	

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

Whey Plus Phyto Greens and Phyto Reds

2 lbs. — \$44.99

4 lbs. — \$79.99

(SAVE \$10)

We started with our "Tried & True" formula of Grass-Fed, Cold Processed, Cross Filtered Whey Isolate. Then we packed it full of nutrition with our award winning Phyto Nutrient Powders. Our Green Phyto Foods are the combination of the best of green SuperFoods available anywhere in the world. LifeSource's Green Phyto SuperFoods contain high concentrations of natural chlorophyll. Green SuperFoods are a category of Phytonutrient-rich nutritional products derived from green plants, algae and cereal grasses. They are harvested seasonally to take advantage of high potencies of naturally occurring vitamins, minerals, amino acids, enzymes, plant sterols and other nutritional constituents. Phyto Reds from LifeSource are an ideal nutritional boost for every individual who wants to ensure that in one's diet that one has the nutrients and phytonutrients needed for optimum health especially from natural superfoods. Our Phyto Red's are fortified with key nutrients to enable the body to boost the immune system and protect the body against free radical damages, all which have been associated with degenerative diseases. Our Phyto Reds are idea for weight loss and overall great health.

Hands down – this is one the greatest products we have ever produced!

- Easily Digestible for any age group and exercise levels.
- Superior Amino Acid Profile, crucial for growth and retention of muscles.
- Superior Protein for Lean Muscle Growth, which helps with loss of body fat.
- Whole body support with vitamins, enzymes, fruits, and fiber.
- High in natural anti-oxidants for healthy aging, vascular and immune support.
- Probiotic Super Blend to support digestion

NUTRITIONAL FACTS — DOUBLE CHOCOLATE FUDGE

Serving Size: 1

Heaping Scoop = 39 g

	Amt/Serving	DV%*
Calories	133	
Calories from fat	12	
Total Fat	1 g	2%
Saturated Fat	0 g	
Cholesterol	0 g	
Sodium	45 mg	2%
Total Carbohydrate	7 g	2%
Dietary Fiber	3 g	12%
Sugars	2 g	<2%
Protein	23 g	46%
Vitamin A	3256 iu	65%
Vitamin B12	1 mcg	17%
Vitamin C	2 mg	3%
Vitamin K	80 mcg	100%
Calcium	98 mg	10%
Iron	1 mg	5%
Iodine (from Kelp)	75 mcg	50%
Magnesium	12 mg	3%
Zinc	450 mcg	<1%
Green Phyto Foods Lecithin (Fine Powder)	1000 mg	†
Spirulina (Hawaiian, Org.)	1000 mg	†
Alfalfa Juice Concentrate	350 mg	†
Wheat Grass Powder, Org.	250 mg	†
Plant Based Enzymes	175 mg	†
Barley Grass Powder, Org.	250 mg	†
Carrot Powder	250 mg	†
Barley Malt Powder	200 mg	†
Broccoli Powder	175 mg	†
Brown Rice Bran	175 mg	†
Apple Fiber	175 mg	†
Apple Pectin	150 mg	†
Oat Bran	150 mg	†
Chlorella Powder	150 mg	†
Red Beet Powder	150 mg	†
Panax Ginseng Root Powder	125 mg	†
(C.A. Mayer) (min. 5% Ginsenosides) Eleuthero	50 mg	†
(Eleutherococcus senticosus Root) Peppermint Powder	75 mg	†
Green Tea Extract (40% Catechins)	50 mg	†
Royal Jelly Powder (min. 5% 10-HDA)	50 mg	†
Fructooligosaccharides	50 mg	†
Trace Mineral Concentrate	50 mg	†
Milk Thistle Extract (80% Silymarin)	40 mg	†
Kelp Powder	25 mg	†
Ginkgo Biloba Extract	10 mg	†
(24% Ginkgo flavonoglycosides Leaves)		
Grapeseed Extract (95% Polyphenols)	10 mg	†



Top Rated by Customers!

Not 1, not 2 but 3 of our best-selling products combined to create the World's most nutritious and best tasting Whey Protein. This powerhouse product will give you energy and stamina to tackle anything during your day.

Available in Double Chocolate Fudge

	Amt/Serving	DV%*
Whey Plus Greens & Reds		
Bilberry Extract (25% Anthocyanidins)	10 mg	†
Alpha Lipoic Acid	5 mg	†
Coenzyme Q10 (CoQ10)	5 mg	†
Red Phyto Foods Probiotic Blend	50 mg	†
L. Acidophilus, L. Casei, L. Rhamnosus, L. Plantarum, B. Breve, and B. Longum Carrot Powder	300 MG	†
Apple Pectin	125 MG	†
Flax Seed	125 MG	†
Oat Bran	88 MG	†
Lecithin	75 MG	†
Rice Bran	50 MG	†
ORAC Blend	25 MG	†
Japanese Knotweed	20 MG	†
Bilberry Std. Extract	25% 20 MG	†
Grape Seed Extract	15 MG	†
Lycopene	125 MCG	†
Lutein	125 MCG	†
Astaxanthin	10 MCG	†
Proprietary Blend	3338 MG	†
Cherries, Nectarines, Peaches, Pears, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, and Watermelon.		

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

+Naturally occurring.

Ingredients: Cross Filtered Whey Protein Isolate, L-Glutamine (not in unflavored), All Natural Cocoa and Vanilla extracts and Stevia.

Whey Protein Isolate Double Chocolate Fudge, Creamy French Vanilla, & Unflavored

1.1 lbs. — \$24.99 (Chocolate & Vanilla)

3 lbs. — \$59.99 (Chocolate, Vanilla, Unflavored)

6 lbs. — \$104.99 (Chocolate, Vanilla, Unflavored)

Free Shipping Over \$99

(SAVE \$15)

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
- GMO-FREE
- SWEETENED WITH STEVIA, NOT SUCRALOSE



Why Whey Isolate?

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

Whey Protein Isolate is one of the greatest ways to supplement your nutrition today. Unlike regular protein powders, whey isolate contains more protein by weight than anything else and is considered one of the best new forms of superfood that is out there on the market today. The reason for it's growing success is really the fact that whey protein isolate is a new scientific break through gaining tremendous recognition and notoriety in the natural healthy industry. Now some of you might be asking the question, "What is the difference between an isolate and a concentrate?" For those of you who are lactose intolerant, isolates contain only 1% lactose while concentrates contain 5-6%. Really both are such incredibly small percentages that unless you had an extremely super delicate case of lactose intolerance, your body won't even be susceptible at all to this. This is why whey itself is incredibly beneficial. Additionally, whey protein isolate has a higher BV, or biological value, because it contains more protein with less lactose. Whey isolate contains 90-98% protein while concentrates contain anywhere from 70-85% protein. But to be completely honest, both isolates as well as concentrates help in such tremendous ways that I recommend this for anybody to take. Not only does it reduce body fat, reduce food cravings, but it increases your immune system, reduces aging signs, lowers cholesterol levels and also helps fight the risk of getting cancer.

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

- 25 Grams of our Pure Clean Proprietary Blend Protein 100% Whey Protein Isolate Per Serving (Chocolate, Vanilla & Un-flavored).
- It comes from Raw, unpasteurized milk.
- Our protein powder is effective, period!
- Contains BCAAs, which are metabolized directly and absorbed quickly into muscle tissue, therefore providing the desired results quicker! Guaranteed.
- Easily uploaded to the bloodstream, unlike most Whey Protein.
- Microfiltration Technology is used in processing our Whey Protein Isolate.
- Dried at Cold Temperatures because heat kills protein!
- Fat Free, Lactose Free & Carbohydrate Free.
- Mixes easily and tastes amazing, our Double Chocolate Fudge actually tastes as good as it sounds.
- Nature's Highest Quality Protein from grass fed cows that are disease-free, pesticide-free, chemical-free, hormone treatment-free and GMO-free.
- Contains Undenatured Whey Microfractions



WE HAVE THE MOST ADVANCED WHEY PROTEIN ISOLATE AVAILABLE ANYWHERE!

25 GRAMS OF PROTEIN
CHOOSE FROM 3 VARIETIES

DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA & UNFLAVORED

NUTRITIONAL FACTS — DOUBLE CHOCOLATE FUDGE

Serving Size: 1 Heaping Scoop (39g)

Servings per Container: 36

	Amt/Serving	DV%*
Calories	120	
Calories from Fat	4	
Total Fat	1 g	1%
Saturated Fat	0 g	†
Cholesterol	0 g	†
Sodium	34 mg	1%
Total Carbohydrates	2 g	5%
Dietary Fiber	1 g	2%
Sugars	1 g	†
Protein	25 g	
Vitamin A		3%
Vitamin C		3%
Calcium		9%
Iron		1%

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

† Daily Value not established.

Ingredients: Cross-Filtered Whey Protein Isolate, L-Glutamine (not found in Unflavored), Natural Cocoa and French Vanilla Flavoring, and Stevia

Whey Protein Concentrate (Vanilla, Chocolate, Unflavored)

3lb. — \$59.99 (Chocolate, Vanilla, Unflavored)

6lb. — \$104.99 (Chocolate & Vanilla Only)

Free Shipping Over \$99

(SAVE \$15)

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
- 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!



GRASS FED
NO PESTICIDES
NO HORMONES
NO GMOS

AVAILABLE IN DOUBLE CHOCOLATE FUDGE, CREAMY FRENCH VANILLA, AND UNFLAVORED

NUTRITIONAL FACTS — DOUBLE CHOCOLATE FUDGE

Serving Size: 1 Heaping Scoop (39g)

Servings per Container: 36

	Amt/Serving	DV%*
Calories	120	
Calories from Fat	4	
Total Fat	1 g	1%
Saturated Fat	0 g	†
Cholesterol	0 g	†
Sodium	34 mg	1%
Total Carbohydrates	2 g	5%
Dietary Fiber	1 g	2%
Sugars	1 g	†
Protein	23 g	
Vitamin A	3%	
Vitamin C	3%	
Calcium	9%	
Iron	1%	

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

† Daily Value not established.

Ingredients: Cross-Filtered Whey Protein Concentrate, L-Glutamine (not found in Unflavored), Natural Cocoa and French Vanilla Flavoring, and Stevia

ORGANIC & WILD HARVESTED LIQUID HERBAL EXTRACTS

Acai Super Berry Antioxidant Liquid Extract 1 fl. oz. - \$14.99



- Each Serving Delivers the Extract from 5,000 mg of Fresh Fruit
- Acai Berry, Mangosteen Fruit Extract, Goji Berry, Pomegranate Fruit
- Powerful Combination of Nature's Most Potent Plant Protectors

Aller-Calm Liquid Extract 1 fl. oz. - \$12.99



- Allergies, Hay Fever, Asthma, Sinus, Infections
- Works as Anti-Histamine & Decongestant
- Can Prevent Allergies and Help with Allergy Symptoms

Ashwagandha Liquid Extract (Organic) 1 fl. oz. - \$12.99



- Can Help the Body Manage Stress
- Auto-Immune Disorders
- Supports a Healthy Immune System

Black Cumin Seed Oil (Organic) 4 fl. oz. - \$21.99



- Used for Conditions Related to Respiratory Health
- Stomach & Intestinal Issues
- Anti-Inflammatory with Immune Boosting Properties

Bronchial Syrup Liquid Extract 4 fl. oz. - \$12.99



- For Acute and Chronic Cough
- Nasal Congestion or Discharge
- Bronchitis, Emphysema, Whooping Cough, Smoker's Cough

Colloidal Silver Plus Oral Drops 1 fl. oz. - \$12.99



- Capable of Destroying Hundreds of Bacteria and Viruses
- Colloidal and Ionic Particles at 15 PPM
- Contains Olive Leaf and Oregano Oil for Added Immune Power

Colloidal Silver Plus Topical Spray 1 fl. oz. - \$12.99



- Homeopathic Medicine
- Reduces Topical Pain
- Calms Skin Inflammation

Dandelion Liquid Extract (Organic) 1 fl. oz. - \$12.99



- Liver Cooler for Elevated Liver Enzymes
- Calms the Liver to Prevent Liver Breakdown
- Cleansing Herb for Skin Conditions Such as Acne and Eczema

Detoxify Liquid Extract 1 fl. oz. - \$12.99



- Facilitates a Full Body Cleansing
- Blood & Tissue Cleansing
- Liver, Urinary Tract, Skin and Lymph

Digest-Ease Liquid Extract 1 fl. oz. - \$12.99



- Stimulate the Body's Ability to Secrete More Digestive Enzymes
- Can be Used for Chronic Indigestion
- Contains Fennel and Peppermint to Sooth Digestive System

Echinacea-Goldenseal Liquid Extract 1 fl. oz. - \$12.99



- Use as a Preventative for Colds or the Flu
- Take at the First Sign of Immune Breakdown
- Immune Booster for Those with Immune Deficiency

Elderberry Liquid Extract (Organic) 1 fl. oz. - \$12.99



- One of the Most Effective Herbs for the Flu
- Power Antioxidant
- Can Reduce Oxidation of LDL Cholesterol

Fem Silver Liquid Extract

1 fl. oz. - \$12.99



- Menopausal Formula for Long-Term Use
- Minimize Hot Flashes, Mood Swings and Swelling
- Maximize the Use of Residual Estrogen and Progesterone

Ginger Fresh Liquid Extract (Organic)

1 fl. oz. - \$12.99



- Can Alleviate Nausea Due to Motion Sickness or Chemotherapy
- Useful Aid to Increase Digestive Enzymes
- Helps You Digest Foods and Move Them Through the Digestive Tract

Ginseng Master/Energy Liquid Extract

1 fl. oz. - \$13.99



- Combines Red Chinese and American Ginseng Along with Other Herbs
- Combined to Help with Stress, Fatigue and Immune Deficiency
- May Enhance Adrenal Function

Gum Tonic Liquid Extract

1 fl. oz. - \$12.99



- Preventative for Gum Disease
- Helps to Kill Bacteria in the Mouth and Gums
- Tightens Gums that are Puffy and Bleeding

Hawthorn Liquid Extract (Organic)

1 fl. oz. - \$12.99



- Circulatory Support
- Supports Heart Health
- Antioxidant Properties

Head-Aid Liquid Extract

1 fl. oz. - \$12.99



- Natural Way to Address Headaches of All Kinds
- Pain Reliever, Decrease Inflammation & Throbbing
- Migraines, Sinus, Allergy and Tension Headaches

Immuno Well Rx Liquid Extract

1 fl. oz. - \$13.99



- Immune Enhancement
- Avoid Getting Sick or Push Your Illness Out of your Body
- Stimulate Immune Activity and Fight Bacteria and Viral Conditions

Iodine (W/ Kelp) Liquid Extract

2 fl. oz. - \$9.99



- For Hypothyroidism and Goiter Caused by Iodine Deficiencies
- Increase Energy Levels
- Reduce Fatigue, Mental Sluggishness and Weight Gain

Kava Root Liquid Extract

1 fl. oz. - \$13.99



- Anti-depressant that Elevates Moods and Sensory Perception
- Can Diminish Pain and Decrease Adrenaline
- Sedative, Muscle Relaxant and Promotes REM Sleep

Kid's Aller-Calm Alcohol-Free Liquid Extract

1 fl. oz. - \$12.99



- Ideal for Hay Fever, Asthma or Other Environmental Allergies
- Use as a Preventative or when Acute with Allergy Symptoms
- For Ages 1 and Up. Ideal for Children, Teens and Adults

Kid's Attention Plus Alcohol-Free Liquid Extract

1 fl. oz. - \$12.99



- Effective for Increasing Cognitive Ability
- Helping with Attention, Memory and Focus
- For Ages 2 and Up. Ideal for Children, Teens and Adults

Kid's Biotic Alcohol-Free Liquid Extract

1 fl. oz. - \$12.99



- Echinacea-Goldenseal Formula with Other Child-Friendly Herbs
- For Use when Your Little One Feels a Cold/Flu Coming On
- For Ages 2 and Up. Ideal for Children, Teens and Adults

Kid's Bronchial Alcohol-Free Liquid Extract 1 fl. oz. - \$12.99



- Acute Formula to Help Kids Resolve their Respiratory Congestion
- Makes a Cough More Productive to Clear Out the Lungs
- For Ages 2 and Up. Ideal for Children, Teens and Adults

Kid's Ear Clear Oil Alcohol-Free Liquid Extract 1 fl. oz. - \$12.99



- For Acute and Chronic Ear Infections
- Gently Drop Oil into Ear to Reduce Pain and Discomfort Due to Infection
- Removes Extra Fluid Buildup

Kid's Echinacea Plus Alcohol-Free Liquid Extract 1 fl. oz. - \$12.99



- Boost Immune Function When Low or Deficient
- Added Elderberry Increases Efficacy for Use for Symptoms of a Cold/Flu
- For Ages 2 and Up. Ideal for Children, Teens and Adults

Kid's Mellow Plus Alcohol-Free Liquid Extract 1 fl. oz. - \$12.99



- Can be Used During the Day to Help Calm Down an Excitable Child
- Use 10-30 Minutes Before Bedtime to Bring on Sleep
- For Ages 2 and Up. Ideal for Children, Teens and Adults

Kid's Potty Helper Alcohol-Free Liquid Extract 1 fl. oz. - \$12.99



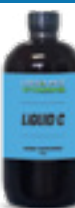
- Mild Laxative Formula
- For Occasional Constipation or Sluggish Bowels
- Safe for Children, the Elderly and Anyone with a Sensitive System
- For Ages 2 and Up. Great for Kids, Teens and Adults

Kid's Vitamin D3 400 IU Grape Flavor Alcohol-Free 1 fl. oz. - \$9.99



- Kids Need D3 to Build Strong Bones and to Heal After Injury
- Promotes the Absorption of Calcium and Phosphorus
- Strengthens the Immune System and Regulates Cell Growth

Liquid Vitamin C 500mg 4 fl. oz. - \$9.99



- New Concentrated Formula in Delicious Citrus Flavor
- Rose Hips and Bioflavonoids to Ensure Absorption and Efficacy
- Vitamin C Plays an Essential Role in Strengthening Blood Vessels and Bones

Lustrous Hair Liquid Extract 2 fl. oz. - \$19.99



- For Female Hair Loss, Cracked or Brittle Hair or Premature Graying
- Beneficial for Cracked or Weak Nails and Dry Skin
- Helpful for Weakened Thyroid Function

Lymph Tonic Liquid Extract 1 fl. oz. - \$12.99



- For Stagnant Lymph Conditions that Result in Swollen Lymph Nodes
- Can Address Viral Problems Such as Mono, Chronic Tonsillitis, and Recurring Respiratory Virus

Male Virility Liquid Extract 1 fl. oz. - \$12.99



- Supports Healthy Sexual Function & Activity
- Strengthens & Enhances Libido
- L-Arginine, Maca, Yohimbe, Tribulus, Saw Palmetto & More

Men's Silver (Prostate Formula) Liquid Extract 1 fl. oz. - \$12.99



- Male Prostate Tonic to Help Prevent Benign Prostatic Hyperplasia
- Helps to Reduce Prostate Swelling
- Keeps Testosterone Healthy and Maintain a Healthy Libido

Oak & Ivy Topical Spray 2 fl. oz. - \$12.99



- Topical Formula to Treat Skin Irritations (Poison Oak & Poison Ivy)
- Also Can be Used on Bug Bites, Bee Stings, Hives and Minor Burns
- Reduce Redness and Swelling, Relieve Itching and Reduce Pain

Olive Leaf Liquid Extract (Organic)

1 fl. oz. - \$14.99



- Virus Protection
- Blood Pressure Support
- Brain – Neuroprotection
- Arterial Health

Oregano Oil (Wild)

1 fl. oz. - \$26.99



- Strengthening the Immune System
- Improving Respiratory Health
- Standardized to >70% Carvacrol

Peppermint Breath Spray-Peppermint Plus

1 fl. oz. - \$7.99



- Herbal Remedy to Quickly Combat Bad Breath
- Peppermint is Known to have Antiviral and Antibacterial Properties
- Contains Chlorophyll Which Cleanses and Detoxifies the Digestive Tract

Relax Liquid Extract

1 fl. oz. - \$12.99



- Valerian Formula, Helps with Insomnia, Anxiety, Headaches and Pain
- Helps Reduce Emotional and Mental Drama
- Addiction Recovery from Alcohol, Drugs, Cigarettes or other Addictions

Respir-Ease Liquid Extract

1 fl. oz. - \$12.99



- Respiratory Remedy for Acute Colds, Flu, Sinus Infections
- Ideal for Asthma, Bronchitis, Pneumonia, and General Lung Infections
- Clear the Lungs of Congestion in Order to Resolve Lingering Mucus

Saw Palmetto Liquid Extract (Organic)

1 fl. oz. - \$12.99



- Treats Benign Prostatic Hypertrophy (BPH)
- Supports Urological System
- Helps Retain Testosterone Levels

Sinus Blaster Spray

1 fl. oz. - \$16.99



- Has an Immediate, Dramatic and Direct Impact on the Sinus
- Helps to Deepen Breathing and Helps to Kill Microbial Inundation
- Use for Sinus Infections, Colds and Flu, Congestion from Allergies
- Can Help Smokers Decongest

Throat Spray Relief

1 fl. oz. - \$12.99



- Throat Spray for Sore and Irritated Throats Due to Illness or Overuse
- Warms the Lungs and Soothes the Throat
- Respiratory Remedy for Acute Colds, Flu, Sinus Infections, Asthma, Bronchitis, Pneumonia, Smoker's Cough

Turmeric Liquid Extract (Organic)

1 fl. oz. - \$12.99



- One of the Most Potent Anti-Inflammatory Herbs
- Keeps Naturally Occurring Levels of Cortisone at Higher Blood Levels
- Can Help Auto-Immune Disorders Such as Asthma, Arthritis, MS and Lupus

UT Balance Liquid Extract

1 fl. oz. - \$12.99



- Formula for Urinary Tract Infections
- Can Assist in the Passing of Kidney Stones
- Uva Ursi Leaf, Nettle Leaf, Dandelion Root & More

Valerian Liquid Extract (Organic)

1 fl. oz. - \$12.99



- Long History of Use as a Sedative and Sleep Aid
- Will Quiet a Busy Mind
- Promotes Sleep for Those Who Cannot Fall or Stay Asleep

Woman's Energy Balance Liquid Extract

1 fl. oz. - \$12.99



- General Female Tonic that Helps Balance Hormones and Increase Energy
- Protects the Body Against the Negative Impacts of Stress
- Can Assist with Mood Swings, Irritability, Fatigue, PMS, Stress and Depression

P Liquid Multi Vitamin & Minerals (Dogs & Puppies)

32 fl. oz. - \$29.99 Per Bottle

What sets LifeSource Vitamins Dog & Puppy Vitamins apart from other multivitamins on the market is our ingredients. Our ingredients are the best we can find anywhere. They contain 35 synergistic nutrients including a perfect balance of fat and water soluble vitamins to maintain the physical well-being of your dog, digestive enzymes to improve absorption, Omega 3 for healthy skin and coat, and antioxidants for immune system support.

SUPPLEMENT FACTS

Under 30 lbs: 2 Teaspoons		Pantothenic Acid	8 mg
31 - 50 lbs: 1 Tablespoon		Niacin	10 mg
51 - 70 lbs: 1 ½ Tablespoons		Pyridoxine (B6)	.8 mg
Over 70 lbs: 2 Tablespoons		Folic Acid	.2 mg
	Amount per Serving:	Vitamin B12	.02 mg
Moisture (Max)	89%	Choline	40 mg
L-Arginine (.56%)	80 mg	Glucosamine HCL (shellfish source)	300 mg
Taurine (.92%)	150 mg	Chondroitin Sulfate (Bovine source)	125 mg
Methionine (.9%)	30 mg	MSM	250 mg
Linoleic Acid (Omega-6) (.25%)	75 mg	Biotin	.02 mg
Calcium (.55%) (max .7%)	155 mg	Vitamin C (Calcium Ascorbate)	50 mg
Phosphorus (.24%) (max .38%)	70 mg	Oleic Acid (Omega-9)	1,155 mg
Potassium (.12%)	40 mg	Inositol	4 mg
Magnesium (.06%)	18 mg	EPA (Omega-3 from Wild Alaskan Salmon Oil)	90 mg
Iron (857 ppm)	6 mg	DHA (Omega-3 from Wild Alaskan Salmon Oil)	80 mg
Copper (258 ppm)	.9 mg	Vitamin K2	.01 mg
Manganese (572 ppm)	2 mg	CoQ 10	25 mg
Zinc (857 ppm)	6 mg	Astaxanthin	1 mg
Iodine (29 ppm)	.1 mg	Bacillus Coagulans	1 billion CFU
Selenium (6 ppm)	.02 mg	Fructooligosaccharides	300 mg
Vitamin A	2,000 IU	Lutein	2.5 mg
Vitamin D3	200 IU		
Vitamin E	30 IU		
Thiamine (B1)	.48 mg		
Riboflavin (B2)	2 mg		

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

Other Ingredients: Natural orange and vanilla flavors, banana powder, citric acid
Product contains natural sources of iron and sodium



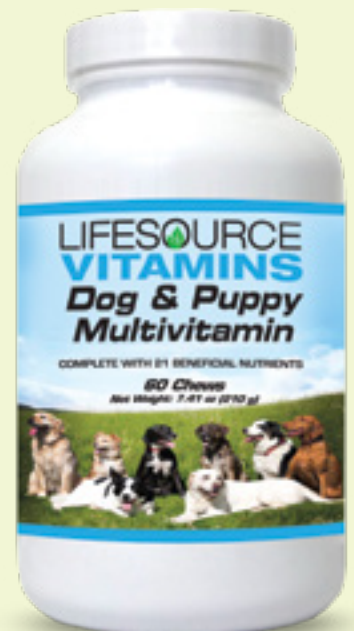
NEW

P Dog & Puppy Multi Vitamin Chewable

60 Chewables - \$14.99 Per Bottle

- Dogs benefit from a multi-vitamin much the same way people do
- Features a wide range of nutrients to complement today's diets
- Delicious vegetable flavor perfect for dogs with protein sensitivities

Guaranteed Analysis		Guaranteed Analysis	
Moisture (Max)	8%	Vitamin A	1000 IU
Methionine	10 mg	Vitamin D3	100 IU
Calcium (3.2%) (max 3.52%)	112 mg	Vitamin E	15 IU
Phosphorus (1.6%) (max 1.76%)	56 mg	Thiamine (Vitamin B1)	.2 mg
Potassium (.43%)	15 mg	Riboflavin (Vitamin B2)	1 mg
Magnesium (.14%)	5 mg	Pantothenic Acid	4 mg
Iron (857 ppm)	3 mg	Niacin	5 mg
Copper (86 ppm)	.3 mg	Pyridoxine (Vitamin B6)	.4 mg
Manganese (286 ppm)	1 mg	Folic Acid	.08 mg
Zinc (857 ppm)	3 mg	Vitamin B12	.008 mg
Iodine (14.3 ppm)	.05 mg	Ascorbic Acid (Vitamin C)	25 mg



P Liquid Glucosamine For Dogs

32 fl. oz. - \$24.99 Per Bottle

With virtually every move that we make, our joints are being stressed. The same is true for your dog. LifeSource Vitamins Glucosamine for Dogs provides a fast and convenient way to replenish joint tissues and promote normal movement while protecting their healthy cartilage from potential future damage. To increase absorption and functionality, we've added ultra-purified MSM to provide the purest form of sulfur needed for structural integrity of joint cartilage.

Pets are family members too, and we know how important it is for everyone in your family to be healthy. Young or old, big or small, this dog supplement is shown to absorb more quickly and efficiently than pills or tablets, offering faster results. Just mix in their food, water or undiluted for the long-term mobility and health of your dog.

PRODUCT FACTS

Active Ingredients Per Fluid Ounce

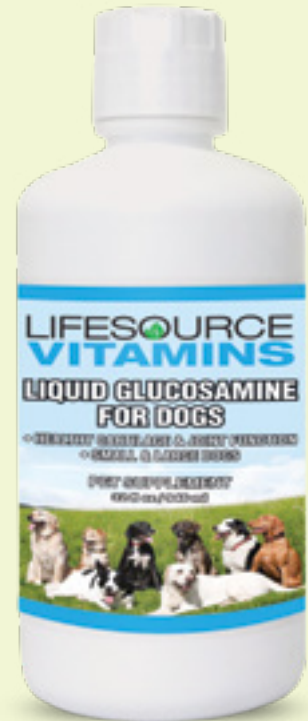
	Amount per Serving:	DV%
Glucosamine HCL (shellfish)	1,600 mg	
Chondroitin Sulfate (beef and/or porcine)	1,200 mg	
MSM (Methyl-sulfonylmethane 99.9%)	1,000 mg	
Manganese Chelate	7 mg	
Hyaluronic Acid (as Sodium Hyaluronate)	10 mg	

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

Inactive Ingredients: 100% Pure Aloe Vera Juice, Citric Acid, Potassium Sorbate, Purified Water, Sodium Benzoate, Stevia, Vegetable Glycerin

Contains no sugar, starch, salt, wheat, gluten, yeast, corn, milk or soy derivatives

Suggested usage: Take directly before or after a meal



P Liquid Stress Relief For Pets (Dogs & Cats)

2 fl. oz. - \$19.99
Per Bottle



LifeSource Vitamins cares about our pets and the quality of life they are living. Dogs and Cats can suffer greatly when traveling, going to the vet, or even experiencing loud noises in your home. We have developed a natural way to help your pet maintain calm behavior during stressful situations without reducing alertness. Designed for dogs, cats, or other small companion animals. This product contains 100% human grade ingredients, and is a natural blend of herbs, vitamins and amino acids in a delicious organic beef flavor.

PRODUCT FACTS

Active Ingredients Per 1 ml

Amount per Serving:

Proprietary Blend:

L-Theanine, GABA, Valerian Root, Chamomile, Lemon Balm, Passionflower, Hops, Lithothamnion, Ashwagandha root and leaf extract, Maitake fruit body extract	250 mg
Thiamine HCL	50 mg
Ascorbic Acid (Vitamin C)	10 mg
Inactive Ingredients: Beef Liver Powder, Citric Acid, Organic Beef Flavor, Potassium Sorbate, Purified Water, Vegetable Glycerin USP, Xanthan Gum	

Contains no sugar, wheat, gluten, yeast, milk or soy derivatives

Suggested usage: Take during times of increased stress

NEW

CBD Dog Chews (Full Spectrum)

30 Chews - \$29.99



LifeSource Vitamins CBD Dog Chews feature 10mg of CBD per chew to promote the wellness of your pet, naturally. Each chew is a delicious snack designed to support their physical & mental well-being through human-grade ingredients like peanut butter, coconut oil, and non-GMO hemp. With just 7-ingredients, this wholesome vegan goodie will surely be essential in your pet care arsenal!

SUPPLEMENT FACTS

Serving Size: 1 Chew

Servings Per Container: 30

	Amt/Serving	DV%*
Full-Spectrum Hemp Oil	10 mg	

Other Ingredients: Organic Almond Butter, Organic Apple Sauce, Organic Coconut Oil, Organic Oat Flour, Potassium Sorbate, Sodium Propionate, Water

ESSENTIAL OILS

SINGLE OILS:

Cinnamon Leaf Oil

.5 fl oz - \$6.99



Ingredients: Cinnamon Leaf
Aroma: Spicy
Benefits: Immunostimulant, Antibacterial, Anti-inflammatory

Lemon Oil

1 fl oz - \$8.99



Ingredients: 100% Pure Lemon Oil
Aroma: Fresh Lemon Peel
Benefits: Refreshing, Cheerful, Uplifting

Clary Sage Oil

.5 fl oz - \$22.99



Ingredients: Clary Sage
Aroma: Herbaceous
Benefits: Antidepressant, Antibacterial, Anti-inflammatory, Analgesic

Orange Oil

1 fl oz - \$8.99



Ingredients: 100% Pure Orange Oil
Aroma: Fresh, Sweet Orange Peel
Benefits: Refreshing, Uplifting, Invigorating

Clove Oil

1 fl oz - \$8.99



Ingredients: 100% Pure Clove Oil
Aroma: Warm, Pungent
Benefits: Warming, Soothing, Comforting

Oregano Oil

1 fl oz - \$26.99



Ingredients: 100% Pure Oregano Oil
Aroma: Spicy, Camphoraceous
Benefits: Purifying, Comforting, Invigorating

Eucalyptus Oil

1 fl oz - \$6.99



Ingredients: 100% Pure Eucalyptus Oil
Aroma: Strong Aromatic, Camphoraceous
Benefits: Revitalizing, Invigorating, Clarifying

Peppermint Oil

1 fl oz - \$8.99



Ingredients: 100% Pure Peppermint Oil
Aroma: Fresh, Strong Mint
Benefits: Revitalizing, Invigorating, Cooling

Frankincense & Myrrh Oil

.5 fl oz - \$22.99



Ingredients: Omani Frankincense & Dark Kenyan Myrrh
Benefits: Antifungal, Analgesic, Cicatizant (skin healing)

Tea Tree Oil

1 fl oz - \$9.99



Ingredients: 100% Pure Tea Tree Oil
Aroma: Potent, Warm, Spicy
Benefits: Cleansing, Purifying, Renewing

Lavender Oil

1 fl oz - \$11.99



Ingredients: 100% Pure Lavender Oil
Aroma: Floral
Benefits: Soothing, Normalizing, Balancing

Turmeric Oil

.5 fl oz - \$11.99



Ingredients: 100% Pure Turmeric Oil
Aroma: Warm, Spicy, Earthy
Benefits: Potent Immunostimulant and Has Analgesic and Anti-Inflammatory Properties

ESSENTIAL OIL BLENDS

Allergy Assist Blend

.5 fl oz - \$11.99



Ingredients: Fir Balsam, Peppermint, Eucalyptus, Cedarwood Blood
Benefits: Diffuse or Inhale to Prevent Nasal Allergies

NEW

All-Natural Hand Sanitizer

2 fl oz - \$3.99



- Convenient Pump Bottle
- 60% Alcohol Content (as recommended by the CDC)
- Moisturizing w/Pure Aloe Juice
- Essential Oils such as Lemon Eucalyptus, Oregano, Clove, Thyme, and Rosemary make this the best smelling hand sanitizer you will ever use!!!

Breath Deep Blend

.5 fl oz - \$9.99



Ingredients: Camphor, Eucalyptus, Peppermint, Thyme, Pine
Benefits: Helps to Open up the Bronchial Airways

Cheerful Mind Blend

.5 fl oz - \$9.99



Ingredients: Citrus Oils, Floral Extracts, Peppermint & a Hint of Melissa Oil
Benefits: Lifts Your Spirits and Makes You Smile

Peaceful Heart Blend

.5 fl oz - \$11.99



Ingredients: Mandarin Red, Bergamot, & Lavender
Benefits: Helps to Calm the Mind

Endless Energy Blend

.5 fl oz - \$11.99



Ingredients: Rosemary, Eucalyptus, Peppermint, Ravensara
Benefits: Energy Booster

Quiet Tummy Blend

.5 fl oz - \$11.99



Ingredients: Ginger, Lavender, Peppermint, & Spearmint
Benefits: Helps to Calm the Stomach

Headache Relief Blend

.5 fl oz - \$9.99



Ingredients: Peppermint, Lavender, & Birch
Benefits: Helps Relieve the Pain Associated with Headaches

Sharp Mind Blend

.5 fl oz - \$9.99



Ingredients: Peppermint, Lemon, & Rosemary
Benefits: Mental Clarity

Healthy Home Blend

.5 fl oz - \$16.99



Ingredients: Clove, Lemon, Cinnamon Bark, Eucalyptus & Rosemary
Benefits: Antiviral, Immunosuppressant

Sleepy Time Blend

.5 fl oz - \$9.99



Ingredients: Marjoram, Cedarwood Blood, & Lavender
Benefits: Sleep Aid

ESSENTIAL OIL ROLL-ON'S:

Breathe Deep

.3 fl oz - \$9.99



Ingredients:

Camphor,
Eucalyptus,
Peppermint, Thyme &
Pine (Coconut Base)

Uses: Roll Onto Chest
to Ease Breathing

Muscle Soother

.3 fl oz - \$9.99



Ingredients:

Eucalyptus,
Peppermint &
Camphor (Coconut
Base)

Uses: Roll onto
Affected Area &
Massage Gently

Bug Free

.3 fl oz - \$11.99



Ingredients:

Lemongrass,
Eucalyptus, Lavender,
Citronella & Palmarosa
(Coconut Base)

Uses: Apply to Pulse
Points and Skin that is
Exposed and Prone to
Insect Bites

Skin Healer

.3 fl oz - \$8.99



Ingredients:

Lavender,
Peppermint,
Palmarosa & Patchouli
(Coconut Base)

Uses: Apply to Insect
Bites, Skin Rashes, or
Itchy Dry Skin

Lavender

.3 fl oz - \$11.99



Ingredients: Lavender
(Coconut Base)

Uses: Apply to Insect
Bites, Cuts, or Scrapes

Stress Detox

.3 fl oz - \$11.99



Ingredients: Wild
Crafted Lavender,
Peppermint, Rosemary,
Eucalyptus, Fir,
Niaouliu & Tea Tree
(Cocount Base)

Use: To Relieve Tension,
which the Body Usually
Stores in the Neck,
Shoulders, or Near
the Jawline

Migraine Rescue

.3 fl oz - \$11.99



Ingredients:

Bergamot,
Frankincense,
Peppermint,
Lavender & Calamus
(Coconut Base)

Uses: Roll onto
Fingertips to Apply to
Temples, Jawline, and
Back of Neck

Women's Best Friend

.3 fl. oz. \$12.99



Ingredients:

Bergamot, Lavender,
Cypress and
Marjoram

Uses: Apply directly
to the abdomen for
the relief of menstrual
cramping

CARRIER OILS:

Carrier Oils are used in
aromatherapy to dilute
essential oils

Fractionated Coconut Oil

4 oz - \$8.99



Grapeseed Oil

4 oz - \$6.99



Golden Jojoba Oil

4 oz - \$16.99



Sweet Almond Oil

4 oz - \$7.99



LIFESOURCE ESSENTIALS HAIR & BODY CARE

P Daily Rejuvenation Omega-3 Shampoo



Sulfate Free and Paraben free
12 fl oz / 354 ml - \$15.99

Tested & Proven Trichogen!

An amazing stimulating shampoo that is tested and proven to get hair healthy and growing. Great for thinning hair, hair loss and problem hair. Blocks DHT hormone that causes hair loss. All hair types. Daily Rejuvenation Shampoo is scientifically designed to help men & women Retain and Regrow their hair. For Daily Rejuvenation Shampoo, 2nd paragraph, change to "Daily Rejuvenation Shampoo is scientifically designed to help men & women Retain and Regrow their hair."

***Ingredients:** Water, Disodium Laureth Sulfosuccinate (and) Disodium Cocoamphodiacetate, Cocamidyl Propyl Betaine, Cocamide DEA, DL Panthenol, Acetamide MEA, Hydrolyzed Keratin, Sorbitol, Sodium Cocoyl Collagen Amino Acid, Cocoyl Sarcosine, Wheat Germ Acid, Wheat Germ Oil, Linolenic Acid, Linoleic Acid, Sulfur, Polysorbate 80, Oleth-10, Jojoba Oil, Tocopheryl Acetate, Hydrolyzed Glycosaminoglycans, Glycerin, Glycol Stearate, Panax Ginseng Root Extract (and) Arginine (and) Acetyl Tyrosine (and) Articum Majus Root Extract (and) Hydrolyzed Soy Protein (and) Polyquaternium-11 (and) PEG 12 Dimethicone (and) Calcium Pantothenate (and) Zinc Gluconate (and) Niacinamide (and) Ornithine HCL (and) Citrulline (and) Glucosamine HCl (and) Biotin, Hydrolyzed Silk Protein, Jojoba Oil, Emu Oil, Fragrance Oil, Essential Oil, Tetrasodium EDTA, Citric Acid, PEG-150, PEG-6 Capric/Caprylic Glycerides, Germall Plus (Paraben-Free Preservative) unflavored, All Natural Cocoa and Vanilla extracts and Stevia.

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

Heavenly Scented Gourmet Soaps



LifeSource makes all of our old-fashioned high quality soaps by hand using only the finest ingredients. We blend olive, palm and coconut oils with extra emollients such as avocado oil, cocoa butter, shea butter and jojoba oil to create gentle bars which give a silky feeling to your skin. You'll definitely notice the difference! Great for men, women and children, the entire family! Experience a simple pleasure from a simpler time. LifeSource's Gourmet Soap is truly skin nutrition!

Our Gourmet Soaps use organically-grown herbs from the garden and pure essential oils to provide color, special healing qualities and fragrance. LifeSource's Gourmet Soaps are created using the highest quality cosmeceutical grade fragrance oils providing unique soaps that would generally only be found in high end boutiques. Each hand-cut bar is unique in shape, color and texture, making our soaps a delight to all of the senses.

- No harmful chemicals or detergents
- Last longer than other store bought brands
- Actually nutritious for the skin
- Clears up itchy spots, sores and skin irritations
- Safe for Rosacea
- No Sodium Lauryl Sulfates
- No sodium of any kind.
- Soaps that are beneficial to you and your families health, not harmful!

1 BAR - \$5.99 EA

4 + BARS - \$4.79 EA - SAVE 20%

CHOOSE FROM 30+ AMAZING SCENTS

APPLE JACK
BAY RUM
CLEAN BREEZE
COCONUT BLISS
COOL WATER
EUCALYPTUS THYME
FRANKINCENSE & MYRRH
FLORIDA BEACH
FRESH LINEN
GARDENIA
GREEN TEA
LAVENDER
LAVENDER LEMON PATCHOULI
LEMONGRASS
LILAC

NEEM PLUS
OATMEAL ALMOND
OATMEAL MILK & HONEY
PUMPKIN SPICE
SANDALWOOD
SIMPLY CITRUS
SPA BLISS
STRESS RELIEF
SWEET BERRIES
TEA TREE & PEPPERMINT
VANILLA LAVENDER
VICTORIAN ROSE

P Daily Rejuvenation Omega-3 Conditioner



12 fl oz / 354 ml - \$15.99

This is a light, everyday conditioner that will not weigh your hair down. Great for thin and/or fine hair. Makes combing easier and gives your hair a healthy shine.

Ingredients: Water, Behentrimonium Methosulfate, Cetearyl Alcohol, Panthenol, Emu Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Panax Ginseng Root Extract (and) Arginine (and) Acetyl Tyrosine (and) Articum Majus Root Extract (and) Hydrolyzed Soy Protein (and) Polyquaternium-11 (and) PEG 12 Dimethicone (and) Calcium Pantothenate (and) Zinc Gluconate (and) Niacinamide (and) Ornithine HCL (and) Citrulline (and) Glucosamine HCl (and) Biotin Fragrance Oil Derivative, Germall Plus (Paraben-Free Preservative)

EVERYDAY USE FOR MEN & WOMEN.

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

ITEM #	NEW FOR 2020-2021	PAGE
ACER001	Ultra Acerola-C	3
ACER002	Ultra Acerola-C Powder (COMING SOON)	n/a
SANT001	All-Natural Hand Sanitizer	75
VITC012	Vitamin C 1,000 mg Capsules	10
VITC011	Vitamin C Crystals 8.8oz (VALUE SIZE)	10
VITC014	Vitamin C Complete	10
CALC005	Algae-Based Calcium	11
BERB001	Berberine (AVAILABLE SEPTEMBER 2020)	n/a
BONE004	Ultra Bone Builder (VALUE SIZE)	11
BOSW001	Boswellia (AVAILABLE SEPTEMBER 2020)	n/a
PETT007	CBD Dog Chews	73
CBDD001	CBD Full Spectrum Liquid	12
CBDD007	CBD Softgels	12
COQQ010	CoQ10 200mg	16
UBIQ003	Ubiquinol CoQ10 100mg	16
VITD006	Vitamin D3 5000 IU CAPSULES	17
VITD007	Vitamin D3 10,000 IU	17
VITD008	Vitamin D3 Complex, Vegan (AVAILABLE SEPTEMBER 2020)	n/a
PETT006	Dog & Puppy Multi Vitamin Chewable	72
ELDE001	Elderberry w/Zinc Lozenges	19
GARL003	Garlic & Parsley	22
GUMM014	Hair Skin & Nails Gummies w/Collagen	25
HEAL005	Healthy Home Essential Oil Roll-on (AVAILABLE SEPTEMBER 2020)	n/a
IMMU003	Immune Plus	27
DOPH010	Kid's & Teen's Probiotic Powder (AVAILABLE SEPTEMBER 2020)	n/a
GUMM015	Lutein Gummies (COMING OCTOBER 2020)	n/a
MACA003	Maca Liquid Extract (AVAILABLE SEPTEMBER 2020)	n/a
MAGN006	Magnesium Complete	30
MCTO003	MCT Oil Powder	30
MELA006	Melatonin 10mg	31
GUMM008	Melatonin Gummies (AVAILABLE SEPTEMBER 2020)	n/a
MUSH002	Mushroom Master Liquid Extract (AVAILABLE SEPTEMBER 2020)	n/a
OREG003	Oregano Oil (wild) 1 fl. oz	71
PREW002	Pre-Workout Extreme	n/a
SAWP002	Saw Palmetto Liquid Extract 1 fl. oz.	71
OMEG011	Superior Omega-3 w/Vitamin D3	51
SQUA001	Squalene (Shark Liver Oil)	60
ZINC006	Zinc Chelated Tablets	64
ZINC002	Zinc Lozenges	64
ZINC005	Zinc Chelated Liquid w/Elderberry	64

ITEM #	AMINO ACIDS	PAGE
AMIN001	Aminos, Ultra	5
BCAA001	Branched Chain Amino Acids (BCAA)	8
CARN002	L- Carnitine Liquid	28
LARG001	L-Arginine	28
GLUT001	L-Glutamine	28
GLUT002	L-Glutathione	24
LYSI001	L-Lysine	28
TAUR001	L-Taurine	61
THEA001	L-Theanine	28
TRYP001	L-Tryptophan	29
HGHP001	Maximum HGH Powder	26

ITEM #	ANTIOXIDANTS	PAGE
ACAI003	Acai Super Berry Antioxidant Liquid Extract	68
ACER001	Ultra Acerola-C	3
ALPH001	Alpha Lipoic Acid	5
SUPA001	Antioxidant Supreme	5
ASTA001	Astaxanthin (Extra Strength) 10mg	6
ASTA002	Astaxanthin 4 mg	6
BARP001	Barley Grass Powder (Organic)	7
BEEP001	Bee Pollen	8
BEET001	Beet Root Powder (Organic)	8
BETA002	Beta Carotene	8
BETA003	Beta Glucan with Maitake Extract	8
BLUE001	Blue & Purple Phyto Foods Powder	54
VITC012	Vitamin C Chewables	10
VITC010	Vitamin C Liquid	70
VITC008	Superior C 500mg	10
VITC001	Vitamin C 1000 mg Tablets	10
VITC012	Vitamin C 1,000 mg Capsules	10

ITEM #	ANTIOXIDANTS	PAGE
GUMM006	Vitamin C 250mg Gummies	10
VITC005	Vitamin C Crystals	10
VITC004	Vitamin C with Rose Hips, 500mg	10
VITC014	Vitamin C Complete	10
CBDD001	CBD Full Spectrum Liquid	12
CBDD004	CBD Full Spectrum Capsules	12
CBDD007	CBD Full Spectrum Softgels	12
CINN001	Cinnamon Bark	14
COQQ006	CoQ10 50mg plus Vitamin E	16
COQQ004	CoQ10 100mg plus Vitamin E	16
COQQ010	CoQ10 200mg	16
COQQ005	CoQ10 High Potency 400mg	16
UBIQ001	Ubiquinol CoQ10 50mg	16
UBIQ003	Ubiquinol CoQ10 100mg	16
CURC001	Curcumin Extract	17
VITE001	Vitamin E 400 IU	19
GINK001	Ginkgo Biloba	22
GLUT002	L-Glutathione	24
GRAP002	Grape Seed Extract	24
GREE003	Green Phyto Capsules	55
GREE001	Green Phyto Foods Powder	55
GRNT001	Green Tea Extract	24
IMMU003	Immune Plus	27
LUTE001	Lutein Esters	29
LYCO001	Lycopene	29
NACX001	NAC	35
ORAN001	Orange Phyto Foods w/CoQ10	54
OREG001	Oregano Oil Softgels	50
OREG003	Oregano Oil (wild) 1 fl. oz	71
PYCN001	Pycnogenol	58
QUER002	Quercetin Complex	59
REDS001	Red Phyto Foods Powder	53
RESV001	Resveratrol Plus	59
SELE001	Selenium	60
SILY001	Silymarin (Milk Thistle Extract)	34
SPIR001	Spirulina Tablets	60
SPIR002	Spirulina Powder (Organic)	60
TART002	Tart Cherry w/Turmeric	61
TURM002	Turmeric Advanced	62
TURM003	Turmeric Advanced Powder 1,000 mg	62
TURM005	Turmeric Liquid Capsules	62
WHEA001	Wheatgrass Powder (Organic)	63
ZINC001	Zinc Picolinate 50mg	64
ZINC006	Zinc Chelated Tablets	64
ZINC002	Zinc Lozenges	64
ZINC005	Zinc Chelated Liquid w/Elderberry	64

ITEM #	BRAIN HEALTH	PAGE
ACET001	Acetyl L-Carnitine	3
ASHW001	Ashwagandha Capsules	6
ASHW002	Ashwagandha Liquid Extract	68
BLUE001	Blue & Purple Phyto Foods Powder	54
CHOB001	Choline Bitartrate	13
GABA001	Gaba+ B6	22
GINK001	Ginkgo Biloba	22
PANA001	Panax Ginseng	23
GLUT002	L-Glutathione	24
LECI001	Lecithin	29
BRAI001	Memory Enhancer & Brain Connector	31
BRAI003	Memory Enhancer & Brain Connector Liquid	31
CODL001	Cod Liver Oil (Double Strength)	14
OMEG011	Superior Omega-3 w/Vitamin D3	51
KRIL001	Neptune Krill Oil	50
OMEG001	Omega 3 Super EPA/DHA	51
GUMM005	Omega 3 w/DHA Gummies	51
OMEG002	SUPER Omega 3-6-9	50
OMEG009	Omega 3 High Potency Liquid (Lightly Sweet)	51
OMEG003	ULTRA Omega 3	50
PHOS001	Phosphatidyl Serine Complex	52

ITEM #	EYE HEALTH	PAGE
ASTA001	Astaxanthin (Extra Strength) 10mg	6
ASTA002	Astaxanthin 4 mg	6
BETA002	Beta Carotene	8
BILB001	Bilberry Extract Plus	8
HYAL001	Hyaluronic Acid	26
LUTE001	Lutein Esters	29
LYCO001	Lycopene	29
VISI001	Vision Formula	63

ITEM #	FORMULAS	PAGE
ALLE001	Allergy Support	4
ANTI001	Antibiotic, All Natural	4
SUPA001	Antioxidant Supreme	5
ARTH001	Arthritis Relief & Joint Rebuilder	5
ASPR001	Aspirin, All Natural	5
BLOO001	Blood Sugar Control	5
BRON001	Bronchial Support	9
CHOL001	Cholesterol Support	13
DIET001	Diet & Energy	18
FIBR001	Fibroid Formula	21
GICO001	G.I. & Colon Support	23
HEAR001	Heart & Vascular Support	25
HGHT001	HGH Formula Tablets	26
HOOD001	Hoodia Complex	26
IMMU003	Immune Plus	27
BRAI001	Memory Enhancer & Brain Connector	33
BRAI003	Memory Enhancer & Brain Connector Liquid	33
POTE001	Men's Potency	34
PANC001	Pancreas Health	52
PROS001	ProstaPlex	58
STRE001	Stress Relief Formula	53
THER001	Thermo Lean	61
VISI001	Vision Formula	63

ITEM #	GUMMIES	PAGE
GUMM006	Vitamin C 250mg Gummies	10
GUMM003	Vitamin D-3 2000 IU Gummies	17
GUMM012	Elderberry Gummies	19
GUMM007	Ultra Fiber Gummies	21
GUMM014	Ultra Hair, Skin & Nails Gummies w/Collagen	25
GUMM002	Adult Multivitamin Gummies	39
GUMM001	Kid's & Teen's Multivitamins Gummies	46
GUMM005	Omega 3 w/DHA Gummies	51
GUMM013	Probiotic Gummies	57

ITEM #	GUT HEALTH	PAGE
ACID001	Acid Reducer with Enzymes	3
ALOE001	Aloe Vera Juice Concentrate	4
ALOE002	Aloe Vera Softgels	4
BLAC002	Black Seed Oil Liquid Capsules	9
BLAC003	Black Cumin Seed Oil 4 oz.	68
CANC001	Candida Cleanse	12
CHAR001	Charcoal	13
CHLO001	Chlorella	13
CHLO002	Chlorophyll Liquid	13
COLO001	Colon Cleanse	15
VITD001	Vitamin D-3 1000 IU	17
VITD003	Vitamin D-3 5000 IU	17
VITD007	Vitamin D3 10,000 IU	17
VITD004	Vitamin D3 Liquid, 1000 IU	17
ULTR005	Dairy Digest (Ultra)	63
DIGE001	Digest-Ease Liquid Extract	68
PAPA002	Papaya Enzymes Advanced	20
ENZY001	Super Enzyme Caps	20
FIBE001	Clear Fiber	21
GUMM007	Ultra Fiber Gummies	21
GICO001	GI & Colon Support	23
GING001	Ginger Root	22
GING002	Ginger Fresh Liquid Extract	69
GLUT003	Gluten-Ade	24
GLUT001	L-Glutamine	28
MUSH001	Max Mushroom Wellness	35
MSMX001	MSM	35
MSMX003	MSM Powder	35
DOPH004	35 Billion Probiotic	56
DOPH006	100 Billion Probiotic	57
DOPH001	Dophilus Plus Probiotic	56
DOPH002	Kid's Dophilus Extra Strength Probiotic Chewables	57
DOPH007	Kid's Dophilus Probiotic Chewables	57
DOPH008	Probiotic Digestive Support	56
GUMM013	Probiotic Gummies	57
DOPH009	Women's 50 Billion Probiotic	57
PSYL001	Psyllium Husk Powder	58
TRIP001	Triphala	62
WHEA001	Wheatgrass Powder (Organic)	63

ITEM #	HEART HEALTH	PAGE
ASPI001	Aspirin, All Natural	5
ASTA002	Astaxanthin (Extra Strength) 10mg	6
ASTA001	Astaxanthin 4 mg	6
BEET001	Beet Root Powder	8
BLOO002	Blood Pressure Support	9
BLOO001	Blood Sugar Control	9
CAYE001	Cayenne	12
CHOL001	Cholesterol Support	13
CINN001	Cinnamon Bark	14
COQQ006	CoQ10 50mg plus Vitamin E	16
COQQ004	CoQ10 100mg plus Vitamin E	16
COQQ010	CoQ10 200mg	16
COQQ005	CoQ10 High Potency 400mg	16
UBIQ001	Ubiquinol 50mg	16
UBIQ003	Ubiquinol 100mg	16
FLAX001	Flax Oil Liquid	21
FLAX004	Flax Oil Softgels	22
GARL001	Garlic (Odorless)	22
GARL003	Garlic & Parsley	22
GRAP002	Grape Seed Extract	24
HAWB003	Hawthorn Berry	25
HAWB004	Hawthorn Liquid Extract	69
HEAR001	Heart & Vascular Support	25
VITK001	Vitamin K2 w/Vit D3	27
LARG001	L-Arginine	28
CARN001	L- Carnitine Liquid	28
CODL001	Cod Liver Oil (Double Strength)	14
OMEG011	Superior Omega-3 w/Vitamin D3	51
KRIL001	Neptune Krill Oil	50
OMEG001	Omega 3 Super EPA/DHA	51
GUMM005	Omega 3 w/DHA Gummies	51
OMEG002	SUPER Omega 3-6-9	50
OMEG009	Omega 3 High Potency Liquid (Lightly Sweet)	51
OMEG003	ULTRA Omega 3	50
POLI001	Policosanol	52
REDY001	Red Yeast Rice	59
REDY002	Red Yeast Rice w/CoQ10	59
RESV001	Resveratrol Plus 50mg 60 Veg Caps	59
SQUA001	Squalene (Shark Liver Oil)	60

ITEM #	INFLAMMATION	PAGE
ALLE001	Allergy Support	4
ASPI001	Aspirin, All Natural	5
ARTH002	Arthrigone Cream	5
ARTH001	Arthritis Relief & Joint Rebuilder	5
BLAC002	Black Seed Oil Liquid Capsules	9
BLAC003	Black Cumin Seed Oil 4 oz.	68
CAYE001	Cayenne	12
CBDD001	CBD Full Spectrum Liquid	12
CBDD004	CBD Full Spectrum Capsules	12
CBDD007	CBD Full Spectrum Softgels	12
CBDD002	CBD Topical Balm	13
CODL001	Cod Liver Oil (Double Strength)	14
COLL003	Collagen & Elastin Cream	15
COLL001	Collagen Liquid	14
COLL005	Collagen Peptides Powder	15
COLL002	Collagen Tablets	14
SILV002	Colloidal Silver Plus Topical Spray - 1 fl. oz.	68
CURC001	Curcumin Extract	17
FEVE001	Feverfew	21
FLAX004	Flax Oil Liquid	22
FLAX001	Flax Oil Softgels	21
GING001	Ginger Root	22
GING002	Ginger Fresh Liquid Extract	69
GLUC001	Glucosamine & Chondroitin Tablets	23
GLUC006	Glucosamine Sulfate & MSM (Vegetarian), 120 Tablets	23
GLUC002	Glucosamine, Chondroitin & MSM Liquid	23
GLUC007	Glucosamine Chondroitin Plus	23
INFL001	Inflacalm	27
MAGN003	Mellow Mag (Magnesium Carbonate Powder)	30
MAGN004	Calming - Magnesium Powder	30
MAGN001	Magnesium Citrate	30
MANG002	Magnesium Glycinate	30
MAGN006	Magnesium Complete	30
MSMX001	MSM	35
MSMX003	MSM Powder	35
OMEG011	Superior Omega-3 w/Vitamin D3	51

ITEM #	INFLAMMATION	PAGE
KRIL001	Neptune Krill Oil	50
OAKK001	Oak & Ivy Topical Spray (Organic) - 2 fl. oz.	71
OMEG001	Omega 3 Super EPA/DHA	51
GUMM005	Omega 3 w/DHA Gummies	51
OMEG002	SUPER Omega 3-6-9	50
OMEG009	Omega 3 High Potency Liquid (Lightly Sweet)	51
OMEG003	ULTRA Omega 3, 90 Softgels	50
DOPH004	35 Billion Probiotic	56
DOPH006	100 Billion Probiotic	57
DOPH001	Dophilus Plus Probiotic	56
PYCN001	Pycnogenol	58
QUER002	Quercetin Complex	59
RESV001	Resveratrol Plus	59
SHAR001	Shark Cartilage	60
SPIR001	Spirulina Tablets	60
SPIR002	Spirulina Powder (Organic)	60
TURM002	Turmeric Advanced	62
TURM005	Turmeric Root Liquid Capsules	62
TURM003	Turmeric Advanced Powder 1,000 mg	62
WHEA001	Wheatgrass Powder (Organic)	63

ITEM #	IMMUNE SYSTEM SUPPORT	PAGE
ACER001	Ultra Acerola-C	3
ALFA001	Alfalfa Tablets	4
SANT001	All-Natural Hand Sanitizer	75
ALLE001	Allergy Support	4
ANTI001	Antibiotic, All Natural	4
ASPI001	Aspirin, All Natural	5
ASTA002	Astaxanthin (Extra Strength) 10mg	6
ASTA001	Astaxanthin 4 mg	6
ASTR002	Astragalus Root	6
BETA003	Beta Glucan with Maitake Extract	8
BLAC002	Black Seed Oil Liquid Capsules	9
BLAC003	Black (Cumin) Seed Oil 4 oz.	68
BLUE001	Blue & Purple Phyto Foods Powder	54
BRON001	Bronchial Support	9
BRON002	Bronchial Syrup	68
VITC010	Liquid Vitamin C	70
VITC008	Superior C 500mg	10
VITC001	Vitamin C 1000 mg Tablets	10
VITC012	Vitamin C 1000 mg Capsules	10
GUMM006	Vitamin C 250mg Gummies	10
VITC002	Vitamin C Chewables	10
VITC005	Vitamin C Crystals	10
VITC004	Vitamin C with Rose Hips, 500mg	10
VITC014	Vitamin C Complete	10
CONG001	Congest-Eeze	15
CURC001	Curcumin Extract	17
VITC001	Vitamin D-3 1000 IU	17
GUMM003	Vitamin D-3 2000 IU Gummies	17
VITD003	Vitamin D-3 5000 IU	17
VITD007	Vitamin D3 10,000 IU	17
VITD004	Vitamin D3 Liquid, 1000 IU	17
ECHI002	Echinacea 1,000mg	19
ECHI004	Echinacea & Goldenseal Liquid Extract	68
ECHI003	Echinacea & Goldenseal Liquid Capsules	19
ELDE001	Elderberry w/Zinc Lozenges	19
ELDE003	Elderberry Liquid Extract	68
ELDE004	Elderberry Plus	19
GUMM012	Elderberry Plus Gummies	19
ELDE002	Elderberry Syrup (Organic)	19
ESIA001	Esiak (Canadian Tea)	20
GARL001	Garlic (Odorless)	22
GARL003	Garlic & Parsley	22
GREE003	Green Phyto Capsules	55
GREE001	Green Phyto Foods Powder	55
GLUT002	L-Glutathione	24
HEAL004	Healthy Home, Essential Oil	75
IMMU003	Immune Plus	27
IMMU001	Immune Support	26
IMMU002	Immuno Well Rx Liquid Extract	69
LYMP001	Lymph Tonic Liquid Extract	70
LYSI001	L-Lysine	28
MUSH001	Max Mushroom Wellness	35
MORE001	Moringa Leaf Extract	34
MORE005	Moringa Leaf Powder (Organic)	35
MULT001	Multi Vitamins (all varieties)	36-49
NACX001	NAC	35

ITEM #	IMMUNE SYSTEM SUPPORT	PAGE
OLIV002	Olive Leaf Extract	50
OLIV003	Olive Leaf Liquid Extract	71
ORAN001	Orange Phyto Foods w/CoQ10	54
OREG001	Oregano Oil	50
OREG003	Oregano Oil (Wild) 1 fl. oz.	71
DOPH004	35 Billion Probiotic	56
DOPH006	100 Billion Probiotic	57
DOPH001	Dophilus Plus Probiotic	56
DOPH008	Probiotic Digestive Support	56
GUMM013	Probiotic Gummies	57
QUER002	Quercetin Complex	59
REDS001	Red Phyto Foods Powder	55
RESP001	Respir-Ease Liquid Extract	71
SELE001	Selenium	60
SINU001	Sinus Blaster Spray	71
SPIR001	Spirulina Tablets	60
SPIR002	Spirulina Powder (Organic)	60
SQUA001	Squalene	60
THRO001	Throat Spray Relief	71
TURM002	Turmeric Advanced	62
TURM003	Turmeric Advanced Powder 1,000 mg	62
TURM005	Turmeric Root Liquid Capsules	62
ZINC001	Zinc Picolinate 50mg	64
ZINC006	Zinc Chelated Tablets	64
ZINC002	Zinc Lozenges	64
ZINC005	Zinc Chelated Liquid w/Elderberry	64

ITEM #	JOINT SUPPORT	PAGE
ARTH002	Arthrigone Cream	5
ARTH001	Arthritis Relief & Joint Rebuilder	5
CBDD002	CBD Topical Balm	13
COLL003	Collagen & Elastin Cream	14
COLL001	Collagen Liquid	14
COLL005	Collagen Peptides Powder	15
COLL002	Collagen Tablets	14
GLUC001	Glucosamine & Chondroitin Tablets	23
GLUC006	Glucosamine Sulfate & MSM (Vegetarian), 120 Tablets	23
GLUC002	Glucosamine, Chondroitin & MSM Liquid	23
GLUC007	Glucosamine Chondroitin Plus	23
HYAL001	Hyaluronic Acid	26
MSMX001	MSM	35
MSMX003	MSM Powder	35
SHAR001	Shark Cartilage	60

ITEM #	KIDS & TEENS	PAGE
GUMM006	Vitamin C 250mg Gummies	10
ELDE002	Elderberry Syrup (Organic)	19
GUMM007	Ultra Fiber Gummies	21
ENZY004	Kid's & Teen's Chewable Enzymes	20
CHIL002	Kid's & Teen's Multi Vitamin & Mineral Chewable Tablets	46
CHIL003	Kid's & Teen's Multi Vitamin & Mineral Liquid	47
GUMM001	Kid's & Teen's Multivitamins Gummies	46
TEEN001	Teen Multivitamin (Ultra)	47
KIDS001	Kid's & Teen's Aller Calm Liquid Extract	69
KIDS002	Kid's & Teen's Attention Plus Liquid Extract	69
KIDS003	Kid's & Teen's Biotic Liquid Extract	69
KIDS004	Kid's & Teen's Bronchial Liquid Extract	70
KIDS005	Kid's & Teen's Ear Clear Liquid Extract	70
KIDS006	Kid's & Teen's Echinacea Plus Liquid Extract	70
KIDS007	Kid's & Teen's Mellow Plus Liquid Extract	70
KIDS009	Kid's & Teen's Potty Helper Liquid Extract	70
KIDS008	Kid's & Teen's Vitamin D3 400 IU	70
OAKK001	Oak & Ivy Spray	70
GUMM005	Omega 3 w/DHA Gummies	51
KDHA001	Kid's & Teen's DHA	51
DOPH002	Kid's & Teen's Dophilus Extra Strength Probiotic Chewables	57
DOPH007	Kid's & Teen's Dophilus Probiotic Chewables	57
GUMM013	Probiotic Gummies	57

ITEM #	LETTERED VITAMINS	PAGE
BETA002	Beta Carotene (Vitamin A)	8
VITB008	Vitamin B6 100mg	6
VITB001	B-12 Liquid Complex	6
VITB011	Superior Methyl-B Complex	7
VITB004	Methyl B-12 1,000 mcg (Lozenges)	7

ITEM #	LETTERED VITAMINS	PAGE
VITB009	Methyl B-12 Liquid 2,500 mcg	7
VITB010	Methyl B-12 5000 mcg (Lozenges)	7
VITB003	Vitamin B-50 Complex	7
VITB006	Vitamin B-100 Complex	7
BIOT001	Biotin (Vitamin B7)	8
FOLI001	Folic Acid (B9) plus B-12	22
FOLI002	Methyl Folate 400 mcg (B9)	22
NIAC001	Niacin (Flush Free) (B3)	35
VITC010	Liquid Vitamin C	70
VITC008	Superior C 500mg	10
VITC001	Vitamin C 1000 mg Tablets	10
VITC012	Vitamin C 1,000 mg Capsules	10
GUMM006	Vitamin C 250mg Gummies	10
VITC002	Vitamin C Chewables	10
VITC005	Vitamin C Crystals	10
VITC004	Vitamin C with Rose Hips, 500mg	10
VITC014	Vitamin C Complete	10
VITD001	Vitamin D-3 1000 IU	17
GUMM003	Vitamin D-3 2000 IU Gummies	17
VITD003	Vitamin D-3 5000 IU	17
VITD007	Vitamin D3 10,000 IU	17
VITD007	Vitamin D3 Liquid, 1000 IU	17
VITE001	Vitamin E 400 IU	19
VITK001	Vitamin K2 w/D3	27

ITEM #	LIQUID SUPPLEMENTS	PAGE
ACAI003	Acai Super Berry Antioxidant Liquid Extract - 1 fl. oz.	68
ALLE003	Aller-Calm Liquid Extract (Organic) - 1 fl. oz.	68
ALOE001	Aloe Vera Juice (Concentrate) - 32 fl. oz. / 128 fl. oz.	4
ASHW002	Ashwagandha Liquid Extract (Organic) - 1 fl. oz.	68
VITB001	B12 Liquid Complex - 2 fl. oz.	6
VITB009	B12 Methyl-B 2,500 mcg - 2 fl. oz.	7
BLAC002	Black Cumin Seed Oil Liquid (Organic) - 4 fl. oz.	68
BREA003	Breath Spray - Peppermint Plus - 1 fl. oz.	71
BRON001	Bronchial Support - 8 fl. oz.	9
BRON002	Bronchial Syrup (Organic) - 4 fl. oz.	68
VITC010	Vitamin C Liquid - 4 fl. oz.	70
CBDD001	CBD Oil (Full Spectrum) Liquid (Organic) - 1 fl. oz.	12
CMIN001	Colloidal Minerals - 32 fl. oz.	15
SILV001	Colloidal Silver Plus Oral Drops - 1 fl. oz.	68
SILV002	Colloidal Silver Plus Topical Spray - 1 fl. oz.	68
CALC003	Liquid Cal/Mag (Orange/Vanilla) - 32 fl. oz.	11
CHLO002	Chlorophyll Liquid - 16 fl. oz.	13
COLL001	Collagen Liquid - 16 fl. oz.	14
VITD004	D3 Liquid 1,000 IU - 1 fl. oz.	17
DAND001	Dandelion Liquid Extract (Organic) - 1 fl. oz.	68
DEER002	Deer Antler Spray - 2 fl. oz.	18
DETO001	Detoxify Liquid Extract (Organic) - 1 fl. oz.	68
DIGE001	Digest-Ease Liquid Extract (Organic) - 1 fl. oz.	68
ECHI004	Echinacea-Goldenseal Liquid Extract (Organic) - 1 fl. oz.	68
ELDE002	Elderberry Syrup (Organic) 4 fl. oz.	19
ELDE003	Elderberry Liquid Extract (Organic) - 1 fl. oz.	68
FEMS001	Fem Silver Liquid Extract (Organic) - 1 fl. oz.	69
FLAX004	Flax Seed Oil (Organic) - 16 fl. oz.	22
GING002	Ginger Fresh Liquid Extract (Organic) - 1 fl. oz.	69
GINO001	Ginseng Master Liquid Extract (Organic) - 1 fl. oz.	69
GLUC002	Glucosamine, Chondroitin & MSM Liquid - 16 fl. oz.	23
GUMT001	Gum Tonic Liquid Extract (Organic) - 1 fl. oz.	69
HAWB004	Hawthorn Liquid Extract (Organic) - 1 fl. oz.	69
HEAD002	Head-Aid Liquid Extract (Organic) - 1 fl. oz.	69
IMMU002	Immuno-Well RX Liquid Extract - 1 fl. oz.	69
IODI001	Iodine (w/Kelp) Liquid Extract (Organic) - 2 fl. oz.	69
KAVA002	Kava Root Liquid Extract - 1 fl. oz.	69
CHIL003	Kid's & Teen's Liquid Multi Vitamin - 16 fl. oz.	47
KIDS001	Kid's & Teen's Aller Calm Liquid Extract	69

ITEM #	LIQUID SUPPLEMENTS	PAGE
KIDS002	Kid's & Teen's Attention Plus Liquid Extract	69
KIDS003	Kid's & Teen's Biotic Liquid Extract	69
KIDS004	Kid's & Teen's Bronchial Liquid Extract	70
KIDS005	Kid's & Teen's Ear Clear Liquid Extract	70
KIDS006	Kid's & Teen's Echinacea Plus Liquid Extract	70
KIDS007	Kid's & Teen's Mellow Plus Liquid Extract	70
KIDS009	Kid's & Teen's Potty Helper Liquid Extract	70
KIDS008	Kid's & Teen's Vitamin D3 400 IU	70
CARN002	L-Carnitine Liquid - 16 fl. oz.	28
MULT003	Liquid Essentials Multi Vitamin - 16 fl. oz.	39
MULT002	Liquid Multi Vitamin & Immune Booster - 32 fl. oz.	37
LUST001	Lustrous Hair Liquid Extract - 2 fl. oz.	70
LYMP001	Lymph Tonic Liquid Extract (Organic) - 1 fl. oz.	70
MALE001	Male Virility Liquid Extract - 1 fl. oz.	70
BRAI003	Memory Enhancer & Brain Connector Liquid - 32 fl. oz.	31
MENS008	Men's Silver Liquid Extract (Organic) - 1 fl. oz.	70
MCTO001	MCT Oil - 32 fl. oz.	30
OAKK001	Oak & Ivy Topical Spray (Organic) - 2 fl. oz.	70
OLIV003	Olive Leaf Liquid Extract (Organic) - 1 fl. oz.	71
OMEG009	Omega-3, Liquid High Potency - 8.5 fl. oz.	51
OREG003	Oregano Oil (wild) 1 fl. oz.	71
RELA001	Relax Liquid Extract (Organic) - 1 fl. oz.	71
RESP001	Respir-Ease Liquid Extract (Organic) - 1 fl. oz.	71
SAWP002	Saw Palmetto Liquid Extract 1 fl. oz.	71
SINU001	Sinus Blaster Spray (Organic) - 1 fl. oz.	71
STEV002	Stevia Liquid - Pure 2 fl. oz.	61
STEV003	Stevia Liquid - Various Flavors - 2 fl. oz.	61
THRO001	Throat Spray Relief (Organic) - 1 fl. oz.	71
TURM006	Turmeric Liquid Extract (Organic) - 1 fl. oz.	71
UTBA001	UT Balance Liquid Extract (Organic) - 1 fl. oz.	71
VALE002	Valerian Liquid Extract (Organic) - 1 fl. oz.	71
WOME008	Women's Energy Balance Liquid Extract (Organic) - 1 fl. oz.	71
ZINC005	Zinc Chelated Liquid w/Elderberry	64

ITEM #	MENS HEALTH	PAGE
BETA001	Beta-Sitosterol Plant Sterols	8
DEER002	Deer Antler Velvet with IGF-1 Spray (New Formula)	18
HGHT001	HGH Formula	26
HGHP001	Maximum HGH Powder	26
LYCO001	Lycopene	29
MACA001	Maca	29
MACA002	Maca Powder (Organic)	29
MALE001	Male Virility Liquid Extract	70
MENS006	Men's Once Daily Advanced	41
POTE001	Men's Potency	34
SENI002	Men's Senior Multi, 180 Tablets	48
MENS008	Men's Silver Liquid Extract	70
MENS001	Men's Superior Multi Vitamin Softgels	40
MENS002	Men's Superior Multi Vitamin Capsules	40
MENS004	Men's Ultra Daily Pack	42
MENS005	Men's Ultra Sports Multi	41
VITA001	Men's Vitality, Ultra	34
PROSO01	ProstaPlex	58
SAWP001	Saw Palmetto	60
SAWP002	Saw Palmetto Liquid Extract 1 fl. oz.	71
TRIB001	Tribulus	62

ITEM #	MINERALS	PAGE
BONE001	Ultra Bone Builder	11
CALC004	Calcium Citrate Plus	11
SILV001	Colloidal Silver Plus Oral Drops	68
SILV002	Colloidal Silver Plus Topical Spray	68
CORA004	Coral Calcium Advanced	11
CALC003	Liquid Cal/Mag (Orange/Vanilla Flavor)	11
OYST001	Oyster Calcium, Magnesium & Vitamin D	11
CHRO001	Chromium Picolinate	14
CMIN001	Colloidal Minerals Liquid	15
IRON001	Iron Complex	27
MAGN001	Magnesium Citrate	30
MAGN002	Magnesium Glycinate	30
MAGN006	Magnesium Complete	30
MAGN003	Mellow Mag (Magnesium Carbonate Powder)	30

ITEM #	MINERALS	PAGE
MAGN004	Calming - Magnesium Powder	30
POTA001	Potassium	56
SELE001	Selenium	60
ZINC001	Zinc Picolinate 50mg	64
ZINC006	Zinc Chelated Tablets	64
ZINC002	Zinc Lozenges	64
ZINC005	Zinc Chelated Liquid w/Elderberry	64

ITEM #	MOOD & STRESS	PAGE
HTPP001	5-HTP	3
ADRE001	Adrenal Rx	4
ASHW001	Ashwagandha	6
ASHW002	Ashwagandha Liquid Extract (Organic) - 1 fl. oz.	68
CBDD001	CBD Full Spectrum Liquid 8.3mg	12
CBDD006	CBD Full Spectrum Liquid 16.6mg	12
CBDD003	CBD Full Spectrum Liquid 33.3mg	12
CBDD004	CBD Full Spectrum Capsules 10MG	12
CBDD007	CBD Full Spectrum Softgels 25MG	12
CORT001	Cortisol Support	15
GABA001	Gaba+ B6	22
KAVA002	Kava Root Liquid Extract	69
KAVA001	Kava Root Capsules	27
RELA001	Relax Liquid Extract	71
SAME001	SAM-e	59
STJO001	St. John's Wort	61
STRE001	Stress Relief Formula	61
THEA001	L-Theanine 200mg	28
TRYP001	L-Tryptophan	29
VALE001	Valerian Root	63
VALE002	Valerian Root Liquid Extract	71

ITEM #	MULTI VITAMINS	PAGE
GUMM002	Adult Multivitamin Gummies	39
MULT001	LifeSource Multi-Vitamin & Mineral Tablets	36
MULT002	Ultra Multi Liquid Vitamin & Immune Booster	37
MULT003	Liquid Essentials Multi Essential	39
MULT005	Ultra Multi Vitamin & Mineral Powder	38
MULT006	Ultra Multi Vitamin & Mineral Powder with Phyto Foods	38
CHIL002	Kid's & Teen's Multi Vitamin & Mineral Chewables	46
CHIL003	Kids & Teens Multi Vitamin & Mineral Liquid	47
GUMM001	Kid's & Teen's Multivitamins Gummies	46
TEEN001	Ultra Teen Multivitamin	47
MENS006	Men's Once Daily Advanced	41
MENS001	Men's Superior Multi Vitamin Softgels	40
MENS002	Men's Superior Multi Vitamin Capsules	40
MENS004	Men's Ultra Daily Pack	42
MENS005	Men's Ultra Sports Multi	41
SENI001	Senior Ultra Multi Vitamin & Mineral	49
SENI003	Women's Senior Multi-180 Tablets	48
SENI002	Men's Senior Multi, 180 Tablets	48
PREN001	Prenatal Multi Vitamin & Mineral w/DHA	45
WOME007	Women's Once Daily Advanced	45
WOME001	Women's Superior Multi Vitamins Softgels	44
WOME002	Women's Superior Multi Vitamins Tablets	44
WOME005	Women's Ultra Daily Pack	43

ITEM #	OMEGA	PAGES
CODL001	Cod Liver Oil (Double Strength)	14
EVEN001	Evening Primrose Oil	21
FLAX004	Flax Oil Liquid	22
FLAX001	Flax Oil Softgels	21
HEMP001	Hemp Seed Oil	25
KDHA001	Kid's DHA	51
KRIL001	Neptune Krill Oil	50
OMEG001	Omega 3 Super EPA/DHA	50
GUMM005	Omega 3 w/DHA Gummies	51
OMEG002	SUPER Omega 3-6-9	50
OMEG011	Superior Omega-3 w/Vitamin D3	51
OMEG003	ULTRA Omega 3	50
OMEG009	Omega 3 High Potency Liquid (Lightly Sweet)	51

ITEM #	PET PRODUCTS	PAGE
PETT001	Liquid Multi Vitamin & Minerals (Dogs & Puppies)	72
PETT006	Dog & Puppy Chewable Multi Vitamin	72
PETT002	Liquid Glucosamine for Dogs	73
PETT004	Liquid Stress Relief for Dogs & Cats	73
PETT007	CBD Dog Chews for Dogs	73

ITEM #	PHYTO POWDERS	PAGE
BARL001	Barley Grass Powder (Organic)	7
BEET001	Beet Root Powder (Organic)	8
BLUE001	Blue & Purple Phyto Foods Powder	54
GREE001	Green Phyto Foods Powder	55
MORE005	Moringa Leaf Powder (Organic)	35
ORAN001	Orange Phyto Foods w/CoQ10	54
REDS001	Red Phyto Foods Powder	55
SPIR002	Spirulina Powder (Organic)	61
WHEA001	Wheatgrass Powder (Organic)	63
WHEY010	Whey PLUS Green & Red Phytos	65

ITEM #	PROTEIN & MEAL REPLACEMENTS	PAGE
COLL001	Collagen Liquid (Grass-Fed)	14
COLL005	Collagen Peptides Powder (Grass-Fed)	15
MEAL001	Ultra Meal Replacement (Grass-Fed)	33
PLAN003	Plant-Based Balanced Meal Complete Nutritional Shake	32
PLAN001	Ultra Plant Protein	53
WHEY001	Whey Isolate Protein (Grass-Fed)	66
WHEY010	Whey PLUS Green & Red Phytos (Grass-Fed)	65
CONC001	Whey Concentrate Protein (Grass-Fed)	67

ITEM #	SPORTS NUTRITION	PAGE
KETO001	7-Keto DHEA	3
KETO002	7-Keto Fitness	3
AMIN001	Aminos, Ultra	5
BCAA001	Branched Chain Amino Acids (BCAA)	8
CLAX001	C.L.A. (Conjugated Linoleic Acid)	14
CREA001	Creatine Monohydrate Powder	17
DEER002	Deer Antler Velvet with IGF-1 Spray	18
ELEC001	Electrolyte Balance	20
GABA001	GABA w/B6	22
HGHT001	HGH Formula Tabs	26
HGHP001	Maximum HGH Powder	26
LARG001	L-Arginine	28
CARN001	L- Carnitine Liquid	28
GLUT001	L- Glutamine	28
MCTO001	MCT Oil 32 fl. Oz.	30
MCTO002	MCT Oil Liquid Softgels	30
MCTO003	MCT Oil Powder	30
MEAL001	Meal Replacement (Whey)	33
MENS005	Men's Ultra Sports Multi	41
NIAC001	Niacin (Flush Free)	35
PLAN001	Ultra Plant Protein	53
PLAN003	Plant-Based Balanced Meal Complete Nutritional Shake	32
PREW001	Pre-Workout Formula	58
PREW002	Pre-Workout Extreme	n/a
TAUR001	Taurine	61
TRIB001	Tribulus	62
WHEY001	Whey ISOLATE Protein (Grass-Fed)	66
WHEY010	Whey PLUS Green & Red Phytos (Grass-Fed)	65
CONC001	Whey Protein CONCENTRATE (Grass-Fed)	67
ZMAS001	ZMA Sports Recovery	64

ITEM #	SENIORS	PAGE
KETO001	7-Keto DHEA	3
KETO002	7-Keto Fitness	3
ACET001	Acetyl L- Carnitine	3
ARTH002	Arthrigone Cream	5
ARTH001	Arthritis Relief & Joint Rebuilder	5
ASPI001	Aspirin, All Natural	5
ASTA002	Astaxanthin (Extra Strength) 10mg	6

ITEM #	SENIORS	PAGE
ASTA001	Astaxanthin 4 mg	6
BETA002	Beta Carotene	8
BETA001	Beta-Sitosterol Plant Sterols	8
BILL001	Bilberry Extract Plus	8
BIOT001	Biotin	8
BONE001	Ultra Bone Builder	11
CALC004	Calcium Citrate Plus	11
CALC005	Algae-Based Calcium	11
CORA004	Coral Calcium Advanced	11
OYST001	Oyster Calcium, Magnesium & Vitamin D	11
CALC003	Liquid Cal/Mag (Orange/Vanilla Flavor)	11
CHOL001	Choline Bitartrate	13
COLL003	Collagen & Elastin Cream	15
COLL001	Collagen Liquid	14
COLL005	Collagen Peptides Powder	15
COLL002	Collagen Tablets	14
COQQ006	CoQ10 50mg plus Vitamin E	16
COQQ004	CoQ10 100mg plus Vitamin E	16
COQQ010	CoQ10 200mg	16
COQQ005	CoQ10 High Potency 400mg	16
UBIQ001	Ubiquinol CoQ10 50mg	16
UBIQ003	Ubiquinol CoQ10 100mg	16
SHAM001	Daily Rejuvenation Omega 3 Conditioner	77
COND001	Daily Rejuvenation Omega 3 Shampoo	77
FEMS001	Fem Silver Liquid Extract	69
GINK001	Ginkgo Biloba	22
GLUC001	Glucosamine & Chondroitin Tablets	23
GLUC006	Glucosamine Sulfate & MSM (Vegetarian), 120 Tablets	23
GLUC007	Glucosamine Chondroitin Plus	23
GLUC002	Glucosamine, Chondroitin & MSM Liquid	23
GLUT002	L- Glutathione	24
GUMM014	Ultra Hair, Skin & Nails Gummies w/Collagen	25
ULTR004	Ultra Hair, Skin & Nails Tablets	25
HEAR001	Heart & Vascular Support	25
HGHT001	HGH Formula Tabs	26
HGHP001	Maximum HGH Powder	26
LUST001	Lustrous Hair Liquid Extract	70
LUTIO01	Lutein Esters	29
LYCO001	Lycopene	29
MEAL001	Ultra Meal Replacement	33
MELA004	Melatonin 1mg Lozenge	31
MELA002	Melatonin 3mg Capsules	31
MELA005	Melatonin Plus (5 mg) Tablets	31
MELA006	Melatonin 10mg	31
BRAI001	Memory Enhancer & Brain Connector	31
BRAI003	Memory Enhancer & Brain Connector Liquid	31
MENO001	Menopause Support	34
POTE001	Men's Potency	34
VITA001	Ultra Men's Vitality	34
SENI001	Senior Ultra Multi Vitamin & Mineral	49
SENI002	Men's Senior Multi	48
SENI003	Women's Senior Multi	48
MSMX001	MSM Tablets	35
MSMX003	MSM Powder	35
PHOS001	Phosphatidyl Serine Complex	52
PLAN001	Ultra Plant Protein	53
PLAN003	Plant-Based Balanced Meal Complete Nutritional Shake	32
PROG001	Progesterone Liposomal Skin Cream	58
PROS001	ProstaPlex	58
SAME001	SAM-e	59
SAWP001	Saw Palmetto	60
SAWP002	Saw Palmetto Liquid Extract 1 fl. oz.	71
SHAR001	Shark Cartilage	60
SLEE001	Sleep Formula Advanced	60
TRIB001	Tribulus	62
VISI001	Vision Formula	63
WHEY001	Whey ISOLATE Protein	66
WHEY010	Whey PLUS Green & Red Phytos	65
CONC001	Whey Protein CONCENTRATE	67
VITA002	Ultra Women's Vitality	64

ITEM #	SLEEP AIDS	PAGE
HTPP001	5-HTP	3
CBDD001	CBD Full Spectrum Liquid 8.3mg	12
CBDD006	CBD Full Spectrum Liquid 16.6mg	12
CBDD003	CBD Full Spectrum Liquid 33.3mg	12
CBDD004	CBD Full Spectrum Capsules 10MG	12
CBDD007	CBD Full Spectrum Softgels 25MG	12
GABA001	Gaba+ B6	22
KAVA002	Kava Root Liquid Extract	69
KAVA001	Kava Root Capsules	27
MELA004	Melatonin 1mg Lozenge	31
MELA003	Melatonin 3mg Capsules	31
MELA005	Melatonin Plus (5 mg) Tablets	31
MELA006	Melatonin 10mg	31
RELA001	Relax Liquid Extract	71
SLEE001	Sleep Formula Advanced	60
TRYP001	L-Tryptophan	29
VALE001	Valerian Root Capsules	63
VALE002	Valerian Root Liquid Extract	71

ITEM #	WEIGHT LOSS & DIET	PAGE
KETO001	7-Keto DHEA	3
KETO002	7-Keto Fitness	3
CAYE001	Cayenne	12
CHRO001	Chromium Picolinate	14
CIDE001	Cider Vinegar Diet	13
CLAR001	C.L.A. (Conjugated Linoleic Acid)	14
DEER002	Deer Antler Velvet with IGF-1 Spray	18
DIET001	Diet & Energy	18
COFF001	Green Coffee Bean Extract w/ Svetol	24
GRNT001	Green Tea Extract	24
HOOD001	Hoodia Complex	26
CARN001	L-Carnitine Liquid	28
MEAL001	Ultra Meal Replacement	33
PLAN003	Plant-Based Balanced Meal Complete Nutritional Shake	32
THER001	Thermo Lean	61
THYR001	Thyroid Energy	62
WEIG002	Ultra Weight Loss Capsules	63

ITEM #	WOMENS HEALTH	PAGE
BLAC001	Black Cohosh Extract Plus	9
CRAN001	Cranberry Concentrate	16
CRAN002	Cranberry & D-Mannose	16
DMAN001	D-Mannose	18
EVEN001	Evening Primrose	21
FEMS001	Fem Silver Liquid Extract	69
FIBR001	Fibroid Formula	21
FOLI001	Folic Acid (800 mcg) plus B-12	22
FOLI002	Methyl Folate 400 mcg	22
MACA001	Maca (Organic)	29
MACA002	Maca Powder (Organic)	29
MENO001	Menopause Support	34
WOME006	Women's Once Daily Advanced	45
SENI003	Women's Senior Multi-180 Tablets	48
WOME001	Women's Superior Multi Vitamins Softgels	44
WOME002	Women's Superior Multi Vitamins Tablets	44
WOME005	Women's Ultra Daily Pack	43
PREN001	Prenatal Multi Vitamin & Mineral w/DHA	45
DOPH009	Women's 50 Billion Probiotic	57
PROG001	Progesterone Liposomal Skin Cream	58
UTBA001	UT Balance Liquid Extract	71
WATE001	Water Gone	63
WOME003	Women's Balance PMS Formula	64
WOME009	Women's Best Friend Essential Oil Roll-On	76
WOME008	Women's Energy Balance Liquid Extract	71
VITA002	Ultra Women's Vitality	64



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