

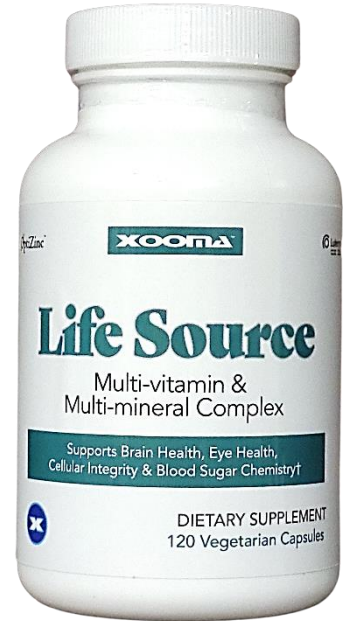
# LifeSource™ White Paper

“The most expensive multivitamin you’ll ever take is the one that doesn’t work.”

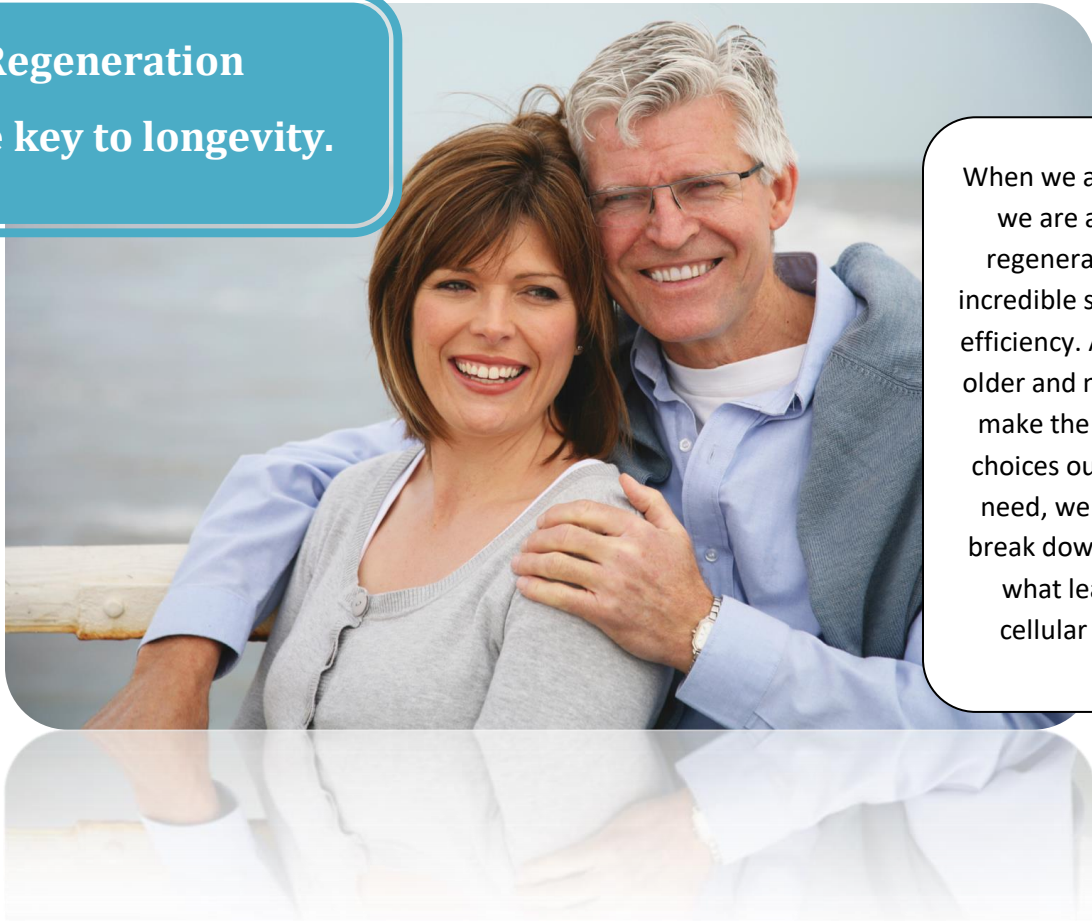
## LifeSource™

LifeSource is a premium quality multivitamin / multimineral formula that contains specialized nutrients that are proven to positively impact biological aging systems (brain health, eye health, cellular integrity and blood sugar chemistry).

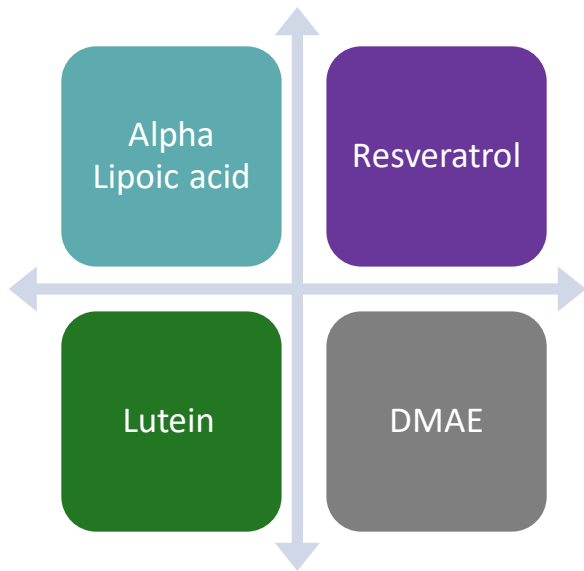
With unmatched quality and performance, this synergistic formula contains optimal daily intakes or ODI’s of each vitamin and mineral. LifeSource also has the benefit of additional research revealing proven nutrients that positively impact the biological aging of various cells and genes throughout the body. Higher quality ingredients lead to better absorption by the body, increased health benefits, and a better value for your money. With the addition of four powerful longevity factors such as Alpha Lipoic Acid, Resveratrol, Lutein and DMAE, you’ll understand why LifeSource is unmatched for quality and performance in the multivitamin category!



**Regeneration  
is the key to longevity.**



When we are young we are able to regenerate with incredible speed and efficiency. As we get older and neglect to make the healthy choices our bodies need, we start to break down. This is what leads to cellular aging.



## Longevity Components

In recent years, longevity (anti-aging) researchers have been able to identify the key mechanisms behind “cellular aging” and have isolated the factors that can slow or reverse those aging processes. The most important of these factors are actually determined by your environment, lifestyle and dietary choices. In other words, how “old” your body feels is largely determined by what you do to support your health on a daily basis.

In addition to a full spectrum of essential daily vitamins and minerals, LifeSource contains the following **four longevity factors**, each of which is briefly described below:

**ALPHA LIPOIC ACID** is a naturally occurring and essential cofactor in energy metabolism that also acts as one of the body’s most powerful antioxidants. Lipoic acid has been shown to help prevent both vitamin C and vitamin E deficiency as it helps keep water soluble and fat soluble antioxidants active over extended periods. Research also shows that lipoic acid may be a strong inhibitor of energy loss through aging, as it helps protect the body’s premiere energy factories (*mitochondria*) from decay.\*



Sources of ALA

**RESVERATROL** is one of the most powerful antioxidants produced by the plant kingdom—found especially in grapes and red wine. It has been shown in studies to exert powerful positive effects on the heart and blood vessels by inhibiting the narrowing of arteries, keeping blood cells from sticking together. Harvard researchers have also discovered that Resveratrol has the ability to activate a “longevity gene,” which could possibly extend life span.\*



Foods rich in Resveratrol

**DMAE (Dimethylaminoethanol)** is a biochemical precursor to the neurotransmitter involved in memory – acetylcholine. DMAE is often referred to as the main “brain food” associated with fish consumption, as it is naturally occurring in fishes like sardines and anchovies. Studies have indicated that DMAE (in smaller dosages, such as found in LifeSource) may be able to enhance brain function and overall mood. DMAE has also been shown to increase the lifespan of animals.\*



Naturally occurring source of DMAE

**LUTEIN** is a naturally occurring carotenoid (one of 600) which is found in green leafy vegetables like spinach and kale. Lutein is a very powerful antioxidant where eye health is concerned. Several studies indicate that the higher the lutein concentration in the macula, the lower the risk for age-related eye disease such as Macular Degeneration (AMD).



Carotenoid-rich foods

### LifeSource contains the essential nutrients your body needs:

- ✓ Vitamin C
- ✓ Vitamin D
- ✓ Calcium
- ✓ Vitamin E
- ✓ Selenium
- ✓ Folic Acid
- ✓ Vitamin B6
- ✓ Alpha Lipoic Acid
- ✓ Resveratrol
- ✓ Magnesium
- ✓ Lutein
- ✓ Potassium
- ✓ DMAE (*Dimethylaminoethanol*)
- ✓ Vitamin B12

And many more...

## Revolutionary multi-vitamin / multi-mineral product

With all the multi-vitamin / multi-mineral product choices in the marketplace today, LifeSource is one of the very few that offers a complete and balanced combination of high quality sourced ingredients that deliver real results and at a very affordable price. But don't take our word for it. Try LifeSource for yourself and experience the health benefits a true high quality supplement can deliver to your body. And if you want to get the most benefits of LifeSource, make sure you are using X2O in your water each and every day.

### LifeSource™

Multi-Vitamin Multi-Mineral Complex Longevity Formula

**Directions:** As a dietary supplement, take 4 capsules daily.

**Serving Size:** 4 Capsules

**Servings Per Container:** 30

	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate and 65% as beta-carotene with mixed carotenoids)	3,000 mcg	333%
Vitamin C (as ascorbic acid, niacinamide ascorbate and calcium ascorbate)	500 mg	556%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha-tocopheryl succinate)	125 mg	833%
Vitamin K (as phyloquinone)	25 mcg	21%
Thiamin (as thiamin mononitrate)	30 mg	2,500%
Riboflavin (as riboflavin and riboflavin-5'-phosphate)	30 mg	2,308%
Niacin (as niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5'-phosphate)	30 mg	1,765%
Folate (800 mcg folic acid)	1,333 mcg DFE	333%
Vitamin B12 (as cyanocobalamin and cobamamide)	100 mcg	4,167%
Biotin	300 mcg	1,000%
Pantothenic acid (as D-calcium pantothenate and pantethine)	50 mg	1,000%
Calcium (as tricalcium phosphate, dicalcium phosphate, calcium carbonate and calcium citrate)	500 mg	38%

Phosphorus (as tricalcium phosphate and dicalcium phosphate)	250 mg	20%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide and magnesium citrate)	200 mg	48%
Zinc (as zinc oxide and OptiZinc® monomethionine)	15 mg	136%
Selenium (as selenium methionine complex)	200 mcg	364%
Copper (as copper bisglycinate)	2 mg	222%
Manganese (as manganese citrate)	7 mg	304%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	111%
Potassium (as potassium citrate)	99 mg	2%
Alpha-Lipoic acid	50 mg	**
Resveratrol (from Ploygonum cuspidatum root extract)	25 mg	**
Lutein (from marigold flower extract) (Lutemax® 2020)	6 mg	**
DMAE bitartrate	100 mg	**
Greens Blend	100 mg	**
Alfalfa (leaf), spirulina, chlorella, dulce, wheat grass		**Daily Value not established

**Other Ingredients:** Gelatin, maltodextrin, magnesium stearate and silica. Contains wheat.

Lutemax® 2020 is a trademark of OmniActive Health Technologies Ltd.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.