

MEN'S LIFE FORCE™ MULTIPLE Energy & Performance

Life today is more complex and demanding than at any time in history. As a man, you are pressed to work hard and achieve, to advance in your career, to provide emotional and financial support for your family. And now men who are smart are assuming a new responsibility: becoming proactive in seeking out preventative approaches to well-being. Failure to take serious steps to look after your health makes future health challenges almost inevitable.

The secret to guarding your health is strengthening and balancing the underlying body systems that are the foundation of good health. MEN'S LIFE FORCE is based on Source Naturals' award-winning LIFE FORCE™ MULTIPLE,* which delivers targeted nutrition to your heart, brain, immune system, skin and musculoskeletal system, liver, antioxidant system, and more. MEN'S LIFE FORCE builds on this core nutrition with ingredients that address men's specific health concerns, including prostate function, reproductive health, hormonal regulation, and libido.

MEN'S LIFE FORCE is a Bio-Aligned™ formula that addresses all 12 of the deep dozen SystemiCare™ systems identified by Source Naturals as critical for optimal well-being: Energy, Cells/DNA, Inflammation Response, Antioxidant Defense, Sugar Regulation, Metabolism/Hormones, Liver/Detox, Circulation, Cognition/Nerves, Immunity, Digestion and Structure/Mobility.



*LIFE FORCE scored 100%, surpassing the published ratings of all other nutritional products in America, based on ratings contained in Lyle MacWilliam's Comparative Guide to Nutritional Supplements, 3rd. ed., 2003 (<http://www.comparativeguide.com>).



Strategies for Wellness™

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.

Bio-Align™ Your Systems with MEN'S LIFE FORCE™ MULTIPLE

MEN'S LIFE FORCE™ MULTIPLE goes beyond ordinary multiples that simply replace nutrients missing from your diet. MEN'S LIFE FORCE provides key organ-specific nutrients to support your body's energy generation, heart and circulation, nervous system, vision, immune function, skin and musculoskeletal system, liver, prostate and reproductive organs, and much more.

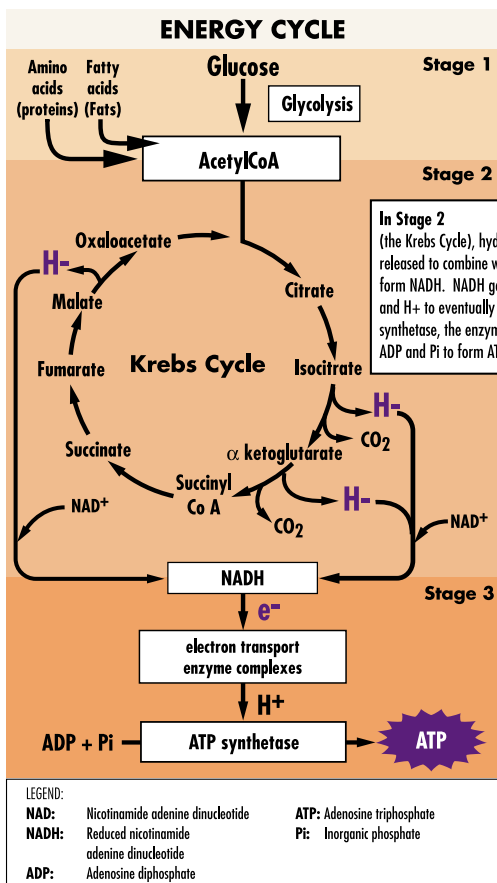
Activated Energy and Healthy Metabolism

Your metabolism determines how much you weigh, how energetic you feel, and the effective functioning of all your systems. MEN'S LIFE FORCE is a unique multiple, containing an incredible number of nutrients at potency levels that truly support healthy metabolic function. It contains coenzyme Q10, which plays a crucial role in cellular energy production. CoQ10 is a vital intermediate in the

electron transport chain, one of the body's energy production cycles, which converts glucose, or blood sugar, into ATP (adenosine triphosphate). ATP is a high energy molecule that is the body's "energy currency." MEN'S LIFE FORCE also supplies alpha-lipoic acid and the potent R-lipoic acid form—both referred to as universal antioxidants and important intermediaries in the Krebs cycle, another energy production cycle. MEN'S LIFE FORCE also contains tyrosine and iodine, both precursors to thyroid hormones. These hormones regulate key metabolic functions like heart rate, digestive function, weight management and energy levels.

No discussion of metabolism would be complete without mentioning the B vitamins. These critical vitamins—and their bioavailable, coenzymated forms such as pantethine (B-5), pyridoxal-5'-phosphate (B-6), and methylcobalamin (B-12)—play critical roles in thousands





Q10, which supports heart muscle metabolism. MEN'S LIFE FORCE also contains potassium and magnesium, electrolytes vital for healthy heartbeat and heart function, and the herb hawthorn, a rich source of antioxidant flavonoids, which has traditionally been used as a heart tonic.

MEN'S LIFE FORCE also supplies vitamins B-6, B-12 and folic acid to help maintain healthy homocysteine levels. To support cholesterol wellness, circulatory health and antioxidant cardiovascular protection, it contains not only the typical d-alpha form of vitamin E, but also the more potent and effective gamma-tocopherol and tocotrienols.

Skin and Musculoskeletal Support

MEN'S LIFE FORCE furnishes nutrients to build healthy bones, muscles and skin. In addition to calcium and magnesium, which many people know are crucial for bone health, MEN'S LIFE FORCE contains a variety of nutritional cofactors that help build bone, such as vitamin D (which enhances calcium absorption and utilization), boron, manganese, and copper.

MEN'S LIFE FORCE also supplies vitamin C and copper, necessary nutrients for the production of collagen, a key constituent of connective tissue in joints and skin, plus the cutting-edge nutrient methylsulfonylmethane (MSM), an assimilable form of the mineral sulfur, used by the body to build and maintain connective tissue, including joint cartilage, hair, skin and nails. Oat straw is a

of enzyme reactions that promote carbohydrate metabolism, energy production, and the mental functions that invigorate you throughout your busy days. Green tea with EGCG (Epigallocatechin Gallate) provides added metabolic support.

Protect Your Heart and Circulatory System

The amazing muscular organ that is your heart beats more than 100,000 times a day, 365 days a year, promoting vitality and alertness by constantly oxygenating your tissues. MEN'S LIFE FORCE supports the cardiovascular system with the antioxidant coenzyme



concentrated source of silica, which is key to the development of healthy skin, hair, nails, and bones. Additional nutraceuticals that support healthy skin include DMAE, CoQ10, and alpha lipoic acid.

MEN'S LIFE FORCE also contains bromelain, a protein-digesting enzyme extracted from the stem and fruit of the pineapple plant. Bromelain is used to reduce the cellular irritation and heat that lead to joint discomfort. It is believed to act by reducing levels of fibrin (fibrous proteins formed in the clotting of blood) in our bloodstream, decreasing bradykinin (thus strengthening blood vessel membranes) and mediating levels of hormone-like compounds called prostaglandins. In addition, rutin, quercetin, green tea and turmeric support joint comfort and mobility.

Brain, Nerves and Vision

The hectic pace and constant demands of life can keep your pulse racing, your nerves jangling and your temples throbbing. Your nervous system is crying out, "Help!" MEN'S LIFE FORCE provides that help.

MEN'S LIFE FORCE supplies the most highly bioavailable and bioactive forms of the amino acid tyrosine—the *N*-acetyl form and the acetyl-L form. Tyrosine, an important precursor to epinephrine and norepinephrine (collectively known as the catecholamines), helps you respond to stress. In addition, MEN'S LIFE FORCE delivers the full spectrum of B-vitamins, all important for healthy nervous system function.

As the most energy-consuming and complex organ in the body, the brain needs nutrients to produce neurotransmitters, dendrites and cell membranes to conduct electrical messages, as well as antioxidants to protect the fatty acid-rich brain from rancidifying. MEN'S LIFE FORCE contains Neuroceuticals® that support healthy brain function by furnishing DMAE and choline, both precursors to the important neurotransmitter acetylcholine, and are important for memory, focus, and muscular movement. In addition, MEN'S LIFE FORCE contains the renowned herb *Ginkgo biloba* and grape seed extract, both effective antioxidants that can prevent lipid peroxidation, which is critically important for the high amounts of fatty tissue in the brain.

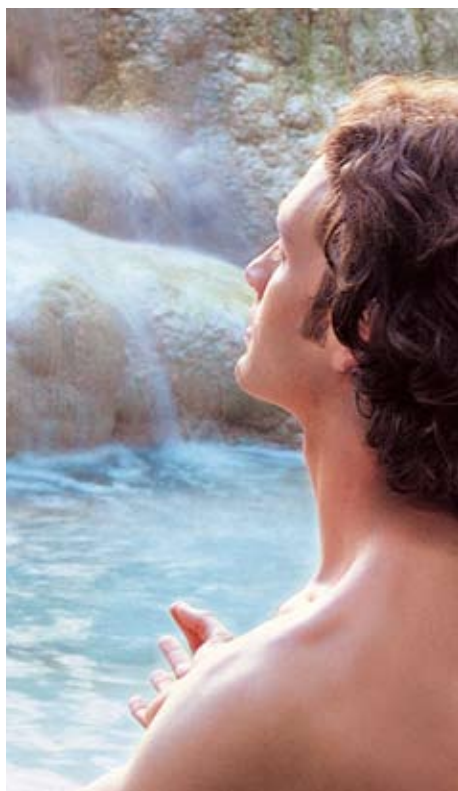
Optimal signal transmission within the eye's nerve network is crucial for proper eye function. MEN'S LIFE FORCE contains nutrients that support the integrity of the eye tissues that are particularly susceptible to damage. To support your healthy macula, aqueous tissue, and optical nerve signals, MEN'S LIFE FORCE includes ingredients such as lutein, astaxanthin, beta carotene, bilberry, zinc, lipoic acid, and quercetin.

Immune Defense

MEN'S LIFE FORCE supports your immune system, so you can feel your best through the seasons. MEN'S LIFE FORCE contains the immuno-supportive nutrient vitamin A, which fosters cell-mediated immunity and protects the epithelial linings of the respiratory and digestive tracts. Two forms are supplied: preformed vitamin A and its precursor, the potent antioxidant beta-carotene. Additional immuno-supportive

nutrients in MEN'S LIFE FORCE include vitamins B-6 and C, and zinc, which is fundamental for proper functioning of T-cells, the “seek and destroy” cells of your immune system. MEN'S LIFE FORCE includes two forms of lipoic acid—the highly bioavailable alpha and R-isomer forms. Lipoic acid, the B vitamins, and CoQ10 promote the building of energy reserves needed for your immune system to kick into high gear.

MEN'S LIFE FORCE also contains powerful adaptogens that support immunity by helping your body adapt to stress. Ashwagandha has been an important adaptogen in Ayurvedic herbalism for over 3,000 years, while *Cordyceps sinensis* has long been used as a herbal tonic in traditional Chinese herbalism.





Powerful Liver Support

Your liver is responsible for converting many nutrients into their metabolically active forms before your body can use them. After activation, these nutrients travel through the blood stream to target organs, where they perform their metabolic functions. Not only does the liver activate nutrients, but it also plays a crucial role in a variety of other metabolic functions, from fat digestion and cholesterol production to blood sugar regulation to the processing and elimination of toxins, an important role in today's increasingly polluted world. For all these reasons, nourishing the liver is crucial.

MEN'S LIFE FORCE provides lipoic acid, turmeric, silymarin, and *N*-acetyl cysteine (NAC)—all potent antioxidants that support healthy liver function. NAC

and lipoic acid help produce glutathione, one of the liver's primary detoxifying molecules. Silymarin, the active flavonoid complex of the herb milk thistle, as well as coenzyme Q10, have been shown *in vitro* to inhibit lipid peroxidation of cell membranes. Turmeric promotes bile flow and is a rich source of the antioxidant, curcumin. *Wasabia japonica* is a source of precursors of beneficial compounds called isothiocyanates, which have been shown to induce certain detoxification enzymes in liver, colon, kidney and other cells, according to animal studies.

MEN'S LIFE FORCE also contains choline and inositol, vitamin-like molecules which act as lipotropics, unique substances that prevent the deposition of fat in the liver. Since the liver is naturally high in fats, MEN'S LIFE FORCE provides the

fat-soluble form of vitamin C, ascorbyl palmitate, for antioxidant protection.

Complete Antioxidant Defense

Oxidative stress is the primary cause of accelerated aging. This and other forms of free radical damage constantly threaten your body. Whether it is from pollution, ultraviolet light, food additives, or other sources, it is more critical than ever to protect your body with antioxidants.

MEN'S LIFE FORCE contains 27 of the most powerful antioxidants known to science, including eight new antioxidants based on the latest research. It contains antioxidants that are water-soluble, such as quercetin and rutin, and others that are fat-soluble, such as alpha-lipoic acid and lycopene. Included are antioxidants that are especially protective of specific body systems, such as lutein to protect the macula in your eye, lycopene, Swedish flower pollen and pygeum to protect your prostate gland, and tocotrienols to protect your arteries.

Prostate and Reproductive Health

MEN'S LIFE FORCE contains a combination of five different plants that support prostate health: Swedish flower pollen, saw palmetto, pygeum, pumpkin seed, and stinging nettle. Swedish flower pollen, also known as cernitin or Cernilton, is used by millions of men around the world to support prostate health. Pygeum, an evergreen species found throughout Africa, contains phytosterols that inhibit the production of irritating prostaglandins in the prostate. Saw palmetto, the most popular prostate herb in the United States, contains compounds known to influence male hormones. Pumpkin seed, which is a rich source of carotenoids

including lutein and beta-carotene, as well as unsaturated fatty acids, has a long history of use in traditional European herbalism. Both pumpkin seed and stinging nettle are recognized by the German E Commission as approved botanicals for prostate support.

MEN'S LIFE FORCE also contains a variety of botanicals that support healthy male libido, including damiana, ashwagandha, oat straw, and Panax ginseng.

Complete Energizing Nutrition

A nutritional program with MEN'S LIFE FORCE at its center can be an easy first step in joining the Wellness Revolution. The goal of this revolution is a long, healthy and fulfilling life. Allow yourself to feel your best, to achieve mental and physical harmony, to experience enhanced energy and vitality. Feel your life force!

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Daily Nutritional Support For Men

Energy/Metabolism:	Alpha-Lipoic Acid, Ashwagandha, Bioperine®, Coenzyme Q10, Cordyceps Mycelia, Panax Ginseng, R-Lipoic Acid, Chromium, Copper, Magnesium, Manganese, Potassium, Zinc, Vitamins B-1, B-2, B-5, B-6 & B-12, Biotin, Folic Acid, Niacin, Panthethine, Pantothenic Acid
Heart/Circulation:	Alpha-Lipoic Acid, Bilberry, Coenzyme Q10, Ginkgo, Grape Seed, Hawthorn, R-Lipoic Acid, Calcium, Chromium, Magnesium, Potassium, Selenium, Vitamins B-6, B-12, C & E, Beta Carotene, Folic Acid, Gamma E
Structure/Mobility	Bromelain, Coenzyme Q10, DMAE, Grape Seed, Green Tea, Lutein, MSM, N-Acetyl Cysteine, Oat Straw, Quercetin, Rutin, Turmeric, Boron, Calcium, Copper, Magnesium, Manganese, Selenium, Zinc, Vitamins A, C, D & E, Ascorbyl Palmitate, Beta Carotene, Biotin, Tocotrienols
Cognition/Nerves:	Alpha-Lipoic Acid, Astaxanthin, Bilberry, Choline, Coenzyme Q10, DMAE, Ginkgo, Grape Seed, L-Tyrosine, Lutein, N-Acetyl Cysteine, Quercetin, Rutin, Taurine, Calcium, Magnesium, Potassium, Selenium, Zinc, Vitamins A, B-1, B-2, B-6, B-12, C & E, Beta Carotene, Biotin, Inositol, Folic Acid, Niacin, Pantothenic Acid, Tocotrienols
Immune System:	Alpha-Lipoic Acid, Ashwagandha, Coenzyme Q10, Cordyceps Mycelia, Grape Seed, Green Tea, N-Acetyl Cysteine, Panax Ginseng, Quercetin, Turmeric, Zinc, Vitamins A, B-6, C & E
Liver/Detoxification:	Alpha-Lipoic Acid, Choline, Coenzyme Q10, N-Acetyl Cysteine, R-Lipoic Acid, Silymarin, Turmeric, Wasabia japonica, Copper, Selenium, Zinc, Vitamins B-2, C & E, Ascorbyl Palmitate, Biotin, Inositol
Antioxidant Defense:	Alpha-Lipoic Acid, Astaxanthin, Bilberry, Coenzyme Q10, DMAE, Ginkgo, Grape Seed, Green Tea, Hawthorn, Lutein, Lycopene, N-Acetyl Cysteine, Oat Straw, Pygeum, R-Lipoic Acid, Silymarin, Swedish Flower Pollen, Turmeric, Selenium, Zinc, Vitamins A, C & E, Beta Carotene, Gamma E, Tocotrienols
Prostate/Reproductive Organs:	Damiana, Lycopene, Pumpkin Seed, Pygeum, Quercetin, Saw Palmetto, Stinging Nettle Root, Swedish Flower Pollen, Vitamin D-3



Strategies for Wellnesssm

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To learn more about Source Naturals Bio-Aligned Formulas[®], visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



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