

Life Force® Healthy Aging™

The possibilities are endless...



You can't turn back the clock, but you can withstand the test of time! One of the first steps is choosing a daily multiple scientifically designed to address healthy aging. With Life Force® Healthy Aging™ Multiple, you can take steps to resist the aging processes that impact vitality.*

Life Force Healthy Aging combines over 50 ingredients from our award-winning Life Force® formula with 15 additional botanicals and nutrients to deliver an exceptional daily formula that promotes healthy aging in multiple ways.¹ It addresses oxidative stress and cellular energy loss while helping maintain healthy levels of inflammation and normal liver detoxification.² But it is so much more. With more ingredients to support healthy aging than most multiples, this complete, science-based formula also provides targeted support for health aspects important to healthy aging, including eye, bone, brain and cardiovascular health. Let Life Force Healthy Aging help you live life with vitality!*

¹Source Naturals Life Force Multiple scored 100% in an independent scientific analysis of 500 multiples, surpassing the published ratings of all other nutritional products in America in Lyle MacWilliam's *Product Comparison of Source Naturals Life Force Multiple*.

²Not all inflammation is associated with disease states. Inflammation is also the body's healthy immune response to life's normal stressors such as strenuous exercise, a high-fat/high-glycemic meal, or a stressful event in your life. Maintaining inflammation balance is important for optimal health.



Strategies for Wellness™

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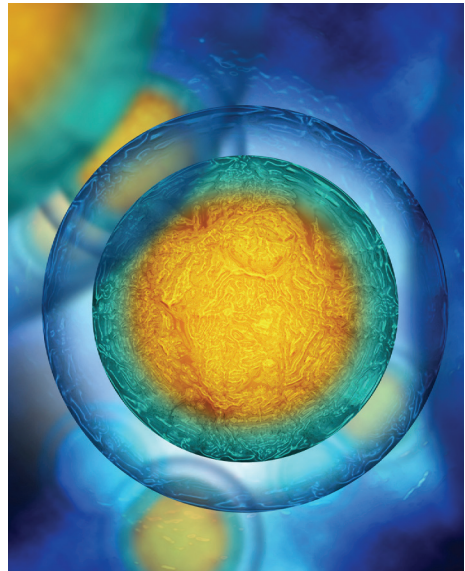
Supports Four Aspects of Healthy Aging

Oxidative stress and cellular energy loss have been proposed to contribute to aging. Maintaining healthy levels of inflammation and normal liver detoxification are also important. Life Force Healthy Aging contains ingredients that specifically address these processes.*

Oxidative Stress

Just as iron oxidizes and gets rusty, the same process appears to occur in human cells and tissue. While free radicals are normal byproducts of respiration, energy production, and other body processes, they can over-accumulate and can result in oxidation contributing to a reduction of cell and tissue function—and are widely believed to contribute to aging. Antioxidants help bring free radicals into balance. They

interact with and stabilize free radicals, and may prevent some of the damage free radicals might otherwise cause. Healthy levels of antioxidants may significantly help limit oxidation of cells or tissues and positively impact aging. Preliminary evidence suggests that the production of some antioxidant systems in the body may be lowered as we age, making additional antioxidant support especially important. Life Force Healthy Aging provides a wealth of antioxidants, including vitamin A, *beta*-carotene, vitamin C, vitamin E, pomegranate extract, astaxanthin, lutein, lipoic acid, green tea extracts, resveratrol, and carnosine. We include fat-soluble antioxidants like ascorbyl palmitate and Gamma E to support greater penetration into the body's organs and tissues for antioxidant protection.*



Healthy Human Cell

Maintaining Healthy Levels of Inflammation²

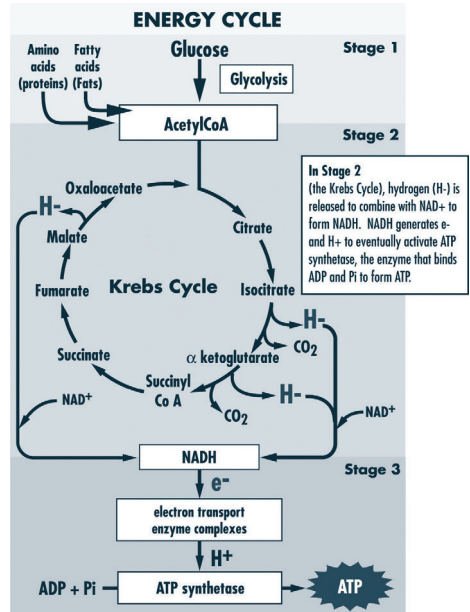
Typical inflammation is the immune system's healthy response to a short-term event, like an injury, and results in the swelling, warmth, and redness experienced in healing a bruise or wound. The inflammation response is short term—ending when the body is healed.*

Not all inflammation is associated with disease states. Inflammation is also the body's healthy immune response to life's normal stressors such as strenuous exercise, a high-fat/high-glycemic meal, or a stressful event in your life. Maintaining inflammation balance is important for optimal health.*

Cellular Energy Loss

Your metabolism—a massive, complex, yet perfectly orchestrated system of energy—determines the effective functioning of your body. If the body's energy system is not working well, you may feel tired and fatigued. Almost all of the trillions of metabolic reactions that occur every second of our life require the bio-energy molecule ATP (adenosine triphosphate), sometimes called the “energy currency” of the body.*

ATP is generated in the mitochondria (the power plants in each of our body's 75 trillions of cells) when we metabolize carbohydrates, fats, and proteins. We must produce our entire body weight in ATP every day just to



Legend:

- NAD:** Nicotinamide adenine dinucleotide
- NADH:** Reduced nicotinamide adenine dinucleotide
- ADP:** Adenosine diphosphate
- ATP:** Adenosine triphosphate
- Pi:** Inorganic phosphate

stay alive and be healthy. This massive undertaking can't occur unless we get proper carbohydrates, fats, and proteins from our diets, along with critical nutrients like B vitamins and magnesium. In addition, coQ10, lipoic acid and acetyl-L-carnitine help support these processes. Together, these nutrients fuel three complex, interlocking processes that produce the ATP: glycolysis, the Krebs cycle, and the electron transport chain. Over time, mitochondria function less efficiently, digestion and metabolism slow, and energy production processes may not work as well as they used to. This may be why some people feel more tired as they age. In addition, other important

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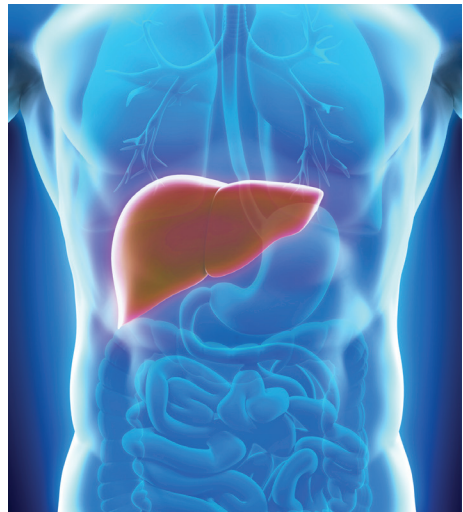
biological processes and tissue repair may diminish with aging, which may affect health.*

Cellular energy loss has been proposed to contribute to the aging process. Life Force Healthy Aging provides nutrients that support the body's essential energy production cycles. It provides coenzyme Q10, which plays a vital role in the electron transport chain. It also includes lipoic acid, a substance produced by the body to help rev up the Krebs cycle. L-Carnitine transports fatty acids into the mitochondria for the generation of metabolic energy. Iodine aids energy by supporting the thyroid, which regulates energy level. B vitamins are included to support the thousands of enzymatic reactions that promote carbohydrate metabolism, energy production, and the mental functions that invigorate you throughout the day. Life Force Healthy Aging also delivers antioxidants that neutralize the harmful free radicals produced in the mitochondria when our bodies convert the food we eat into energy.*

Metabolism and Normal Liver Detoxification

Nourishing the liver is crucial and Life Force Healthy Aging does just that. The liver is probably one of the least understood organs in the body but its functions are critical. It is responsible for detoxifying and eliminating toxins from the body, which is essential to long-term health. Unchecked toxicity can damage and age the body. The liver converts nutrients from food into their biologically active forms, stores and releases carbohydrates, and

regulates blood glucose. Life Force Healthy Aging supports the health of the liver with *alpha*-lipoic acid, turmeric, silymarin, and *N*-acetyl cysteine (NAC)—all potent antioxidants. NAC and *alpha*-lipoic acid may both help support glutathione production, one of the liver's primary detoxifying molecules. Silymarin, the active flavonoid complex of the herb milk thistle, can speed up and support liver cell regeneration. CoQ10 can support the great



energy needs of the liver. Preliminary studies show that turmeric extract may support normal bile flow, and there is strong evidence that it has potent antioxidant properties. Choline and inositol, a vitamin-like molecule, act as lipotropics—unique substances that help maintain healthy levels of fat in the liver.*



Targeted Support for Top Health Concerns Associated with Aging

Life Force Healthy Aging supplies you with the nutrients that support health aspects especially important to healthy aging.*

Eye Health

Aging is associated with loss of visual acuity. Life Force Healthy Aging provides both vitamin A and *beta*-carotene to support healthy vision, as well as zeaxanthin, an important photoprotectant stored in the macula, a highly pigmented spot in the center of the retina where the light from an object to be viewed hits the nerves. Zeaxanthin is paired with lutein to further support the density of pigment in the macula, a part of the retina responsible for high resolution vision.*

Bone Health

Calcium is needed for optimal bone health. As we age, calcium absorption tends to decline due to age-related changes in the amounts of vitamin D our body can make. Vitamin D is required for the absorption of dietary calcium in the gut. Life Force Healthy Aging contains calcium, vitamins C & D, magnesium, copper, and boron. Magnesium helps calcium get into and stay in bones. Vitamin K is an important addition to Life Force Healthy Aging, as it is an essential cofactor for the production of three important bone proteins (osteocalcin, matrix Gla protein, and protein S).*

Cognitive Health

All humans experience some degree of cognitive decline as part of the natural aging process. Critical brain



functions can be bolstered by scientific nutrition. DMAE and huperzine A may help support the neurotransmitter (brain chemical) acetylcholine, needed for good memory and concentration. The brain is an energy glutton. Vinpocetine, ginkgo, and coQ10 help support energy production, blood circulation, and oxygenation in the brain. Emerging research also suggests that vinpocetine and ginkgo support the aging brain at the cellular level, as well as structurally. B-6 acts as a coenzyme to produce the neurotransmitters serotonin and dopamine, which are the basis for a positive mood and outlook. Tyrosine is a building block for dopamine, which supports a mental state needed for accomplishment. The brain has a high concentration of fats that are subject to free radical damage. Grape seed and bilberry contain antioxidants that may help protect the brain.*

Cardiovascular Health

The amazing muscular organ that is your heart beats around 100,000 times a day, 365 days a year, promoting

vitality and alertness by constantly oxygenating the tissues. Life Force Healthy Aging supports your cardiovascular system with the antioxidant coenzyme Q10, which helps support heart muscle metabolism. The minerals potassium and magnesium provide electrolytes vital for healthy heartbeat and heart function. Traditionally used as a heart tonic, the herb hawthorn contains antioxidant flavonoids. Vitamins B-6, B-12, and folic acid help maintain healthy homocysteine levels. Unlike common multiples, Life Force Healthy Aging supports circulatory and cardiovascular health with both the typical D-alpha form of vitamin E plus gamma E and the natural spectrum of related tocopherols and tocotrienols.*

The Gold Standard for Healthy Aging in a Multiple

When we created our original Life Force Formula, we set out to create the world's most complete, science-based multiple. With over 50 ingredients, this powerful multiple earned the highest score of 100% in a comparison of over 500 leading multiples by Lyle MacWilliams, a biochemist and a much sought-after speaker on nutrition and lifestyle.³ Our new Life Force Healthy Aging multiple raises the bar and may just be the world's best. It combines the top ingredients from

Life Force with 15 additional botanicals and science backed nutrients at the right potencies to deliver an unrivaled multiple vitamin for healthy aging support. Compare the ingredients in Life Force Healthy aging to your multiple, and we think you'll agree.*

You want to feel healthy and active at any age. The possibilities for your life are endless when you utilize advances in biological and nutritional science to stay healthy and energize your metabolism. Let Life Force Healthy Aging help you resist aging and thrive.*

Suggested Use: 4-8 tablets daily

Four tablets contain:

Vitamin A (as beta-carotene 10,000 IU & palmitate 2,500 IU)	12,500 IU
Vitamin C (as ascorbic acid & ascorbyl palmitate)	500 mg
Vitamin D-3 (as cholecalciferol)	1,000 IU
Vitamin E (as d- <i>alpha</i> tocopheryl succinate)	200 IU
Vitamin K-1 (as phytonadione)	100 mcg
Thiamin (vitamin B-1)	50 mg
Riboflavin (vitamin B-2)	50 mg
Niacin (35 mg as niacinamide & 15 mg as niacin).....	50 mg
Vitamin B-6 (as pyridoxine HCl & pyridoxal-5' -phosphate [Coenzymated™]).....	50 mg
Folate (as folic acid and calcium folinate).....	400 mcg
Vitamin B-12 (as methylcobalamin).....	500 mcg
Biotin	150 mcg
Pantothenic Acid (as calcium D-pantothenate & pantethine).....	55 mg
Calcium (as calcium carbonate, malate, chelate, & citrate)	100 mg
Iron (as Ferrochel® ferrous bisglycinate chelate)...	8 mg
Iodine (as potassium iodide).....	150 mcg
Magnesium (as magnesium chelate & oxide) ..	100 mg

Zinc (as monomethionine [OptiZinc®] & zinc citrate).....	15 mg
Selenium (as selenomethionine & sodium selenite).....	125 mcg
Copper (as copper sebacate)	1 mg
Manganese (as manganese citrate).....	3 mg
Chromium (as chromium polynicotinate [ChromeMate®] & chromium picolinate) ..	100 mcg
Molybdenum (as molybdenum chelate).....	100 mcg
Sodium.....	5 mg
Potassium (as potassium citrate).....	49 mg
N-Acetyl Cysteine	200 mg
Turmeric Rhizome Extract	157 mg
Acetyl-L-Carnitine (as HCl).....	126 mg
N-Acetyl L-Tyrosine	100 mg
Natural <i>trans</i> -Resveratrol	100 mg
(from <i>Polygonum cuspidatum</i> root ext.)	
L-Carnosine	100 mg
Pomegranate Seed Extract	100 mg
<i>alpha</i> -Lipoic Acid & R-Lipoic Acid	100 mg
Glucosamine (as HCl).....	82 mg
Silymarins (from milk thistle seed extract)	80 mg
<i>gamma</i> -Vitamin E Complex	67 mg
Choline (as bitartrate).....	60 mg

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All prices and ingredients are subject to change without notice.

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Ginkgo Leaf Extract.....	60 mg	Amla Fruit.....	20 mg
Holy Basil Leaf Extract.....	60 mg	Bromelain.....	20 mg
Green Tea Leaf Extract (95% polyphenols, 35% EGCG).....	52 mg	Tocotrienol Complex (Tocomax™).....	10 mg
Inositol.....	50 mg	Vinpocetine.....	10 mg
Grape Seed Extract.....	50 mg	Mangosteen Fruit Rind Extract.....	10 mg
MSM (methylsulfonylmethane [OpiMSM®])..	50 mg	Lutein (FloraGlo®).....	6 mg
Coenzyme Q10.....	50 mg	Bilberry Fruit Extract.....	5 mg
DMAE (as bitartrate).....	40 mg	Rutin.....	5 mg
Hawthorn Berry Extract.....	25 mg	Lycopene.....	5 mg
Quercetin.....	25 mg	Pepper Fruit Extract (BioPerine®).....	3 mg
Acai Fruit Juice Powder.....	20 mg	Boron (as amino acid chelate).....	2 mg
Cranberry Fruit Extract.....	20 mg	Zeaxanthin.....	1.76 mg
Cherry Fruit Extract.....	20 mg	Astaxanthin.....	400 mcg
Lycium Fruit Extract.....	20 mg	Huperzine A (from <i>Huperzia serrata</i> leaf ext.)..	40 mcg

Educational References

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LC000732 REV1506A

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