

Feeling great is the goal.

Life Force® Green Multiple

Stress, poor diet, and unhealthy lifestyle choices, combined with weight gain and lack of exercise or proper rest, can render your body vulnerable to multiple long-term health issues. These factors—as well as environmental toxins—can trigger a cascade of low-level metabolic inflammation throughout key body systems.*

To address these challenges, you can benefit from the advanced nutrition of Source Naturals® Life Force® Green Multiple. This formula is based on our original Life Force®, an award-winning, scientifically advanced multiple, formulated with natural energizers and antioxidants.*

The Life Force Green Multiple delivers all the high-potency nutrients of Life Force plus the energizing and protective action of over 50 greens and superfoods. Enhanced nutritional support is delivered through a medley of fruit and vegetable extracts, including sea algae, nutritional grasses, high ORAC fruits and vegetables, immune-supporting mushrooms, and antioxidant herbal extracts. Life Force Green Multiple offers a wide spectrum of systemic benefits in a convenient, energy-supporting, nutritionally formulated tablet.*

Source Naturals Life Force Green Multiple is scientifically formulated to support all of the Systemi-Care® deep metabolic systems, but primarily focuses on Inflammation Response, Energy, Antioxidant Defense, Liver/Detoxification, Cognition/Nerves, Heart and Circulation, Immunity, and Structure/Mobility.*



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.

Life Force Green Multiple

Source Naturals Life Force Green Multiple is a Bio-Aligned™ Formula that goes deep to support comprehensive and total health by supporting multiple body systems. Life Force Green Multiple provides key nutrients and organ-targeted botanicals to support your body's energy generation, heart, brain, immune system, musculoskeletal system, skin, liver, eyes, and more.*

Inflammation Response

Metabolic Inflammation™ is our term for a low-level, asymptomatic, ongoing process of inflammatory response, which is believed to affect a significant portion of the U.S. population. It can be triggered by stress, environmental toxins, and excess weight resulting from junk food diets. Life Force Green Multiple offers multiple ingredients that help support a healthy inflammation response.*

For inflammation response, our formula includes: resveratrol, holy basil, and ginger to help modulate key inflammation messengers such as the COX-2 enzyme and *NF-kappa B*; bromelain, a proteolytic enzyme known for its fibrinolytic activity; Inflammation Blend, which includes resveratrol, Meriva® turmeric, bromelain, holy basil, ginger, and rosemary; as well as quercetin, silymarins, and vitamin D.*

Energy

Every one of our trillions of cells must produce its own adenosine triphosphate, or ATP (the energy molecule) to support the millions of chemical reactions called “metabolism.” Our body must produce almost its own weight in ATP every day. This energy generation process influences how much you weigh, how energetic you feel, even your mood and emotions.*

For energy, our formula includes: *alpha*-lipoic acid and R-lipoic acid, Bio-Perine®, coenzyme Q10, chromium, copper, iron, magnesium, manganese, potassium, zinc, vitamins B-1, B-2, B-5, B-6, B-12, biotin, folic acid, niacin, and panthothenic acid.*

Antioxidant Defense

Because we live in an environment inundated with free radicals from ultraviolet light and countless chemicals from pollution and food additives, our bodies can use help to optimally deal with these challenges. It is more critical than ever to support the body's vital systems with antioxidants. Oxygen Radical Absorbance Capacity (ORAC) is a USDA-developed method for measuring the ability of substances to quench damaging free radicals. Enhanced antioxidant support is provided by high ORAC fruits and a proprietary vegetable blend.*

For antioxidant defense, our formula includes: *alpha*-lipoic acid, astaxanthin, bilberry, coenzyme Q10, DMAE, ginkgo, grape seed, green tea, hawthorn, a High ORAC Fruits Blend (grape seed, hawthorn berry, açai, cranberry, blueberry leaf, elderberry, amla, grape skin, lycii, pomegranate, red wine extract, mangosteen, strawberry, bilberry, raspberry leaves, red raspberry, white mulberry), lutein, lycopene, R-lipoic acid, silymarins, Meriva® turmeric, a Vegetable Blend (spinach, broccoli, carrot, cauliflower, red beet root, artichoke, cabbage, wasabi), zeaxanthin, *N*-acetyl cysteine, selenium, zinc, vitamins A, C, E, *beta* carotene, *gamma* E, and tocotrienols.*

Liver/Detoxification

The liver is the body's built-in disposal factory that cleanses and detoxifies harmful toxins and waste products from

the body. It is the major organ of metabolism, regulating blood sugar and converting many vitamins into the active forms the body uses. A healthy functioning liver is critical in today's increasingly polluted world. Spirulina and chlorella are nutritious algae, and preliminary evidence suggests that chlorella may support the health of the liver.*

For liver and detoxification, our formula includes: *alpha*-lipoic acid, coenzyme Q10, *N*-acetyl cysteine, a Sea Greens and Grasses Blend (spirulina, chlorella, barley grass, wheat grass, KAMUT® brand wheat grass), silymarins, Meriva® turmeric, copper, selenium, zinc, vitamins B-2, C, E, ascorbyl palmitate, biotin, choline, and inositol.*

Cognition/Nerves

The dramatic correlation between concentration, memory, learning and poor nutrition is well documented. As the most energy-consuming and complex organ in the body, the brain needs support for healthy and alert functioning.*

For cognition and nerve health, our formula includes: *alpha*-lipoic acid, bilberry, choline, coenzyme Q10, DMAE, ginkgo, grape seed, *L*-tyrosine, calcium, magnesium, potassium, vitamins B-1, B-2, B-6, B-12, C, E, biotin, folic acid, inositol, niacin, and pantothenic acid.*

Heart and Circulation

The heart is an amazing muscular organ that beats more than 100,000 times a day, promoting vitality and alertness by constantly oxygenating the tissues.*

For heart health, our formula includes: electrolytes, vitamins, and cardioprotective nutrients, which help support heart function, regulation of homocysteine levels, and healthy blood flow. It also includes *alpha*-lipoic acid, bilberry, coenzyme Q10, ginkgo, grape

seed, hawthorn, *R*-lipoic acid, calcium, chromium, iron, magnesium, potassium, selenium, vitamins B-6, B-12, C, E, *beta* carotene, folic acid, and *gamma* E.*

Immunity

The immune system can be compromised by stress, lack of sleep, and poor dietary habits. Life Force Green Multiple contains immune-supportive nutrients that promote a healthy respiratory system and immune function.*

For immunity, our formula includes: a special mushroom complex and a blend of botanicals renowned for immune support, such as *alpha*-lipoic acid, coenzyme Q10, grape seed, green tea, Immunity Support Blend (green tea, astragalus, eleuthero, olive leaf), Mushroom Blend (cordyceps, turkey tail, reishi, lion's mane, maitake), quercetin, Meriva® turmeric, *N*-acetyl cysteine, zinc, vitamins A, C, and E.*

Structure/Mobility

The skin is the largest organ in the body. It constantly renews itself. Old, damaged cells are naturally replaced or repaired at a very high rate as they are lost by wear and tear. It is important to resupply this constantly active organ with adequate nutrients to ensure healthy renewal, repair, and growth. Bone support requires trace minerals in addition to calcium. Vitamin C and copper aid collagen synthesis for bones, joints, connective tissues, and muscles.*

For structure and mobility, our formula includes: coenzyme Q10, DMAE, grape seed, green tea, lutein, MSM, quercetin, rutin, Meriva® turmeric, zeaxanthin, *N*-acetyl-cysteine, boron, calcium, copper, iron, magnesium, manganese, selenium, zinc, vitamins A, C, D, E, ascorbyl palmitate, *beta* carotene, biotin, and tocotrienols.*

Life Force Green Multiple

It is widely understood that a diet rich in fruits and vegetables is the cornerstone of vibrant health. Beginning at a cellular level, fruits and vegetables provide phytonutrients that bolster your body's immune defenses and provide support for the functioning of the most important metabolic systems in your body. The problem, however, is that only a fraction of Americans eat well enough to benefit from the ideal daily amount of fruits and vegetables. All too often we sacrifice nutrition for convenience. It is for this reason that Source Naturals has formulated Life Force Green Multiple to help compensate for those nutritional gaps resulting from an otherwise healthy diet.*

Daily Nutrition

Ideally, your nutrient needs should be met primarily through daily consumption of healthy foods with lots of fresh vegetables and fruits. In many cases, though, fortified foods and dietary supplements may be useful sources of one or more nutrients that are otherwise sub-optimal in your diet. It's no secret that diets rich in natural fruits and vegetables are associated with preserving health and longevity. According to recommendations in the USDA Dietary Guidelines for Americans 2010, Americans should:

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. That is, for a 2,000-calorie daily intake, two cups of fruit and two and a half cups of vegetables per day are recommended.*
- Choose a variety of fruits and vegetables each day. Select from all five vegetable

subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.*

- Consume three or more whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. At least half the grains should come from whole grains.*

Life Force Green Multiple offers specific nutrients, botanicals, and antioxidants for complete metabolic system support. Life Force Green Multiple, now with the nutritional power of over 50 greens and superfoods, can help support full-body energy and vitality. A nutritional strategy with Life Force Green Multiple at its core can be your easy first step toward supporting your body, the greatest asset you have.*

Source Naturals is committed to enhancing individual potential to enjoy optimal health and well-being by providing superior quality dietary supplements and nutritional education.*

For more information or purchase locations, please visit www.sourcenaturals.com.

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