

Be Age Defiant Choose LIFE FORCE®



No, You Can't Turn Back Time!

But you can take steps to resist the aging processes that impact vitality. One of the first steps is choosing a daily multiple scientifically suited to your needs.

Why LIFE FORCE®? Our award-winning formula addresses four aging processes: oxidative stress, metabolic inflammation, cellular energy loss, and build up of toxins and cellular debris. But it is so much more. It is a complete, science-based multi that supports all of the metabolic systems of your body. It is the perfect tool for supporting your whole body, promoting optimal health by bringing multiple body systems into balance. It addresses systems and organs such as the heart, brain, liver, digestion, energy, immunity and more. So go ahead. Resist aging and live life with vitality.*

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 to Live Life with Vitality

A good wellness plan has at its core a great multiple, and you couldn't get better than LIFE FORCE. LIFE FORCE was honored as a leading formula in an independent scientific analysis of 500 multiples, ranking higher than any other national brand with a 100% score. Lyle MacWilliam, author of the *Comparative Guide to Nutritional Supplements*, ranked multiples based on criteria developed from the published recommendations of renowned nutritional authorities: Phyllis Balch, C.N.C.; Michael Colgan, Ph.D.; Earl Mindell, Ph.D.; Michael Murray, N.D.; Richard Passwater, Ph.D.; Ray Strand, M.D.; and Julian Whitaker, M.D. Source Naturals® success in this rigorous scientific analysis reflects our Bio-Aligned™ formulation method. LIFE FORCE focuses upon sustaining optimal health by supporting multiple body systems.

LIFE FORCE stands apart from ordinary multiples that simply provide the most common nutrients. Its Bio-Aligned™ formula provides key organ-specific nutrients to support your body's energy generation, heart, brain, immune system, musculoskeletal system, skin, liver, eyes, and more. Our WOMEN'S LIFE FORCE® includes additional ingredients that address women's specific health concerns, including bone density, vein strength, menstrual comfort and breast health. Our MEN'S LIFE FORCE® has additional ingredients that address prostate function, reproductive health, hormonal regulation and libido.

When all your body systems function in harmony, everything in life comes together. Your mood is positive, your mind is clear, you've got energy in your step—that's your LIFE FORCE working for you.*



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Anti-Aging Ingredients

Four key processes have been proposed that contribute to aging: oxidative stress, metabolic inflammation™, cellular energy loss, and buildup of toxins and cellular debris. LIFE FORCE contains ingredients that specifically address these issues and inhibit them.

Oxidative Stress

Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Because they are missing an electron in their outer shells, free radicals go on the hunt, stealing electrons from healthy molecules and damaging them. Free radicals may contribute to aging. Antioxidants interact with and stabilize free radicals and prevent some of the damage free radicals might otherwise cause. LIFE FORCE contains the finest antioxidants known to science. LIFE FORCE contains antioxidants that are water soluble, such as quercetin and rutin, and ones that are fat soluble, such as *alpha*-lipoic acid and lycopene.

Life Force Antioxidants

Bilberry, coenzyme Q10, N-acetyl cysteine, ginkgo biloba, grape seed, hawthorn, *alpha*-lipoic acid, silymarin, turmeric, selenium, zinc, vitamins A, C and E, *beta*-carotene, rutin, quercetin, *gamma*-tocopherol, tocotrienols, lutein, lycopene, astaxanthin, green tea extract with EGCG, resveratrol.

Metabolic Inflammation™

Our stressful lives, our unbalanced diets and the environmental toxins surrounding us can put our immune systems on overdrive. The nutrients in LIFE FORCE can balance inflammatory responses. At the same time, LIFE FORCE contains ingredients that fortify a healthy immune system. 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 of vitamin A are supplied: pre-formed vitamin A and its precursor, the potent antioxidant *beta*-carotene. Other immuno-supportive nutrients in LIFE FORCE include vitamin B-6, vitamin C, vitamin D, selenium and zinc, which is fundamental for proper functioning of our T-cells, a type of white blood cell in our immune system. LIFE FORCE also now includes 40 percent more lipoic acid, including the highly bioactive R-isomer form. Lipoic acid along with the B vitamins and CoQ10 promote the energy production you need when the immune system needs to kick into high gear.

Nutrients for Healthy Inflammation Response

***alpha*-Lipoic acid, astaxanthin, coenzyme Q10, grape seed, green tea, lutein, N-acetyl cysteine, quercetin, turmeric, selenium, zinc, vitamins A, B-6, and resveratrol.**

Cellular Energy Loss

Your metabolism determines how much you weigh, how energetic you feel and the effective functioning of all your systems. LIFE FORCE contains nutrients such as coenzyme Q10, which plays a crucial role in cellular energy production, and many more nutrients that support the body's production of ATP (adenosine triphosphate). CoQ10 is a vital intermediate in the electron transport chain, one of the body's energy production cycles that helps convert glucose, or blood sugar, into ATP. LIFE FORCE also supplies R-lipoic acid—an important cofactor in the Krebs cycle, another energy production cycle. LIFE FORCE contains iodine, a precursor to thyroid hormones. These hormones regulate key metabolic functions like heart rate, weight management and energy*

levels. The B vitamins play critical roles in thousands of enzyme reactions that promote carbohydrate metabolism, energy production, and the mental functions that invigorate you throughout the day.

Energy-Boosting Ingredients

***alpha*-Lipoic acid, coenzyme Q10, R-lipoic acid, chromium, copper, iodine, iron, magnesium, manganese, potassium, vitamins B-1, B-2, B-6, B-12, biotin, folic acid, niacin, pantothenic acid.**

Metabolism and Elimination of Toxins

Nourishing the liver is crucial and LIFE FORCE does just that. The liver is probably the least understood and appreciated organ in the body, but its functions are critical. The liver stores and releases carbohydrates and regulates blood glucose. It converts nutrients into biologically active forms and it is responsible for detoxifying and eliminating toxic chemicals from the body. Nutrients in LIFE FORCE support the health of the liver and aid its work. LIFE FORCE

contains *alpha*-lipoic acid, turmeric, silymarin and *N*-acetyl cysteine (NAC) – all potent antioxidants that support healthy liver function. NAC and *alpha*-lipoic acid both 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 extract may support normal bile flow and has antioxidant properties. LIFE FORCE also contains choline and inositol, vitamin-like molecules which act as lipotropics, unique substances that help maintain healthy levels of fat in the liver.

Healthy Liver and Support of Normal Detoxification Pathways

alpha*-Lipoic acid, choline, coenzyme Q10, DIM, guggulsterones, *N*-acetyl cysteine, R-lipoic acid, rutin, silymarin, turmeric, tocotrienols, vitamins B-2, C & E, biotin, folic acid, inositol.





Whole Body Nutrition

Healthy aging is the result of whole-body health and well-being. LIFE FORCE supplies you with the nutrients that support full body health.

Heart Health

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 the tissues. LIFE FORCE supports your cardiovascular system with antioxidant coenzyme Q10, which helps support heart muscle metabolism. LIFE FORCE also contains the minerals potassium and magnesium, electrolytes vital for healthy heartbeat and heart function, and the herb hawthorn, containing antioxidant flavonoids, which has traditionally been used as a heart tonic. LIFE FORCE also supplies vitamins B-6, B-12

and folic acid to help maintain healthy homocysteine levels. Unlike common multiples, it supports cholesterol wellness, circulatory health and antioxidant cardiovascular health, with both the typical *d-alpha* form of vitamin E and the natural spectrum of related *gamma*-tocopherol and the tocotrienols.

Heart & Circulation:

Bilberry, coenzyme Q10, ginkgo biloba, grape seed, hawthorn, *alpha*-lipoic acid, calcium, iron, magnesium, potassium, selenium, vitamins B-6, B-12, C & E, folic acid, rutin, *gamma*-tocopherol, tocotrienols, astaxanthin.

Skin and Musculoskeletal Support

LIFE FORCE furnishes nutrients to build healthy bones, muscles and skin. We all know that calcium and magnesium are crucial for bone health, but many people don't know that there are a variety*

of nutritional cofactors that help build bone, such as vitamin D (which enhances calcium absorption and utilization), boron and manganese. LIFE FORCE also supplies vitamin C and copper, necessary nutrients for collagen production. Collagen is a key constituent of bone scaffolding, connective tissue in joints, skin and other areas. It also contains the cutting-edge nutrient methylsulfonylmethane (MSM), an assimilable form of the mineral sulfur, used by the body to build and maintain connective tissues, including joint cartilage, hair, skin and nails. Additional nutraceuticals to support healthy skin include coQ10 and *alpha*-lipoic acid. LIFE FORCE also includes quercetin, green tea extract, and turmeric extract for healthy inflammation response.

Skin and Connective Tissue Support
Vitamin A, beta-carotene, N-acetyl cysteine, calcium, copper, magnesium, manganese, zinc, boron, DMAE bitartrate, vitamin C, biotin, coenzyme Q10, green tea extract with EGCG, ascorbyl palmitate, MSM, selenium, vitamin E, tocotrienol complex, vitamin D-3, rutin, quercetin, grape seed, turmeric, iron, lutein.

Brain and Nerve Nutrition

The hectic pace and constant demands of life can keep our pulses racing, our nerves jangling and our temples throbbing. Our nervous systems are crying out, "Help!" LIFE FORCE provides that help. LIFE FORCE contains vitamin C to support health of the adrenal glands, which produce the catecholamines, epinephrine and norepinephrine, both of which help you handle stress. In addition, LIFE FORCE delivers the full spectrum of B vitamins, all important for healthy nervous system function.

LIFE FORCE also contains nutrients that support healthy brain function such as DMAE and choline. Both are precursors to the important neurotransmitter acetylcholine which is important for memory, focus and muscular movement. Choline is also a precursor to phosphatidylcholine, an important constituent of the cellular membranes that surround and protect our brain cells. In addition, 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. LIFE FORCE provides good support for the brain.

Brain & Nerves:

Bilberry, coenzyme Q10, DMAE, ginkgo biloba, grape seed, alpha-lipoic acid, acetyl-L-tyrosine, calcium, magnesium, potassium, vitamins B-1, B-2, B-6, B-12, C & E, biotin, choline, folic acid, inositol, niacin, pantothenic acid.

Cutting-Edge Vision Nutrition

The structures and functions of your eyes are very complex. LIFE FORCE contains nutrients to help support and maintain healthy eye tissue, which is particularly susceptible to oxidative stress from free radicals. To support your healthy macula, aqueous tissue and optical nerve signals, LIFE FORCE includes ingredients such as lutein, astaxanthin, *beta*-carotene, bilberry, zinc, lipoic acid and quercetin.

Vision:

Bilberry, lutein, astaxanthin, alpha-lipoic acid, vitamins A, C & E, beta-carotene, N-acetyl cysteine, ginkgo biloba, grape seed, quercetin, selenium, zinc, taurine, tocotrienols.*

Which LIFE FORCE is right for you?

We believe our award-winning LIFE FORCE is for everyone, but you may be interested in MEN'S LIFE FORCE® and WOMEN'S LIFE FORCE®, both of which have all of the nutrients in LIFE FORCE MULTIPLE plus additional ingredients to address specific concerns.

MEN'S LIFE FORCE

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 is used by millions of men around the world to support prostate health. Pygeum, an ever-green 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 support the health of the male urinary tract. Pumpkin seeds, which contain carotenoids including lutein and *beta*-carotene, as well as unsaturated fatty acids, have 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 male health, including damiana, ashwagandha, oat straw, and Panax ginseng.

Targeted Male Nutrition:

Damiana, lycopene, pumpkin seed, pygeum, quercetin, saw palmetto, stinging nettle root, Swedish flower pollen, vitamin D-3.

WOMEN'S LIFE FORCE

Studies show that dietary factors, environmental factors, and hormones influence the overall health of breast tissue, reproductive organs, and the urinary

tract. Women's bodies can benefit from particular nutrients to support the health of these systems. In the U. S., it is expected that over a lifetime one in eight women will experience challenges to breast health. DIM, the natural metabolite formed when cruciferous vegetables are chewed or chopped, belongs to a class of compounds called indoles. According to preclinical studies, DIM may support a profile of estrogen metabolites correlated with breast, endometrial and cervical health.

For comfortable menstrual cycles, calcium and magnesium in WOMEN'S LIFE FORCE may help to lessen the normal discomfort of premenstrual syndrome. Cranberry is renowned for use in promoting the health of the urinary tract. In addition, horsetail silica has traditionally been used to support the health of the bladder and urinary tract, especially in women.

Targeted Female Nutrition:

Coenzyme Q10, cranberry, DIM, horsetail silica, MSM, turmeric, calcium, calcium D-glucarate, magnesium.

Good, Better, Best: The Foundation Program

Why not take your nutrition program up two notches, first with Life Force and second with the *SystemiCare Foundation Program*? For more details, please visit the Source Naturals® website. We highly recommend this five product set from Source Naturals as a power-packed way to add critical nutritional coverage to your personal nutritional plan, every day: *

- Life Force® Multiple
- Higher Mind™
- Wellness Formula®
- InflamaRest™
- ArcticPure® Ultra Potency Omega-3 Fish Oil

Complete, Energizing Nutrition

A nutritional program with LIFE FORCE at its center can be an easy first step in a total healthy-aging plan. That's because LIFE FORCE is one of the most comprehensive multiples available, containing a remarkable number of nutrients at significant potencies to truly support all your key body systems. The ability of LIFE FORCE to support normal, healthy physiology and to address the major body systems of interest to all ages means enhanced vitality and endurance to meet the constant challenges we face today.

Healthy aging means a long, healthy and fulfilling life. Allow yourself to feel your best, to achieve mental and physical harmony, to radiate energy. Feel your LIFE FORCE!*

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