

Is Your Multi Up to the Task?



Life Force® Is.

Healthy energy starts with great nutrition. Taking the right multivitamin can give you the extra edge you need when achieving your goals seems daunting. At Source Naturals®, we set out to create one of the world's most complete, science-based multiples for the health challenges we face today.*

Formulated like no other multiple, Life Force® delivers a range of antioxidants and cofactors with ingredients like CoQ10, turmeric, resveratrol, lipoic acid, green tea, ginkgo, grape seed, lutein, lycopene, astaxanthin, and MSM. Combining them with high potencies of essential vitamins and minerals, including the Coenzymated™ forms of B vitamins, the *gamma* and tocotrienol forms of vitamin E, and the fat-soluble form of vitamin C, makes our formula a standout.*

Our powerful multi-ingredient formula doesn't skimp. It provides key nutrients in the right levels and potencies to support your body's essential systems, from energy



Source Naturals®
live unstoppable™

*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.

generation to the immune and musculoskeletal systems, as well as key organs such as the heart, brain, skin, liver, eyes, and many more. That's why Life Force is an award-winning supplement which has earned the highest score of 100% for complete nutritional support in an independent scientific analysis of over 500 of the most popular multiples in North America.^{1*}

Give Life Force a try and see how it can provide the energy you need to help you move the mountains in your life.*

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 fatty acids and glucose (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 and fat metabolism, energy production, and the mental functions that invigorate you throughout the day.*

Energy-Supporting 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, pantethine, and pantothenic acid.*

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 the antioxidant coenzyme Q10. Research has shown that cholesterol-lowering drugs, called statins, block the body's production of coenzyme Q10, making coenzyme Q10-containing supplements especially beneficial for people taking statins. Life Force also contains the minerals potassium and magnesium, electrolytes vital for heart function, and the herb hawthorn. Life Force supplies vitamins B-6, B-12, and folic acid to help maintain healthy homocysteine levels. Unlike common multiples, it supports antioxidant cardiovascular health, with both the typical *d-alpha* form of vitamin E and the related *gamma*-tocopherol, as well as the natural spectrum of the related tocotrienols.*

Heart & Circulation Nutrients:

Bilberry, coenzyme Q10, ginkgo biloba, grape seed, hawthorn, *alpha*-lipoic acid, calcium, iron, magnesium, potas-

¹Product Comparison of Source Naturals® Life Force Multiple by Lyle MacWilliam, 2004; Taste for Life Essentials Award for Best Supplement, Life Force Green Multivitamin, 2012; Better Nutrition Best of Supplements Award, Life Force, 2011.



sium, selenium, vitamins B-6, B-12, C & E, folic acid, rutin, *gamma*-tocopherol, tocotrienols, and astaxanthin.*

Skin and Musculoskeletal Health

Life Force provides 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 is necessary for calcium absorption and utilization), vitamin K (a cofactor for proteins critical to bone strength and integrity), 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. The formula also contains methylsulfonylethane (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. Life Force also includes quercetin, green tea extract, and turmeric extract for antioxidant support.*

Skin and Musculoskeletal 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, and vitamin K.*

Brain and Nerve Health

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 delivers the full spectrum of high potency B vitamins, all important for healthy nervous system function. Life Force also contains nutrients that support healthy brain function such as DMAE and choline. Choline is a precursor 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 *beta*-carotene and vitamins C and E, 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 Nutrition:

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, and pantothenic acid.*

Vision Support

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 a healthy macula, aqueous tissue, and optical nerve signals, Life Force includes ingredients such as lutein, astaxanthin, *beta*-carotene, zinc, and lipoic acid.*

Cutting-Edge Vision Nutrition:

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

Oxidative Stress

Antioxidants are substances that function to 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 are theorized to 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, including the powerful antioxidants *beta*-carotene and vitamins C and E. In addition, Life Force contains ingredients with antioxidant properties 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, and resveratrol.*

Healthy Inflammatory Response²

Our stressful lives, our unbalanced diets, and the environmental toxins surrounding us can put our immune systems into



overdrive. The nutrients in Life Force can help maintain a healthy inflammatory response.² 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 C, vitamin D, selenium, and zinc, which are fundamental for

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 or an occasional high-fat/high-calorie meal. The body's inflammation response to life's occasional, normal stressors is important for optimal health.

proper functioning of our T-cells, a type of white blood cell in our immune system. Life Force also includes lipoic acid, including the highly bioactive R-isomer form, which, along with the B vitamins and CoQ10, promotes the energy production you need when the immune system needs to kick into high gear.*

Nutrients for Healthy Inflammatory Response²:

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

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 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 to support healthy antioxidant activities and healthy liver function. NAC and *alpha*-lipoic acid both help produce glutathione, one of the liver's primary detoxifying molecules. 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, and inositol.*

Which Life Force is right for you?

We believe our award-winning Life Force Multiple No Iron and With Iron are for everyone, but you may be interested in Men's Life Force®, Women's Life Force®, Life Force® Healthy Aging™ Multiple No Iron and With Iron, Life Force® Vegan Multiple No Iron and With Iron, or Life Force® Green Multiple, all of which have all of the nutrients in Life Force Multiple plus additional ingredients to address specific health needs.

Men's Life Force®

Our Men's Life Force contains additional ingredients that have been used traditionally to support prostate function, reproductive health, and hormonal regulation, including saw palmetto, pumpkin seed, and stinging nettle. Saw palmetto is the most popular prostate herb in the United States. Swedish flower pollen is used by millions of men around the world to support prostate health. 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:

Saw palmetto, ashwagandha, stinging nettle root, damiana, Panax ginseng, pumpkin seed, Swedish flower pollen, and oat straw.*



Women's Life Force®

Our Women's Life Force includes additional ingredients such as calcium, cranberry, and horsetail that address women's specific health concerns, including bone density. Studies show that dietary factors, environmental factors, and hormones influence the overall health of bone, breast tissue, reproductive organs, and the urinary tract. Women's bodies can benefit from particular nutrients to support the health of these systems. Increased amounts of calcium, along with vitamins C, K and D, support bone health.*

Targeted Female Nutrition:

N-acetyl *D*-glucosamine, horsetail, cranberry, butcher's broom, DIM, and increased amounts of calcium and magnesium.*

Life Force® Healthy Aging™ Multiple

Life Force Healthy Aging has been formulated to address the needs of individuals over the age of 50 and contains ingredients to support eye, brain, bone, and heart health, all especially important in healthy aging. Ingredients such as resveratrol, turmeric, holy basil, pomegranate, acai, cranberry, cherry, goji, and amla provide antioxidant support. Lutein and zeaxanthin also provide antioxidant support and can help support eye health throughout the aging process. Life Force Healthy Aging contains calcium and is an excellent source of vitamins C, D, and K to support bone health.*

Life Force® Vegan Multiple

Life Force Vegan Multiple contains a plant source of vitamin D, tremendously important for overall health and well-be-



ing, and nutrients important for vegans, such as vitamin B-12 and zinc. Life Force Vegan Multiple is a complete vegan daily, perfect for lifelong vitality and health.*

Life Force® Green Multiple

Life Force Green Multiple includes a blend of over 40 different super foods: sea greens and grasses; mushroom, vegetable and high ORAC fruit blends; as well as ingredients to support immune function and provide antioxidant support.*

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®
- Inflama-Rest™
- 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 promoting whole body health. 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 challenges we face every day. Allow yourself to feel your best, to achieve mental and physical harmony, and to radiate energy. Feel your Life Force!*

References

Gaby, A.R. (2017). *Nutritional Medicine*, 2nd Ed. Concord, NH: Fritz Perlberg Publishing.

Guyton, A. (1991). *Textbook of Medical Physiology*, Eighth Ed. Philadelphia, PA: W.B. Saunders Co.

Halliwell, B., & Gutteridge, J. (1995). *Free Radicals in Biology and Medicine*. Oxford, UK: Clarendon Press.

Linder, M. (1991). *Nutritional Biochemistry and Metabolism*, Second Ed. Norwalk, CT: Appleton and Lange.

Mathews, C., & van Holde, K.E. (1990). *Biochemistry*. The Benjamin Cummings Publishing Co., Inc.

Schils, M.E., Shike, M., Ross, A.C., Caballero, B., & Cousins, R.J. (2006). *Modern Nutrition in Health and Disease*, Tenth Ed. Philadelphia, PA: Lippincott Williams & Wilkins.



Source Naturals®
live unstoppable™

www.SourceNaturals.com • ©2019 Source Naturals, Inc. LC000532 REV1901A

*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.