

LIFE FORCE® VEGAN MULTIPLE

**NEW! COMPLETE, ALL-VEGAN NUTRITION,
WITH AND WITHOUT IRON**



Vegans and vegetarians can now benefit from one of the most complete multivitamin formulas available today. LIFE FORCE® VEGAN MULTIPLE contains the same array of nutrients as the award-winning LIFE FORCE® MULTIPLE,¹ but now from all-vegan sources.*

Unlike many multiples, LIFE FORCE VEGAN MULTIPLE contains a plant source of vitamin D, tremendously important for

overall health and well-being, and of course, we include nutrients important for vegans, such as vitamin B-12 and zinc. For lifelong support for your brain, skin and eyes as well as your immune, circulatory, antioxidant and energy systems, LIFE FORCE VEGAN is a complete vegan daily multiple. It's available with and without iron, a perfect choice for supporting lifelong vitality and health.*



¹Better Nutrition magazine, 2011, Vitamin Retailer Magazine, 2007.



Strategies for Wellness SM

*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 VEGAN goes beyond ordinary multiples that simply provide vitamins and minerals. It provides key organ-specific nutrients. 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 VEGAN working for you.*

Nutrient Spotlight

Specific Nutrients of Interest to Vegans

Vitamin D-2

Vitamin D has received much attention in the past few years with researchers boasting its immune modulating benefits, as well as its role in calcium absorption and bone maintenance. There are several different forms of vitamin D found in nature. In general, when people talk about vitamin D, they are referring specifically to vitamin D-3 or cholecalciferol. D-3 is the type of vitamin D made by your skin when you are exposed to sunlight. Most vitamin D-3 supplements on the market are derived from the fat of sheep's wool; subsequently, they do not represent a source of vitamin D for those adhering to a vegan diet.*

Another form of vitamin D is vitamin D-2, or ergocalciferol. This natural form of vitamin D can be derived from fungi or yeast and represents a vegetarian source of

vitamin D. LIFE FORCE VEGAN has been formulated with vitamin D-2 to provide the benefits of vitamin D in a vegan-friendly form.*

Vitamin B-12

Vitamin B-12 plays a key role in the production of red blood cells and maintenance of their essential oxygen-carrying capacity. Vitamin B-12 is also a key to nervous system health, helping to maintain the myelin sheath around nerve cells. Vitamin B-12 is primarily available in meat, fish, eggs, and dairy products. Vegans who consume no animal products should obtain vitamin B-12 from fortified foods or nutritional supplements.*

Zinc

Vegans (as well as vegetarians) are often considered to be at risk for zinc deficiency. Many compounds in the diet interact with zinc and inhibit its absorption. For example, phytate, a component of whole grains, seeds, and legumes, binds zinc to form a complex that is large, insoluble, and poorly absorbed, thus potentially decreasing zinc's bioavailability. Because of the high phytate content of a typical vegan diet, it is important that vegans take extra precaution to maintain adequate zinc intake. LIFE FORCE VEGAN is formulated with two forms of zinc to support its key physiological mechanisms, despite dietary fluctuations.*

Calcium

For many Americans, milk and milk products are recognized as primary sources of dietary calcium. However, vegans must turn to other sources to reach adequate intakes of calcium. Removing dairy from the diet, as in a vegan lifestyle, requires careful replacement with other sources of calcium, possibly including fortified foods and supplementation. Calcium in some plant foods is well absorbed, but consuming enough plant foods to achieve adequate amounts may be unrealistic for many. Non-dairy calcium is included in the LIFE FORCE VEGAN formulation to contribute to adequate calcium intake and support calcium-dependent cell signaling and bone maintenance.*

Iron

Although beans and green vegetables can be good sources of iron, much less of their iron is absorbed than iron from meat, chicken and fish. Because of this, vegetarians and vegans need to eat 2-3 times more iron than the standard recommended daily values of 8 mg for men and 18 mg for women. We provide an iron-containing formula for people who wish to obtain some of their iron requirement in a supplement. We also provide an iron-free formula for those who prefer this option.*

Why is LIFE FORCE VEGAN the Best Choice?

First, it contains many more antioxidants and high-level nutrients than most other common multiples, such as P5P, folic acid, lutein, lycopene, R-lipoic acid, methylcobalamin (vitamin B-12), ascorbyl palmitate, L-tyrosine, *gamma* E, and OptiZinc®. Second, it is highly potent. It contains higher amounts of standard nutrients, in more bioavailable forms, than most other multiples, making it among the most advanced multiples available. And third, as a unique and intelligent strategy for health, it contains highly active nutrients to support healthy liver function. The liver is an often overlooked organ, yet it is highly important to health. Most nutrients cannot be used in the body in the forms that exist in food. In addition to detoxification, it is the liver's role to convert numerous nutrients into biologically active metabolic forms. Even though this is a crucial function, most multiples do not focus on this aspect of health. If this conversion does not take place, the nutrients in your multiple may do nothing or be of little value. Simply stated, aiding the health of the liver is an excellent way to fulfill your body's vitamin and mineral needs.*

Complete Energizing Nutrition

LIFE FORCE VEGAN targets the body's systems with specific nutrients and botanicals for total body harmony and energy activation. A nutritional program with LIFE FORCE VEGAN at its center can be an easy first step in attaining a long, healthy, vibrant life. Allow yourself to feel your best, to achieve mental and physical harmony, to radiate energy and vitality...that's LIFE FORCE VEGAN!*



Educational References

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