

Women's Life Force™ Multiple Rejuvenating Energy

Women today play many roles: employee, spouse, mother, caregiver, friend. In the midst of all these responsibilities, it's hard to stay healthy, energetic, and focused. A wise strategy for dealing with these challenges is to go deep to strengthen and balance the underlying body systems that are the foundation of support for your busy life.

That's why Source Naturals created WOMEN'S LIFE FORCE MULTIPLE. WOMEN'S LIFE FORCE is a scientifically advanced formula, designed for women of all ages. WOMEN'S LIFE FORCE is based on Source Naturals' award-winning LIFE FORCE™ MULTIPLE*. Original LIFE FORCE was designed to deliver nutrition to your key body systems.

WOMEN'S LIFE FORCE builds on this core nutrition with additional ingredients that address women's specific health concerns, including bone density, vein strength, menstrual comfort, and breast health.

WOMEN'S LIFE FORCE is a Bio-Aligned™ Formula that addresses all 12 of the deep dozen SystemiCare™ systems identified by Source Naturals as critical for optimal well-being: Energy, Cells/DNA, Inflammation Response, Antioxidant Defense, Sugar Regulation, Metabolism/Hormones, Liver/Detox, Circulation, Cognition/Nerves, Immunity, Digestion, and Structure/Mobility. When your body systems are Bio-Aligned and function in harmony, you experience enhanced energy to meet life's constant demands.



*LIFE FORCE scored 100%, surpassing the published ratings of all other nutritional products in America, based on ratings contained in Lyle MacWilliam's *Comparative Guide to Nutritional Supplements*, 3rd. ed., 2003 (<http://www.comparativeguide.com>).

Strategies for WellnessSM

Bio-Align™ Your Systems with Women's Life Force™ Multiple

WOMEN'S LIFE FORCE™ MULTIPLE goes beyond ordinary multiples that simply replace nutrients missing from your diet. WOMEN'S LIFE FORCE provides key organ-specific nutrients to support your body's energy generation, heart and circulation, nervous system and vision, immune function, skin and musculoskeletal system, liver, breast tissue and reproductive organs, and much more.

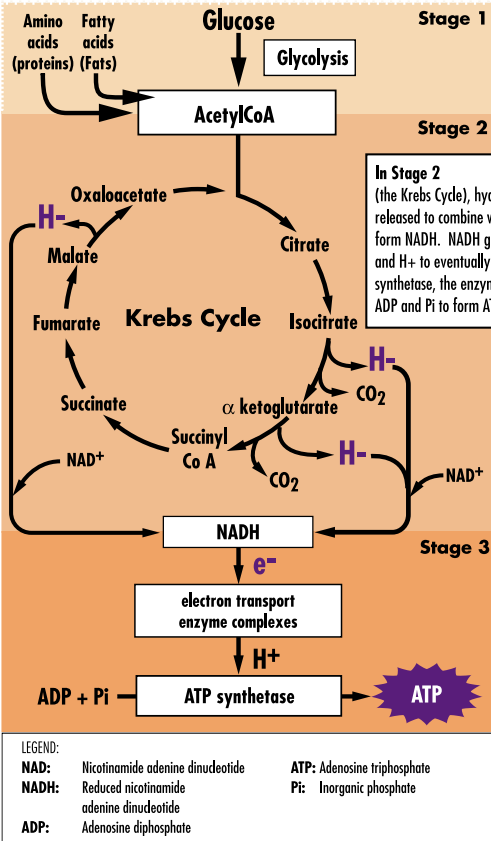
And WOMEN'S LIFE FORCE differs from many women's multiples in what it *does not* contain. Certain herbs, such as black cohosh, vitex, and dong quai, can be tremendously beneficial when used by women at certain stages in life (for example, menopause) or for short-term or periodic use, but are not suitable for all women all the time. You will not find these herbs in WOMEN'S LIFE FORCE.

Activated Energy and Healthy Metabolism

Your metabolism determines how much you weigh, how energetic you feel, and the effective functioning of all your systems. WOMEN'S LIFE FORCE is a unique multiple containing an incredible number of nutrients at potency levels that truly support healthy metabolic function. It contains coenzyme Q10, which plays a crucial role in cellular energy production. CoQ10 is a vital intermediate in the electron transport chain, one of the body's energy production cycles, which converts glucose, or blood sugar, into ATP (adenosine triphosphate). ATP is a high energy molecule that is the body's "energy currency." WOMEN'S LIFE FORCE also supplies alpha-lipoic acid and the potent R-lipoic acid form—both referred to as universal antioxidants and important intermediaries in the Krebs cycle, another energy production cycle. WOMEN'S LIFE FORCE also contains tyrosine and iodine, both precursors



ENERGY CYCLE



Protect Your Heart and Circulatory System

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 your tissues. WOMEN'S LIFE FORCE supports the cardiovascular system with the antioxidant coenzyme Q10, which supports heart muscle metabolism. WOMEN'S LIFE FORCE also contains potassium and magnesium, electrolytes vital for healthy heartbeat and heart function, and the herb hawthorn, a rich source of antioxidant flavonoids, which has traditionally been used as a heart tonic.

Vein health is a critical concern of American women, 41% of whom may experience challenges by the time they are in their fifties. WOMEN'S LIFE FORCE contains the herbs butcher's broom and bilberry, which are widely used to support vein strength. Researchers attribute most of bilberry's positive effects to compounds called anthocyanins, which support the circulatory system by relaxing and strengthening blood vessels.

to thyroid hormones. These hormones regulate key metabolic functions like heart rate, digestive function, weight management and energy levels.

No discussion of metabolism would be complete without mentioning the B vitamins. These critical vitamins—and their bioavailable, coenzymated forms such as thiamin cocarboxylase, riboflavin mononucleotide, and methylcobalamin (vitamin B-12)—play critical roles in thousands of enzyme reactions that promote carbohydrate metabolism, energy production, and the mental functions that invigorate you throughout your busy days. Green tea with EGCG (epigallocatechin gallate) provides added metabolic support.

WOMEN'S LIFE FORCE also supplies vitamins B-6, B-12 and folic acid to help maintain healthy homocysteine levels. To support cholesterol wellness, circulatory health and antioxidant cardiovascular protection, it contains not only the typical D-alpha form of vitamin E, but also the more potent and effective gamma-tocopherol and tocotrienols.

Skin and Musculoskeletal Support

WOMEN'S LIFE FORCE furnishes nutrients to build healthy bones, muscles and skin. In women, bone loss usually occurs at a rate of 0.5-1% per year after age 40. For this reason, WOMEN'S LIFE FORCE contains additional calcium and magnesium compared to original LIFE FORCE. Many people know that these two minerals are crucial for bone



health, but most are unaware of the variety of nutritional cofactors that help build bone, such as vitamin D (which enhances calcium absorption and utilization), boron, manganese, copper, and horsetail silica.

WOMEN'S LIFE FORCE supplies vitamin C and copper, necessary nutrients for the production of collagen, a key constituent of connective tissue in joints and skin, plus the cutting-edge nutrient methylsulfonylmethane (MSM), an assimilable form of the mineral sulfur, used by the body to build and maintain connective tissue, including joint cartilage, hair, skin and nails. Additional nutraceuticals that support healthy skin include DMAE, CoQ10, and alpha lipoic acid.

WOMEN'S LIFE FORCE also includes bromelain, a protein-digesting enzyme extracted from the stem and fruit of the pineapple plant. Bromelain is used to reduce the cellular irritation and heat that lead to joint discomfort. It is believed to act by reducing levels of fibrin (fibrous proteins formed in the clotting of blood) in

our bloodstream, decreasing bradykinin (thus strengthening blood vessel membranes) and mediating levels of hormone-like compounds called prostaglandins. In addition, rutin, quercetin, green tea and turmeric support joint comfort and mobility.

Brain, Nerves and Vision

The hectic pace and constant demands of life can keep your pulse racing, your nerves jangling and your temples throbbing. Your nervous system is crying out, "Help!" WOMEN'S LIFE FORCE provides that help.

WOMEN'S LIFE FORCE supplies the most highly bioavailable and bioactive forms of the amino acid tyrosine—the *N*-acetyl form and the *L*- form. Tyrosine, an important precursor to epinephrine and norepinephrine (collectively known as the catecholamines), helps you respond to stress. In addition, WOMEN'S LIFE FORCE delivers the full spectrum of B-vitamins, all important for healthy nervous system function.

WOMEN'S LIFE FORCE also contains Neuroceuticals® that support healthy brain function by furnishing DMAE and choline, both precursors to the important neurotransmitter acetylcholine, which is important for memory, focus, and muscular movement. In addition, WOMEN'S 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.

Optimal signal transmission within the eye's nerve network is crucial for proper eye function. WOMEN'S LIFE FORCE contains nutrients that support the integrity of the eye tissues that are particularly susceptible to free radicals. To support your healthy macula, aqueous tissue, and optical nerve signals, WOMEN'S LIFE FORCE includes ingredients such as lutein, astaxanthin, beta carotene, bilberry, zinc, lipoic acid, and quercetin.

Immune Defense

WOMEN'S LIFE FORCE supports various components of your immune system, so you can feel your best through the seasons. WOMEN'S 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 are supplied: preformed vitamin A and its precursor, the potent antioxidant beta-carotene. Additional immuno-supportive nutrients in WOMEN'S LIFE FORCE include vitamins B-6 and C, and zinc, which is fundamental for proper functioning of T-cells, the "seek and destroy" cells of your immune system. WOMEN'S LIFE FORCE includes two forms of lipoic acid—the highly bioavailable alpha and R-isomer forms. Lipoic acid, the B vitamins, and CoQ10 promote the building of energy reserves needed for your immune system to kick into high gear.





Powerful Liver Support

Your liver is responsible for converting many nutrients into their metabolically active forms—otherwise your body cannot use them. After activation, these nutrients travel through the blood stream to target organs, where they perform their metabolic functions. Not only does the liver activate nutrients, but it also plays a crucial role in a variety of other metabolic functions, from fat digestion and cholesterol production to blood sugar regulation to the processing and elimination of toxins, an important role in today's increasingly polluted world. WOMEN'S LIFE FORCE contains DIM (diindolylmethane), a compound produced in your body from cruciferous vegetables such as broccoli, Brussels sprouts, cauliflower and cabbage. DIM has been shown to protect cells from the effects of environmental chemicals, such as those generated by automobile exhaust and cigarette smoke, according to animal and *in vitro* studies. WOMEN'S LIFE

FORCE also provides lipoic acid, turmeric, silymarin, and *N*-acetyl cysteine (NAC)—potent antioxidants that support healthy liver function. NAC and lipoic acid 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 promotes bile flow and is a rich source of the antioxidant, curcumin.

WOMEN'S LIFE FORCE also contains choline and inositol, vitamin-like molecules which act as lipotropics, unique substances that prevent the deposition of fat in the liver. Since the liver is naturally high in fats, WOMEN'S LIFE FORCE provides the fat-soluble form of vitamin C, ascorbyl palmitate, for antioxidant protection.

Complete Antioxidant Defense

Oxidative stress is the primary cause of accelerated aging. This and other forms of free radical damage constantly threaten your body. Whether it is from pollution, ultraviolet light, food additives, or other sources, it is more critical than ever to protect your body with antioxidants.

WOMEN'S LIFE FORCE contains 24 of the most powerful antioxidants known to science, including eight new antioxidants based on the latest research. It contains water-soluble antioxidants, such as quercetin and rutin, and others that are fat-soluble, such as alpha-lipoic acid and lycopene. Included are antioxidants that are especially protective of specific body systems, such as lutein to protect the macula in your eye and tocotrienols to protect your arteries.

Breast, Reproductive and Urinary Health

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 require additional support to maintain 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. Indoles support the formation of so-called "good" estrogen—estrogen correlated with healthy breast, endometrial, and cervical tissues—according to animal and *in vitro* studies. Two important forms of estrogen formed by competing pathways are 2-hydroxyestrone, sometimes referred to as "good estrogen," and 16-hydroxyestrone, sometimes referred to as "bad estrogen." Many human studies over the past 20 years correlate lower levels of 16-hydroxyestrone with breast, endometrial and cervical health.

For comfortable menstrual cycles, WOMEN'S LIFE FORCE contains bilberry, which was shown in a randomized, double-blind, placebo-controlled trial to significantly improve pelvic, breast and lower limb comfort. In addition, the higher potencies of calcium and magnesium in WOMEN'S LIFE FORCE were designed to lessen the normal discomfort of premenstrual syndrome.

Cranberry is renowned for use in promoting the health of the urinary tract. There is evidence suggesting that certain constituents of cranberry, including proanthocyanidins, may protect the cells that line the urinary tract. In addition, horsetail silica has traditionally been used to support the health of the bladder and urinary tract, especially in women.

Complete Energizing Nutrition

A nutritional program with WOMEN'S LIFE FORCE at its center can be an easy first step in joining the Wellness Revolution. That's because WOMEN'S 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 WOMEN'S LIFE FORCE to bring your body systems into harmony and to address the major health concerns of women of all ages means enhanced vitality and endurance to meet the constant challenges women face today.

The goal of the Wellness Revolution is 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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Daily Nutritional Support for Women

Energy/Metabolism:	Alpha-Lipoic Acid, Bioperine®, Coenzyme Q10, R-Lipoic Acid, Chromium, Copper, Iodine, Iron, Magnesium, Manganese, Potassium, Zinc, Vitamins B-1, B-2, B-6 & B-12, Biotin, Folic Acid, Niacin, Panthethine, Pantothenic Acid
Heart/Circulation:	Alpha-Lipoic Acid, Bilberry, Bromelain, Butcher's Broom, Coenzyme Q10, Ginkgo, Grape Seed, Guggulsterones, Hawthorn, R-Lipoic Acid, Rutin, Calcium, Chromium, Iron, Magnesium, Potassium, Selenium, Vitamins B-6, B-12, C & E, Beta Carotene, Folic Acid, Gamma E, Tocotrienols
Structure/Mobility	Alpha-Lipoic Acid, Bromelain, Butchers Broom, Coenzyme Q10, DMAE, Glucosamine, Grape Seed, Green Tea, Horsetail Silica, Lutein, MSM, N-Acetyl Cysteine, Quercetin, Rutin, Turmeric, Boron, Calcium, Copper, Iron, Magnesium, Manganese, Selenium, Zinc, Vitamins A, C, D & E, Ascorbyl Palmitate, Beta Carotene, Biotin, Tocotrienols
Cognition/Nerves:	Alpha-Lipoic Acid, Astaxanthin, Bilberry, Choline, Coenzyme Q10, DMAE, Ginkgo, Grape Seed, Lutein, N-Acetyl Cysteine, L-Tyrosine, Quercetin, Rutin, Calcium, Magnesium, Potassium, Selenium, Zinc, Vitamins A, B-1, B-2, B-6, B-12, C & E, Beta Carotene, Biotin, Folic Acid, Inositol, Niacin, Pantothenic Acid, Tocotrienols
Immune System:	Alpha-Lipoic Acid, Astaxanthin, Coenzyme Q10, Grape Seed, Green Tea, Lutein, N-Acetyl Cysteine, Quercetin, Turmeric, Selenium, Zinc, Vitamins A, B-6, C, D-3 & E, Beta Carotene
Liver/Detoxification:	Alpha-Lipoic Acid, Choline, Coenzyme Q10, DIM, Guggulsterones, N-Acetyl Cysteine, R-Lipoic Acid, Silymarin, Turmeric, Calcium D-Glucarate, Copper, Molybdenum, Selenium, Zinc, Vitamins B-2, C & E, Ascorbyl Palmitate, Biotin, Folic Acid, Inositol,
Antioxidant Defense:	Alpha-Lipoic Acid, Astaxanthin, Bilberry, Coenzyme Q10, DMAE, Ginkgo, Grape Seed, Green Tea, Hawthorn, Lutein, Lycopene, N-Acetyl Cysteine, Quercetin, R-Lipoic Acid, Rutin, Silymarin, Turmeric, Selenium, Zinc, Vitamins A, C & E, Ascorbyl Palmitate, Beta Carotene, Gamma E, Tocotrienols
Breast. Reproductive & Urinary Health:	Coenzyme Q10, Cranberry, DIM, Horsetail Silica, MSM, Turmeric, Calcium, Calcium D-Glucarate, Magnesium



Strategies for Wellnesssm

www.sourcenaturals.com



To learn more about Source Naturals Bio-Aligned Formulassm, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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