



SURPRISE!

***LifePharm** does it again*

LifePharm has taken the research of the decade and created four potent dietary supplements that are beneficial to health and even changing people's lives for the better. IBOs, customers and corporate staff continually comment on the benefits of the products. When your physical, spiritual, emotional, nutritional and psychological systems are in balance, you feel much happier and healthier. You are motivated further to reach out and help educate others, so that they, too, will benefit from the quality LifePharm products.



This last year the United Nations World Food Program, the Institute of Human Nutrition of Columbia University, and Sight and Life convened leaders across multiple sectors to support nutritional education around the world. The summit was called "The New Nutrition Workshop: Educating and Training for a Post-2015 World." Leaders from business, academia, civil societies, governments, health organizations and agriculture were among those represented to share their visions.¹

As we have reviewed over the last year, there are many challenges that face communities and individuals. Issues include obesity, type

2 diabetes, fatty liver disease, gastrointestinal health, heart health, inflammatory issues, bone and joint health, memory function, moodiness, mild depression, and immune health. Although the Nutrition and Education Workshop was a global summit to address challenges of nutritional goals, we can see that this need begins in our own communities with family, friends and acquaintances, as this is where education begins. You are also unique in that the opportunity exists for the important one-on-one communication you bring as an IBO to your associates and customers.

AT LIFEPHARM WE ARE COMMITED

to using and sharing the most current science and innovations to bring to our talented and conscientious IBO—you—and your customers. We ask each of you to reach out to those you serve with the valuable information and products that LifePharm has created over the last several years.

*What new knowledge have we learned about **LifePharm** products?*

1. A pilot clinical trial published in the Physicians' Desk Reference (Dr. E. Andujar, Jan. 2016) showed that taking one Laminine in the morning and one in the evening may help support the maintenance of lower blood sugar levels in persons who were becoming prone to higher than normal blood glucose levels. These results were statistically significant in supporting the validity of taking Laminine for this function.
2. Academic organizations have investigated and developed even more in-depth studies for elucidating the importance of probiotics and prebiotics in human health. The scientific studies show the benefits of ingredients in DIGESTIVE+++ to support the function and integrity of the gastrointestinal lining, which in turn supports

the nerve network, the brain, the thyroid gland, the immune system, and liver. Studies have shown that when unhealthy bacteria colonize the GI tract, the unhealthy by-products and toxins they secrete may leak across the gut lining and interfere with normal organ functions. Not only does having a healthy gut make you feel better, it also affects your primary immunity, metabolic functions, insulin resistance, and possibly, weight management. Scientists have now recognized the importance of the gut microbiome that co-exists within your body that is actually a prominent part of your metabolism, well-being and ultimate health.

3. Extensive research in omega-3 fatty acids, particularly DHA and EPA as in LifePharm OMEGA⁺⁺⁺, has undoubtedly shown supportive benefits to circulatory and heart health, triglyceride levels, joint health, memory function and support to the eyes. Other research has shown how these fatty acids signal the body's inflammatory responses to calm down these detrimental activities when the immune response is no longer needed. We have all heard much about general inflammation and how it harms the body. Every cell membrane, including long nerve cells and brain tissue, rely on these fatty acids for the integrity of the membrane and its functions.
4. There are now initiatives requesting that a "Recommended Daily Intake Value" be established for omega-3 DHA and EPA. Deficiencies of these exist, as are measured by an Omega-3 Index. This index can determine the levels of omega-3 fatty acids in the blood. OMEGA⁺⁺⁺ from LifePharm has exclusively added the value of CoQ-10 for its benefits to the heart muscle and vitamin K2, the rare vitamin necessary for health, found often to be deficient in Western diets.

Advanced evaluation of data concerning the benefits of the omega-3 fatty acids, suggest 1.5-3.0 grams daily. Support your body with two OMEGA⁺⁺⁺ capsules in the morning and two in the evening to optimize its value to your body. The small sardine-like fish from South America that provides omega-3 fatty acids in the OMEGA⁺⁺⁺ formulation is pure, contaminant-free and believed to be one of the best sources available. Omega⁺⁺⁺ has been fortified with fertilized avian egg extract to enhance its value in the body.

5. Recent research is showing that specific supplemental ingredients may assist in the management of aging skin. Collagen and elastin fibers repair themselves every year, so depending on

how you feed your skin from the inside, it may help reverse and even repair some skin damage.² Vitamin C stimulates collagen synthesis by acting as a cofactor in a chemical reaction of two essential amino acids, which must be derived from the diet (proline and lysine) to form collagen fibers. Vitamin C must be plentiful in the body so skin cells can make collagen and elastin. Humans lack the particular enzyme that synthesizes vitamin C in the liver—numerous studies show that if vitamin C is taken with fruit components rich in phytonutrients, it is more effective and its value is enhanced.²

The vitamin C in the IMMUNE⁺⁺⁺ formulation contains concentrated flavonoid compounds from several exotic and rare fruits, including acerola and camu camu berries. This blend is highly effective and has shown to have twice the absorption rate, and stays in the blood stream twice as long as traditional forms of vitamin C. IMMUNE⁺⁺⁺ also contains a variety of mushroom extracts that contain valuable polysaccharides, lipids and antioxidants that are important for maintaining skin cell functions. Another ingredient in IMMUNE⁺⁺⁺ is sea buckthorn. Recently, sea buckthorn has been successfully investigated for its ability to strengthen the skin!

*Make 2016 a Year of **Improved Health***

In 2016, make a commitment to support your own health and the health of those around you. Our commitment to you is to continue to bring you the best in education and up-to-date research findings about the unique ingredients in our exclusive formulas.



[LEARN MORE ABOUT LAMININE](#)

[LEARN MORE ABOUT OMEGA⁺⁺⁺](#)

[LEARN MORE ABOUT DIGESTIVE⁺⁺⁺](#)

[LEARN MORE ABOUT IMMUNE⁺⁺⁺](#)

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.

REFERENCES

1. Jessica C Fanzo, Matthew M Graziose, Klaus Kraemer, Stuart Gillespie⁹, et al. Educating and Training a Workforce for Nutrition in a Post-2015 World. November 2015, Advances in Nutrition; vol. 6: 639-647, 2015
2. Taihao Quan, Tianyuan He, et al. Solar Ultraviolet Irradiation reduces collagen in photo-aged human skin by blocking transforming growth factor-B Type II Receptor/Smad Signaling. The American Journal of Pathology. 2004 Sep; 165(3): 741-751