



DID YOU KNOW EACH LIFEPHARM POWERHOUSE IS A STRESS BUSTER?

Those of you who have been with LifePharm for some time have learned that cortisol is the hormone that can wreak havoc in the body to produce undesirable levels of stress. Cortisol is necessary for survival; however, when it goes into overdrive, we experience anxiety, panic and debilitating stress levels.

LAMININE AS A STRESS BUSTER



Experienced LifePharm IBOs know that Laminine is a big stress buster. We have received countless endorsements from our IBOs and their family members or friends who have personally experienced how Laminine has helped them get stress levels under control.

One of the most amazing discoveries about Laminine that separates it from any other supplement available today is its amazing ability to affect the body's cortisol levels. By lowering cortisol levels in our bodies, we have the ability to reduce how stress damages our health.



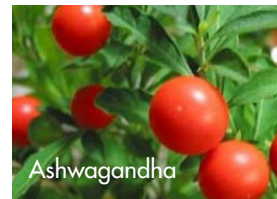
CORTISOL
levels
23%

Pioneering the study of the extraordinary benefits of fertilized avian egg extract, Dr. Bjørndal spent much of his life researching and formulating with this exceptional ingredient. He conducted a study that showed a remarkable 23 percent reduction of cortisol levels in individuals after 12 days of consistent consumption of Laminine.

When healthy levels of cortisol are maintained with Laminine, serotonin levels (the happy hormone) are regulated and the result is a more balanced state of mind and also, emotional stability. Too much stress affects not only the mind but also the emotions.

IMMUNE+++ AS A STRESS BUSTER

Most of us tend to think of IMMUNE+++ as a superior product that supports the immune system. But IMMUNE+++ is also highly useful for handling stress. What is stress but a tension on a system? Life has many stressors as we know and the system that needs support is our whole body. Many of the mushrooms and the herb, Ashwagandha provided in IMMUNE+++ are called adaptogens. In Indian and Chinese traditional medicine, these herbs have energy to offer the body.



Ashwagandha

Ashwagandha is known as Indian ginseng. It includes a wide range of health benefits which include stress busting, cognitive functions, men's health, immune support, improved sleep, metabolic wellness, support for adrenal function and for sports performance.

According to a monograph from the American Herbal Pharmacopoeia, the herb has a history of use in Ayurvedic medicine that dates back as early as 4,000 years to the teaching of the great scholar Punarvasu Atreya, as well as other Ayurvedic texts. Although you may primarily think of Ashwagandha as an herb for



LIFEPHARM®
because life is precious

immune system function, it has benefits for rejuvenation, energy, stress relief, anxiety, and for supporting restful sleep. Ashwagandha is one of the herbs that have shown substantial consumer recognition over the last five years, resulting in triple digit growth as an herbal ingredient as it gains attention for its numerous qualities.

OMEGA+++ AS A STRESS BUSTER

Although OMEGA+++ is definitely the LifePharm champion for heart health as it supports the circulatory system, it also helps to regulate stress and cortisol levels. We have understood from science trials that Omega-3s act as an inhibitor of some of the overproduction of inflammatory compounds that are released from too much stimulation of



an overactive immune function. Mental disorders such as depression and anxiety are being studied as inflammatory responses by the brain.

To keep your mind sharp, omega-3s are a must. Every nerve cell and brain cell—including the optic nerve, which sends signals from the eyes to the brain—

needs omega-3s. These build the structure of the long nerve fibers. The OMEGA+++ formulation also contains ingredients such as vitamin K2, which helps to keep the blood vessels elastic, so they are supported during exercise.

DIGESTIVE+++ AS A STRESS BUSTER



Have you experienced a nervous stomach? When the body feels overwhelmed by stress, many of us have the sensation of a “jittery stomach.” This is a common response to stress. Keeping your GI tract in optimal working order may help you cope with stress.

Research over the last few years has shown how helpful taking active probiotics and prebiotics can be for our health. Many people are burdened by poor or incomplete digestion, poor elimination and various colon issues that can become serious over time. DIGESTIVE+++ is a unique and comprehensive product that contains everything your gastrointestinal tract needs. These last years of scientific discovery have demonstrated that good bacteria supporting the gut lining may improve many

aspects of health besides the immune system. The good microbe used in DIGESTIVE+++ is superior as it is one of the few strains of probiotics that is a spore forming bacteria which protects it from digestion. Many probiotics can be digested by stomach enzymes rendering them inactive. *Bacillus Coagulans* makes its way through the digestive tract and colon whereby it colonizes the gut successfully as shown in numerous human scientific studies. It is the probiotic used primarily in India for decades for maintaining gastrointestinal balance.



Jerusalem Artichoke



Dandelion leaves



Yacon root

A good gut biome assures that many factors from skin health to liver health, including brain health are positively affected by a good gut microbiome. DIGESTIVE+++ helps you accomplish this with a full range of digestive enzymes to break down your food particles into the smallest most assimilating particles. The prebiotics in the form of fructooligosaccharides, Jerusalem Artichoke, Dandelion leaves and Yacon root are defined by the means by which they are not digested and literally reach the large intestine and colon to help provide the optimal nutrition to the best flora that inhabit the colon.

Take all four of the LifePharm Powerhouses for overall health and to keep stress at healthy levels!



SEE WHAT ELSE THE LIFEPHARM POWERHOUSES CAN DO

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.