



# VITAMIN PACKS

While IDLife is committed to honoring the individual and creating the world's most scientific based customized vitamin platform in IDNutrition, we appreciate that some people only want support for a particular issue from which they encounter in their daily lives. The IDLife Vitamin Packs were designed to do just that.\*

## FAQs:

### ARE THESE VITAMINS MADE WITH SAME VITAMINS FOUND IN IDNUTRITION?

Yes. These introductory packs are designed utilizing the same high-quality vitamins and nutrients our customers have come to enjoy and expect from IDLife's IDNutrition.

### IS CHRONOBIOLOGY INCORPORATED INTO THE PACKS?

Yes. Like IDNutrition, the science of chronobiology, or dosing vitamins at the appropriate time of day to optimize their effectiveness, is incorporated into the packaging of the various Vitamin Packs.

### WHY ARE MY VITAMIN PACKS PACKAGED IN IDNUTRITION BOXES?

While these packs are designed to help support a specific issue or challenge you might be experiencing, they are intended to be an introduction to the who, what, and why of IDLife. We packaged these packs in IDNutrition boxes to introduce the consumer to our more advanced product offering.

### ARE THESE VITAMIN PACKS CUSTOMIZED TO ME LIKE IDNUTRITION?

No. These packs are designed to be an introduction to the who, what, and why of IDLife. We packaged these packs in IDNutrition boxes to introduce the consumer to our more advanced product offering.

### ARE THESE VITAMIN PACKS FDA APPROVED?

Dietary supplements like these Vitamin Packs do not require FDA approval. All of these Vitamin Packs are manufactured in strict compliance with FDA rules, regulations and guidelines.

### I'M A VEGAN, WHAT ARE THE TWO-PIECE CAPSULES MADE FROM?

The gelatin in the two-piece capsules and soft gels is derived from bovine animal sources.

### WHAT ARE THE IDNUTRITION COMMITMENTS TO INGREDIENT QUALITY AND WHAT CONTROLS ARE IN PLACE TO ASSURE CLIENTS THAT THEIR NUTRITIONAL FORMULAS ARE MEETING OR EXCEEDING INDUSTRY STANDARDS?

Nutritional supplements have a wide variation in ingredient "quality" and, to a lesser extent, ingredient "quantity".

#### A. Quality is Mission Critical and can vary as to potency, purity, solubility and absorbability.

Potency is critical in that the amount of active ingredients is verified as present in the right bioactive form. IDNutrition ingredients are carefully selected, certified and verified by our manufacturers. IDNutrition also uses outside independent laboratories to inspect and certify the potency of each ingredient.

Purity is critical in that all ingredients contained are free of pesticides, herbicides, and any chemical contaminants. IDNutrition ingredients are carefully selected, certified and verified to guarantee the purity of each ingredient. IDNutrition also uses outside independent laboratories to inspect and certify the purity of each ingredient.

Solubility is critical regardless of the potency and purity of the ingredients. If the tablet or capsule is not readily soluble, the ingredients will not be broken down and instead will be eliminated from the body before the nutritional value can be realized. IDNutrition utilizes outside independent laboratories to verify disintegration rates of its tablet and capsule formulations to assure the pure and potent ingredients are available for absorption.

Absorbability is critical because once the potent, pure, soluble ingredients are broken down for absorption they are bioavailable and in a form to be readily absorbed into your blood stream. Ingredients curated for IDNutrition are selected for their performance and synergy with all IDLife products.

**B. Quantity as it relates to nutritional supplements refers to the IDNutrition philosophy of the "Right Dose at the Right Time". While we address the "Right Time" (Chronobiology) in another section, we emphasize the "Right Dose" and believe that "over-dosing" of nutritional supplements is as much a problem as "under-dosing".**

Our formulas provide only ingredients that have scientific evidence (often called evidence-based) behind the recommendations and we provide the level of ingredients as close as possible to the dose used in the scientific studies. Many supplement companies will add unnecessary or minimal ingredients to project the image of a potent formula, but the quantity of each ingredient is minuscule (under-dosing) and far below the level required to deliver a positive result. In the nutrition industry, this practice is often referred to as "label paint."

IDNutrition endeavors to use the studied amount of each ingredient and also does not believe in very high doses of nutrients (mega-dosing) where it is assumed if x is beneficial, 3x is more beneficial. Mega-dosing or "overdosing" is often dangerous leading to unwanted side effects and is even wasteful since "overdosing" is not only a waste of money but the entire excessive ingredient amounts are being excreted. The amounts of ingredients in IDNutrition formulas are therefore kept at a higher standard with both quality and quantity than most nutritional supplements.

### WHAT'S THE DIFFERENCE BETWEEN THE VITAMIN PACKS AND IDNUTRITION?

The Vitamin Packs are intended as an introduction to the who, what, and why of IDLife that is culminated in our IDNutrition product. While these packs have been meticulously formulated to address life's challenges, they don't take into consideration your overall diet, lifestyle, medical history or genetic information to provide you a completely personalized recommendation backed by scientific evidence like IDNutrition.



## THE SCIENCE OF VITAMIN PACKS: PROBLEM & SOLUTION

While IDLife is committed to honoring the individual and building the world's most scientific based customized vitamin platform in IDNutrition, we appreciate that some people only want support for a particular challenge. The IDLife Vitamin Packs were designed to do just that. Each vitamin pack was designed to address an area of support that will be thoroughly focused on an area of your choice.

### THE PROBLEM:

- Many vitamin support formulas on the shelves today are made with inexpensive, low-quality and questionable ingredients, leaving you believing you are absorbing nutrients that may or may not be providing you any benefit.
- The body has a difficult time absorbing many of the cheaper vitamin formulations found on store shelves, leaving you with the false sense of security that you are getting a nutrient that your body can't metabolize.
- Most vitamin products and stores are filled with bottles, labels, and advertising that leave you confused and relying on an in-store "expert" to help you make an informed decision.

### THE SOLUTION:

- The IDLife Vitamin Packs are designed utilizing the same high-quality vitamins and nutrients found in our IDNutrition program.
- While not fully customized to your individual needs like IDNutrition, these introductory packs are designed to help support a specific issue or challenge you might be experiencing with easy to understand labels and benefits.
- Peace of mind in knowing that each pack is designed with your specific challenge in mind, and formulated to provide the best nutritional support available to address the issues that concern you.

**"Designed to support my specific needs!"**





# VITAMIN PACK OFFERINGS





# ESSENTIALS PACK

Supplement	Quantity	Time
Advanced AM	1	Morning
Advanced PM	1	Evening
Omega-3 Complex	1	Evening
Probiotic	1	Evening

## WHAT DOES THE ESSENTIALS PACK DO?

Our Essentials Pack comes with our Advanced AM & PM blends to address your morning and evening nutrient needs, but also includes a powerful Probiotic and Omega 3 to round out your essential nutritional support needs.\*

## WHAT IS OFFERED IN THE ESSENTIALS PACK

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Advanced AM inside. The evening box contains 30 single strip packs with 1 Advanced PM, 1 Omega-3 Complex, and 1 Probiotic inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

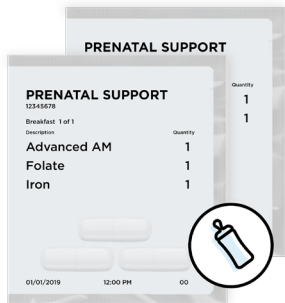
## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (Retinyl Acetate and 50% as Beta Carotene)	0.00 mcg RAE	0%	750.00 mcg RAE	83%
Vitamin C (from Calcium Ascorbate)	60.00 mg	66%	30.00 mg	33%
Vitamin D3 (from Cholecalciferol)	0.00 mcg	0%	12.50 mcg	83%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Thiamin (from Thiamine Mononitrate)	1.00 mg	66%	0.00 mg	0%
Riboflavin	1.30 mg	100%	0.0 mg	0%
Vitamin B3 (as Niacinamide)	20.00 mg NE	100%	0.00 mg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	2.00 mg	153%	0.00 mg	0%
Folate (from 5-MTHF ((6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and Calcium Folate)	0.00 mcg DFE	0%	100.00 mcg DFE	25%
Folate (from Calcium Folate and 5-MTHF ) (6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	100.00 mcg DFE	25%	0.00 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	2.00 mcg	83%	0.00 mcg	0%
Biotin (as D-Biotin)	30.00 mcg	100%	0.00 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	1.00 mg	10%	5.00 mg	50%
Calcium (from Calcium Carbonate)	0.00 mg	0%	100.00 mg	10%
Calcium (from Calcium Citrate Malate)	18.00 mg	1%	0.00 mg	0%
Choline (as Choline Bitartrate)	50.00 mg	9%	0.00 mg	0%
Iodine (from Organic Geothermal Kelp)	75.00 mcg	50%	75.00 mcg	50%
Magnesium (from Magnesium Oxide)	0.00 mg	0%	100.00 mg	25%
Zinc (from Zinc Bisglycinate Chelate)	5.00 mg	45%	1.00 mg	9%
Selenium (from L-selenomethionine)	35.00 mcg	64%	36.00 mcg	65%
Copper (from Copper Bisglycinate Chelate)	0.00 mcg	0%	500.00 mcg	55%
Manganese (as Manganese Bisglycinate Chelate)	1.00 mg	43%	1.00 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60.00 mcg	200%	0.00 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate)	0.00 mcg	0%	75.00 mcg	166%
Potassium (from Potassium Citrate)	0.00 mg	0%	50.00 mg	1%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
GABA (Gamma Aminobutyric Acid)	0.00 mg	*	50.00 mg	*
IDLife Probiotic Proprietary Blend (12 Billion cfu/capsule) (Saccharomyces boulardii, DE111® Bacillus subtilis, Lactobacillus paracasei, Lactobacillus acidophilus, Lactobacillus rhamnosus GG, Bifidobacterium longum, Bifidobacterium bifidum, Lactobacillus casei, Lactobacillus salivarius, Bifidobacterium breve, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium animalis lactis)	0.00 mg	*	100.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Turmeric Extract (Curcuma longa)(-Root), Glucoraphanin (from Brassica oleracea) (seeds)	24.50 mg	*	24.50 mg	*
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate)	0.00 mcg	*	500.00 mcg	*

\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Rice Dextrin, Gelatin Capsule, Gelatin (Bovine), Glycerin, Vegetable Capsule, Stearic Acid, DI Water, Magnesium Stearate, Silica, Dicalcium Phosphate, Starch, Microcrystalline Cellulose, Maltodextrin, Medium-Chain Triglycerides Oil, Calcium Sulfate



# PRENATAL SUPPORT

Supplement	Quantity	Time
Advanced AM	1	Morning
Folate	1	Morning
Iron	1	Morning
Omega-3 Complex	1	Evening
Advanced PM	1	Evening

## WHAT DOES THE PRENATAL PACK DO?

Eating a healthy, balanced diet can help you get the proper vitamins and minerals you need, but even the best eaters have nutritional gaps and fall short on key nutrients. If you are trying to conceive or are pregnant, a high-quality prenatal vitamin can help fill those nutritional gaps. While most prenatal vitamins on the market today attempt to package what you need into a single pill to be taken at any time throughout the day, IDLife's Prenatal Pack comes with 5 different vitamins specifically designed to be taken at the right time of day, to help provide you and your child more of what each of you needs and support optimal absorption of the nutrients.

\*Consult your physician and follow all safety instructions before using any prenatal supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (Retinyl Acetate and 50% as Beta Carotene)	0.00 mcg RAE	0%	750.00 mcg RAE	83%
Vitamin C (from Calcium Ascorbate)	60.00 mg	66%	30.00 mg	33%
Vitamin D3 (from Cholecalciferol)	0.00 mcg	0%	12.50 mcg	83%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Thiamin (from Thiamine Mononitrate)	1.00 mg	66%	0.00 mg	0%
Riboflavin	1.30 mg	100%	0.00 mg	0%
Vitamin B3 (as Niacinamide)	20.00 mg NE	100%	0.00 mg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	2.00 mg	153%	0.00 mg	0%
Folate (from 5-MTHF ((6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and Calcium Folate))	800.00 mcg DFE	200%	100.00 mcg DFE	25%
Folate (from Calcium Folate and 5-MTHF ) (6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	100.00 mcg DFE	25%	0.00 mcg DFE	0%
Vitamin B12 (as methylcobalamin)	2.00 mcg	83%	0.00 mcg	0%
Biotin (as D-Biotin)	30.00 mcg	100%	0.00 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	1.00 mg	10%	50.00 mg	50%
Calcium (from Calcium Citrate Malate)	18.00 mg	1%	0.00 mcg	0%
Choline (as Choline Bitartrate)	50.00 mg	9%	0.00 mg	0%
Calcium (from Calcium Carbonate)	0.00 mg	0%	100.00 mg	10%
Iron (as Ferrochel® (Ferrous Bisglycinate Chelate))	28.00 mg	155%	0.00 mg	0%
Iodine (from Organic Geothermal Kelp)	75.00 mcg	50%	75.00 mcg	50%
Magnesium (from Magnesium Oxide)	0.00 mcg	0%	100.00 mg	25%
Zinc (from Zinc Bisglycinate Chelate)	5.00 mg	45%	1.00 mg	9%
Selenium (from L-selenomethionine)	35.50 mcg	64%	36.00 mcg	65%
Copper (from Copper Bisglycinate Chelate)	0.00 mcg	0%	500.00 mcg	55%
Manganese (as Manganese Bisglycinate Chelate)	1.00 mg	43%	1.00 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60.00 mcg	200%	0.00 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate)	0.00 mcg	0%	75.00 mcg	166%
Potassium (from Potassium Citrate)	0.00 mg	0%	50.00 mg	1%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
GABA (Gamma Aminobutyric Acid)	0.00 mg	*	50.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis)(leaf), Quercetin (Dimorphandra mollis) (bud), Tumeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea)(seeds)	24.50 mg	*	24.50 mg	*
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate)	0.00 mcg	*	500.00 mcg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Gelatin Capsule, Microcrystalline Cellulose, Gelatin (Bovine), Glycerin, Stearic Acid, Magnesium Stearate, Silica, DI Water, Dicalcium Phosphate, Ascorbyl Palmitate Food Grade, Starch, L-Leucine, Maltodextrin, Calcium Sulfate

**Warning:** This product contains iron. Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep this product away from children. In case of accidental overdose, call a doctor or poison control center immediately.

**Caution:** Folic Acid may obscure pernicious anemia in that the peripheral blood picture may revert to normal while neurological manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administrations of Folic acid. You should consult with your physician or health care professional before taking any products intended to supplement your nutrition.



## FAQS

### HOW ARE PRENATAL VITAMINS DIFFERENT FROM OTHER VITAMINS?

Prenatal vitamins typically contain more folic acid, iron, and other vitamins and minerals than do standard multivitamins because science has proven the benefits of certain nutrients in the development of the fetus:

- Folic acid helps in the development of the baby's neural tube.
- Iron supports the baby's growth and development.
- Calcium and Vitamin D support healthy and strong bone development.
- Omega-3 Fatty Acids help promote a baby's brain development.
- Choline helps support healthy spinal cord and brain development.
- Iodine helps support normal cognitive development.
- Research also suggests that taking prenatal vitamins can greatly reduce the risk of having a baby with low birth weight.

In addition to the vitamins listed above, which in no way are exhaustive, IDLife has developed this pack based on the well-established recommendations of doctors and scientists who continue to identify and publish literature about the benefits of nutritional supplementation both before and during pregnancy.

### WHEN SHOULD I START TAKING PRENATAL VITAMINS?

During the first month of pregnancy, a baby's neural tube begins to develop, which later develops into the brain and spinal cord. Because most women aren't immediately aware that they have conceived a child, it is recommended that any woman attempting to get pregnant, or not making any attempts to prevent pregnancy, start taking prenatal vitamins at least three months beforehand.

### HOW LONG SHOULD I TAKE PRENATAL VITAMINS?

It is universally recommended that women take a prenatal vitamin before conception and throughout the entire pregnancy. If you plan on breastfeeding, it may be important to continue taking your prenatal vitamins to continue to provide your new baby with the extra vitamins and minerals they need in the early stages of development.

### DO I NEED A PRENATAL VITAMIN?

A healthy and balanced diet can help keep you well nourished, but most women don't get nearly enough folic acid, iron and choline in their diet to support them during pregnancy. These nutrients, and the others found in the Prenatal Pack, can support you throughout your pregnancy, and research has shown that prenatal vitamins can decrease the risk of low birth weight.

### ARE THERE ANY SIDE EFFECTS TO THE PRENATAL PACK?

Some pregnant women may feel a little nauseated after taking prenatal vitamins. You can help avoid this by taking your vitamins with a snack or meal.

### WHAT IS THE BEST TIME FOR ME TO TAKE MY PRENATAL PACK?

Just like our one-of-a-kind personalized vitamin program, IDNutrition, the Prenatal Pack is delivered in both AM and PM dosing to ensure that you are taking the right vitamins at the right time of day to ensure optimal absorption and effectiveness for you and your baby.



# STRESS SUPPORT

Supplement	Quantity	Time
Antioxidant Plus	1	Evening
Stress Shield	1	Evening

## WHAT DOES THE STRESS SUPPORT PACK DO?

Stress creates an imbalance in your thoughts, emotions, actions, and overall health. IDLife's Stress Support pack is full of nutrients to help support the body's reaction stress, and the hormonal imbalances caused by it.\*

## WHAT IS OFFERED IN THE STRESS SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs inside an evening box. The evening box includes 30 single strip packs with 1 Antioxidant Plus and 1 Stress Shield.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	300.00 mcg RAE	33%
Vitamin C (from Calcium Ascorbate)	0.00 mg	0%	100.00 mg	111%
Selenium (from L-selenomethionine)	0.0 mcg	0%	50.00 mcg	90%
Alpha Lipoic Acid	0.00 mcg	*	25.00 mcg	*
Ashwagandha Extract (Withania somnifera) (Dried root)	0.00 mg	*	20.00 mg	*
CoQ10 (Ubidecarenone)	0.00 mg	*	20.00 mg	*
DL-Phenylalanine**	0.00 mg	*	75.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Turmeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea) (seeds)	0.00 mg	*	30.65 mg	*
L-Theanine	0.00 mg	*	100.00 mg	*
L-Tyrosine	0.00 mg	*	125.00 mg	*
Lemon Balm Extract (Melissa officinalis) (aerial parts)	0.00 mg	*	20.00 mg	*
N-Acetyl-L-Cysteine	0.00 mg	*	160.00 mg	*
Tocotrienols	0.00 mg	*	20.00 mg	*

\* Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Stearic Acid, Dextrin, Silica, Magnesium Stearate, Maltodextrin, Dicalcium Phosphate, Starch, Alginate

\*\* Phenylketonurics: contains Phenylalanine





# WOMEN'S FORMULA

Supplement	Quantity	Time
Vitamin D3	1	Evening
Menopause Support	1	Evening
Antioxidant Plus	1	Evening
Bone Support	1	Evening

## WHAT DOES THE WOMEN'S FORMULA DO?

Our Women's Formula is designed to help provide the nutrients and minerals necessary to support a woman's nutritional needs during the menopausal and perimenopausal phases of her life.\*

## WHAT IS OFFERED IN THE WOMEN'S FORMULA PACK?

Each pack comes with a 30-day supply of convenient daily strip packs inside an evening box. The evening box includes 30 single strip packs with 1 Antioxidant Plus, 1 Bone Support, 1 Vitamin D3, and 1 Menopause Support.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
	%DV		%DV	
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	300.00 mcg RAE	33%
Vitamin C (from Calcium Ascorbate)	0.00 mg	0%	100.00 mg	111%
Vitamin D3 (from Cholecalciferol)	0.00 mcg	0%	10.00 mcg	66%
Vitamin D3 (from Cholecalciferol)	0.00 IU	0%	1000.00 IU	250%
Vitamin K1 (Phytonadione)	0.00 mcg	*	45.00 mcg	50%
Vitamin K2 (as Menaquinone MK-7)	0.00 mcg	*	5.00 mcg	5%
Calcium (from Calcium Carbonate, Calcium Citrate and Microcrystalline Hydroxyapatite)	0.00 mg	*	300.00 mg	30%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	0.00 mcg	*	80.50 mcg	20%
Zinc (from Zinc Bisglycinate Chelate)	0.00 mcg	*	1.50 mcg	13%
Selenium (from L-selenomethionine)	0.00 mcg	*	50.00 mcg	90%
Copper (from Copper Bisglycinate Chelate)	0.00 mg	*	0.25 mcg	0%
Manganese (as Manganese Bisglycinate Chelate)	0.00 mg	*	0.25 mg	0%
Alpha Lipoic Acid	0.00 mg	*	25.00 mg	*
Boron (as Bororganic Glycine)	0.00 mcg	*	1.50 mcg	*
Broccoli (BroccoPhane®) (Brassica oleracea) (sprout) (0.4% Sulforaphane)	0.00 mg	*	25.00 mg	*
Chaste Tree Berry Extract (Vitex agnus-castus) (0.5% Agnuside & 0.5% Aucubin)	0.00 mg	*	40.00 mg	*
CoQ10 (Ubidecarenone)	0.00 mg	*	20.00 mg	*
Di-Indolyl-Methane (DIM)	0.00 mg	*	50.00 mg	*
Grape Seed Extract (Vitis vinifera) (95% proanthocyanidins)	0.00 mg	*	100.00 mg	*
Horsetail (Equisetum arvense)	0.00 mg	*	2.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Turmeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea) (seeds)	0.00 mg	*	22.83 mg	*
L-Theanine	0.00 mg	*	100.00 mg	*
Milk Thistle Extract (80% Silymarin)(Silybum marianum)(seed)	0.00 mg	*	100.00 mg	*
N-Acetyl-L-Cysteine	0.00 mg	*	160.00 mg	*
Rhodiola rosea (root)(3% Rosavins & 1% Salidroside)	0.00 mg	*	100.00 mg	*
Tocotrienols	0.00 mg	*	20.00 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Gelatin Capsule, Extra Virgin Olive Oil, Softgel Capsule (gelatin, water, glycerin), Hydroxypropyl Cellulose, Microcrystalline Cellulose, Maltodextrin, Stearic Acid, Magnesium Stearate, Silica, Dextrin, Dicalcium Phosphate, Starch, Alginate





# MEN'S FORMULA

Supplement	Quantity	Time
Prostate Support	1	Evening
Antioxidant Plus	1	Evening
L-Carnitine	1	Morning

## WHAT DOES THE MEN'S FORMULA DO?

The IDLife's Men's Formula starts with a high-quality amino acid profile to fuel muscles and support intestinal balance, but the main support elements of the pack are geared to provide the nutrients that have been scientifically shown to help men with their prostate and urinary tract health.\*

## WHAT IS OFFERED IN THE MEN'S FORMULA PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 L-Carnitine inside. The evening box contains 30 single strip packs with 1 Antioxidant Plus and 1 Prostate Support inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
	%DV		%DV	
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	300.00 mcg RAE	33%
Vitamin C (from Calcium Ascorbate)	0.00 mg	0%	100.00 mg	111%
Zinc (as Zinc Glycinate Chelate)	0.00 mcg	0%	5.00 mcg	45%
Selenium (from L-selenomethionine)	0.00 mcg	0%	85.00 mcg	154%
Copper Glycinate Chelate	0.00 mcg	0%	500.00 mcg	55%
Alpha Lipoic Acid	0.00 mg	*	25.00 mg	*
CoQ10 (Ubidecarenone)	0.00 mcg	*	20.00 mcg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Turmeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea) (seeds)	0.00 mg	*	22.83 mg	*
L-Alanine	0.00 mg	*	200.00 mg	*
L-Carnitine Tartrate	500.00 mg	*	0.00 mg	*
L-Glutamic Acid	0.00 mcg	*	200.00 mg	*
L-Glycine	0.00 mg	*	200.00 mg	*
Milk Thistle Extract (80% Silymarin)(Silybum marianum)(seed)	0.00 mg	*	100.00 mg	*
N-Acetyl-L-Cysteine	750.00 mg	*	160.00 mg	*
Pygeum Bark Extract (3% Phytosterols)	0.00 mg	*	12.00 mg	*
Saw Palmetto extract (Serenoa repens )(Fruit)	0.00 mg	*	60.00 mg	*
Tocotrienols	0.00 mg	*	20.00 mg	*

\* Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Magnesium Stearate, Silica, Maltodextrin, Dextrin, Dicalcium Phosphate, Stearic Acid, Hydroxypropyl Cellulose, Starch, Alginate, Titanium Dioxide (for color)



# IMMUNE SUPPORT

Supplement	Quantity	Time
Antioxidant Plus	1	Evening
Immune Support	1	Morning
Vitamin C	1	Morning
Vitamin D	1	Evening

## WHAT DOES THE IMMUNE SUPPORT PACK DO?

Our immune systems comprise of innate and adaptive components. The Innate takes care of things like healing wounds, and the adaptive portion responds to pathogen growth by preventing it or eliminating it. Vitamin D3, also known as “the sunshine vitamin,” enables the body to retain calcium and phosphorus, is essential to bone formation, aids in the absorption of Vitamin A, and helps boosts the immune system. Vitamin C accentuates the complex antioxidant range of vitamins contained in this pack. With the Immune Support pack, helping your body do its job just got easier.\*

## WHAT IS OFFERED IN THE IMMUNE SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Immune Support and 1 Vitamin C inside. The evening box contains 30 single strip packs with 1 Antioxidant Plus and 1 Vitamin D3 inside.

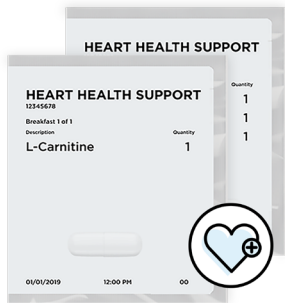
\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 pack  
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	300.00 mcg RAE	33%
Vitamin C (from Ascorbic Acid and Acerola Extract)	500.00 mg	555%	0.00 mg	0%
Vitamin C (from Calcium Ascorbate)	500.00 mg	555%	100.00 mg	111%
Vitamin D3 (from Cholecalciferol)	0.00 IU	0%	1000.00 IU	250%
Calcium (from Calcium Carbonate)	18.50 mg	1%	0.00 mg	0%
Magnesium (from Magnesium Carbonate)	10.00 mg	2%	0.00 mg	0%
Zinc (as Zinc Citrate Dihydrate)	16.00 mg	145%	0.00 mg	0%
Selenium (from L-selenomethionine)	0.00 mcg	0%	50.00 mcg	90%
Potassium (from Potassium Bicarbonate)	28.29 mg	0%	0.00 mg	0%
Alpha Lipoic Acid	0.00 mg	*	25.00 mg	*
Andrographis Extract (stem)(50% andrographolides)	75.00 mg	*	0.00 mg	*
Citrus Extract (Citrus aurantium) 50% Citrus Bioflavonoids/50% Hesperidin)	100.00 mg	*	0.00 mg	*
CoQ10 (Ubidecarenone)	0.00 mg	*	20.00 mg	*
IDLife Proprietary Blend: Curcumin (root), Green Tea Extract (leaf), Quercetin (bud), and Broccoli Seed Extract	20.00 mg	*	0.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Tumeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea) (seeds)	0.00 mg	*	22.83 mg	*
N-Acetyl-L-Cysteine	0.00 mg	*	160.00 mg	*
Quercetin (as quecetin dihydrate from Sophora japonica)(bud)	50.00 mg	*	0.00 mg	*
Rutin (Sophora japonica)	25.00 mg	*	0.00 mg	*
Tocotrienols	0.00 mg	*	20.00 mg	*

\* Daily value not established. Other ingredients: Gelatin Capsule, Extra Virgin Olive Oil, Softgel Capsule (gelatin, water, glycerin), Microcrystalline Cellulose, Stearic



# HEART HEALTH SUPPORT

Supplement	Quantity	Time
Omega-3 Complex	1	Evening
L-Carnitine	1	Morning
CoQ10	1	Evening
Heart Health	1	Evening

## WHAT DOES THE HEART HEALTH PACK DO?

IDLife believes that heart health includes blood flow, blood pressure and the health of your arteries and blood vessels. The IDLife Heart Health Support pack includes nutrients like CoQ10 and Vitamin K2 to help support improved blood flow and arterial wall health and function.\*

## WHAT IS OFFERED IN THE HEART HEALTH PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 L-Carnitine inside. The evening box contains 30 single strip packs with 1 CoQ10, 1 Heart Health, and 1 Omega-3 Complex inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Vitamin K2 (as Menaquinone MK-7)	0.00 mcg	0%	100.00 mcg	111%
CoQ10 (Ubidecarenone)	0.00 mg	*	50.00 mg	*
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
Grape Seed Extract (Vitis vinifera) (95% polyphenols)	0.00 mg	*	150.00 mg	*
L-Carnitine Tartrate	500.00 mg	*	0.00 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Gelatin (Bovine), Gelatin Capsule, Hydroxypropyl Methylcellulose, Glycerin, Silica, DI Water, Magnesium Stearate, Dicalcium Phosphate, Titanium Dioxide (for color), Rice Concentrate





# CHOLESTEROL SUPPORT

Supplement	Quantity	Time
Omega-3 Complex	1	Evening
B-Complex	1	Morning
Heart Health	1	Evening
CoQ10	1	Evening

## WHAT DOES THE CHOLESTEROL SUPPORT PACK DO?

Trying to lower your triglyceride levels can be challenging. The Cholesterol Support pack is designed to provide your body the nutrients it needs to help support a natural approach to having the body regulate this ever-increasing issue.\*

## WHAT IS OFFERED IN THE CHOLESTEROL SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 B-complex inside. The evening box contains 30 single strip packs with 1 CoQ10, 1 Heart Health, and 1 Omega-3 Complex inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Vitamin K2 (as Menaquinone MK-7)	0.00 mcg	0%	100.00 mcg	111%
Thiamin (Vitamin B1)(as Thiamine Hydrochloride)	35.00 mg	2333%	0.00 mg	0%
Riboflavin (Vitamin B2)	35.00 mg	2692%	0.00 mg	0%
Niacin (as Niacinamide and Niacin)	100.00 mg NE	625%	0.00 mcg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	35.00 mg	2692%	0.00 mg	0%
Folate (from Calcium Folate and 5-MTHF )(6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200.00 mcg DFE	50%	0.00 mcg NE	0%
Vitamin B12 (as Methylcobalamin)	100.00 mg	4166%	0.00 mg	0%
Biotin (as D-Biotin)	200.00 mg	666%	0.00 mg	0%
Pantothenic Acid (as d-Calcium Pantothenate)	70.00 mg	1400%	0.00 mg	0%
Choline (as Choline Bitartrate)	25.00 mg	4%	0.00 mg	0%
CoQ10 (Ubidecarenone)	0.00 mg	*	50.00 mg	*
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
Grape Seed Extract (Vitis vinifera) (95% polyphenols)	0.00 mg	*	150.00 mg	*
Inositol	25.00 mg	*	0.00 mg	*
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Gelatin (Bovine), Hydroxypropyl Methylcellulose, Gelatin Capsule, Glycerin, Silica, DI Water, Stearic Acid, Magnesium Stearate, Dicalcium Phosphate, Rice Concentrate



# DIABETES SUPPORT

Supplement	Quantity	Time
Probiotic	1	Evening
Alpha Lipoic Acid	1	Morning
Blood Sugar Support	1	Morning

## WHAT DOES THE DIABETES SUPPORT PACK DO?

The Diabetes Support pack is designed to provide you with the nutrients necessary to support a healthy glucose level. Additional nutrients are added to the pack to provide you with the support necessary to manage the nutritional challenges associated with diabetes.\*

## WHAT IS OFFERED IN THE DIABETES SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Alpha Lipoic Acid and 1 Blood Sugar Support inside. The evening box contains 30 single strip packs with 1 Probiotic inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
	%DV		%DV	
Biotin (as D-Biotin)	1000.00 mg	3333%	0.00 mg	0%
Chromium (as Chromium Nicotinate Glycinate Chelate)	400.00 mg	1333%	0.00 mg	0%
Alpha Lipoic Acid	270.00 mg	*	0.00 mg	*
Banaba Leaf Extract ( <i>Lagerstroemia speciosa</i> ) (18% Corsolic Acid)	24.00 mg	*	0.00 mg	*
Bitter Melon Extract ( <i>Momordica charantia</i> ) (Fruit)	100.00 mg	*	0.00 mg	*
Gymnema sylvestre (25% Gymnemic acids) (Leaf)	100.00 mg	*	0.00 mg	*
IDLife Probiotic Proprietary Blend (12 Billion cfu/capsule) ( <i>Saccharomyces boulardii</i> , DE111® <i>Bacillus subtilis</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus rhamnosus</i> GG, <i>Bifidobacterium longum</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus salivarius</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus plantarum</i> , <i>Streptococcus thermophilus</i> , <i>Bifidobacterium animalis lactis</i> )	0.00 mg	*	100.00 mg	*
Vanadium (from Vanadyl Sulfate)	1000.00 mg	*	30.00 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Low Moisture Rice Dextrin, Rice Concentrate, Gelatin, Dicalcium Phosphate, Gelatin Capsule, Vegetable Capsule, Microcrystalline Cellulose, Magnesium Stearate, Silica, Medium-Chain Triglycerides Oil, Maltodextrin, Stearic Acid



# GUT SUPPORT

Supplement	Quantity	Time
Probiotic	1	Evening
Spirulina/Chorella Blend	1	Morning
Digestive Support	1	Morning

## WHAT DOES THE GUT SUPPORT PACK DO?

The efficient digestion and assimilation of nutrients controls a stable microbiota and perfects your state of well-being. The Gut Support pack targets three components of proper digestion: the breakdown of food into assimilated nutrients, the support of beneficial microflora that controls what is and what is not absorbed into our bodies, and a powerhouse superfood combination packed with nutrients.\*

## WHAT IS OFFERED IN THE GUT SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Digestive Support and 1 Spirulina/Chlorella Blend inside. The evening box contains 30 single strip packs with 1 Probiotic inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
	%DV		%DV	
Chlorella ( <i>Chlorella vulgaris</i> ) (whole)	200.00 mg	*	0.00 mg	*
IDLife Probiotic Proprietary Blend (12 Billion cfu/capsule) ( <i>Saccharomyces boulardii</i> , DE111® <i>Bacillus subtilis</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus rhamnosus</i> GG, <i>Bifidobacterium longum</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus salivarius</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus plantarum</i> , <i>Streptococcus thermophilus</i> , <i>Bifidobacterium animalis lactis</i> )	0.00 mg	*	100.00 mg	*
IDLife Proprietary Digestive Support Blend [ <i>Glutalytic</i> ® ( <i>Bacillus subtilis</i> sp., <i>Aspergillus niger</i> and <i>Aspergillus oryzae</i> ), IDLife Amylase Complex [ <i>Fungal Amylase</i> ( <i>Aspergillus oryzae</i> ), <i>Bacterial Amylase</i> ( <i>Bacillus amyloliquefaciens</i> )], <i>ProHydrolase</i> ®, Peppermint Powder, <i>Lactase</i> ( <i>Aspergillus oryzae</i> ), <i>Lipase</i> ( <i>Candida rugosa</i> ), <i>Papain</i> ( <i>Carica papaya</i> ), <i>Xylanase</i> ( <i>Trichoderma longibrachiatum</i> ), <i>Alpha Galactosidase</i> ( <i>Aspergillus niger</i> ), DE111® <i>Bacillus subtilis</i> ]	318.00 mg	*	0.00 mg	*
Spirulina ( <i>Anthrospira platensis</i> ) (whole plant)	300.00 mg	*	0.00 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Low Moisture Rice Dextrin, Vegetable Capsule, Gelatin Capsule, Stearic Acid, Medium-Chain Triglycerides Oil, Magnesium Stearate, Silica





# BRAIN SUPPORT

Supplement	Quantity	Time
Omega-3 Complex	1	Evening
Zinc	1	Morning
L-Carnitine	1	Morning
Brain Support	1	Morning

## WHAT DOES THE BRAIN SUPPORT PACK DO?

The complex functioning of the brain, though highly efficient, is not immune to fatigue. The nutrients found in the Brain Support pack will help your brain communicate effectively, decrease fatigue, and optimize your ability to focus and get things done.\*

## WHAT IS OFFERED IN THE BRAIN SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Brain Support, 1 L-Carnitine, and 1 Zinc inside. The evening box contains 30 single strip packs with 1 Omega-3 Complex inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

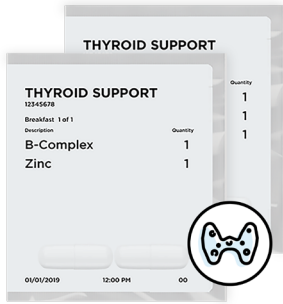
## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
	%DV		%DV	
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	33%
Zinc (from Zinc Bisglycinate Chelate)	50.00 mg	454%	0.00 mg	111%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
Ginkgo Extract (Ginkgo Biloba)(Leaves)(24% flavones glycosides and 6% terpene lactones)	120.00 mg	*	0.00 mg	*
IDLife Proprietary Blend: Curcumin (root), Green Tea Extract (leaf), Quercetin (bud), and Broccoli Seed Extract	10.00 mg	*	0.00 mg	*
L-Carnitine Tartrate	500.00 mg	*	0.00 mcg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Gelatin Capsule, Microcrystalline Cellulose, Gelatin (Bovine), Glycerin, Stearic Acid, Silica, Magnesium Stearate, DI Water, Titanium Dioxide (for color)



# THYROID SUPPORT

Supplement	Quantity	Time
Vitamin D3	1	Evening
Antioxidant Plus	1	Evening
B-Complex	1	Morning
Stress Shield	1	Evening
Zinc	1	Morning

## WHAT DOES THE THYROID SUPPORT PACK DO?

Your thyroid requires a substantial array of nutrients to function efficiently. The Thyroid Support pack is designed to consider your thyroid's nutritional needs, as well as your body's responses to the unexpected. We reinforced the vitamin/mineral profile with tocotrienols and antioxidant supplements to ensure antioxidant reserves are plentiful throughout your day.\*

## WHAT IS OFFERED IN THE THYROID SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 B-Complex and 1 Zinc inside. The evening box contains 30 single strip packs with 1 Antioxidant Plus, 1 Stress Shield, and 1 Vitamin D3 inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

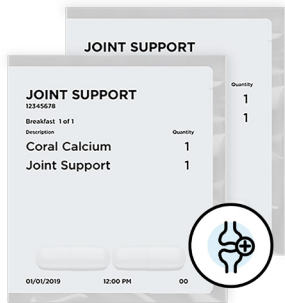
Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (as Beta Carotene)	0.00 mcg RAE	0%	300.00 mcg RAE	33%
Vitamin C (from Calcium Ascorbate)	0.00 mg	0%	100.00 mg	111%
Vitamin D3 (from Cholecalciferol)	0.00 IU	0%	1000.00 IU	250%
Thiamin (Vitamin B1)(as Thiamine Hydrochloride)	35.00 mg	2333%	0.00 mg	0%
Riboflavin (Vitamin B2)	35.00 mg	2692%	0.00 mg	0%
Niacin (as Niacinamide and Niacin)	100.00 mg NE	625%	0.00 mcg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	35.00 mg	2692%	0.00 mg	0%
Folate (from Calcium Folate and 5-MTHF )(6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200.00 mcg DFE	50%	0.00 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	100.00 mcg	4166%	0.00 mcg	0%
Biotin (as D-Biotin)	200.00 mcg	666%	0.00 mcg	0%
Pantothenic Acid (as d-Calcium Pantothenate)	70.00 mg	1400%	0.00 mg	0%
Choline (as Choline Bitartrate)	25.00 mg	4%	0.00 mg	0%
Zinc (from Zinc Bisglycinate Chelate)	50.00 mg	454%	0.00 mg	
Selenium (from L-selenomethionine)	0.00 mcg	0%	50.00 mcg	
Alpha Lipoic Acid	0.00 mg	*	25.00 mg	*
Ashwagandha Extract (Withania somnifera) (Dried root)	0.00 mg	*	20.00 mg	*
CoQ10 (Ubidecarenone)	0.00 mg	*	20.00 mg	*
DL-Phenylalanine**	0.00 mg	*	75.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Tumeric Extract (Curcuma longa)(Root), Glucoraphanin (from Brassica oleracea) (seeds)	0.00 mg	*	30.65 mg	0%
Inositol	0.00 mg	*	0.00 mg	0%
L-Theanine	0.00 mg	*	100.00 mg	0%
L-Tyrosine	0.00 mg	*	125.00 mg	0%
Lemon Balm Extract (Melissa officinalis) (aerial parts)	0.00 mg	*	20.00 mg	0%
N-Acetyl-L-Cysteine	0.00 mg	*	160.00 mg	0%
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	0%
Tocotrienols	0.00 mg	*	20.00 mg	0%

\* Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Extra Virgin Olive Oil, Softgel Capsule (gelatin, water, glycerin), Stearic Acid, Magnesium Stearate, Silica, Dextrin, Maltodextrin, Dicalcium Phosphate, Starch, Alginate

\*\* Phenylketonurics: contains Phenylalanine



# JOINT SUPPORT

Supplement	Quantity	Time
Omega-3 Complex	1	Evening
Joint Support	1	Morning
Bone Support	1	Evening
Coral Calcium	1	Morning

## WHAT DOES THE JOINT SUPPORT PACK DO?

Healthy joints enable us to remain active. The Joint Support pack follows up with a top tier bone health formulation, supplying calcium from multiple sources and ensuring it is highly absorbable by including Magnesium, Vitamin D, and other trace minerals.

## WHAT IS OFFERED IN THE JOINT SUPPORT PACK?

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Coral Calcium and 1 Joint Support inside. The evening box contains 30 single strip packs with 1 Omega-3 Complex and 1 Bone Support inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin D3 (from Cholecalciferol)	0.00 mcg	0%	10.00 mcg	66%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Vitamin K1 (Phytonadione)	0.0 mcg	0%	45.00 mcg	50%
Vitamin K2 (as Menaquinone MK-7)	0.00 mcg	0%	5.00 mcg	5%
Calcium (Crustacean Shellfish)	350.00 mg	35%	0.00 mg	0%
Calcium (from Calcium Carbonate, Calcium Citrate and Microcrystalline Hydroxyapatite)	0.00 mg	0%	300.00 mg	30%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	0.00 mg	0%	80.50 mg	20%
Zinc (from Zinc Bisglycinate Chelate)	0.00 mg	0%	1.50 mg	13%
Copper (from Copper Bisglycinate Chelate)	0.00 mcg	0%	0.25 mcg	0%
Manganese (as Manganese Bisglycinate Chelate)	0.00 mg	*	0.25 mg	10%
Boron (as Boroganic Glycine)	0.00 mg	*	1.50 mg	*
D-Glucosamine Sulfate (Crustacean Shellfish)	750.00 mg	*	0.00 mg	*
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
Horsetail (Equisetum arvense)	0.00 mg	*	2.00 mg	*

\* Daily Value (DV) not established.

Other Ingredients: Gelatin Capsule, Microcrystalline Cellulose, Gelatin (Bovine), Stearic Acid, Glycerin, Maltodextrin, Magnesium Stearate, DI Water, Silica