



THE DIFFERENCE. DEMONSTRATED.





- **Nutrition and the Importance of Antioxidants**

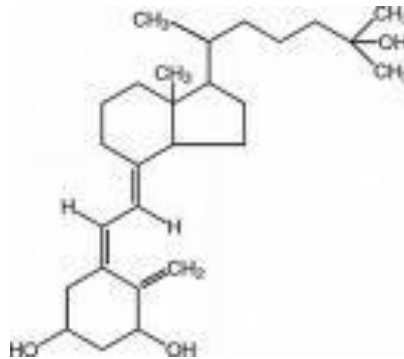


- **LifePak Nano**



NUTRITION: A MULTI-DISCIPLINARY SCIENCE

- Medicine
- Pharmacology
- Biochemistry
- Pharmacognacy
- Dietetics
- Chemistry
- Toxicology



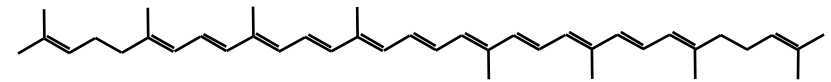
- Immunology
- Food Science
- Physics
- Biomedical Engineering
- Molecular Biology



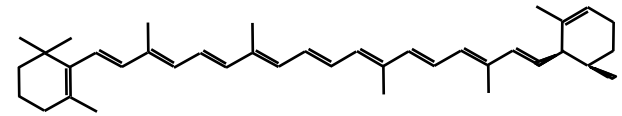


CAROTENOIDS

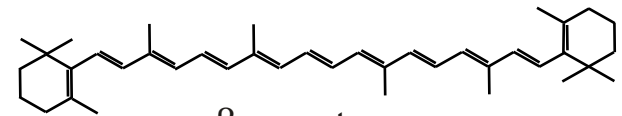
- An important group of phytonutrients
- Abundant in fruits and vegetables
- Important sources of vitamin A
- Fat-soluble antioxidants



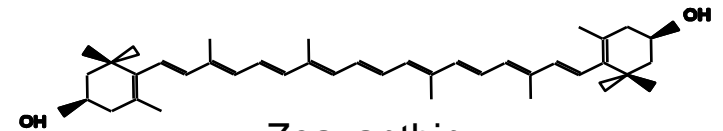
Lycopene



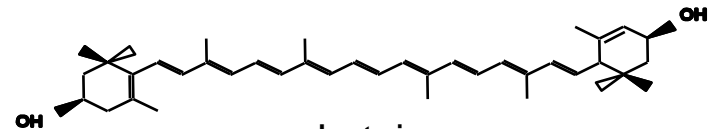
α -carotene



β -carotene



Zeaxanthin

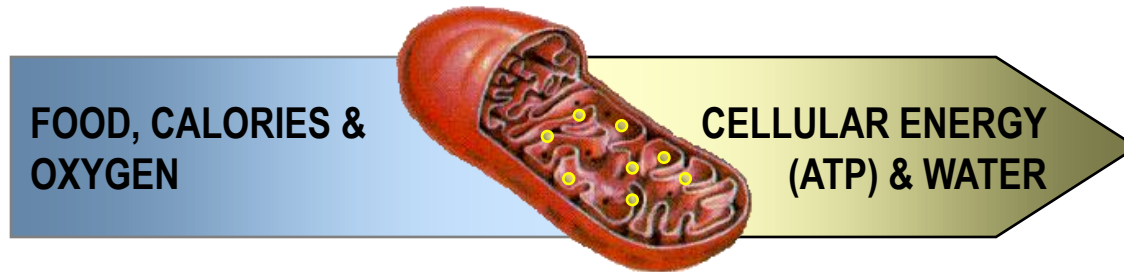


Lutein



Sources of Free Radicals (ROS)

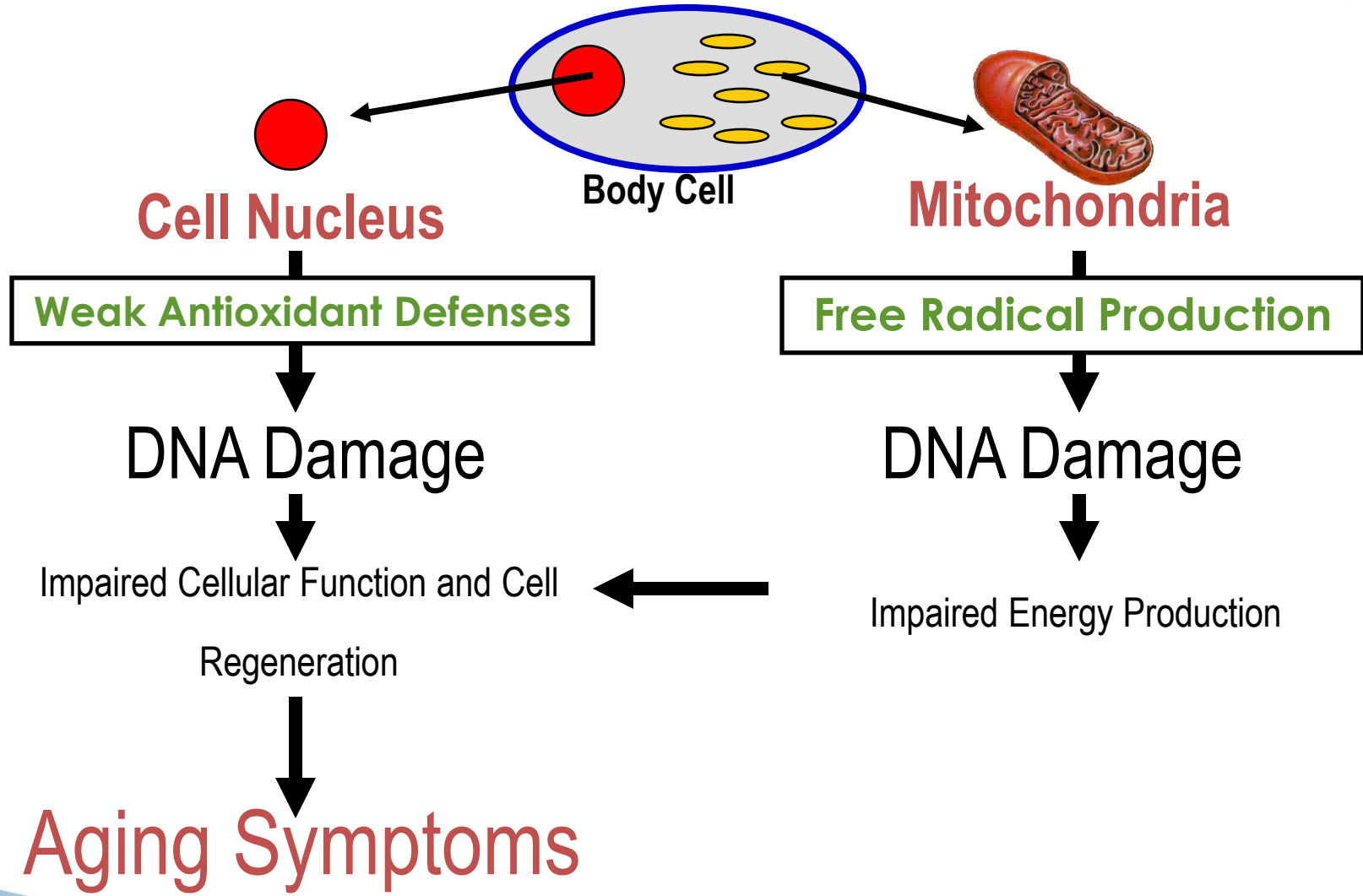
- Metabolism in your mitochondria



- Environmental pollution (smog, ozone, NO_2)
- Radiation exposure:
 - Sunlight (UV-light), X-rays, etc.
- Smoking:
 - $>10,000,000,000,000,000$ free radicals/cigarette!
- Overweight/Obesity
- Left unchecked, ROS lead to oxidative stress

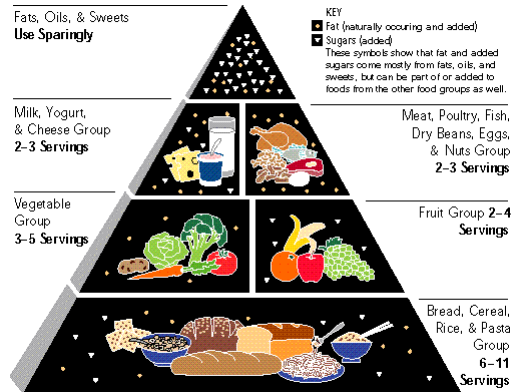


HOW DO WE AGE?

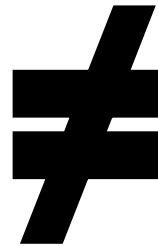




Produce for Better Health Foundation



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services





MMWR™

Morbidity and Mortality Weekly Report

Weekly

March 16, 2007 / Vol. 56 / No. 10

National Nutrition Month —
March 2007

March is National Nutrition Month. A healthy diet is

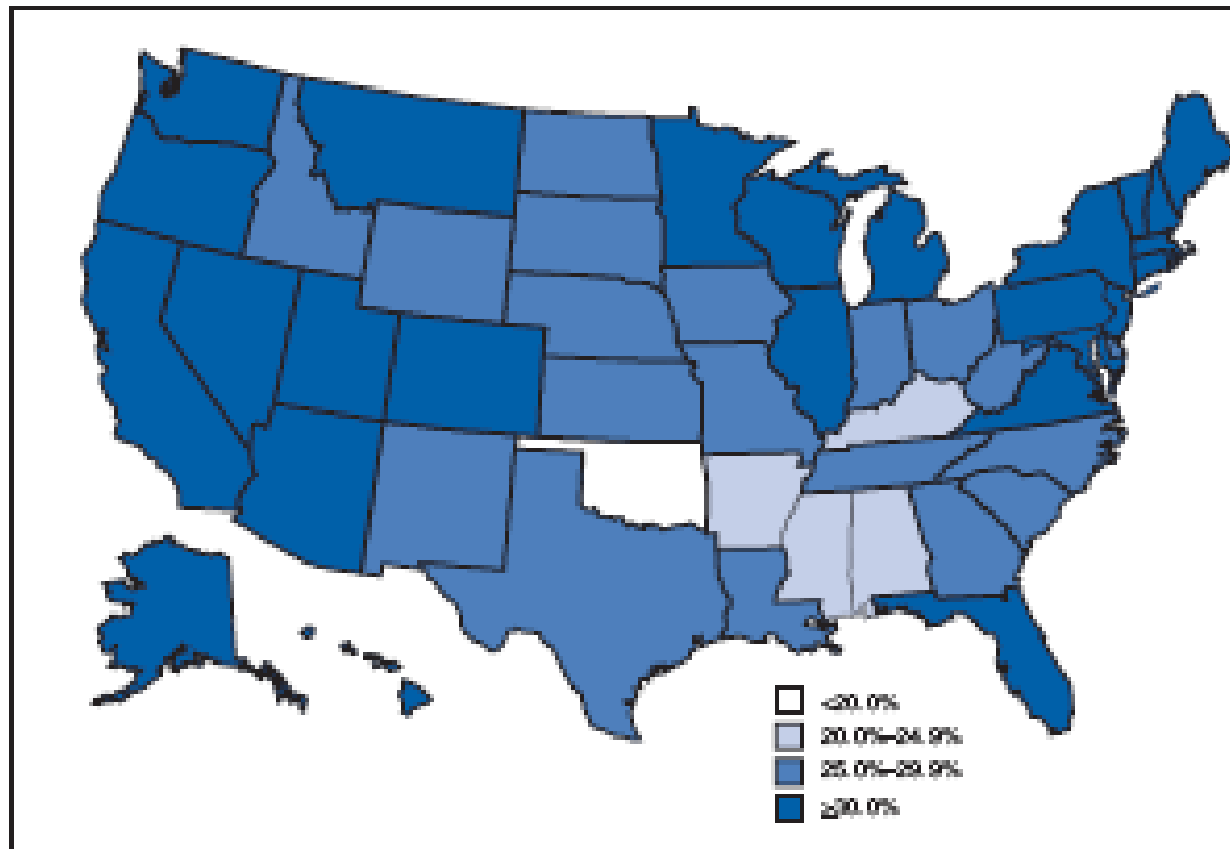
Fruit and Vegetable Consumption
Among Adults —
United States, 2005

TABLE. Percentage of adults aged ≥ 18 years who consumed fruit two or more times per day and vegetables three or more times per day, by selected demographic characteristics — Behavioral Risk Factor Surveillance System, United States, 2005

Characteristic	No. of respondents	Fruit, two or more times per day		Vegetables, three or more times per day	
		(%)	(99% CI)	(%)	(99% CI)
Sex					
Men	120,952	28.7	(28.0–29.4)	22.1	(21.5–22.7)
Women	184,552	36.4	(35.8–37.0)	32.2	(31.7–32.7)
Age group (yrs)					
18–24	15,823	30.1	(28.4–31.9)	20.9	(19.5–22.4)
25–34	40,876	29.5	(28.4–30.6)	24.3	(23.3–25.3)
35–44	55,939	27.9	(26.9–28.8)	26.2	(25.3–27.0)
45–54	64,535	30.5	(29.5–31.4)	28.3	(27.4–29.1)
55–64	56,078	33.4	(32.4–34.4)	29.5	(28.6–30.5)
≥ 65	72,253	45.9	(44.9–46.8)	33.7	(32.8–34.6)



FIGURE 1. Percentage of adults aged ≥ 18 years who consumed fruit two or more times per day — Behavioral Risk Factor Surveillance System, United States, 2005



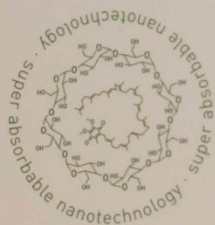
CDC MMWR **56**(10);2007.



CHALLENGES IN ACHIEVING FRUIT AND VEGETABLE INTAKES

- < 50% of European households reported intakes of 3 servings vegetables/day, even *in Mediterranean countries*
- In all European countries surveyed, individuals were much more likely to meet the fruit than the vegetable recommendations
 - Naska et al. 2000

PHARMANEX®



lifepak® nano



DNA PROTECTION*



CARDIOVASCULAR HEALTH*



IMMUNE SYSTEM SUPPORT*



BONE HEALTH*



NETWORK ANTIOXIDANT DEFENSE*



BRAIN HEALTH*



NUTRITION/METABOLISM*

enhanced molecular delivery
anti-aging program*



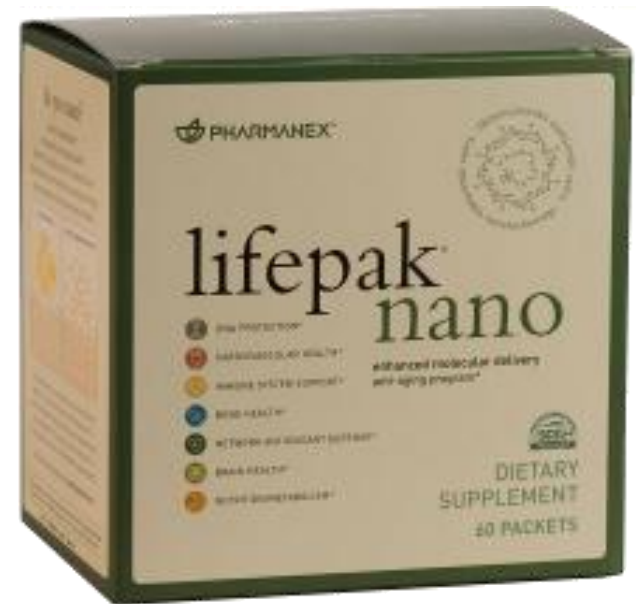
DIETARY
SUPPLEMENT

60 PACKETS



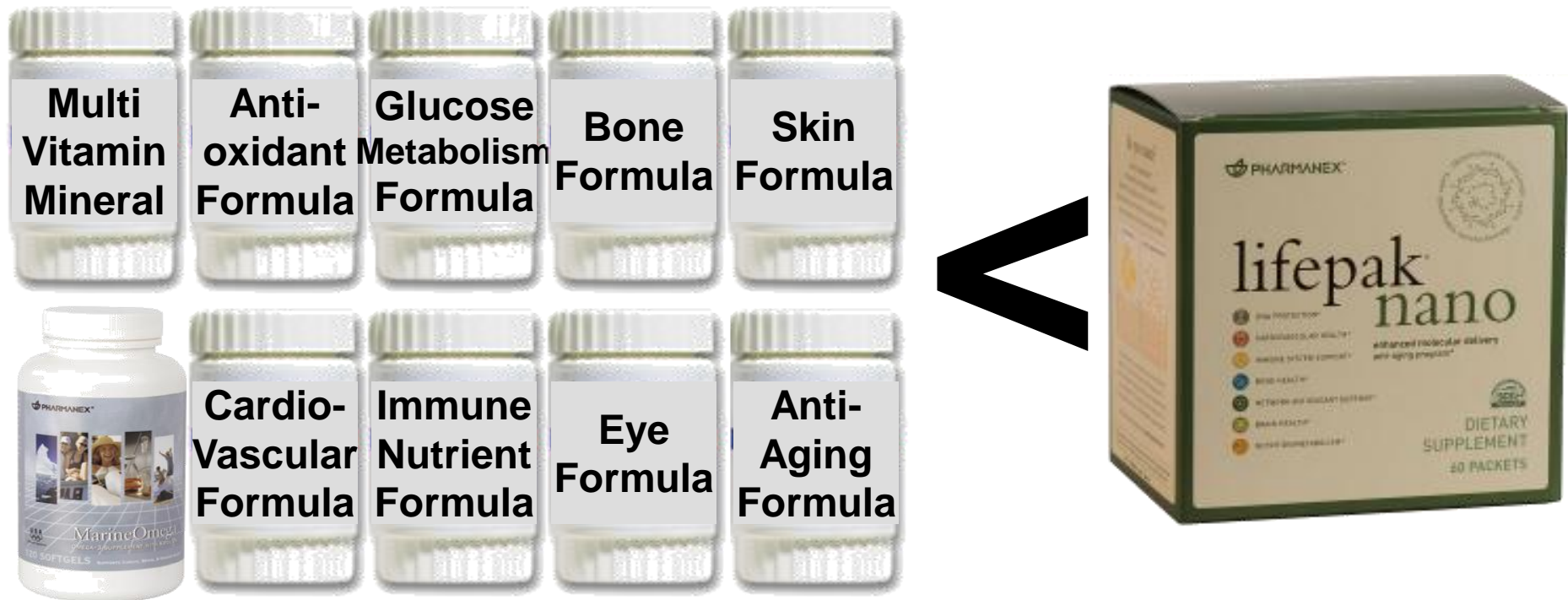
WHAT IS LIFEPAK NANO?

A comprehensive nutritional program delivering the optimum amounts of all essential and generally beneficial nutrients for long-term health and well-being.

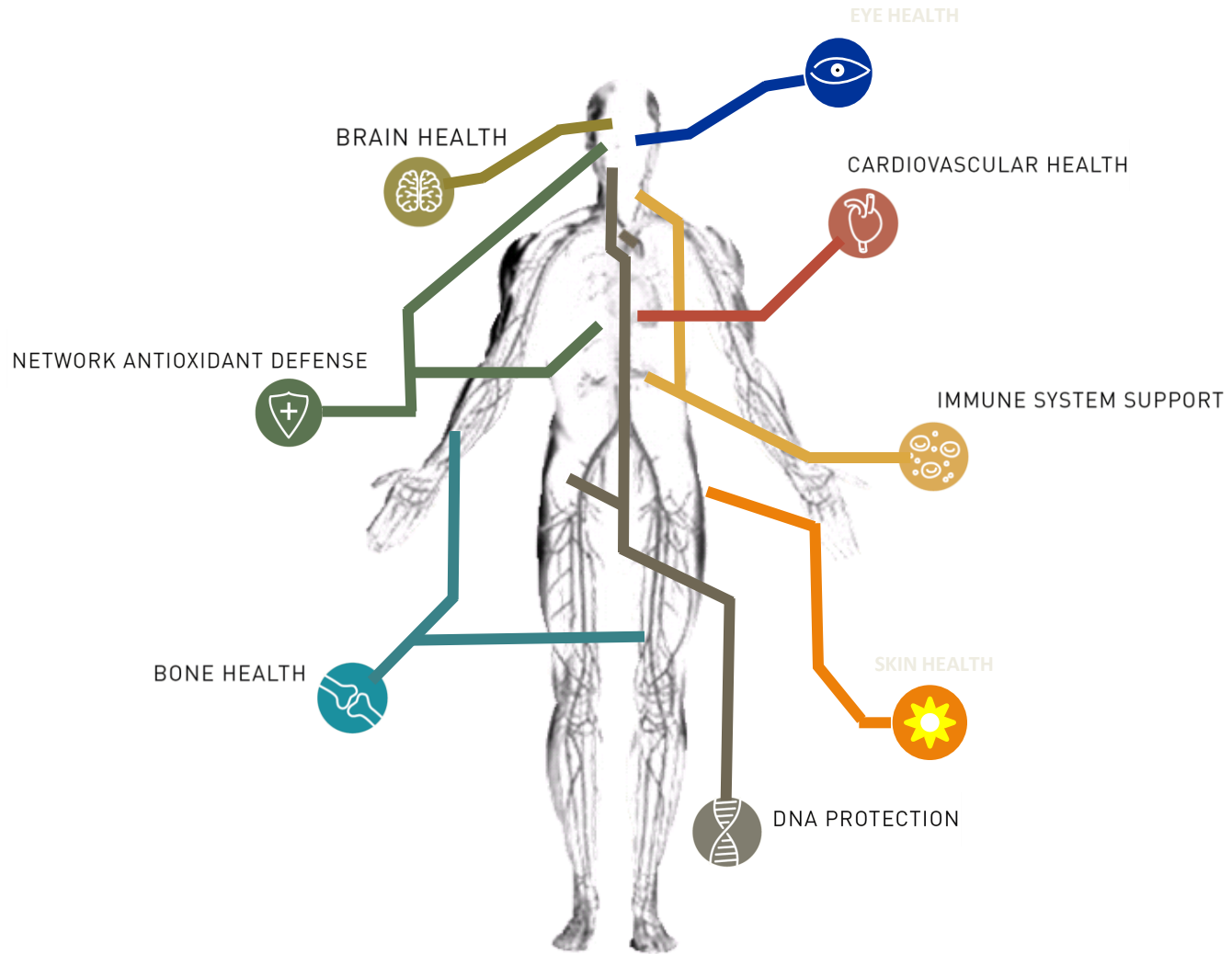


LIFEPAK NANO: > 10 FORMULAS IN 1

Complete, Balanced and Convenient



LifePak Nano Nutritional Support





LIFEPAK NANO: 60+ ANTIOXIDANTS

- **All 8 forms of natural vitamin E:**
 - 200 IU a-tocopherol + 75 mg g-TOH + 26 mg other TOH + tocotrienols
- **Buffered vitamin C: 500 mg**
- **11 Carotenoids**, now with astaxanthin and zeaxanthin
 - as found in 5 - 10 fruits & vegetables per day
- **> 35 Polyphenols:**
 - green tea (catechins), grape seed, citrus bioflavonoids, d-limonene, proanthocyanidins, red wine polyphenols: resveratrol and quercetin
- **Alpha-Lipoic Acid, Coenzyme Q₁₀, N-Acetyl-L-Cysteine**
- **Selenium, Copper, Zinc, Manganese (for SOD, GPX)**





- Enhanced Skin Hydration
- Cellular Energy
- Promotes collagen synthesis
- Reduction of fine lines and wrinkles
- Increased skin thickness, density and elasticity
- Photoprotection
- Improvements in skin structure; reduced roughness

- Vitamin A
- Vitamin C
- Vitamin D
- CoQ₁₀
- Carotenoids
- Vitamin E
- Alpha lipoic acid
- Omega 3 fatty acids
- Grape seed extract
- TeGreen



*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.

OMEGA-3 FATTY ACID BENEFITS

- Ultra-pure fish oil
- Omega-3 Fatty Acids (EPA + DHA)
- Equivalent to 4 softgels of Marine Omega per day providing:
 - 4.0 grams of fish oil
 - 600 mg EPA
 - 400 mg DHA
 - 100 mg Krill oil



*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.

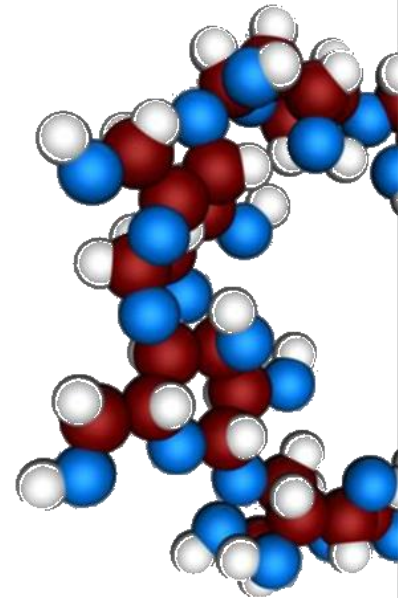
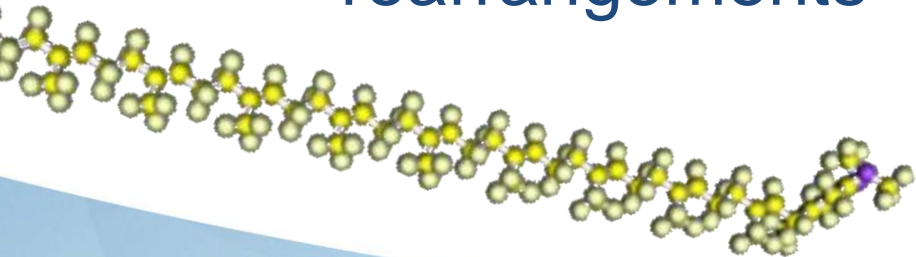
OMEGA-3 FATTY ACID BENEFITS

- Helps balance your ω -6: ω -3 fatty acid ratio
- Helps maintain normal inflammatory response
- Promotes healthy heart function
- Essential for nervous system and brain function
- Helps maintain mental performance
- Supports joint health



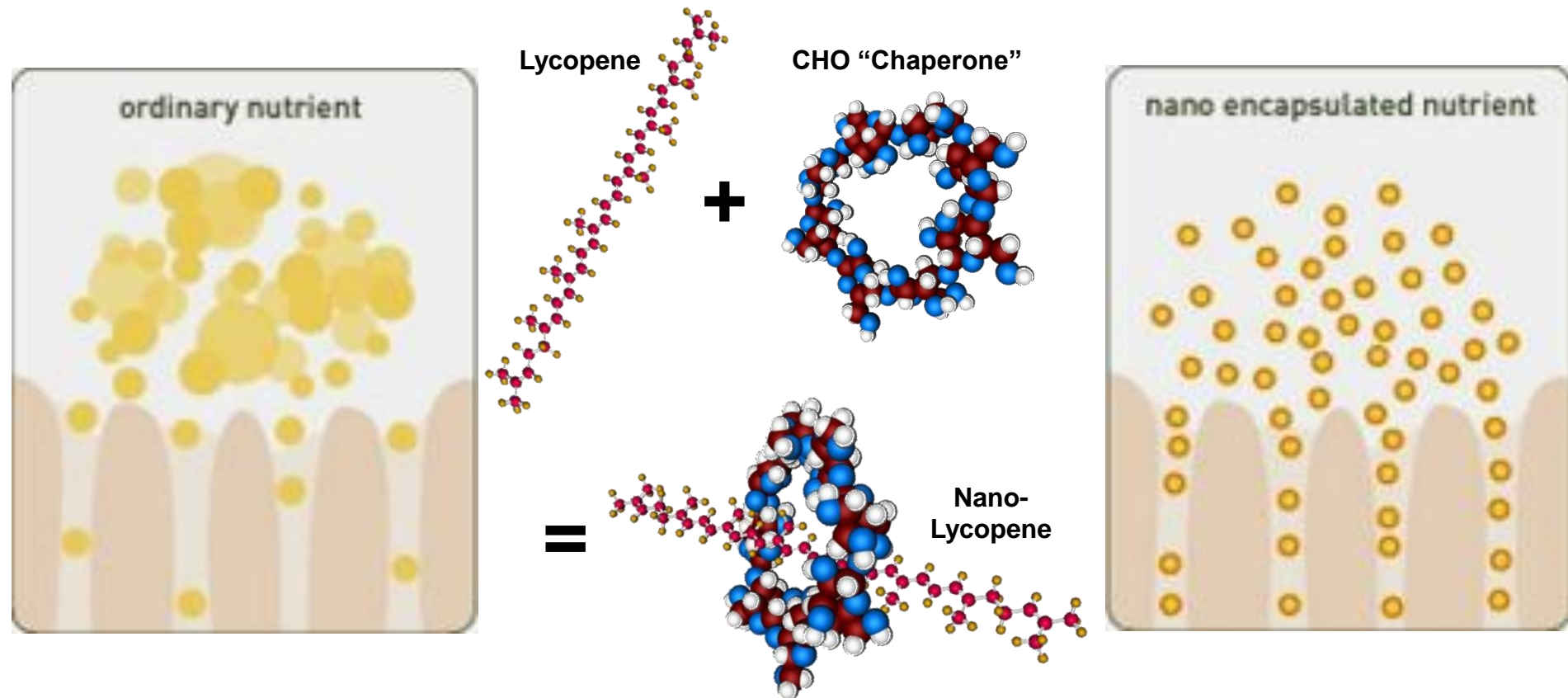
WHAT IS NANOTECHNOLOGY?

1. Size: 1 -100 nanometers
 - Most molecules are 1 to 100 nm in size
2. Function at the molecular level
 - Nanotechnology achieves new functionalities by molecular rearrangements



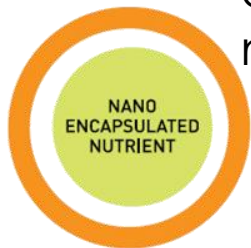
THE NANOTECHNOLOGY DIFFERENCE

PHARMANEX PATENT-PENDING & PROPRIETARY PROCESS



Small nano-nutrients are easily dispersed and absorbed

1. Unlike traditional fat soluble nutrients, nano-encapsulation allows complete dispersion of nanoized nutrients



2. The nano-capsule delivers and releases the nanoized nutrient to the site of absorption.



3. The nutrient is absorbed into the intestinal wall where it enters the blood stream for delivery to body tissues.

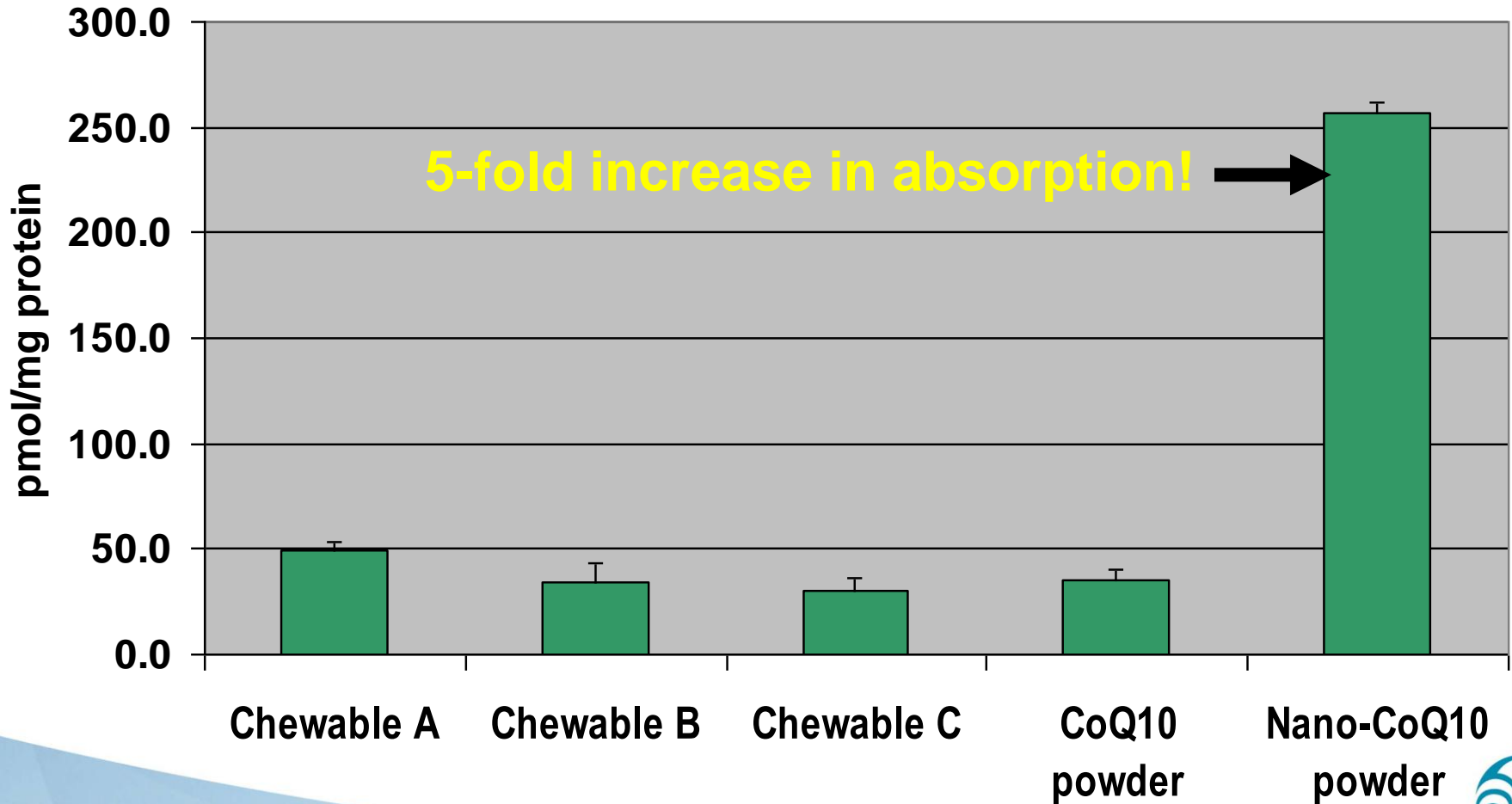
Digestive System

4. The nano-capsule is digested by intestinal microflora



THE NANOTECHNOLOGY DIFFERENCE

CoQ10 Absorption by Human Intestinal Cells



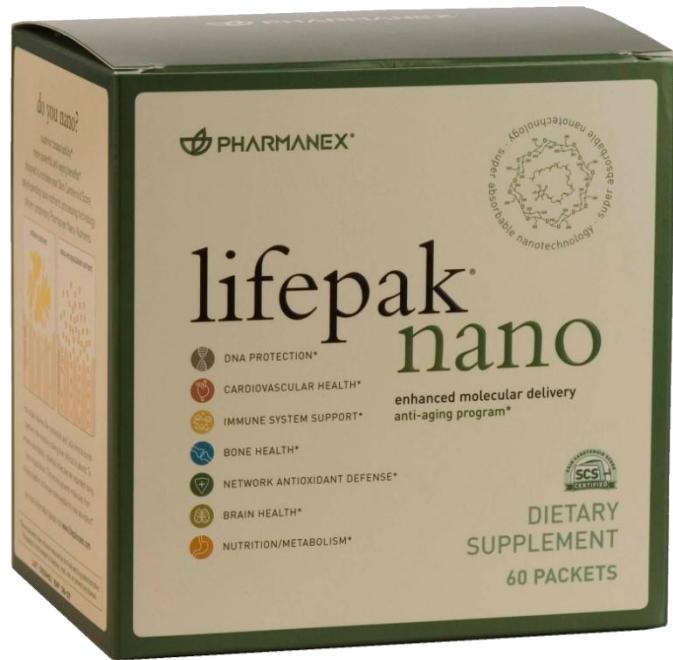
Stimulant/Steroid Free

Pharmanex has a strict policy against the use of harmful stimulants and anabolic steroids in its nutritional supplement products.

No caffeine, no ephedra, androstenedione, etc.



when you nano...



- For all adults (age 18 yrs-100+)
- Take with your two main meals
- Be sure to take with meals that include some fat ($\geq 5\text{g}$)
- Drink plenty of fluids



do you nano?

- Comprehensive, balanced nutritional program
- Delivers optimum levels of essential and generally beneficial nutrients
- Provides nutritional support for long-term health and well-being
- Utilizes proprietary science and technology to deliver the broadest health benefits
- For all adults (ages 18 yrs - 100+++)

