



Part of a
healthy lifestyle!

If you're ready to take control of your health & wellness, Lifestyles will help you start today!

With Lifestyles line of products... there's something for everyone!

Lifestyles USA

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PRODUCT USAGE:

INTRA

- Any time of the day with food or empty stomach
- 1 to 2 fl. oz. (28 to 56 ml) or 2 to 4 capsules daily

NUTRIPLUS

- Any time of the day with food • 2 capsules daily

CARDIOLIFE

- Any time of the day with food • 2 capsules daily

FIBRELIFE

- *For Blood Sugar and Cholesterol Control:*
1 to 2 capsules at the start of each meal
- *For Weight Loss:*
1 to 2 capsules between meals 2 to 3 times daily
(Drink 250 ml of water with each capsule. Take Intra and NutriaPlus one hour *before* taking FibreLife)



For more information contact:

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Reclaim your
**Health, Energy
and Vitality!**

Buy Lifestyles Products today!
*Millions of satisfied customers in over
30 countries worldwide – since 1989!*

INTRA

As a natural food supplement, Intra's precise formula of 23 botanical extracts work better together to help balance and strengthen the body's eight biological systems, leaving you feeling healthier, happier and more energized! *

Intra is a pleasant tasting, proprietary formulation of 23 time-tested and trusted botanical extracts that provide the body with antioxidants, flavonoids, lignins, polysaccharides and other health enhancing nutrients specific to each herbal extract.

The key to Intra's effectiveness is the synergy of the blended botanicals working together – providing greater benefits than an individual botanical on its own. Intra's unique formula is exclusive to Lifestyles and has remained unchanged since 1992.

Intra's formula has been enjoyed by millions of satisfied customers worldwide and is suitable for all ages.

Drink Intra. Share Intra. Every Day.



Intra is available in liquid or capsules



* For all products: 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.

NUTRIAPLUS

NutriaPlus is a powerful antioxidant supplement formulated with fruit and vegetable concentrates, plant extracts, vitamin C and selenium to help your body defend itself against the health challenges of modern life!

NutriaPlus was developed in conjunction with the zebrafish research laboratory at Acentia Inc.

Lifestyles developed NutriaPlus as a combination of 12 synergistic ingredients that showed amazing results in helping human health! *

Proven benefits of NutriaPlus:

- Reduces cell damage caused by toxic effects of pollution and chemicals*
- Cell Health - reduces inflammation at the cellular level*
- Keeps healthy cells healthy your entire life*

NutriaPlus is the first natural health product to be formulated using the Zebrafish Research Model!

Zebrafish are excellent for research because:

- they share 70% of the human genetic code
- they share 85% of the genes that cause human disease
- they are transparent - researchers can study their cells easily
- they are the ideal way to see how nutrients function in the body
- they grow quickly and breed rapidly



CARDIOLIFE

CardioLife is a scientifically formulated dietary supplement providing vitamins, minerals and plant extracts that support cardiovascular health and normal blood flow throughout the body.

The combination of Vitamin K2 (MK7), Hawthorn Extract and Vitamins B6, B12 and Folic Acid have shown to support the health of the arteries and ensure normal blood flow throughout the body. Normal blood flow is vital to heart health, as well as brain function and overall well-being.



CardioLife contains a unique and well studied brand of Vitamin K2 called VitaMK7.

Known as the highest quality, most active form of Vitamin K2, VitaMK7 is pure Menaquinone-7 (MK7). Menaquinone-7 (MK7) has been well studied and shown to ensure normal blood flow and strengthen bones by removing calcium from the blood and depositing it in the bones, where it belongs.

Use CardioLife everyday to:

- Support cardiovascular health*
- Maintain the health of the arteries *
- Ensure normal blood flow throughout the body*



FIBERLIFE

Lifestyles has developed a revolutionary and proprietary soluble fiber blend that helps to supplement the body's deficiency of fiber and help maintain a healthy bodyweight. FiberLife provides you with your daily source of fiber.

Worldwide scientific and medical communities have called fiber the "miracle nutrient" because of its many health benefits. Foods that are generally high in fiber are being consumed less due to the increased intake of over processed convenience foods.

When ingested with sufficient amounts of water, FiberLife forms a gel-like complex of natural fibres. This complex slows the digestion of food. Glucomannan in the context of an energy-restricted diet contributes to weight loss.

Each capsule of FiberLife contains 500mg of soluble fibre derived from concentrated, natural sources such as Konjac Glucomannan, Guar Gum, Xanthan Gum with added cinnamon extract.

At Lifestyles we strive to formulate premium quality, natural source nutritional supplements and healthy eating habits, to help you live better every day.

Use FiberLife daily to:

- Help maintain blood sugar levels that are already in the normal range*
- Support appetite control by creating a feeling of fullness*
- Promote digestive regularity*

Get your daily dose of fibre today with Lifestyles FibreLife!

