



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 Canada

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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

NUTRIAPLUS

- 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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@Lifestyles North America



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



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 blood circulation 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 maximum blood flow throughout the body. Optimal blood flow is vital to heart health, as well as brain function and overall well-being.

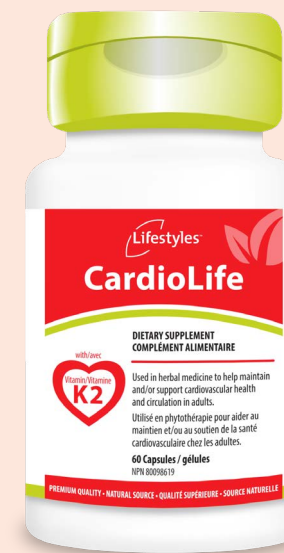
vitaMK7®
natural vitamin K2

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 enhance blood flow and strengthen bones by removing calcium from the blood and depositing it in the bones, where it belongs.

Use CardioLife everyday to:

- Maintain the health of the arteries and blood vessels - avoid hardening of the arteries
- Optimize blood flow throughout the body thereby keeping the heart and cardiovascular system strong and healthy
- Maintain and develop strong, healthy bones and teeth



FIBRELIFE

Lifestyles has developed a revolutionary and proprietary soluble fibre blend that helps to supplement the body's deficiency of fibre. FibreLife provides you with your daily source of fibre, while helping you regulate your appetite and achieve and maintain a healthy body weight.

FibreLife is a scientific formulation that maximizes the natural goodness of fibre to:

- Promote gastrointestinal health
- Lower the number of calories your body absorbs from a meal
- Lower your levels of C-reactive protein
- Promote blood sugar regulation and digestive health
- Help you fight body pollution and detoxify more effectively
- Act as an inside sponge by binding cholesterol and toxins in your food before it's absorbed
- Flush toxins out of your body

When ingested with sufficient amounts of water, FibreLife forms a gel-like complex of natural fibres. This complex slows the digestion of food and creates a feeling of fullness.

At Lifestyles we strive to formulate premium quality, natural source nutritional supplements and healthy eating habits, to help you Live Better. Every Day.

Get your daily dose of fibre today with Lifestyles FibreLife!

