



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 in Poland

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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™  
Live Better. Every Day.

www.lifestyles.net

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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



# NUTRIAPLUS

NutriaPlus is a supplement formulated with fruit and vegetable concentrates, plant extracts, vitamin C and selenium which contributes to the protection of cells from oxidative stress!

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

Lifestyles developed NutriaPlus as a combination of 12 synergistic ingredients!

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 food supplement containing Hawthorn extract, Folic acid, Vitamin K2, Vitamins B6 and B12.

The combination of Vitamin K2 (MK7), Hawthorn Extract and Vitamins B6, B12 and Folic Acid is a unique formulation that has been studied by scientists and health experts globally.

**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). VitaMK7 is the only brand of Vitamin K2 that is:

- **Natural:** a patented biofermentation process from the Japanese food "natto" (fermented soybeans) that is a 100% chemical free process
- **Pure:** VitaMK7 contains >99% pure Menaquinone-7 (MK7), the most active form of vitamin K2. This ensures maximum absorption in the body
- **Stable:** because it is so pure, Vita MK7 is highly stable for over 4 years at room temperature
- **Reliable:** Vitamin K2 is the only K2 made in Europe that is both natural and readily available due to a state-of-the-art manufacturing facility in Italy
- **For All Life Stages:** From childhood & adolescents right up to the elderly, Vitamin K2 as MK7 is a safe and effective nutrient to add to your diet

Use CardioLife everyday to:

- Support the heart and the physiological state of the circulatory system
- Help transport oxygen
- Support the physiological metabolism of homocysteine



# 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!

