



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 U.K. & Eire

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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

☐ K2PLUS

- 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 concentrated botanical beverage, Intra's precise formula of 23 botanical extracts work better together. Intra is **certified Safe for Athletic Use by the international Olympic Committee because it does not contain steroids or stimulants.**

Intra is a pleasant tasting, proprietary formulation of 23 time-tested and trusted botanical extracts. .

The key to Intra's effectiveness is the synergy of the blended botanicals working together. 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



K2PLUS

K2plus 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

K2plus 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



FIBRELIFE

Lifestyles has developed a revolutionary and proprietary soluble fibre blend that helps to supplement the body's deficiency of fibre.

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

When ingested with sufficient amounts of water, FibreLife 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 FibreLife 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.

Get your daily dose of fibre today with Lifestyles FibreLife!

