



or



**TO GET ALL THE NUTRIENTS AVAILABLE IN ONE DAILY DOSE OF LIFEPAK® NANO YOU COULD EAT OR DRINK:**

- |   |   |
|---|---|
| 8 eggs ( <i>Vitamin A</i> )                     | 10 oz. salmon or halibut ( <i>Selenium</i> )                                |
| 1 cup cooked carrots ( <i>Beta-Carotene</i> )   | 1 cup walnuts ( <i>Copper</i> )   |
| 8 oranges ( <i>Vitamin C</i> )                  | 2 cups cooked lentils ( <i>Manganese</i> )                                  |
| 6 oz. canned tuna ( <i>Vitamin D</i> )          | 9 cups broccoli ( <i>Chromium</i> )   |
| 12 oz. almonds ( <i>Vitamin E</i> )             | 1.3 tomatoes ( <i>Lycopene</i> )  |
| 1/3 cup raw spinach ( <i>Vitamin K</i> )        | 0.4 cups cooked carrots ( <i>Alpha-Carotene</i> )                           |
| 16 cups peas ( <i>Thiamin</i> )                 | 100g yellow corn ( <i>Zeaxanthin</i> )                                      |
| 20 cups cooked spinach ( <i>Riboflavin</i> )    | 2-3 oz. wild salmon ( <i>Astaxanthin</i> )                                  |
| 7 oz. canned tuna ( <i>Niacin</i> )             | 1 cup green peas ( <i>Lutein</i> )  |
| 20 cups cooked soy beans ( <i>Vitamin B6</i> )  | 10 tbsp. soybean oil ( <i>other Tocopherols</i> )                           |
| 9 cups raw lettuce ( <i>Folate</i> )            | 2-3 oz. wild salmon ( <i>Marine Lipid Concentrate</i> )                     |
| 3 oz. clams ( <i>Vitamin B12</i> )              | 6 oz. rice ( <i>Molybdenum</i> )  |
| 3 cups cooked soybeans ( <i>Biotin</i> )        | 4 cups green tea ( <i>Catechins, Quercetin</i> )                            |
| 30 cups cauliflower ( <i>Pantothenic Acid</i> ) | 2 glasses red wine ( <i>Resveratrol, Grape Seed, Citrus Bioflavonoids</i> ) |
| 2 cups milk ( <i>Calcium</i> )                  | 0.3 cup soy milk ( <i>Isoflavones</i> )                                     |
| 150 ml yellow corn ( <i>Phosphorous</i> )       | 350 cups cooked spinach ( <i>Alpha-Lipoic Acid</i> )                        |
| 2 baked potatoes with skin ( <i>Iodine</i> )    | 5 tbsp. canola oil ( <i>CoQ10</i> )   |
| 8 oz. tofu ( <i>Magnesium</i> )                 |   |
| 16 oz. turkey ( <i>Zinc</i> )                   |   |

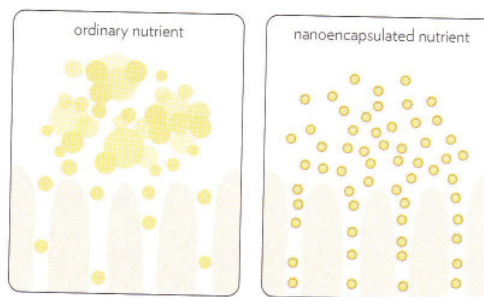
**Note:** The number of servings indicated is necessary to equal single key antioxidants and other important nutrients found in LifePak Nano. Many of the foods selected are also sources of nutrients found in other foods chosen for this list. This list does not account for duplication of some nutrients.



**Hard-to-absorb nutrients are now more highly available to your body.**

Because of the nanotechnology in LifePak® Nano, you get the most nutritional benefit from every capsule.

Many important nutrients tend to cling together in the digestive tract making them difficult to absorb. Through a process called nanoencapsulation, individual molecules of nutrients are embedded into a single nanocapsule molecule. This process prevents nutrients from clinging together so they are individually dispersed and more available for easy absorption.\*



“LifePak Nano gives me that **EXTRA ENERGY** I need to ‘think adventure’ and to **STAY INVOLVED** in the things I love to do!”

—Frances M., NSE Distributor

\*These statements have not been evaluated by Health Canada. These products are not intended to diagnose, treat, cure, or prevent any disease.