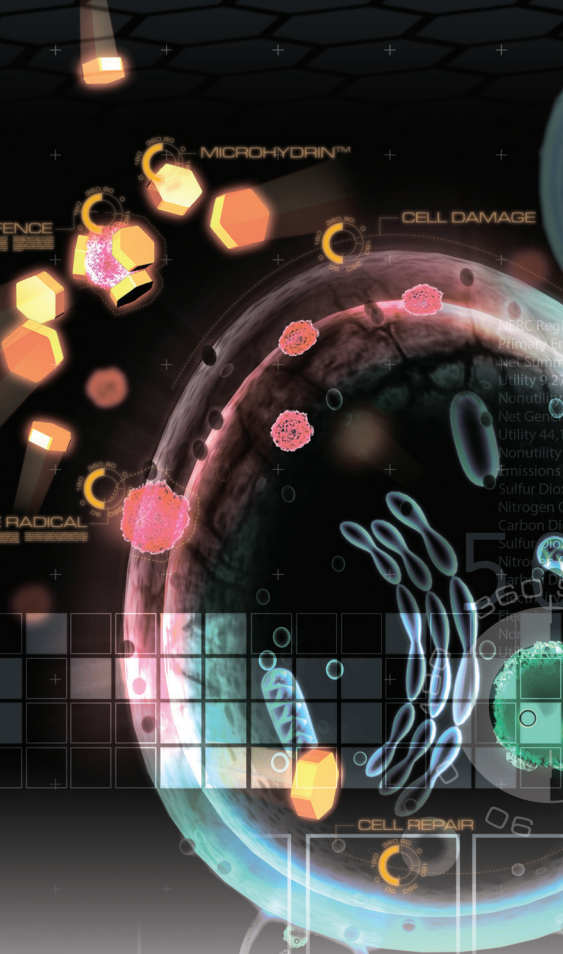


PIONEERING THE NEXT
GENERATION IN
NUTRITIONAL SCIENCE



VITALITY

MICROHYDRIN™

ANTIOXIDANT

**THE ULTIMATE
COMPLEMENT
TO A
HEALTHY CELL
ENVIRONMENT**

GENUINE NANOTECHNOLOGY

Microhydrin is the most potent source of free-radical-fighting electrons available. It has the ability to scavenge the superoxide and hydroxyl free radicals, the most dangerous of oxygen free radicals.

Microhydrin proprietary blend is a blend of silica and hydrogen anions that contain loosely bound electrons. The extra electron is freely given to neutralize free radicals, rendering them harmless and not becoming a free radical itself. It also alkalises the fluid it comes into contact with. When the cellular biological terrain is healthy, disease simply cannot survive in that environment.

The abundance of hydrogen in **Microhydrin** leads to an increase in NADH, a molecule necessary for the production of ATP, which is your energy molecule. An increase in ATP leads to increased energy potential. **Microhydrin** is suitable for anyone looking to increase overall vitality as well as the serious athlete looking for ways to enhance their performance. With **Microhydrin** one can enjoy a longer healthier life with abundant energy and protection for your cells.

- Scavenges free radicals
- Increases hydration of the body
- Balances the body's pH
- Stimulates the source of energy
- Reduces lactic acid during exercise
- Increases the absorption of nutrients from foods and supplements

Recommended Use: Adults: As a dietary supplement, begin with 1 capsule daily and gradually increase to 1-2 capsules twice daily or as directed by a Healthcare Professional.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 60

| Amount per capsule | %RDA |
|--|---------|
| MP Blend | 300mg - |
| *Microhydrin Proprietary Blend: (potassium carbonate, magnesium ascorbate, potassium citrate, silica, purified-ionized water, calcium hydroxide, mannitol, ascorbic acid, magnesium sulfate, citric acid, sunflower seed oil.) | |

* Recommended daily allowance

STAMINA

PERFORMAX™

ENERGY

**INCREASES
ENERGY
MOLECULES
AT CELLULAR
LEVEL**

Performax is a proprietary blend, made from Cordyceps. **Performax** helps to increase energy and athletic performance. **Performax** assists in oxygen utilization and ATP production.

Modern science has only recently discovered the chemistry behind these remarkable compounds, and we are now reaping the rewards. For the first time modern technology and ancient folklore are uniting to offer the best of both.

Performax contains 5 different species and several different strains of Cordyceps, specifically formulated to provide optimal health, endurance and maximum performance.

Numerous studies have demonstrated Cordyceps' ability to increase maximum oxygen uptake (VO₂ Max) and anaerobic (or lactate) threshold, which leads to improved exercise capacity and resistance to fatigue. **Performax** is used by anyone wanting more energy to get through the day. **Performax** increases endurance and enhances performance.

- Increases stamina
- Helps to increase ATP
- Minimises recovery period
- Helps to improve athletic performance
- Increases VO₂ Max

Recommended Use: Adults: Take 3 capsules a day or as directed by your Health Professional.

Supplement Facts

Serving size: 3 Capsules
Servings per container: 90

| Amount per capsule | %RDA |
|--------------------|---------|
| PP Blend* | 750mg - |

*Performax Proprietary Blend (Cordyceps sinensis native strain CS-4, Cordyceps sinensis hybrid strain SC/CS6, SC/CS7, Cordyceps militaris SC002 strain, SC003 strain, Cordyceps sobolifera SC101 strain, Cordyceps ophiolosoides ATCC 36865 strain)

* Recommended daily allowance



Not suitable for pregnant and lactating women

60 CAPSULES



Not suitable for pregnant and lactating women

90 CAPSULES

ON ANY GIVEN DAY!

"YOU CAN FEEL THIS WAY"



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Garsfontein, Pretoria.
Tel: +2712 998-1712 | Fax: +2712 998-9778
E-Mail: info@lifestylelnp.com



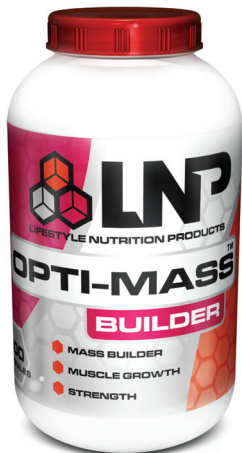
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E-Mail: info@lifestylelnp.com

STRENGTH

OPTI-MASS™

BUILDER

CONTAINS ALL NUTRIENTS FOR OPTIMIZING MUSCLE GROWTH.



Science has proven that Creatine, Glutamine and the Branch Chain Amino Acids are the most important nutrients needed for muscle growth.

Opti-mass contains only the patented chelated forms of creatine and glutamine making it one of the few muscle building products on the market with this patented combination.

The ingredients in Opti-mass enhances the body's ability to generate and regenerate the ATP needed to provide the energy for muscular performance.

Opti-mass conforms to Olympic testing protocols.

Not suitable for pregnant and lactating women

300 CAPSULES

- Mass builder
- Increases strength
- Increases muscle growth
- Minimises muscle recovery period

Recommended Use: Adults: Take one capsule 3 times a day. To gain lean mass, take 5 capsules before and after lifting weights. Take 5 capsules in the morning and evening on non-training days.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 300

| Amount per capsule | %RDA |
|---|------|
| Magnesium 57.0mcg | 19 |
| (Creatine Magnapower® creatine magnesium chelate, magnesium glycyl glutamine chelate) | |
| Creatine 225.0mg | - |
| (Creatine Magnapower® creatine magnesium chelate) | |
| L-Glutamine 95.0mg | - |
| (magnesium glycyl glutamine chelate) | |
| L-Isoleucine 15.0mg | - |
| L-Valine 15.0mg | - |
| L-Leucine 15.0mg | - |
| Opti-Blend™ Delivery System 10.0mg | - |

* Recommended daily allowance

IMMUNE

VIRAMAX™

FORMULA

CONTAINS ALL NUTRIENTS ESSENTIAL TO ASSIST LIVER FUNCTION.



Today's western lifestyle is filled with excess consumption of fatty foods and overindulgence. Viramax is a must for anybody wanting to maintain a good healthy lifestyle.

Viramax contains Grape Seed extract, Olive Leaf extract along with Alpha Lipoic Acid. This product packs a powerful punch in combating some of the more dangerous free radicals our bodies have to deal with on a daily basis.

Viramax is a combination of well documented ingredients. With so many people suffering from recurring infections, Viramax is most suitable as it supports proper immune function and antimicrobial activity.

Not suitable for pregnant and lactating women

90 CAPSULES

- Assists with Liver function and detoxification
- Free radical scavenger
- Used for treatment of hepatic disorders
- Main function is strengthening the immune system and fighting off infectious organisms

Recommended Use: Adults: Take 1 capsule twice a day. Contains no yeast, wheat, corn, milk, egg, soy, glutens, sugars, artificial colours, starch or preservatives.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

| Amount per capsule | %RDA |
|--|------|
| Artichoke Extract 4:1 20mg | - |
| Carrot Extract 4:1 25mg | - |
| Grape Seed Extract 95% 100mg | - |
| Alpha Lipoic Acid 50mg | - |
| Milk Thistle Extract 80% 100mg | - |
| Olive Leaf Extract 20% 100mg | - |
| Vitamin B6 12.5mg | 625 |
| Zinc AAC 10% 10mg | 66 |
| Opti-Blend™ Delivery System 5mg | - |

* Recommended daily allowance

STRESS

NEUROMAX™

CALMING

HELPS TO RESTORE EMOTIONAL BALANCE & WELLNESS.



Neuromax consists of a specifically formulated blend of herbal extracts that work in a synergistic manner to assist in the relief of stress, anxiety, depression and insomnia. Neuromax assists with nervous exhaustion, emotional stress, feelings of fear, mood swings, feelings of incompetence, low self-esteem, pessimism and general physical as well as mental unease.

On the increase are people who are always tired, despondent, irrational, and negative. Physical symptoms are continually presenting themselves and more and more evident is a culture that is desperately looking for help and to find a balance in day to day living.

While St Johns Wort, Valerian Root and Passion Flower may be consumed individually, the synergy of the three contribute to restore the balance which assists in the ability to once again move forward.

Neuromax will assist anyone who finds themselves in a phase where their emotional balance becomes compromised!

Not suitable for pregnant and lactating women

90 CAPSULES

- Stress
- Anxiety
- Insomnia
- Restlessness
- Nervous exhaustion
- Mild depression

Recommended Use: Adults: Take 1 capsule 3 times per day. Can take up to 2 capsules 3 times per day.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

| Amount per capsule | %RDA |
|--|------|
| St Johns Wort Extract 5:1 60mg | - |
| Valerian Root Extract 5:1 28mg | - |
| Passion Flower Extract 7:1 32mg | - |

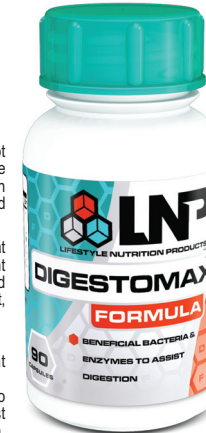
* Recommended daily allowance

DIGESTION

DIGESTOMAX™

FORMULA

BENEFICIAL BACTERIA & ENZYMES TO ASSIST EVERY STAGE OF DIGESTION.



Research shows that if your food is not digested properly, the side effects range from bloating, lactose intolerance, stomach discomfort, gas, indigestion, heartburn, acid reflux, allergies and skin problems.

Digestomax is a revolutionary formula that contains the complete blend of pure plant enzymes, amino acid chelated minerals and stabilized probiotics to help the body digest, absorb and metabolize nutrients.

For total absorption:

1. You need a complete array of plant enzymes.
2. You need friendly bacteria/probiotics to help the nutrients be assimilated past the gut wall and into the bloodstream.
3. You need amino-acid chelated minerals to activate the enzymes.

Digestomax is a safe and effective formula for combating digestive disorders.

- Indigestion
- Acid reflux
- Bloating & gas
- Constipation
- Assists with all digestive disorders

Recommended Use: Adults: Take 1-2 capsules 10 minutes before each meal. Contains no yeast, wheat, corn, milk, egg, soy, glutens, sugars, artificial colours, starch or preservatives.

Supplement Facts

Serving size: 1 Capsule
Servings per container: 90

| Amount per capsule | %RDA |
|--|------|
| Enzyme Blend 200.0mg | - |
| (Amylase 4000DU, Protease II 3000 PU, Peptidase 250 SEU, Lipase 25 LU, Invertase 54 InvU, Cellulase 100 CU, Lactase 400 LacU, Maltase 75DP) | |
| Copper (as Amino Acid Chelate) 300.0mcg | - |
| Zinc (as Amino Acid Chelate) 450.0mcg | 6 |
| Manganese (as Amino Acid Chelate) 200.0mcg | - |
| Blackstrap Molasses 5.0mg | - |
| Gliger (Root) 10.0mg | - |
| Probiotic Digestion Blend 21.7mg | - |
| (DDS-1 Lactobacillus acidophilus 100 million CFU, Lactobacillus bulgaris 75 million CFU, Streptococcus thermophilus 75 million CFU, Enterococcus faecium 75 million CFU) | |

* Recommended daily allowance