

Lifetrack[®] Balance & Vitality



PART OF THE HEALTHFIRST PROGRAM



Lifetrack Balance & Vitality Weight Management Supplements Keep your weight on track for life

Balance — Mood Plus Formula

- Supports sugar metabolism
- Helps maintain a balanced mood
- Aids in healthy liver function

Vitality — Energy Plus Formula

- Aids in converting protein, fats and carbohydrates into energy
- No jittery side effects
- Supports healthy habits

Should be used in conjunction with a healthy diet and regular exercise program. Refer to Conklin's HealthFirst brochure for more information. As with all dietary supplements, seek the advice of your qualified healthcare provider prior to use of this product. Pregnant or lactating women should consult their qualified healthcare provider prior to use. Results may vary.



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For Your Information

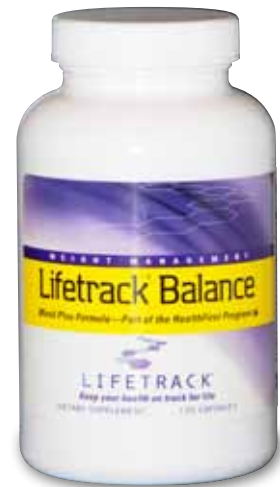
Usage

Targeted Nutrition	Adults 150-250 lbs.	Adults 250 lbs. +	Teens (13-18)
Lifetrack Balance	2 capsules, 2 times daily 30 minutes before mealtime	3 capsules, 2 times daily 30 minutes before mealtime	1 capsule, 1 time a day 30 minutes before mealtime.
Lifetrack Vitality	2 capsules, 2 times daily mid-morning and mid-afternoon	2-3 capsules, 2 times daily mid-morning and mid-afternoon	1 capsule, 1 time a day mid-morning and mid-afternoon

Use as directed. Results will improve when all components of the HealthFirst program are incorporated.

Supplement Facts - Lifetrack Balance

1 Serving (2 Capsules) Contains:	% Daily Value
Biotin 500 mcg	167
Magnesium (as amino acid chelate) 12 mg	3
Zinc (as amino acid chelate) 8 mg	53
Chromium (as chromium niacinate) 200 mcg	167
Sugar-Fullness Management 386 mg	†
Gymnema sylvestre extract, white kidney bean extract, irvingia seed extract, acai berry extract, cinnamon bark extract, L-Taurine	
Liver-Mood Management 606 mg	†
Chaste tree berry extract, dong quai root extract, milk thistle seed extract, hops flower, dwarf morning glory root extract, chinese peony flower extract, magnolia officinalis flower extract, magnolia bark extract, European peony root, chamomile flower extract	
Serotonin Factors 301 mg	†
Passion flower extract, St. Johns wort extract, L-Theanine, theobromine, GABA (Gamma aminobutyric acid), cocoa	



Supplement Facts - Lifetrack Vitality

1 Serving (2 Capsules) Contains:	% Daily Value
Vitamin C (ascorbic acid) 30 mg	50
Iodine (as organic kelp, potassium iodide) 450 mcg	300
Magnesium (as glycerophosphate) 8 mg	2
Energy Factors 1262 mg	†
Green tea extract, L-Arginine, N-Acetyl L-Carnitine hcl, citrus aurantium extract, alpha keto glutarate, malic acid, cayenne pepper, L-Glutamine, L-Inosine, cordyceps mycellia extract, rhododendron caucasicum extract, eleuthero extract, schizandra berry extract, acai berry extract, L-Tyrosine, astragalus root extract, licorice root extract, Irvingia seed extract, TMG (trimethyl glycine), Riboflavin-5-phosphate (co-enzyme vitamin B2), Pyridoxal-5-phosphate (co-enzyme vitamin B6)	

† Daily Value not established.

Other Ingredients: Stabilized Rice, Bran, Gelatin (Capsule)

