



LIFE PRIORITY™

YOUR LIFE, OUR PRIORITY

Life Priority™ Designer Food® Formula
From Durk Pearson & Sandy Shaw®

ONE-PER-MEAL LIFEGUARD™

RADICAL SHIELD FOR NEWCOMERS

Value-packed and extremely convenient, **One-Per-Meal LifeGuard™** is a multivitamin, multimineral, multiantioxidant formulation designed by life extension scientists Durk Pearson & Sandy Shaw® for those newcomers to nutritional supplements who prefer to begin their program with just one capsule per meal.* **One-Per-Meal LifeGuard™** contains the right amounts of nutrients such as copper, iodine, and vitamins A, D, and K—five nutrients you don't want to take too much of.

You would not get adequate amounts of these important nutrients if you took only three capsules of Durk & Sandy's **LifeShield™**, which is intended to be taken at 12 capsules per day.

Yet **One-Per-Meal LifeGuard™** offers remarkable amounts of important nutrients, including phytonutrients (nutrients derived from plants) such as quercetin, which is an important plant polyphenol, and high levels of folic acid, as well as health-promoting amounts of other important vitamins.*

Before going on to higher-end formulations, use **One-Per-Meal LifeGuard™** because . . .

- It contains 10 high-potency and 15 other vitamins, minerals, and antioxidants that have been clearly established as important for health protection and maintenance*
- It's a good idea for your system to get used to higher doses over an extended period of time

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For more information, see our website

www.LIFEPRIORITY.com

Life Priority, established in 1994, offers supplements that are scientifically-formulated, results-oriented, and GRAS (Generally Recognized As Safe) and are manufactured at USDA and FDA inspected facilities.

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	% Daily Value
Vitamin A (as vitamin A palmitate)	500 mcg 60%
Vitamin A (as beta-carotene)	500 mcg 60%
Vitamin C (as calcium ascorbate, niacinamide ascorbate, ascorbyl palmitate)	300 mg 330%
Calcium (as calcium ascorbate and d-calcium pantothenate)	31 mg 2%
Vitamin D (as cholecalciferol)	7.5 mcg 40%
Vitamin E (as dl-alpha tocopheryl acetate)	30 mg 200%
Vitamin K (as phytadione)	47 mcg 25%
Thiamin (vitamin B1 as thiamin hydrochloride)	5.2 mg 430%
Riboflavin (vitamin B2)	6.7 mg 390%
Niacin (vitamin B3 as nicotinic acid and niacinamide ascorbate)	40 mg 250%
Vitamin B6 (as pyridoxine hydrochloride)	15.3 mg 900%
Folic acid	267 mcg 70%
Vitamin B12 (cyanocobalamin)	33 mcg 1375%
Biotin	167 mcg 560%
Pantothenic acid (as d-calcium pantothenate)	43 mg 860%
Iodine (as potassium iodide)	50 mcg 35%
Zinc (as zinc gluconate)	11.7 mg 110%
Selenium (as sodium selenite)	57 mcg 100%
Copper (as copper bisglycinate)	1 mg 110%
Manganese (as manganese bisglycinate)	833 mcg 35%
Chromium (as chromium nicotinate glycinate)	67 mcg 190%
Molybdenum (as molybdenum glycinate)	167 mcg 370%
Taurine	50 mg *
L-Cysteine HCl	33 mg *
Quercetin	17 mg *
Boron (as calcium boroglycinate)	1 mg *

*Daily Value not established

Other Ingredients: Gelatin, water. Contains no fillers, pollen, soy, wheat, or yeast products, which may cause allergic reaction in some people.

SUGGESTED USE:

For adults only. Take 1 capsule 3 times a day immediately after meals as a dietary supplement. The niacin content of One Per Meal LifeGuard™ may cause temporary skin flushing, redness, a feeling of heat, and itching which usually last for about a half hour. This niacin flush is harmless and can be minimized by taking the capsules on a full stomach.

Caution: Keep out of reach of children. Use only as directed. Not for use by children or pregnant or lactating women. Persons with Wilson's disease should not use this formula. Women from families with a high incidence of thyroid disease should not take this product unless directed by their physician.