



LIFE PRIORITY

YOUR LIFE, OUR PRIORITY

- ISSUE FOCUS -
Freedom of Choice
Exercise
Diet

SUMMER NEWSLETTER
JULY, AUGUST, SEPTEMBER

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Dear Valued Friend,

Thank you for your customer loyalty. We cherish and honor you as a valued customer.

We believe that investing in your physical and mental health is the most important investment you can make. We appreciate the opportunity to serve your nutritional needs and make it our goal to treat your health as our priority.

Greg and I started Life Priority in 1994 with the help and support of Durk Pearson & Sandy Shaw®, research scientists and co-authors of the bestselling book, *Life Extension: A Practical Scientific Approach*. Their 1.5 million copy bestseller was published in 1980 to inform doctors about the value of using certain nutrients to provide optimal health.



Greg & Michelle Pryor

For the last 35 years, Durk and Sandy have been at the forefront of the nutritional research industry. Life Priority has joined with Durk and Sandy to support the legal effort (see www.emord.com) to protect the dietary supplement industry from unnecessary government restrictions. Every order that you place helps to support this great cause.

To stay informed on Life Priority product promotions and events, please join our mailing list by visiting www.LifePriority.com. You can also follow us on Facebook, Instagram, Twitter and LinkedIn.

To your health and God Bless,
-Greg and Michelle Pryor, Life Priority Owners



Joint Decision™:

Helps to supply glucosamine hydrochloride (HCl), a natural compound that nourishes the connective tissue structures found in cartilage and joint fluid. Glucosamine HCl has the highest potency of the 3 different forms of glucosamine.



Total Joint Complex™:

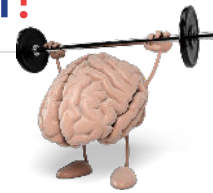
Provides ultimate joint support with 6 nutrients including glucosamine HCl, chondroitin sulfate, MSM, boswellia, bromelain and turmeric. This combination of nutrients, endorsed by physicians, chiropractors, pharmacists, and other healthcare professionals, has helped lower joint pain symptoms for thousands of users.

BASICS for Healthy Living

Good nutrition, exercise, hydration, restful sleep ... these are the basics for healthy living. The human body is a magnificent creation that can enjoy a healthy lifestyle by incorporating these basics in your daily regimen.

- **Nutrition:** a balanced diet of healthy foods combined with quality nutritional supplements is the foundation of a healthy lifestyle and will feed your body what it needs. Supplements shouldn't take the place of whole foods and a healthy diet; they are to be a compliment to help provide essential vitamins and minerals lacking in your daily diet and insure a strong nutritional foundation for vibrant health.
Suggested Products: One-Per-Meal Lifeguard™ & Lifeshield™
- **Exercise:** provides physical and emotional benefits. Set a goal to exercise 30 minutes a day, 5 times a week and take time to stretch when you exercise. Performing light stretches increases blood flow to the muscles and joints, preventing injury during exercise. Stretching also improves flexibility and allows the body and brain to communicate more effectively with each other.
Suggested Products: Muscle Memory™, Joint Decision™ & Total Joint Complex™
- **Hydration:** composed mostly of water (55-70%), the body requires proper hydration to function. Drink at least 64 fluid ounces of water each day.
- **Sleep:** a good night's sleep will lead to multiple health benefits and improve body performance. Memory, emotions, and immunity are affected by sleep, and cognitive and physical performance decrease with too little sleep.
Suggested Products: Productive Sleep™, Calcium Priority™ & Magnesium Priority™

SUMMER^{time}HEALTH for a THRIVING IMMUNE SYSTEM!



KEEPING A HEALTHY IMMUNE SYSTEM IS THE BEST HEALTH INSURANCE POLICY!

Give your immune system a boost with healthy, plant-based foods. Everyday preventative measures can reduce your risk for viruses and other pathogens. You can invest in our top immune boosting vitamins to help insure your health and well-being. Life Extension scientists Durk Pearson & Sandy Shaw® have been at the forefront of the science supporting the value of vitamins and minerals to strengthen and support our immune system.

The right nutrition can help support and maintain immune health. Encouraging a healthy immune response will keep us going strong for a lifetime. Life Priority offers a bouquet of quality supplements for immune support which include:

1. **V-Guard 2™** A nutritional formulation for natural immune system support and healthful viral resistance function. This product contains: Vitamin C, Vitamin D, the flavonoid quercetin, green tea extract, N-acetylcysteine and resveratrol
2. **One-Per-Meal LifeGuard™** A high-quality, research-based multivitamin that is packed with 26 different essential vitamins, minerals, and antioxidants that are important to maintain a healthy immune system.
3. **LifeShield™** A highly potent, research-based, scientifically-formulated multi vitamin/mineral that defends your body by enriching it with 28 essential nutrients to boost your immune system.
4. **Vitamin D-3 Priority™** Considered the most bioavailable form of Vitamin D for the human body. Vitamin D-3 is both a vitamin and a hormone. It acts as a vitamin when it binds with calcium for proper absorption. Humans cannot digest calcium without adequate amounts of Vitamin D-3.
5. **Vitamin C2™** Formula designed by Life Extension scientists Durk Pearson & Sandy Shaw® for their own daily use. Helps fight free radicals throughout the body with a scientifically-designed formulation of water- and fat-soluble Vitamin C. Gentler on your stomach; designed to maximize absorption and bioavailability.
6. **Omega-3 Priority™** Contains high quality fish oil with essential fatty acids (EFA), Getting enough EFAs is essential for brain and heart health.

BRAIN HEALTH

Everything that happens in your brain — every memory, every thought, every emotion, every innovation — is a result of the release of neurotransmitters, which are made from the nutrients in your diet. However, there's a very good chance that your daily diet may not be providing the optimum amount of raw materials your brain needs for good brain health. Proper nutrition and quality supplements by Life Priority such as Lift™, Lift Caps™, Mind™, PS Priority™ and Omega-3 Priority™ contribute to brain health and mood enhancement.

1. **Lift™** An energy-boosting nutritional supplement to help you fire up your brain naturally and add the key nutrients to help eliminate mental fatigue and brain fade.
2. **Lift Caps™** Lift Caps™ fire up your brain naturally and jump start your day; capsule form — a convenient alternative to Lift™ powder.
3. **Mind™** A Life Priority-Designer Food Formula by Durk Pearson & Sandy Shaw®; a great tasting lemon-lime citrus cooler containing choline, also known as "brain food", and essential nutrient cofactors.
4. **PS Priority™** Phosphatidylserine is a cell membrane phospholipid needed for proper memory function. Adequate levels help enhance membrane flexibility, permeability, strength, and the ability to withstand stress.
5. **Vitamin D-3 Priority™** and **Omega-3 Priority™** are two additional supplements that are great for brain health.

<----- See more information in other column.

After having retired after 35 years of practice I wanted to write you this letter thanking you both for providing excellent product lines for my patients, friends, and family over the years. There are many product lines on the market today but none better than Life Priority. Total Joint Complex™ is the finest supplement for musculoskeletal protection I have ever seen, used, and recommended to patients. Many of my patients have benefited from Lift Caps™, 3-Way Calcium™, and your V-Guard 2™ has never been more important than in today's health environment. It has been my honor and pleasure to work with you both and your outstanding company over the lifetime of my chiropractic practice. I highly recommend your product lines to anyone seeking a higher level of health. - Dr. Byron Tomlins, Chiropractic Center of Salina



FROM THE DESK OF ROGER L. ANDERSON D.C.

Dr. Anderson, Life Priority's medical advisor, is well versed in health and wellness. He is also Greg & Michelle's chiropractor/acupuncturist, who takes a holistic approach to wellness. Dr. Anderson shares why he believes you should add V-Guard 2™ to your daily regimen.



Our immune system maintains its maximum potential when the following are a part of our normal routines, which includes in part the following:

- Not being overstressed, producing an overabundance of cortisol, adrenaline, and other stress hormones that have been proven to lower immune system function and response.
- Exposure to microorganisms by being around a typically normal environment, which includes being around other people. Social distancing may protect people with compromised immune systems from getting sick, but also lowers your inherent/innate immunity. There is immunity in community.
- A proper functioning nervous system by getting regular spinal check-ups (even if you are not in pain).
- Proper diet and macronutrient intake.
- Mild to moderate exercise- not over exercising.
- Adequate restorative sleep.
- Adequate hydration.

Facing reality. Our lifestyles have drastically changed over the last 16 months. With social distancing, constantly sterilizing our environment, most likely not getting enough exercise, dietary changes and most important of all, being under unusual mental and emotional stressors such as, (financial issues, job loss, uncertainty about the future, anxiety/depression) - most people's immune systems are most likely compromised more than ever before.

As we get back to a more normal lifestyle, do you think our immune systems are going to be stronger when we are exposed to pathogens-just not novel (which means new) viruses or variants, but other bacteria and viruses that we normally have immunity? Could this be a potential problem for most people, even the healthiest prior to the pandemic?

I have done my research. I believe that taking proven supplements that improve immune system function, now more than ever, is a "No Brainer". Life Priority V-Guard 2™, in my opinion, is a superior supplement, the most cost-effective supplement I have researched effectively to support your immune system.

Ask yourself, "What's the cost of getting ill if it could have been avoided?". Your health is your number one asset. Protect it - Take V-Guard 2™ daily!



LIFESHIELD™:

Lifeshield™ is a highly potent, research-based, scientifically-formulated multi vitamin/mineral that defends your body by enriching it with 28 essential nutrients to boost your immune system.*



VITAMIN C2™:

Vitamin C2™ combines two forms of essential Vitamin C, non-acidic water soluble and fat-soluble Vitamin C. 3 capsules per day provide the Vitamin C equivalent of the amount of Vitamin C found in 12 oranges.*



VITAMIN D-3 PRIORITY™:

Vitamin D-3 Priority™ contains essential Vitamin D-3 which enhances and sustains a sense of mental well-being and helps encourage the efficient uptake of calcium and magnesium—the minerals that are used to form the bones.

NEW Life Priority V-Guard 2™ Durk Pearson & Sandy Shaw® Designer Food® Formulas Natural Immune System Support*

The immune system is one of the great marvels of human biology. It stands at constant attention, ready to protect us against foreign invaders in all their guises: bacteria, viruses, fungi, and parasites alike. Life Extension scientists Durk Pearson & Sandy Shaw® have studied the current literature to determine how best to support the immune system in a variety of ways that are natural and healthy. As happens with so many activities in the body, the immune system typically declines with age, with the result that nutritional support is especially warranted as we grow older. Life Priority Durk Pearson & Sandy Shaw® Designer Food® formulation V-Guard 2™ is a nutritional formulation for natural immune system support. This product contains:

- **Vitamin C:** (reported to protect against immune stimulation of inducible nitric oxide)
- **Vitamin D:** (levels of which are low in many people of all ages, but especially in the elderly and in those who stay completely out of the sun, or who use sunscreens)
- **Quercetin:** the flavonoid (found in vegetables and fruits, and especially in apples, cranberries, blueberries, and onions, as well as black tea, red wine, and various fruit juices)
- **Resveratrol:** [which has been shown to inhibit PKC (protein kinase C, an intracellular signaling molecule) activity and its dependent pathways]. *
- **Green Tea Extract:** (90% polyphenols, 50% of which is EGCG)
- **Taurine:** protects tissues from oxidative stress associated with the pathology of various inflammatory diseases
- **N-acetylcysteine:** (which increases the amount of intracellular cysteine needed to maintain high levels of reduced glutathione)
- **Zinc:** has been shown to mediate antiviral effects against certain viruses. Clinical studies showed that zinc significantly shortens the duration of symptoms during infections. Tell your immune system how much you value it with V-Guard 2!™

Over the past few weeks, Amazon has removed all products containing the dietary supplement N-Acetyl Cysteine (NAC) - restricting its sale to people who rely on this supplement. It's not great timing considering most all alternative health professionals suggest NAC to reduce pandemic related risks.

We can only assume that extreme pressure from the FDA prompted this. As most all other providers still offer NAC for sale, we can place the majority of the blame on Amazon for not standing with the people on this issue.

You see, 5 months ago a very strong and clear letter was delivered to the FDA. A letter that would make any reasonable person or agency cringe with embarrassment. We thought you should all read the letter by visiting the link below. It is quite surprising that both the FDA and Amazon are still pursuing this. Please read this letter and pass on to your friends and family. And if you have time to get Amazon on the phone, give them your comments. <https://www.rnusa.org/.../CRN-Letter-to-FDA-reNAC-12-420.pdf>.



LIFE PRIORITY

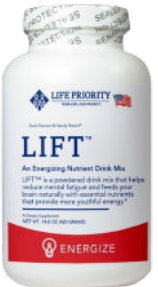
YOUR LIFE, OUR PRIORITY

**JULY'S
FEATURED PRODUCTS**



**ONE-PER-MEAL
LIFEGUARD™:**

One-Per-Meal Lifeguard™ is a high-quality, research-based multivitamin that is packed with 26 different essential vitamins, minerals, and antioxidants that are important to maintain a healthy immune system.*



LIFT™:

Lift™ is a powdered drink mix that helps eliminate mental fatigue and rejuvenates your brain naturally with no side effects. Lift helps to eliminate brain fade and naturally jump starts your day. It helps make noradrenaline, an important neurotransmitter (used by nerve cells to transmit information).*



**OMEGA-3
PRIORITY™:**

Omega-3 Priority™ contains high quality fish oil with essential fatty acids (EFA). Getting enough EFAs is essential for brain and heart health.*



**MAGNESIUM
PRIORITY™:**

Magnesium Priority™ contains magnesium biglycinate, a form that is easier to absorb and won't cause digestive issues. Magnesium is an essential mineral that's involved in 300+ biological processes in the body. Use with 3-Way Calcium Priority for maximum benefit and absorption.*



LIFEGUARD YOUR HEALTH

IT'S PROTECTION FOR YOU AND YOUR FAMILY!

**FIGHT FREE RADICAL DAMAGE WITH LIFE PRIORITY'S
ONE-PER-MEAL LIFEGUARD™**

Your body has internal enemies called free radicals, which are excess oxygen molecules that travel recklessly through your body ultimately causing destruction to your cells. Due to dietary deficiencies, U.S. Government studies indicate that 91% of all Americans may develop costly health problems. One of the tools to combat this issue is to use antioxidants. ONE-PER-MEAL LIFEGUARD™ helps you fight the attack of free radicals by giving you the antioxidant nutrients your body requires. Defend yourself with Life Priority's ONE-PER-MEAL LIFEGUARD™!

STRENGTHEN YOUR BODY'S DEFENSE SYSTEM

ONE-PER-MEAL LIFEGUARD™ is a unique synergistic blend of thirteen of the most powerful antioxidant nutrients, engineered to counteract free radical damage. Starlight's formula includes 100% or more of the daily value of powerful antioxidant nutrients including: Vitamin A, C, E and Zinc plus, One-Per-Meal Lifeguard is rich with pink bark, bilberry fruit and green tea extracts. Since 1994, the ONE-PER-MEAL LIFEGUARD™ proprietary formula has been one of the finest antioxidant formulations available.

**Information provide for educational purposes only. Not intended to diagnose, treat or cure any medical condition. Please consult your healthcare provider for medical advice.*

"I am writing to you regarding LifeGuard. I just started taking your product about 4 or 5 weeks ago. I cannot begin to tell you the change I feel and started feeling about three days into taking your product. I am 42 years old (peri-menopausal) and was feeling very tired all the time. I also woke up in the morning feeling very stiff in my joints. After taking LifeGuard with every meal for just a few days, I began to feel very energetic and the stiffness has left and not came back. And as an added bonus (after being constipated most of my life) I became much more regular. I had purchased your product because of reading on the label that it contained Niacin and Folic Acid, which my doctor had told me would help reduce my cholesterol level. Thank you so much for this product, it has helped me a lot!"

-Michelle F, Life Priority Customer

Breakfast salads are becoming the latest health craze. Although eating vegetables for breakfast is not typical in the Western diet, it's quite common in diets from other parts of the world. Breakfast salads are a great way to start your day with nutrient-dense foods. They may also boost

your mood and productivity, improve your digestion, and even help you lose weight. This article reviews breakfast salads, lists their health benefits, and shows you how to build your own.

HEALTH BENEFITS OF BREAKFAST SALADS

Breakfast salads typically consist of vegetables topped with various other foods, such as eggs, cheese, fruits, nuts, seeds, grains, and beans. Substituting your typical breakfast for a salad is an easy way to add more whole foods to your diet. You may also gain an array of health benefits.

MAY HELP YOU LOSE WEIGHT

Notably, breakfast salads may aid weight loss. Not only are they rich in fiber and water, but they also require extensive chewing. Each of these factors may reduce



SALAD FOR BREAKFAST?

hunger and boost fullness, causing you to eat less. Additionally, fruits and vegetables, the primary ingredients in most breakfast salads, tend to have a low calorie density. This means that they offer fewer calories for the volume that they take up in your stomach, which may further contribute to weight loss. *Research consistently links high fruit and vegetable intakes to weight loss or less weight gain over time.* Adding a source of protein to your breakfast salad can further reduce hunger and increase feelings of fullness. Breakfast salads may be especially beneficial for weight loss when they replace high-calorie, processed breakfast foods like croissants or high-sugar breakfast cereals.

To read the full article: <https://bit.ly/2S7PnR0>

Breakfast Salad with Fried Egg and Sweet Potato

Ingredients

- 1 large sweet potato
- 2-3 tsp oil or butter
- 1/2 tsp chilli powder
- 2 cups kale
- 2-4 large Nellie's Free Range eggs
- salt and pepper to taste

Homemade Pico De Gallo

- 1/2 cup diced tomato
- 2-4 TBSP diced red onion
- 2-4 TBSP finely diced jalapeño pepper
- 1 TBSP fresh chopped cilantro plus extra to taste
- a squirt of lime juice (if you have it!)
- a pinch of salt to season
- Plus choose all your favorite extras from the list below!

Tasty Toppings & Optional Extras

- Everything bagel seasoning
- Chopped green onion or chives
- Crumbled feta or cotija cheese
- Salsa
- Guacamole
- Avocado Toast on Sweet Potato or bread

Directions

1. Peel and dice your sweet potato into 1/2-inch cubes.
2. Heat a large skillet over medium-high heat and add your oil or butter to the pan. Once hot, sauté sweet potato cubes until golden and tender, stirring every few minutes for even browning, approx. 15 minutes depending on size. Lastly season with chili powder and salt and pepper, to taste.
3. While the sweet potatoes cook you'll be able to whip up the rest of your breakfast!
4. Chop your kale into bite sized pieces, then massage with a drizzle of olive oil and a teeny pinch of sea salt. If using spinach/arugula in place of the kale, simply dress with a little oil. Set aside.
5. For the pico de gallo, simply combine the ingredients above. You may also use your favorite salsa in its place!
6. Lastly cook eggs via your favorite method. I went with fried eggs but hard boiled, soft boiled, and scrambled are all tasty options!
7. Toss it all together on a plate and dive in with your choice of topping and extras! I added a side of avocado toast with cilantro and sprinkled a little everything bagel seasoning, green onion, salt and pepper on my eggs. Perfecto!

See the recipe here: <https://bit.ly/3gGHwlt>

JOINT DECISION™ & TOTAL JOINT COMPLEX™

What's the difference between these two formulas?

Life Priority's formulators designed two joint supplements to help you no matter what your lifestyle is. Joint Decision™ is pure glucosamine HCl to help feed and hydrate the joints a simple and easy joint support.

While Total Joint Complex™ is a combined glucosamine and chondroitin with four other natural ingredients - MSM, Boswellia serrata, Bromelain and Turmeric - that also have scientific and anecdotal inflammatory evidence showing how they can protect joint health and keep you moving today... and hopefully years from now.



Joint Decision™:

Helps to supply glucosamine HCl, a natural compound that nourishes the connective tissue structures found in cartilage and joint fluid. Glucosamine HCl has the highest potency of the 3 different forms of glucosamine.



Total Joint Complex™:

Provides ultimate joint support with 6 nutrients including glucosamine HCl, chondroitin sulfate, MSM, boswellia, bromelain and turmeric. This combination of nutrients, endorsed by physicians, chiropractors, pharmacists, and other healthcare professionals, has helped lower joint pain symptoms for thousands of users.



I'm a busy mom and I typically am not someone who eats breakfast. But being as one of my goals is to take my vitamins each morning, noon and night, I needed to find a quick, healthy breakfast that worked for me, as I know it's not beneficial to consume my vitamins on an empty stomach.

Whey of Life™ is that quick, healthy breakfast for me. 1 scoop of Whey of Life™, mixed with some frozen fruit and sugar free almond milk makes for a delicious, healthy breakfast. And get this - THERE IS NO ADDED SUGAR! Plus, I've been experimenting with adding the Whey of Life™ to other recipes and look forward to sharing them with you all!

— Lisa Smith, Employee, Life Priority, Inc.

Life Priority Whey of Life™ Nice Cream



I have a sweet tooth and do not like to feel like I'm missing out on dessert. So, I am always looking for ways to make a "normal" dessert, healthy.

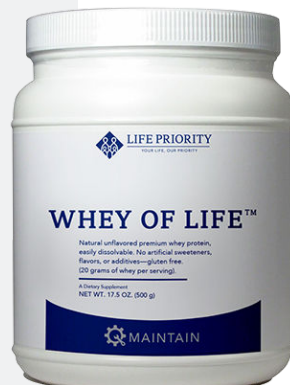
This way I can indulge and not feel like I have sabotaged all the hard work I put in elsewhere. This 'Nice Cream' recipe is a family favorite and completely guilt-free. You can change it up by mixing in other frozen fruits, nuts and extras!

Ingredients

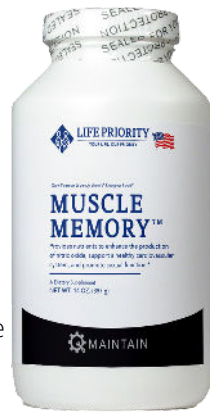
- 3 Bananas (preferably frozen)
- 1 1/2 cups Almond Milk (you may need more)
- Vanilla Extract
- Unsweetened Cocoa Powder
- Extras: Almonds, Peanut Butter, etc.

Directions

1. Add your chunks of frozen banana, almond milk, dash of vanilla extract, and the unsweetened cocoa powder to a food processor. Depending on how thick the nice cream is, you may need to scrape the sides between blending.
2. Once blended, throw your other add-ins into the food processor and give it a quick blend.
3. And voila! You have a delicious, guilt-free dessert! Just place the contents in a freezer safe dish and dig in when you're ready for a tasty treat!



MUSCLE MEMORY™, A DESIGNER FOOD® WITH HEALTHY AGING BENEFITS



Durk Pearson & Sandy Shaw®, the designers of Muscle Memory™, were among the first scientists to recommend that taking L-arginine supplements (along with choline and B-5) could help boost the natural GH release and thereby achieve a variety of life-extending benefits, including building lean muscle mass (in preference to fat), accelerating wound healing, strengthening bones, improving immunity, and enhancing skin flexibility.

Muscle Memory™ has been a life enhancement classic for more than a decade for those who are interested in the role of nutrition in biological aging and recognize that the ingredients in Muscle Memory™ help accelerate physical fitness.

Here are a few of the benefits that can be realized by adding Muscle Memory™ to your health regimen.

- Muscle Memory™ helps support muscle and heart health.
- Helps trigger your own internal biochemical resources of mental and physical power for enhanced vitality and youthfulness.
- Accelerate physical fitness
- Muscle Memory™ contains 6 grams of L-arginine per serving designed to help with muscle enhancement and recovery, enhancing the body's ability to form nitric oxide. L-arginine is an amino acid that helps the body create nitric oxide and improve blood flow.
- L-arginine, the only substrate of the nitric oxide production, affects the cardiovascular system (blood vessels and heart).
- L-arginine is also a big contributor to pituitary gland functions. With the proper levels of arginine, the body's pituitary gland will release optimal growth hormone levels for the body to recover and repair itself from daily stresses.
- There is significant evidence that adequate amount of L-arginine can (with the help of neurotransmitter acetylcholine) stimulate the release of human growth hormone from the brain's pituitary gland, which is important in maintaining a youthful ratio of muscle to fat. (<https://www.ncbi.nlm.nih.gov/pubmed/18090659>)



Love Muscle Memory!

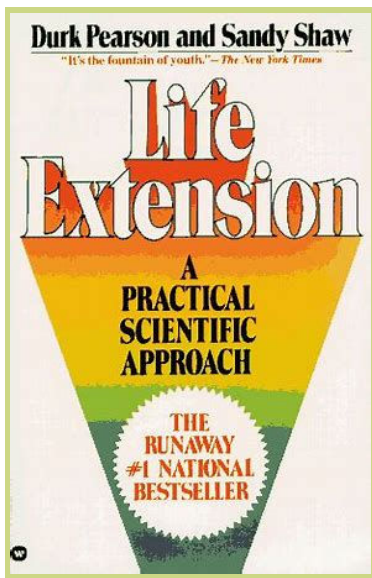
My husband, Jim and I have used Durk & Sandy products since 1991. We are an active family and our nutritional supplements are important part of our life. Muscle Memory™ is my personal favorite. I remember the very first time that I used Muscle Memory™ before a swim workout. At that time, I was a busy mom with three little kids and I drank a quick glass on my way to the pool. I did not know anything about nutritional supplements at that time and really did not expect it to impact my workout. WOW, I was surprised-as I was swimming, Muscle Memory™ kicked in-I felt like I was back in college-Swimming strong! That was 26 years and 2 children ago. Yes, I still use Muscle Memory™ before my workouts. Love it!"

**-Bev Emmenecker
Perrysburg, Ohio**

*Information provided is for educational purposes only.

Life Priority products are not intended to diagnose, treat or cure any medical condition.*

800.787.5438 | www.LifePriority.com



LIFE PRIORITY IS PROUD TO OFFER THE SCIENTIFICALLY FORMULATED DESIGNER FOOD FORMULAS CREATED BY DURK AND SANDY FOR THEIR OWN PERSONAL USE. WE LOVE THEM AND HOPE YOU WILL TOO!

Designer Food Formula

Easy-to-Take, Convenient, Broad Spectrum, High Potency Multi-Vitamin

**LIFT™
OR
LIFT CAPS™**

**NATURAL FRUIT-FLAVORED DRINK MIX
FOR LONG-LASTING ENERGY**



Meet Durk and Sandy, Our Freedom Fighting Scientists - pioneers in the health industry, fighting for making information available to consumers to make healthy decisions for themselves.

Durk Pearson & Sandy Shaw® are independent experts in antiaging research and brain biochemistry. Since 1968, they have been pioneers in the life extension field. The publication of their runaway-bestseller *Life Extension, A Practical Scientific Approach* in 1982 was a benchmark in the history of nutritional science and created a whole new biomedical paradigm. Among other best sellers, Durk & Sandy are the authors of *Freedom of Informed Choice: FDA Versus Nutrient Supplements*, a book that discusses constitutional and scientific issues relating to the FDA's regulation of the dissemination of scientific information.

Learn more about their journey in helping making health & supplement benefit/information available to the public:

<https://bit.ly/3gDNjcQ>

To Your Health! Life Priority Inc.

The arrival of summer is a wonderful time, but it also ushers in opportunities for a busier life between career responsibilities and free time with family. LIFT CAPS™... the energizing capsule, can help fire up your brain naturally and jump start your day.

- L-phenylalanine (an essential amino acid) and its cofactors help the brain produce noradrenaline and can help boost a positive mental attitude.
- Noradrenaline is a neurotransmitter and is not a drug. It is a natural substance made by certain nerve cells in your brain from nutrients in your diet. It is used to transmit messages from one nerve cell to another. Therefore, it is called a neurotransmitter. You do not have an unlimited supply of noradrenaline and after you've been working all day you get very exhausted, especially if you are not eating right. Not eating right or eating irregularly causes you to run out of the nutrients that your brain needs. Many people revert to coffee or an unhealthy energy drink in a can.
- Everyone who uses coffee and/or unhealthy energy drinks the first thing in the morning makes you bright-eyed, bushy-tailed and gives you a lot of energy. The second cup of coffee doesn't do as much as the first and the third does less than the second, and the fourth, even less. By the end of the day additional cups of coffee just make you feel spaced out and jittery. LIFT™ also works to provide appetite satisfaction.
- LIFT™ contains 80 mg of caffeine per serving. The two major effects of caffeine is that it causes the release of noradrenaline and causes you to be more sensitive to noradrenaline. The problem is that it does not help you to make more noradrenaline. It is like burning a candle at both ends.
- Therefore, LIFT™ is a combination of nutrients that help the brain make more noradrenaline. It is a long-lasting version of coffee. You might say that it is the thinking man's coffee because it gives you a lot of get up and go without the "down." LIFT™ is also available in capsule form as LIFT CAPS.™

You can experience a long-lasting energy Lift that really keeps you going, so you can work more productively and longer when necessary and still have energy left over to enjoy time with those near and dear to you.

HAVEN'T TRIED THE LIFE PRIORITY LIFT CAPS™ YET?
YOU CAN PURCHASE OUR CONVENIENT, TRAVEL SIZE MINI LIFT CAPS™

OR

GET A FREE MINI LIFT CAPS™
WITH ANY ORDER OF \$50 OR MORE!

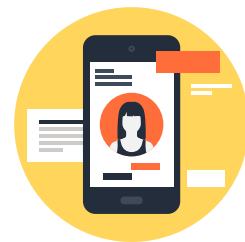
SCHEDULE YOUR
PERSONAL
CONSULTATION
TODAY!



LIFE PRIORITY

YOUR LIFE, OUR PRIORITY

Here's How it Works:



Life Priority's Health & Lifestyle Profiles

You are a unique individual, and your health is a very personal issue.

One size does not fit all.

So let's personalize it!

In the last 26 years and THOUSANDS of health planning consultations later, we have created so many success stories together. I've worked compassionately and thoroughly, exhausting every resource I have to inform those of you who reached out to me with your individual questions. My belief is "seek first to understand"; only then can we develop effective solutions that will make a difference.

As my competitors move away from developing a personal relationship and understanding of your needs, it is my mission to do the opposite. I want to be your first line of defense. Someone you can trust and come to first to clear the confusion and uncertainty.

Today, I'm making an even deeper commitment to our relationship by focusing on providing customized guidance and recommendations for you!

We've created the "Life Priority Health & Lifestyle Profile" which will give me a better understanding of your concerns and goals right up front.

STEP 1:

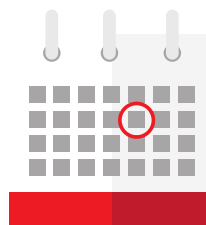


Complete Your Health & Lifestyle Profile

1. Visit: <https://lifepriority.typeform.com/to/eG1EupYH>

Answer the questions, and submit the form.

Step 2: Schedule Your 20-minute Consultation



STEP 2:



On the confirmation page, you can select an day & time for your free phone consultation on my Calendly Calendar (you'll see the information and available times after you submit your form).

STEP 3:



Step 3: We'll Send a Reminder

After scheduling a meeting time, you'll receive a confirmation email, and you'll get a reminder email before the meeting.



Life Priority
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