

PHARMANEX® LIFEPAK® ELEMENTS

MEET LIFEPAK ELEMENTS



LifePak Elements is a comprehensive multivitamin and mineral supplement thoughtfully developed with the unique dietary patterns of India in mind to go beyond basic nutrition. Its balanced combination of 25 vitamins, minerals, and nutrients helps fill common nutritional gaps often seen in Indian diets, supporting immunity, vitality, and overall wellness. With continuous use, it helps provide foundational support for your immune system, muscles, eyes, hair, skin, nails, heart, brain, and more, making it an easy addition to your everyday health routine.

The advanced formula of essential vitamins and minerals is further enhanced by our exclusive Pharmanex Botanical Fusion Blend. The result is a comprehensive approach to wellness that feels both advanced and rooted in tradition.

Plus, with Prysm iO™ approval, you don't have to wonder if it's working. The first step to know your supplements are being absorbed and available to support your wellbeing is to track antioxidant levels with Prysm iO. Your personal score helps you see that antioxidants from your diet and supplements are making a measurable difference.

WHY YOU'LL LOVE IT

- Provides 25 vitamins, minerals, and nutrients to help support and maintain good health.
- Specially formulated to address common nutritional gaps found in Indian diets.
- Supports healthy immune function, bones, muscles, heart, eyes, brain, hair, skin, and nails.
- Supports your overall health by providing antioxidant protection that helps defend against oxidative stress and free radical damage.
- Features the Pharmanex Botanical Fusion Blend of traditional herbs that helps enhance nutrient absorption.

- Formulated to be Prysm approved, helping support higher antioxidant levels that can be tracked with Prysm iO so you can see measurable progress over time.
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WHAT POWERS IT

- **Essential Vitamins and Minerals**—a complete blend of vitamins and minerals designed to help common nutrient deficiencies and promote everyday health.
 - **Antioxidants**—contribute to immune, heart, eye, and skin health.
 - **Pharmanex Botanical Fusion Blend**—combines thousands of years of traditional botanical wisdom and cutting-edge modern science to help support your body's absorption and utilization of important nutrients, especially antioxidants, vitamins, and minerals.
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HOW TO USE IT

Take one serving (2 tablets) daily with food and water. For best results, use consistently as part of your daily wellness routine.

TRY THESE WITH IT

- Optimum Omega
 - Prysm iO™
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LEARN MORE ABOUT IT

What makes LifePak Elements different from other multivitamins?

LifePak Elements combines 25 essential nutrients with the Pharmanex Botanical Fusion Blend, uniting traditional Indian herbal wisdom with modern science. Formulated specifically to help address nutritional gaps common in Indian diets, LifePak Elements delivers antioxidants and is Prysm approved, helping raise your Prysm Score and showing that these nutrients are being absorbed and available to support your wellbeing.

Does LifePak Elements draw on traditional botanical wisdom?

Yes, LifePak Elements incorporates traditional herbs—such as Tulsi and Curcumin—into its Botanical Fusion Blend. This wisdom has guided wellness practices in India for thousands of years. By combining this traditional botanical wisdom with modern nutritional science, LifePak Elements embodies a supplement that feels both familiar and forward-looking for today's wellness needs.

How does LifePak Elements support everyday health?

LifePak Elements provides a foundation of essential vitamins and minerals that help support overall good health. Together, these nutrients contribute to immunity, brain health, energy metabolism, and the maintenance of strong bones and muscles. In addition, the formula delivers antioxidants that help protect the body from oxidative stress caused by free radicals—supporting resilience and long-term wellness.

Who should consider adding LifePak Elements to their routine?

Adults who want to fill nutritional gaps in their diet can benefit from LifePak Elements. It is especially well-suited for individuals whose diets may be low in fruits, vegetables, or other nutrient-rich foods, and for anyone looking for comprehensive daily wellness support in one convenient formula.

What is the benefit of the Pharmanex® Botanical Fusion Blend?

The Pharmanex Botanical Fusion Blend features ingredients that reflect traditional botanical wisdom, enhanced by modern nutritional science. This blend is designed to support immune, eye, and overall health, including helping you get more out of antioxidant-containing supplements like LifePak Elements and Meal Balance, while also supporting your Prysma Score over time.

SCIENCE THAT SUPPORTS IT

1. Passarelli S, Free CM, Shepon A, Beal T, Batis C, Golden CD. Global estimation of dietary micronutrient inadequacies: a modelling analysis. *Lancet Glob Health*. 2024 Oct;12(10):e1590- e1599. doi: 10.1016/S2214-109X(24)00276-6. Epub 2024 Aug 29. PMID: 39218000; PMCID: PMC11426101
2. Blumberg JB, Frei BB, Fulgoni VL, Weaver CM, Zeisel SH. Impact of Frequency of Multi[1]Vitamin/Multi-Mineral Supplement Intake on Nutritional Adequacy and Nutrient Deficiencies in U.S. Adults. *Nutrients*. 2017 Aug 9;9(8):849. doi: 10.3390/nu9080849. PMID: 28792457; PMCID: PMC5579642.

3. Vyas CM, Manson JE, Sesso HD, Cook NR, Rist PM, Weinberg A, Moorthy MV, Baker LD, Espeland MA, Yeung LK, Brickman AM, Okereke OI. Effect of multivitamin-mineral supplementation versus placebo on cognitive function: results from the clinic subcohort of the COcoa Supplement and Multivitamin Outcomes Study (COSMOS) randomized clinical trial and meta-analysis of 3 cognitive studies within COSMOS. Am J Clin Nutr. 2024 Mar;119(3):692-701. doi: 10.1016/j.ajcnut.2023.12.011. Epub 2024 Jan 18. PMID: 38244989; PMCID: PMC11103094.
4. Crupi P, Faienza MF, Naeem MY, Corbo F, Clodoveo ML, Muraglia M. Overview of the Potential Beneficial Effects of Carotenoids on Consumer Health and Well-Being. Antioxidants (Basel). 2023 May 10;12(5):1069. doi: 10.3390/antiox12051069. PMID: 37237935; PMCID: PMC10215867.

WHAT'S IN IT

NUTRITIONAL INFORMATION (Approximate values) Serving size : 2 Tablets (3.04 g) (1.52 g each)				Number of servings per container: 30			
Nutrients	Units	Amount per Serving	% RDA*	Nutrients	Units	Amount per Serving	% RDA*
Energy [^]	kcal	2,526	0.13	MINERALS			
Carbohydrate	g	0.6	-	Calcium	mg	500	50.00
Total Sugars	g	0	-	Iodine	mcg	140	100.00
Added Sugars [^]	g	0	0.00	Magnesium	mg	150	34.09
Protein	g	0	0.00	Zinc	mg	10	58.82
Total Fat [^]	g	0.014	0.02	Selenium	mcg	40	100.00
Saturated Fat	g	0	0.00	Copper	mg	1.35	79.41
Trans Fat	g	0	0.00	Manganese	mg	2	50.00
Sodium [^]	mg	7.3	0.37	Chromium	mcg	50	100.00
VITAMINS				Molybdenum	mcg	45	100.00
Vitamin A	mcg	840	84.00	OTHER NUTRIENTS			
Vitamin B1	mg	1.1	78.57	Lycopene	mg	1	-
Vitamin B2	mg	1.3	65.00	Lutein	mg	2	-
Vitamin B3	mg	11	78.57	Choline	mg	87.5	-
Vitamin B6	mg	1.9	100.00	Beta-Carotene	mg	2	-
Vitamin B12	mcg	1	45.45	SABINOIDS—Carotenoids	mg	10	-
Vitamin C	mg	40	50.00	Complex Blend containing			
Vitamin D3	IU	400	66.67	Black Pepper standardized	mg	5	-
Vitamin E	mg	10	100.00	extract (with piperine)			
Vitamin K1	mcg	25	45.45	Lutein-Zeaxanthin Complex	mg	4	-
Folic acid	mcg	129.4	73.33	Curcumin Complex	mcg	500	-
Biotin	mcg	30	75.00	Tulsi Leaf extract	mcg	500	-
Pantothenic acid	mg	5	100.00				

* %RDA (Recommended Dietary Allowance) calculated per serve (2 Tablets) basis 2000 kcal energy for average adult per day and ICMR guidelines, 2020 for Adult Men (Sedentary Work). RDAs are within range for Adult Women (Sedentary work) as well. [^] Per serve % contribution on the basis of 2000 kcal energy. • - RDA not established. • Appropriate overages of vitamins and minerals are added to compensate the losses during storage.

Ingredients: Minerals, Diluent mix (Diluent [INS 460(ii)], Maize Starch, Maltodextrin), Choline Bitartrate, Coating agents (INS 464, INS 462), Humectants (INS 1521, INS 1518), Glidant [INS 553(iii)], Colors [INS 171, INS 172(ii), INS 172(i)], Disintegrants (INS 468, Sodium Starch Glycolate), Vitamins, Stabilizer (INS 1202), Antioxidants (INS 301, INS 321, INS 320, INS 307), Glidant [INS 470(iii)], Anticaking agent (INS 551), Binding agent (INS 1201), Lycopene 10% [Lycopene, Binder (INS 1450), Vehicle (Corn Oil)], SABINOIDS Carotenoids Complex Blend [Piper nigrum (Black Pepper) standardized extract, Lutein-Zeaxanthin complex, Curcumin complex, Ocimum tenuiflorum (Tulsi) extract], Lutein, Binding agent (INS 414). **Appropriate overages added.**

• **Allergen warning:** Manufactured in the same facility which processes Soy & Fish.

• Store below 25° C. Protect from light & moisture. • **Keep the cap tightly closed after every use.**

RECOMMENDED USAGE LEVEL: Adults to consume two (2) tablets daily with your morning or evening meal.

Manufactured By: **Maxcure Nutravedics Limited**
13, Sector-6A, I.I.E., SIDCUL, Haridwar-249 403, Uttarakhand,
India • FSSAI Lic. No.: 10016012000340

Marketed By: **Nu Skin India Private Limited**
Unit 1, Level-7, Wing-B, Satellite Gazebo, Guru Hargovindji Marg,
Andheri Ghatkopar Link Road, Chakala, Andheri (E),
Mumbai-400 093, Maharashtra, India. **fssai**
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BATCH NO:
MFG. DATE:
EXPIRY DATE:
MRP (₹):
(inclusive of all taxes)
USP (₹/TABLET):

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For consumer queries, feedback, or concerns, contact our customer care office at marketed by address or: ☎ +91-120-71 27 177 ✉ indiasupport@nuskin.com