

MAX ABSORPTION

Stop the nutrient joyride. Drive the good stuff deep into your cells and keep it there. Your cells are going to love you for it.



LIFE SHOTZ® NO SUGAR

You want to feel better when you wake up in the morning. You want stronger hair and healthier skin. You want natural energy that lasts all day, and a body that's prepared to fight off colds and sicknesses. You want to recover faster from workouts and you want to workout longer.

To do all this, you're going to need elite ingredients. And we're not talking about just a couple ingredients.



VITAMIN B1 5,000% DAILY VALUE (thiamin) helps metabolize carbohydrates for the production of energy. It also possesses antioxidant, cognitive, mood-elevating and detoxification properties. Deficiencies in Vitamin B1 can lead to slower memory recall, difficulty focusing thoughts and a depressed mood.

AS MUCH
THIAMIN B1

AS
625 MANGOS

VITAMIN B2 1,118% DAILY VALUE (riboflavin) is essential for the metabolism of fat, carbohydrates and proteins. It's very important for protecting the body from free radical damage and promoting healthy skin and eyes.

AS MUCH
RIBOFLAVIN B2

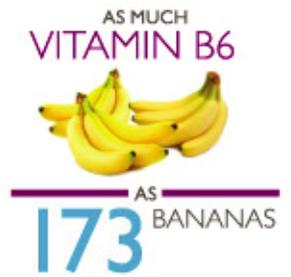
AS
316 CUPS OF CELERY

VITAMIN B5 5,000% DAILY VALUE (pantothenic acid) aids in the metabolism of carbohydrates and proteins as well as synthesizing a co-enzyme for metabolizing fatty acids. It is also vital for the maintenance of normal adrenal function, stress regulation, nerve transmission and facilitating detoxification pathways.

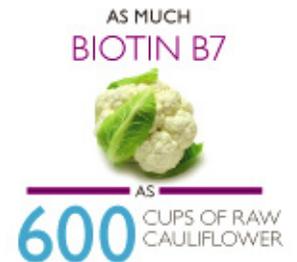
AS MUCH
PANTOTHENIC ACID

AS
791 TOMATOES

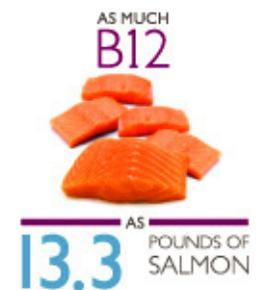
VITAMIN B6 950% DAILY VALUE is needed for more than 100 enzymes in our body and is crucial to the production of red blood cells. It is a major player in the metabolism of proteins, especially with respect to the synthesis of neurotransmitters. Additionally, it is required for the production of hemoglobin, blood sugar regulation and the development of the myelin sheath surrounding nerve cells. The sources of Riboflavin (riboflavin-5-phosphate) and Vitamin B6 (pyridoxal 5'-phosphate) are phosphorylated. This means the Vitamin has already been bonded to a phosphor. In their phosphorylated form, they are already in a state that the body can easily absorb and utilize. This creates less stress on your digestive system and a much higher absorption rate. It is rare to see this level of an ingredient in dietary supplements.



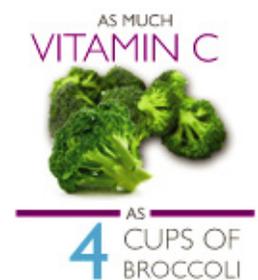
VITAMIN B7 80% DAILY VALUE Biotin (B7) bolsters our B-vitamin complex while providing added support to healthy nails and hair. Biotin is a key vitamin in promoting healthy growth and strength of finger nails and hair. Biotin plays a major role in cell growth and metabolizing fatty acids and amino acids.



VITAMIN B12 5,833% DAILY VALUE is a vital nutrient needed to help make DNA, and keep never and blood cells healthy. B12 plays an important role in supporting the body's Adenosinetriphosphate (ATP) production, the energy our cells run on. B12, as methycobalamin, helps support healthy and restful sleep cycles.



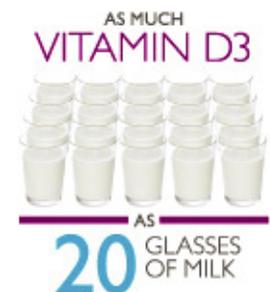
VITAMIN C 500% DAILY VALUE Ahh, classic Vitamin C. It's the Vitamin linked to overall better health and a go-to supplement for the growth and repair of tissues in all parts of the body. Vitamin C is a powerful antioxidant that can block damage caused by free radicals, and it has been linked to stress reduction and protection against immune system deficiencies, cardiovascular disease, eye disease and even skin wrinkling.



VITAMIN D 500% DAILY VALUE is a premier immune-system builder that is important for bone development.

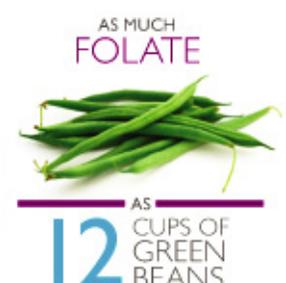
Vitamin D delivers incredible "feel good" qualities, and is known as the sun-shine vitamin. What you might not know is that, even with plentiful sun exposure, you could be deficient.

As the principal regulator of Calcium in the body, Vitamin D promotes Calcium absorption, and bone mineralization and development. Without it, Calcium is poorly utilized by the body, leading to a decrease in bone density. The risk of fracture exists, even if you are taking extra calcium!



FOLATE 100% DAILY VALUE is essential for the formation of red and white blood cells, and the production of normal cells lining blood vessels and mucus membranes. It is critical for forming amino acids, regulating gastrointestinal function, DNA synthesis, cardiovascular health, normal cellular division/development and anti-inflammatory processes.

Brain chemistry, behavior and mood are influenced by folic acid. Humans are not capable of creating folic acid naturally; it must come through diet. Folate is considered to be one of the most common nutritional deficiencies and yet one of the most critical for optimal health.



MAGNESIUM 8% DAILY VALUE is required in over 300 biochemical reactions. It is important for maintaining normal muscle and nerve function and supports a healthy immune system. Over 50% of the body's magnesium is found in the bone. Magnesium plays an integral role in the bone matrix that keeps bones healthy and strong. Magnesium also helps to regulate blood sugar levels and promote normal blood pressure. It is also known to be involved in energy metabolism and protein synthesis.

AS MUCH
MAGNESIUM



AS
1/2 CUP OF
AVOCADO

ZINC CITRATE 100% DAILY VALUE is an essential mineral that aids in bone development, digestion, mood, and hundreds of other enzymatic reactions.

AS MUCH
ZINC



AS
35 PEACHES

NIACIN 50% DAILY VALUE is a water soluble B Vitamin. This means the body cannot store it and must consume it daily. Niacin plays an important role in skin, digestive and nerve health. Niacin also helps the body convert food into energy. Niacin is commonly found in seeds and nuts.



N-ACETYL CYSTEINE is a potent antioxidant and cell detoxifier. NAC is a precursor for glutathione production. Glutathione is the top antioxidant manufactured by the body. Glutathione is viewed as the body's first line of defense against free radical damage. NAC also helps the body's immune system fight off colds by breaking down mucus build up. Insufficient amounts of NAC can be found in plants, vegetables and meats.



QUERCETIN is a potent plant-sourced bioflavonoid, antioxidant, anti-inflammatory and anti-histamine. It helps regulate immune function and bone health. It also modulates cellular stress and helps maintain blood vessel health. Apples have been found to have high levels of Quercetin.



ACAI is a deep purple fruit that comes from the acai palm tree, which is native to Central and South America. It is a relative of the blueberry, cranberry and other purple fruits. It contains powerful antioxidants that help defend the body against life's stressors. The acai berry also plays an important role in bolstering the body's immune system.



GOJI BERRY grows on an evergreen shrub found in temperate and subtropical regions in China, Mongolia and the Himalayas. They are rich in antioxidants, particularly carotenoids such as beta-carotene and zeaxanthin. This nutrient-dense fruit contains essential vitamins and minerals, amino acids, polysaccharides, monosaccharides, carotenoids and more.



SABERRY® is an ORAC-dense phytonutrient that stimulates the body's ability to produce the antioxidants catalase, superoxide dismutase (SOD) and glutathione peroxidase. These antioxidants are known as our body's first line of defense against toxins that accelerate aging. It is an important antioxidant defense in nearly all cells, acting as a super scavenger to free radicals. Saberry® is also known for improving digestive function and liver health.



RESVERATROL is not only high in ORAC, but also a "heart healthy" antioxidant found in red wine and black grapes. It has been shown in cell studies to provide strong antioxidant properties, in addition to being an important cell signaling molecule. Recent Harvard studies showed resveratrol to be a unique regulator of longevity genes known as sirtuins. Resveratrol also appears to play an important role in cardiovascular health. It helps keep arteries healthy, prevents plaque formation and helps prevent clot formation by keeping platelets from sticking together. One serving of Life Shotz contains as much resveratrol as one bottle of wine or 20 cups of grapes.



GRAPE POWDER, SKIN AND SEED EXTRACT contain a powerful and unique combination of phytonutrients, such as anthocyanins, Vitamin C, and quercetin — all of which contribute to reducing unnecessary fats, enhancing glucose dynamics, and increasing bone health and anti-inflammatory activity. Grape skins alone have about 6-8 times as much antioxidant power as whole blueberries. Perhaps one of the most well-known phytonutrients of grape skin is resveratrol.



WILD BLUEBERRY EXTRACT are especially rich in anthocyanin, a flavonoid with potent antioxidant capacity. Wild Blueberries are also an excellent source of manganese, which is important for bone development.



CRANBERRY is full of antioxidants, which protects cells from damage by free radicals. Cranberry improves the body's circulatory system. Cranberry is also high in Vitamin C, and has antioxidant and antibacterial effects in the body.



RASPBERRY POWDER AND SEED EXTRACT help prevent unwanted damage to cell membranes and other structures in the body by neutralizing free radicals. Raspberry powder and seed extract are high in Vitamin C and manganese. Vitamin C and manganese both are responsible for several crucial body processes, and Vitamin C plays a large role in regulating and promoting healthy immune system function.



PRUNES contain Vitamin A and C to help maintain healthy hair and skin. They also contain potassium and iron which is essential for healthy blood. The high potassium content in prunes helps to normalize blood pressure, while the soluble fiber promotes heart health.



STRAWBERRIES are a nutrient rich fruit and an excellent source of Vitamin C. Along with Vitamin C, strawberries are a rich source of B Vitamins. These vitamins acting as co-factors help the body metabolize carbohydrates, proteins and fats. Strawberries have high amounts of phyto-chemicals called anthocyanins and ellagic acid. These antioxidant sources help protect cells from free radical damage.



TART CHERRIES are pigment rich fruits. These pigments are in fact polyphenolic flavonoid compounds known as anthocyanin glycosides. Anthocyanins are red, purple or blue pigments found in many fruits and vegetables, especially concentrated in their skin, known to have powerful antioxidant properties. Tart cherries are exceptionally rich in many health promoting flavonoid polyphenolic antioxidants such as lutein, zeaxanthin and beta carotene. These compounds act as protective scavengers against harmful free radicals.



WILD BILBERRY EXTRACT have been used for their nutritional and medicinal value for centuries. Bilberries are a rich source of flavonoids which help keep cells healthy and strong. Bilberries also support eye health during aging and improve one's ability to adjust to light variations both at night and during the day. Bilberries also help in strengthening connective tissues and their antioxidant properties help protect cells from free radical damage.



STEVIA helps in two ways: Stevia vastly improves the flavor and nutrient density of Life Shutz. It also eliminates the aftertaste.



GLYCINE is an amino acid that helps create lean muscle and convert glucose into energy. It is a key amino in maintaining a healthy central nervous system and digestive system. Glycine is also used by the body to build DNA and RNA. Glycine is a required building block for glutathione production. Glutathione is an antioxidant the body manufactures and uses as its first line of defense against free radical damage. Glycine can be found in soy proteins.



BETAINE also known as trimethylglycine, is a methyl donating nutrient. The action of donating a methyl molecule is needed in the cellular reproduction and chemical processes. Betaine anhydrous has been shown to be lipotropic by promoting the oxidization of lipids. A lipotropic agent is defined as a substance that prevents the deposition of fat in the liver or accelerates its removal. Betaine has been shown to decrease homocysteine levels that occur in the body. High levels of homocysteine are a risk factor for heart disease and stroke. Betaine can be found in beets.



GLUTAMINE is a non-essential amino acid. It plays a role in repairing muscles and supporting a healthy immune system. Glutamine in the body can be depleted by exercise, injury, or illness. Glutamine supplementation has been known to speed recovery from intense exercise or speeding the healing time during illness and injury. Glutamine is also a precursor for glutathione. Glutathione is an antioxidant manufactured by the body and its first line of defense against free radicals. Beans have high levels of Glutamine.



INULIN (FIBER) was added to improve the overall taste of Life Shotz Sugar Free. Inulin has added 5 grams of fiber to the formula! A bonus about Inulin being added is it supports healthy bowel function...something everyone can celebrate. Inulin is a naturally occurring polysaccharide produced in many types of plants, most often from chicory.



MALIC ACID is naturally found in fruits and vegetables. Malic acid is an important component of the ATP cycle that produces our cellular energy. It is also used to add a naturally tart flavor. Malic acid stimulates salivary glands which helps reduce dry mouth. Prickly Pears contain Malic Acid.



CITRIC ACID is naturally found in citrus fruits. It is essential to the Krebs cycle that involves the oxidation of fats, carbohydrates and proteins into carbon dioxide, water and energy. Citric acid is responsible for the tart and sour taste of citrus fruits. Citric acid works as a natural preservative because it is able to kill most species of microbes that contaminate food and drinks.



SILICA is a naturally occurring material made of silicon dioxide. Silicon is utilized in bone growth and calcification. It's also used in the formation of collagen and connective tissues. Coffee and grains contain silica.



MONK FRUIT EXTRACT Monk Fruit Extract provides all-natural sweetness without all the calories (hence Sugar Free Formula!). According to legend, monk fruit is named after the Buddhist monks who first cultivated it nearly 800 years ago. Ever since then it has been treasured for its health-giving powers and its unique low-calorie sweetness. Monk fruit is a green, round melon-looking fruit indigenous to China and Thailand and is 500 times sweeter than cane sugar.



CONTACT ME: