

SOLIS

Superfoods by LIFEPLUS®



Golden Milk

Concentrated powdered blend of coconut milk, spices, botanicals and glycine

Calming and comforting, the inspiration for Lifeplus Solis Golden Milk comes from recipes crafted in antiquity. This simple-yet-soothing beverage was created in the Ayurvedic culture before its spread across the globe. Known as haldi doodh in India and turmeric milk in English, golden milk is traditionally made from unsweetened cow milk, turmeric powder, black pepper, grated ginger, and honey.

We've built on this ancient recipe, changing dairy milk to coconut milk so more people can enjoy it and adding other synergistic ingredients while maintaining the taste of this ancient spice blend.

This superfood was created to be nourishing, calming, and warming while helping to support healthy blood sugar levels and building and supporting resilience. Enjoy it as a warm, delicious, and nourishing beverage at any time of day. When consumed about an hour before bedtime, it noticeably supports deep and healthy sleep.♦

Turmeric (*Curcuma longa*) powder has been widely used in Eastern cultures for three- to four-thousand years and in the traditional and ancient Indian healing system known as Ayurveda.

The bright yellow portions of turmeric root powder are called curcuminoids. These were discovered in the mid-twentieth century followed by methods of extracting and concentrating these compounds, often referred to simply as curcumin. Curcumin makes up a small fraction of turmeric root powder.

The health benefits associated with long-term use of organically produced and certified turmeric

root powder are numerous, established both by interventional placebo-controlled clinical trials and observational studies of populations ingesting non-contaminated turmeric root powder as part of their diets used over long periods of time. A key property of turmeric root powder likely shared by many of the over two hundred known compounds in this food is its antioxidative activity, which means that it lowers the excessive oxidative stress associated with our modern environments, processed food diets, exposure to artificial electromagnetic fields, smoke, stress, and more. It also supports healthy joints and a healthy heart and brain (thus supporting cognitive health, as well as supporting healthy moods).♦

Turmeric stimulates bile production and supports healthy pancreatic function, which is central to healthy digestive function.♦ It supports healthy digestion, blood sugar levels, skin, blood pressure, and cholesterol already in the healthy range.♦

Turmeric root powder supports spleen function. It also supports healthy menstrual function in women and healthy thyroid function in both sexes. Lastly, turmeric's wide-ranging support of healthy physiologic functions appears to assist in speeding up recovery from surgery or serious illness.♦

Due to the increasing global demand for turmeric root and consumer demand for bright yellow powder, there has been an increase in the adulteration of turmeric powder, using both chalk and starch to increase volume. Sometimes added are the toxic adulterants lead chromate and/or a non-approved yellow azo dye known as Metanil Yellow, which has shown in animal research models to carry both neurotoxicity (brain and nerves) and hepatotoxicity (liver). These adulterants create a bright yellow color in inferior batches of turmeric root and root powder.

With Lifeplus, no one need worry about adulterated turmeric root powder because we test all raw materials used in Lifeplus products in our state-of-the-art analytical laboratory.

Coconut milk (and coconut milk powder) is derived from the white flesh of mature coconuts. Although the classic golden milk recipes developed in India used cow's milk, many modern people have become sensitized to dairy milk. Therefore, we've substituted coconut milk powder in the Lifeplus Solis Golden Milk recipe due to its stability, delicious taste, and health benefits. It's also included because components in turmeric are fat soluble, so having a source of healthy fat – like coconut milk powder – improves the bioavailability of these lipid soluble compounds and also provides additional benefits that would be lost without the fatty base.

Coconut milk is rich in coconut oil, which contains a significant amount (60-75%) of medium-chain triglycerides (MCTs), varying in chain length from six to twelve carbon atoms. Although these are saturated fats, they're processed by the body differently from the long-chain saturated fats (18-22 carbon) present in animal foods such as beef, pork, and chicken.

Research in both animal models and humans show that MCTs play a role in maintaining a healthy weight and supporting a healthy metabolism. In addition, MCTs have been shown to enhance exercise endurance by supporting increased mitochondrial metabolism and biogenesis.♦

Coconut milk is also rich in antioxidants in the form of polyphenols (far greater than either goat or cow milk) and can thus also help reduce oxidative stress.♦

Last, but far from least, the MCTs present in coconut milk support a healthy intestinal microbiome, which research continues to reveal plays a major role in the health and function of virtually every system in the human body.♦

Ashwagandha (*Withania somnifera*) belongs to an elite class of herbs known as adaptogens. This term was coined by a Russian scientist in the 1960s and

applies to plants and their extracts which increase an individual's resistance to stress of all types. These are the geniuses of the plant world, always knowing just what to do – if some functions are too low, they raise them; if some are too high, they lower them.

KSM-66® ashwagandha root extract has been the subject of more clinical trials in humans than any other type of ashwagandha root extract produced in the world. Each serving of Solis Golden Milk provides 300 mg of this precious extract – many of these clinical studies used 300 mg of the extract twice daily, with highly significant results in many applications. These include managing stress and anxiety, supporting cardiorespiratory endurance, weight management as related to stress, healthy memory, restful sleep, healthy thyroid and adrenal function, and healthy blood sugar responses. In addition, it was found helpful in a clinical trial for the support of healthy reproductive and sexual function. It also supports healthy aging and life/health span by supporting healthy telomerase function, which is critical to maintaining healthy telomeres, the length of which dictate how long each of our body's cells will be able to divide.♦

Shiitake mushrooms (*Lentinus edodes*) have been renowned throughout Asian culture as a food and medicine for thousands of years. They grow wild throughout Asian and Japanese forests on dead or dying hardwood trees.

Currently, shiitake is one of the five most cultivated edible mushrooms in the world, second only to white button mushrooms. It continues to grow in global popularity both as an edible mushroom prized for its meat-like taste and consistency and its role as a nutraceutical ingredient, due to its well-documented ability to support the healthy functions of many systems in the human body.

Shiitake mushrooms are rich in B-vitamins and are an excellent food source for vitamin D2 (ergosterol) and several different forms of the powerful class of polysaccharides known as beta-glucans.

In predominantly preclinical model research, the addition of shiitake mushroom powder to high fat diets was shown to support a healthy weight and blood lipids already in the healthy range. Other research studies, also predominantly in preclinical models, have also shown that shiitake mushrooms support healthy heart and vascular function, including healthy platelet function.♦

In addition, these mushrooms also support a healthy gut and gut microbiome and healthy liver function. A rich source of B-vitamins, shiitake mushrooms support healthy energy levels and brain function as well as healthy oral flora. Preclinical models suggest

that shiitake mushrooms, both as dietary ingredients and in nutraceuticals, help support healthy cell division.◊

The shiitake mushroom extract used in Solis Golden Milk is derived from fruiting bodies of shiitake mushrooms, grown on their natural substrate of hardwood. As members of the Basidiomycetes kingdom, each fungal member (including shiitake) has three main parts: a mycelium, a mushroom (fruiting body), and spores. It's much easier and less expensive to culture the mycelia and extract these for the final product than it is to create the specific conditions necessary for the mycelia to produce the delicate fruiting bodies. Hot-water extracts of these carefully dried delicate fruiting bodies result in the final powdered ingredient, which provides a highly concentrated source of the active compounds produced in the fruiting body of shiitake.

Chemical analysis reveals that mushrooms and their extracts are high in beta-D-glucan and very low in starch, whereas extracts of mycelial cultures (widely used in the cultured mushroom industry) are low in beta-glucans and high in starch. Mycelial cultures are produced on cereal grains (rather than the natural substrate for each variety) and do not have the precursors needed to produce important secondary metabolites such as triterpenoids, whereas fruiting bodies and their extracts, grown on their natural substrates, are quite rich in such precursors. All water used in cleaning and processing this precious mushroom extract is purified by an ultra-filtration system, and the final powdered hot water extract is dried and packed in clean room environments.

Glycine is known as a conditionally essential amino acid because there are certain conditions such as rapid growth or high stress in which the body cannot manufacture adequate amounts of glycine for all of its needs, so more must be supplied through the diet and/or supplementation.

Glycine represents 20% of the amino acids in the body's total proteins. Collagen is the most abundant protein in the body, which makes up the bulk of all the body's connective tissues. Every third amino acid in collagen is glycine, and glycine residues bring together what is known as the triple helix of collagen.

In the brain, glycine plays a crucial role as a neurotransmitter, involved in controlling the intake of food and behavior. It's crucial to maintaining homeostasis throughout the body and brain. The conjugation of bile salts in humans is facilitated by glycine, which means that glycine indirectly plays a crucial role in the absorption and digestion of fat-soluble vitamins and other lipids, as well as helping to eliminate fat soluble toxins from the body.

RNA, DNA, creatine, serine, and heme (which forms hemoglobin) are generated by multiple pathways which utilize glycine. Glycine plays crucial roles in cellular protection, growth, development, metabolism, and survival of humans (as well as many other mammals). In addition, it supports healthy gastric and vascular function.◊

When taken before bedtime, glycine has a calming effect on the brain and helps support healthy sleep by slightly lowering body temperature. By supporting healthy sleep, glycine can help reduce daytime sleepiness and support cognitive function throughout the day.◊

In addition, scientific evidence strongly suggests that glycine supports a healthy heart and may also improve the body's ability to use nitric oxide, an important molecule that supports healthy blood flow and blood pressure.◊

Glycine supports skeletomuscular health, especially as we age or in conditions where the body is under high levels of stress, and also supports the healthy effects of resistance exercise on muscles.◊

Ginger (*Zingiber officinale*) root is not only an extremely popular condiment for flavoring food but has also been used for thousands of years as a medicinal herb, particularly among traditional Eastern systems of healing. Modern studies reveal that ginger root is made up of hundreds of compounds and active metabolites, but most clinical and laboratory studies have focused on the groups of compounds in ginger root known as gingerols and shogaols.

Since the dawn of the twenty-first century, organized scientific investigations have focused on the mechanisms and targets of ginger along with its various compounds. Ginger root is a potent antioxidant (surpassed only by certain berries and pomegranates) and has been reported to decrease age-related oxidative stress markers in animal models. Research indicates that ginger and its constituents accumulate in the gastrointestinal (GI) tract and that it also supports GI motility. This is consistent with its well-known ability to ameliorate nausea and support a healthy gastrointestinal tract. It's also been shown to support already healthy blood lipid metabolism in animal models. There has been abundant research in animal models indicating that ginger also supports healthy lung function, platelet activation function, joints, and brain and memory function. In a study of 60 middle-aged women, ginger extract was shown to improve working memory and reaction time. Numerous studies in animals show that ginger supports healthy brain function throughout the aging process.◊

There is strong evidence that ginger can help maintain healthy oral flora, and therefore healthy teeth and gums. There is also abundant animal model and clinical research in humans that strongly suggests ginger can be helpful in maintaining a healthy weight when consumed alongside a healthy diet and lifestyle.♦

Ginger supports healthy muscle function in the face of unaccustomed or strenuous exercise that would otherwise cause soreness. The effect is most pronounced when ginger is taken continuously for several weeks before beginning strenuous exercise.♦

Cinnamon (*Cinnamomum*) is derived from the dried inner bark of several evergreen tree species that grow throughout Asia and has been valued both for its flavor and its health-supporting properties since antiquity. Cinnamon is rich in highly potent polyphenolic antioxidants. The distinct smell and flavor of cinnamon are due to an oily compound known as cinnamaldehyde, which scientists believe may be responsible for many of cinnamon's powerful effects on health and metabolism. In a study that compared the antioxidant activity of 26 spices, cinnamon was the clear winner, outranking spices such as oregano and garlic. In fact, it's so potent that cinnamon can be used as a natural food preservative.

Cinnamon is one of the most powerful natural products for supporting glucose metabolism, primarily by helping to maintain already healthy insulin sensitivity. However, it also reduces the amount of sugar absorbed from the intestine. Cinnamon helps support blood lipids already in a healthy range, and already healthy high-density lipoprotein ("good" cholesterol) levels. In animal models, cinnamon powerfully supports healthy brain function, though this has not yet been studied in humans. Likewise, laboratory experiments show that cinnamon supports healthy resistance to abnormal cell growth, but this too has not yet been evaluated in humans. Cinnamon also supports a healthy oral microbiome.♦

Black pepper (*Piper nigrum*) is one of the most commonly used spices in the world. It's made by grinding whole peppercorns which are dried berries from the *Piper nigrum* vine. As a spice it is appreciated for its sharp and mildly spicy flavor that goes well with many dishes and with other spices.

Black pepper has been used in ancient and modern Ayurvedic medicine over thousands of years, likely because of its high concentration of potent and beneficial plant compounds. The three major components of black pepper's phytochemistry include essential (volatile) oils, oleoresins, and alkaloids. A total of 21 alkaloids have been identified, the highest concentration and most active of which is the pungent alkaloid known as piperine, which can make

up between 2 and 10% of the total weight of whole black pepper.

The essential oils of black pepper make up between 2 and 3% of the total weight of whole black pepper and contain valuable bioactive compounds, including 3-carene, D-limonene, caryophyllene, and β -pinene.

As with many of the plant-derived ingredients in Solis Golden Milk, black pepper has very high free radical scavenging (antioxidant) activity. Research in an animal model showed that rats fed a high fat diet along with either whole black pepper or purified piperine showed significantly less free radical damage in their cells compared to rats fed a high fat diet alone for ten weeks.

A comprehensive review of the scientific literature in 2014 revealed multiple activities both of black pepper and its major alkaloid piperine, which includes the support of healthy blood pressure, lung function, cognitive function, fertility, upper and lower gastrointestinal function, cell division, moods, and cholesterol levels already in the healthy range, brain function, metabolic functions, platelet function, and body temperature.♦

Piperine, the most important and plentiful alkaloid of black pepper, has also been shown to increase the bioavailability of many therapeutically important nutrients by several different mechanisms. It alters the membrane dynamics and increases permeability at the site of absorption and inhibits various metabolizing enzymes both within the liver and percent body tissues. It increases the serum half-life of nutritionally important substances such as beta-carotene and coenzyme Q-10 and can increase the absorption of curcumin by as much as 2000%.

Many curcumin nutraceutical products include high amounts of piperine to enhance its absorption. However, people ingesting such large amounts of piperine (equivalent to half a gram of whole black pepper) who are concomitantly taking medications, especially those metabolized by the liver enzymes known as 3A4 and 2C9, can create toxicity if blood levels of certain medications such as digitalis or digoxin are significantly increased by the interaction of piperine and these liver drug metabolizing enzymes and should avoid taking large amounts of piperine.

This is not a concern for the black pepper in our Solis Golden Milk formulation, as it's organically and sustainably grown, dried immediately after harvesting, then ground into whole black pepper powder. There is just enough to produce a harmony of flavors and a synergy of important beneficial biological effects.

Lucuma (*Pouteria lucuma*) is the fruit of a tree native to South America. The fruit has soft yellow flesh with

a sweet flavor that's often likened to a mix of sweet potato and butterscotch. Outside of South America, it's most often consumed as a dried powder. Lucuma has been used as a traditional remedy in South America for centuries. Due to its sweet taste, it's often used as a healthier alternative to table sugar and other popular sweeteners. Lucuma is rich in antioxidants such as carotenoids and flavonoids and is touted for its high fiber content – one-third of the powdered fruit being soluble and insoluble fiber. Its soluble fiber (prebiotic) promotes a healthy intestinal microbiome and provides short-chain fatty acids, which are the primary food for our intestinal cells. The carotenoids in lucuma are primarily from the family known as xanthophylls, which are particularly beneficial to maintaining eye health.◊

Cardamom (*Elettaria cardamomum*) belongs to the Zingiberaceae family alongside turmeric and ginger. However, the part of the plant used for turmeric and ginger is the root, whereas cardamom comes from the dried powdered seeds of the plant. These three spices pair extremely well and like its two cousins, cardamom has been frequently used in both ancient and contemporary golden milk recipes.

Cardamom is extremely rich in antioxidants. Cardamom was also shown to support already healthy blood pressure and healthy fluid balance.

Used for thousands of years to support healthy digestion, cardamom is often paired with other spices such as ginger. In a study in rodents, cardamom was paired with turmeric and one other spice, and the combination was found to help maintain healthy gastric function in the face of high-dose aspirin.◊

Another health benefit of this amazing spice is its support of oral health and a healthy oral microbiome. In some cultures, it is customary to chew a pod of cardamom seeds after a meal to freshen breath, as the spice also has a somewhat minty flavor and aroma. In-vitro studies of cardamom's effect on bacteria from the human oral cavity has supported this ancient use of the spice.◊

Cardamom has been used since ancient times in support of healthy respiratory function; moderate research using animal models has been supportive of this ancient practice.◊ Animal studies have suggested this spice may support healthy liver function and healthy moods.◊

Nutmeg (*Myristica fragrans*) is a popular spice made from the seeds of a tropical evergreen tree native to Indonesia, which, like many of the spices in this recipe, has been used as food, seasoning, and medicine for thousands of years.

Although it's more commonly used in cooking for its flavor than its health benefits, nutmeg contains an impressive array of potent compounds that can, as with the other eleven ingredients in this recipe, promote your overall health.◊

The seeds from which nutmeg is derived, as is the case with virtually all of the plant derived ingredients in this product, are rich in plant compounds which work together to create a potent antioxidant network throughout the body.

Nutmeg is 16% essential oils, consisting of terpenes and phenylpropanoids, which have very high antioxidant activity. It also consists of plant pigments like cyanidins and phenolic compounds such as protocatechuic, caffeic, and ferulic acids, as well as hundreds of other compounds – many of which serve as potent antioxidants.

In one animal study, rats were treated with the medication isoproterenol, an analog of adrenaline used clinically to stimulate very slow heart rate and sometimes as a bronchodilator, which is known to induce high oxidative stress. One group of rats was given an aqueous extract of nutmeg by mouth an hour before receiving isoproterenol. Examination of the livers of rats that received isoproterenol alone showed massive fatty changes, necrosis, broad infiltration with lymphocytes, ballooning degeneration, and the loss of cellular boundaries. These changes were completely absent in the group of rats which received the aqueous extract of nutmeg prior to treatment with isoproterenol.

As with several other spices included in the Solis Golden Milk recipe, in-vitro research suggests nutmeg has great potential as a promoter of oral health.◊

Further animal studies suggest that nutmeg may be able to support healthy pancreatic function and moods, though human research has not yet investigated this.◊

Stevia (*Stevia rebaudiana*) leaf extracts have been used for centuries in South America. Studies found that participants eating stevia felt satisfied with fewer calories and did not eat more food throughout the day to compensate.

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Golden milk was classically made from six ingredients, but our product contains twelve. Solis Golden Milk is exhaustively tested for heavy metals and many other environmental contaminants in our state-of-the-art analytical laboratory within our manufacturing facility in Batesville, Arkansas.

The review of the science surrounding each of the ingredients in this formulation, based on the various classic recipes for golden milk, reveals that there are often overlapping biological activities between many of these twelve ingredients. This leads to a high probability for synergy between the ingredients, which is a foundational principle in the formulation of all Lifeplus products.

Try mixing one scoop of Solis Golden Milk powder into your favorite type of warm milk and settling in when you need a touch of relaxation. You may find yourself more at ease, restful, and unwound. The benefits of this superfood powder are cumulative, so the longer and more regularly you consume it, the more benefits you may experience.

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Supplement Facts

Serving Size One 15 cc Scoop (6.0 g)

Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	21	
Total Fat	1 g	1%*
Trans Fat	0 g	
Sodium	27 mg	1%*
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	1 g	
Includes 0 g Added Sugars		0%*
Coconut milk powder	1800 mg	**
Turmeric root powder	1200 mg	**
Glycine	900 mg	**

Amount Per Serving		% Daily Value
Lucuma fruit powder	900 mg	**
Shiitake mushroom powder	474 mg	**
Ashwagandha root extract	300 mg	**
Cinnamon bark powder	240 mg	**
Ginger root powder	120 mg	**
Cardamom seed powder	60 mg	**
Nutmeg seed powder	30 mg	**
Black pepper powder	3 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

INGREDIENTS: †Coconut milk, †turmeric root, glycine, †lucuma (*Pouteria lucuma*) fruit, †shiitake (*Lentinus edodes*) mushroom, KSM-66™ ashwagandha (*Withania somnifera*) root extract, †cinnamon bark, †ginger root, †cardamom seed, †nutmeg seed, †black pepper seed, †stevia leaf extract.

†certified organic ingredient.

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

Not tested on animals – Vegan.

Store in a cool, dry place

DIRECTIONS: Mix one 15 cc scoop (6.0 g) once or twice per day with 120-180 ml (4-6 ounces) of warm milk, milk alternative, or food of your choice.

⚠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.

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