



LifeMap Nutrition™ System Ingredients

AC-11 (Uncaria Tomentosa)	MILK THISTLE EXTRACT 80%
ACAI JUICE POWDER	BROCCOLINE
APPLE EXTRACT- OXYPHYTE®-ULTRA BLEND	BURDOCK ROOT POWDER
BEETROOT PWD	KALE POWDER
BETA-CAROTENE 10%	ARTICHOKE EXTRACT 4% 9%
BIOTIN 1%	SCHIZANDRA BERRY POWDER
BLUEBERRY JUICE PWD	GOTU KOLA EXTRACT
BROCCOLI SD PWD	CITRUS BIOFLAVANOIDS EXTRACT
CARROT SD PWD	SILYMARIN
CRANBERRY JUICE PWD	ASTRAGALUS ROOT POWDER
FLAX SEED POWDER	GINKGO BILOBA EXTRACT
FOLIC ACID	TURMERIC EXTRACT 95% CURCUMIN
FRUCTOOLIGOSACCHARIDES PWD	ALPHA LIPOIC ACID
GOJI EXTRACT POWDER 15%	BLUEBERRY EXTRACT
MANGOSTEEN EXTRACT - OXYPHYTE 30% POLYPHENOLS	BLACK CURRENT EXTRACT
RASPBERRY JUICE PWD	GARLIC WHOLE POWDER
ROSEMARY EXTRACT - OXYPHYTE®-ULTRA BLEND	SELENIUM
STRAWBERRY JUICE PWD	LYCOPENE - LYC-O-MATO POWDER 0.8%
SPINACH PWD	GRAPE SEED - OXYPHYTE®- PE 95% POLYPHENOLS
TOMATO PWD	CHOLINE BITARTRATE
WHITE TEA EXTRACT- OXYPHYTE®-ULTRA BLEND	TRIMETHYLGLYCINE
VITAMIN C ASCORBIC ACID	ZINC AMINO ACID CHELATE
VITAMIN B3	DONG QUAI EXTRACT
VITAMIN E	FOLATE
VITAMIN B5	MAITAKE MUSHROOM EXTRACT
VITAMIN B2	SHITAKE MUSHROOM EXTRACT
VITAMIN B1	RESHI MUSHROOM EXTRACT
VITAMIN A	BILBERRY PE 5% ANTHOCYANINS
VITAMIN B6	POMEGRANATE PE 40% ELLAGIC ACID
VITAMIN B12	MILK THISTLE EXTRACT 80% SILYMARIN
GREEN TEA - OXYPHYTE®- PE	CALCIUM CARBONATE 35%
90%POLYPHENOLS/80%CATECHIN/40%EGCG	VITAMIN K
RESVERATROL - OXYPHYTE®-GRAPE SKIN PE 10%	VITAMIN D3
POMEGRANATE - PE 40% ELLAGIC ACID	CHERRY EXTRACT
POTASSIUM CITRATE	CRANBERRY EXTRACT
HAWTHORNE BERRY EXTRACT	BLACKBERRY EXTRACT
MAGNESIUM CITRATE	SPINACH PWD

GeneWize LifeMap Nutrition™ Custom Formulation ORAC Values

- The USDA recommends consuming a minimum of 3,000 to 5,000 Oxygen Radical Absorbance Capacity ORAC units per day.
- Studies have shown that eating foods with a high ORAC score will raise the antioxidant levels in the blood by around 10 to 25%.
- The ORAC figure suggested by experts is around 5,000 units per day to have a significant effect on plasma and tissue antioxidant levels.
- Eating eight to ten servings of brightly colored fruits and vegetables or dark greens will help achieve this level.

The average LifeMap Nutrition™ System custom formulation will contain approximately 5,200 to 9000 ORAC units per serving.