

KEEP OUT OF REACH OF CHILDREN

If you are pregnant, have a medical condition, or are taking any prescription drugs, consult a health-care professional before taking this product. Do not use if safety seal under cap is broken or missing. Store in a cool, dry place.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

Recommended Use: Take 3 (AM) capsules in the morning with a meal or as recommended by your fitness professional.

TO REORDER shop.lifetimefitness.com



THORNE
RESEARCH
Pure Ingredients. Trusted Results.

Manufactured For:
Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
2902 Corporate Place,
Chanhassen, MN 55317

LTLFL2753AM
LTLFL2753AM01

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Recommended Use: Take 3 (PM) capsules in the evening with a meal or as recommended by your fitness professional.

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Pure Ingredients. Trusted Results.

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Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
2902 Corporate Place,
Chanhassen, MN 55317

LTLFL2753PM
LTLFL2753PM01

SUPPLEMENT FACTS FOR AM			
Serving Size: Three Capsules		Servings Per Container: 30	
Three Capsules Contain:		% DV	
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)		5,000 IU	100%
Vitamin C (as Ascorbic Acid)		250 mg	417%
Vitamin D3 (as Cholecalciferol)		2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)		20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))		200 mcg	250%
Thiamin (as Thiamin HCl)		50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)		12 mg	706%
Niacin (as Niacinamide)		60 mg	300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)		20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)		600 mcg	150%
Vitamin B12 (as Methylcobalamin)		600 mcg	10,000%
Biotin		500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)		45 mg	450%
Calcium (as Calcium Bisglycinate Chelate)		38 mg	4%
Iodine (as Potassium Iodide)		75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)		63 mg	16%
Zinc (as Zinc Bisglycinate Chelate)		10 mg	67%
Selenium (as L-Selenomethionine)		100 mcg	143%
Copper (as Copper (II) Bisglycinate Chelate)		750 mcg	38%
Manganese (as Manganese (II) Bisglycinate Chelate)		1.5 mg	75%
Chromium (as Chromium Nicotinate Glycinate Chelate)		200 mcg	167%
Molybdenum (as Molybdenum (II) Glycinate Chelate)		50 mcg	67%
Curcumin Phytosome†† (<i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex)		200 mg	**
Green Tea Phytosome†† (<i>Camellia sinensis</i> extract (leaf) decaffeinated / Phosphatidylcholine complex)		75 mg	**
Choline Citrate		50 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)		24 mg	**
Boron (as Bororganic™ Glycine)		1 mg	**
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))		300 mcg	**
**Daily Value (DV) not established.			
Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide. Contains ingredients derived from soy (phytosomes).			

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs. If you have a medical condition or are taking any prescription drug, consult your physician or health-care professional before taking this product. Discontinue use and consult your doctor if any adverse reactions occur. If pregnant, consult your health-care professional before using this product.
KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal under cap is broken or missing. Store in a cool, dry place.
NOTICE: Do not use this product as a food supplement. Do not use for weight reduction.

Recommended Use: Take 3 (AM) capsules in the morning and 3 (PM) capsules in the evening with a meal or as recommended by your fitness professional.

LIFETIME
FITNESS

PERFORMANCE

PERFORMANCE AM
MULTIVITAMIN
premium fitness formula

90 capsules
precision formula to
fuel the daily needs
of active, fitness-
minded individuals

Morning

dietary supplement

PERFORMANCE

PERFORMANCE PM
MULTIVITAMIN
premium fitness formula

90 capsules
for the complex
recovery needs
of active, fitness-
minded individuals

Night

dietary supplement

SUPPLEMENT FACTS

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:		%DV
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)		5,000 IU 100%
Vitamin C (as Ascorbic Acid)		250 mg 417%
Vitamin D3 (as Cholecalciferol)		2,000 IU 500%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)		20 IU 67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))		200 mcg 250%
Thiamin (as Thiamin HCl)		50 mg 3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)		12 mg 706%
Niacin (as Niacinamide)		60 mg 300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)		20 mg 1,000%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)		600 mcg 150%
Vitamin B12 (as Methylcobalamin)		600 mcg 10,000%
Biotin		500 mcg 167%
Pantothenic Acid (as Calcium Pantothenate)		45 mg 450%
Calcium (as Calcium Bisglycinate Chelate)		38 mg 4%
Iodine (as Potassium Iodide)		75 mcg 50%
Magnesium (as Magnesium Bisglycinate Chelate)		63 mg 16%

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide. Contains ingredients derived from soy (phytosomes).

Three Capsules Contain:		%DV
Zinc (as Zinc Bisglycinate Chelate)		10 mg 67%
Selenium (as L-Selenomethionine)		100 mcg 143%
Copper (as Copper (II) Bisglycinate Chelate)		750 mcg 38%
Manganese (as Manganese (II) Bisglycinate Chelate)		1.5 mg 75%
Chromium (as Chromium Nicotinate Glycinate Chelate)		200 mcg 167%
Molybdenum (as Molybdenum (II) Glycinate Chelate)		50 mcg 67%
Curcumin Phytosome (<i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex)		200 mg *
Green Tea Phytosome (<i>Camellia sinensis</i> extract (leaf) decaffeinated / Phosphatidylcholine complex)		75 mg *
Choline Citrate		50 mg *
d-Gamma Tocopherol (from Mixed Tocopherols)		24 mg *
Boron (as Bororganic™ Glycine)		1 mg *
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))		300 mcg *

*Daily Value (DV) not established

SUPPLEMENT FACTS

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:		%DV
Vitamin A (600 IU as Beta Carotene and 400 IU as Palmitate)		1,000 IU 20%
Vitamin C (as Ascorbic Acid)		150 mg 250%
Vitamin D3 (as Cholecalciferol)		500 IU 125%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)		20 IU 67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))		200 mcg 250%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)		400 mcg 100%
Biotin		500 mcg 167%
Calcium (as Calcium Bisglycinate Chelate)		50 mg 5%
Iodine (as Potassium Iodide)		75 mcg 50%
Magnesium (as Magnesium Bisglycinate Chelate)		107 mg 27%
Zinc (as Zinc Bisglycinate Chelate)		20 mg 133%

Three Capsules Contain:		%DV
Selenium (as L-Selenomethionine)		100 mcg 143%
Copper (as Copper (II) Bisglycinate Chelate)		750 mcg 38%
Manganese (as Manganese (II) Bisglycinate Chelate)		1.5 mg 75%
Chromium (as Chromium Nicotinate Glycinate Chelate)		200 mcg 167%
Molybdenum (as Molybdenum (II) Glycinate Chelate)		50 mcg 67%
Proprietary Blend† <i>Magnolia officinalis</i> (bark) extract <i>Phellodendron amurense</i> (bark) extract		200 mg *
Choline Citrate		100 mg *
d-Gamma Tocopherol (from Mixed Tocopherols)		24 mg *
Boron (as Bororganic™ Glycine)		2 mg *
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))		600 mcg *

*Daily Value (DV) not established

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.
†This product uses Relora® (a proprietry blend of patented extract from *Magnolia officinalis* bark and a proprietary extract from *Phellodendron amurense* bark). Relora is a registered trademark of NPI, LLC. Its use in this product is protected by U.S. Patent No. 6,582,735. Gamma tocopherol does not have a recognized IU equivalent.

PERFORMANCE

LIFETIME
FITNESS

AM/PM
PERFORMANCE
MULTIVITAMIN

Tailored to meet the complex recovery needs of active, fitness-minded individuals day & night*

30-Day supply
180 vegetarian capsules
dietary supplement

THORNE
RESEARCH
Pure Ingredients. Trusted Results.

QUALITY
GMP
GUARANTEE

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2902 Corporate Place, Chanhassen, MN 55317
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Maximize
Your Performance

Formulated by the healthy way of life experts at Life Time Fitness, AM/PM Performance Multivitamin delivers a premium blend of performance-enhancing nutrients.* AM/PM Performance Multivitamin was developed with powerful antioxidants and nutrients to help support your body in exercise recovery and balance your metabolism.* Take AM in the morning and PM in the evening to help power through your workout and strengthen your immune system, as well as promote recovery and restful sleep.*



Component # 004030
LTLFL2753
LTLFL275301

*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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