**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** 

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

LTFL2753AM LLTFL2753AM01

#### 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 (PM) capsules in the evening with a meal or as recommended by your fitness professional.

TO REORDER shop.lifetimefitness.com



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

LTFL2753PM LTFL2753PM01



**PERFORMANCE** 

90 capsules precision formula to fuel the daily needs of active, fitnessminded individuals

Morning

dietary supplement

#### **SUPPLEMENT FACTS**

Serving Size: Three Capsules Servings Per Container: 30

Three Capsules Contain:		%DV	Three Capsules Contain:		%DV
Vitamin A (3,000 IU as Beta Carotene			Zinc (as Zinc Bisglycinate Chelate)	10 mg	67%
	00 IU	100%	Selenium		
	0 mg	417%	(as L-Selenomethionine)	100 mcg	143%
Vitamin D3 (as Cholecalciferol) 2,00	00 IU	500%	Copper (as Copper (II)		
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%	Bisglycinate Chelate) Manganese (as Manganese (II)	750 mcg	38%
Vitamin K (100 mcg as Vitamin K1			Bisglycinate Chelate)	1.5 mg	75%
(Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4)) 200	mcg	250%	Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Thiamin (as Thiamin HCI) 5	0 mg	3,333%	Molybdenum (as Molybdenum (II)	5775	
Riboflavin			Glycinate Chelate)	50 mcg	67%
(as Riboflavin 5'-Phosphate Sodium) 13	2 mg	706%	Curcumin Phytosome		
Niacin (as Niacinamide) 6	60 mg	300%	(Curcuma longa extract (root) /		
Vitamin B6 (as Pyridoxal 5'-Phosphate) 2	20 mg	1,000%	Phosphatidylcholine complex)	200 mg	
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid,			Green Tea Phytosome (Camellia sine extract (leaf) decaffeinated /	nsis	
	mcg	150%	Phosphatidylcholine complex)	75 mg	*
STATES OF BUILDINGS INTERPRET OF VALUE AND HEROTOPIC		10,000%	Choline Citrate	50 mg	*
	mcg	167%	d-Gamma Tocopherol	04	
Pantothenic Acid			(from Mixed Tocopherols)	24 mg	
(as Calcium Pantothenate) 4	5 mg	450%	Boron (as Bororganic™ Glycine)	1 mg	
Calcium			Lutein (from Aztec Marigold extract	200 mag	
(as Calcium Bisglycinate Chelate) 3	8 mg	4%	(flower) (Tagetes erecta))	300 mcg	
lodine (as Potassium lodide) 75	mcg	50%	*Daily Value (DV) not established		
Magnesium					
(as Magnesium Bisglycinate Chelate) 6	33 mg	16%			

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide. Contains ingredients derived from soy (phytosomes). Gamma tocopherol does not have a recognized IU equivalent.

#### **PERFORMANCE**

90 capsules for the complex recovery needs of active, fitnessminded individuals

Night

dietary supplement

than folic acid.\*

or mineral salts.\*

> Superior Bioavailibility - Active B

5-methyltetrahydrofolate (also known as 5MTHF or L-methyl folate) which have excellent bioactivity profiles, rather

demonstrate superior absorption

properties compared to other chelates

Greenselect® and Meriva®, unique

forms of green tea and curcumin, which

vitamins like methylcobalamin (rather than cyancobalamin) and

# SUPPLEMENT FACTS

Serving Size: Three Capsules Servings Per Container: 30

Three Capsules Contain:		%DV	Three Capsule
Vitamin A (600 IU as Beta Carotene	CO CONTRACT	10000	Selenium
and 400 IU as Palmitate)	1,000 IU	20%	(as L-Selenon
Vitamin C (as Ascorbic Acid)	150 mg	250%	Copper (as Cop
Vitamin D3 (as Cholecalciferol)	500 IU	125%	Bisglycinate (
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%	Manganese (as Bisglycinate (
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as	No Torreso		Chromium (as Glycinate Che
Vitamin K2 (Menaquinone-4))	200 mcg	250%	Molybdenum (a
Folate (as L-5-Methyltetrahydrofola		33	Glycinate Che
from L-5-Methyltetrahydrofolic Aci Glucosamine Salt)	d, 400 mcg	100%	Proprietary Ble Magnolia office
Biotin	500 mcg	167%	Phellodendro
Calcium	925	1828	Choline Citrate
(as Calcium Bisglycinate Chelate)	50 mg	5%	d-Gamma Toco
lodine (as Potassium lodide)	75 mcg	50%	(from Mixed T
Magnesium			Boron (as Boro
(as Magnesium Bisglycinate Chelate	e) 107 mg	27%	Lutein (from A
Zinc (as Zinc Bisglycinate Chelate)	20 mg	133%	(flower) (Tage
			*Daily Value (D

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	200 mg	*
Phellodendron amurense (bark) ex		
Choline Citrate	100 mg	*
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	
Boron (as Bororganic™ Glycine)	2 mg	*
Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))	600 mcg	*
*Daily Value (DV) not established	ooo meg	

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate,

†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.

2014 Life Time



## SUPPLEMENT FACTS FOR AM

2,000 IU as Palmitate)	5,000 IU	100%
		417%
Vitamin C (as Ascorbic Acid)	250 mg	Contract of the Contract of th
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 HCI)	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%
lodine (as Potassium lodide)	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%

ma Tocopherol (from Mixed Tocopherols) 24 mg

mium Nicotinate Glycinate Chelate) 200 mcg 167%

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 practitioner 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.

morning and 3 (PM) capsules in the evening with a meal or as recommended by your fitness profession

reen Tea Phytosome†† (*Camelila sinensis* extract (leaf) decaffeinated /

This box contains one (1) PM formula, a 30-day supply.



Serving Size: Three Capsules Ser	vings Per Cont	ainer: 30
Three Capsules Contain:		% DV
Vitamin A (600 IU as Beta Carotene and 400 IU as Paimitate)	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		67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadion and 100 mcg as Vitamin K2 (Menaquinone-4)	e) ) 200 mcg	250%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Sait)†	400 mcg	100%
Biotin	500 mcg	167%
Calcium (as Calcium Bisglycinate Chelate)	50 mg	5%
lodine (as Potassium lodide)	75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelat	e) 107 mg	27%
Zinc (as Zinc Bisglycinate Chelate)	20 mg	133%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as Copper (II) Bisglycinate Chelate)	750 mcg	38%
Manganese (as Manganese (II) Bisgiycinate 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†††	200 mg	
Magnolia officinalis (bark) extract Phellodendron amurense (bark) extract		::
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	**

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena S.p.A. ††This product uses Relora® (a proprietary blend of a 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

1 mg

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#### a patented blend of phellodendron and magnolia extracts is included to support relaxation, rest, and recovery from exercise and everyday stress.\*

support energy and a normal

inflammatory response.\*

\*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.

### **PERFORMANCE**

**THORNE** 

RESEARCH



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

> 30-Day supply 180 vegetarian capsules

dietary supplement

# 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.\*

\*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.