

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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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

LIFETIME
FITNESS

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

QUALITY
GMP
GUARANTEE

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Formulated by: Life Time Fitness, Inc.
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*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.

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

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