

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

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

LTL2753AM
LTL2753PM403

LIFETIME

PERFORMANCE
AM
MULTIVITAMIN
premium fitness formula

90 capsules
precision formula to
fuel the daily needs
of active, fitness-
minded 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 and 2,000 IU as Palmitate)	5,000 IU 100%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg 67%
Vitamin C (as Ascorbic Acid)	250 mg 417%	Selenium (as L-Selenomethionine)	100 mcg 143%
Vitamin D3 (as Cholecalciferol)	2,000 IU 500%	Copper (as TRAACS® Copper Bisglycinate Chelate)	750 mcg 38%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU 67%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1.5 mg 75%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg 250%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 167%
Thiamin (as Thiamin HCl)	50 mg 3,333%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	50 mcg 67%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg 706%	Curcumin Phytosome (<i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex from Sunflower)	200 mg *
Niacin (as Niacinamide)	60 mg 300%	Green Tea Phytosome (<i>Camellia sinensis</i> extract (leaf) decaffeinated / Phosphatidylcholine complex)	75 mg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg 1,000%	Choline Citrate	50 mg *
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	600 mcg 150%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg *
Vitamin B12 (as Methylcobalamin)	600 mcg 10,000%	Boron (as Bororganic™ Boron Glycinate Complex)	1 mg *
Biotin	500 mcg 167%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	300 mcg *
Pantothenic Acid (as Calcium Pantothenate)	45 mg 450%		
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	38 mg 4%		
Iodine (as Potassium Iodide)	75 mcg 50%		
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)	63 mg 16%		

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

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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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For: Life Time Fitness, Inc.
2902 Corporate Place
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LTL2753PM
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LIFETIME

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	Three Capsules Contain:	%DV
Vitamin A (600 IU as Beta Carotene and 400 IU as Palmitate)	1,000 IU 20%	Copper (as TRAACS® Copper Bisglycinate Chelate)	750 mcg 38%
Vitamin C (as Ascorbic Acid)	150 mg 250%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1.5 mg 75%
Vitamin D3 (as Cholecalciferol)	500 IU 125%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 167%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU 67%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	50 mcg 67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg 250%	Proprietary Blend†	200 mg *
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg 100%	<i>Magnolia officinalis</i> (bark) extract	
Biotin	500 mcg 167%	<i>Phellodendron amurense</i> (bark) extract	
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	50 mg 5%	Choline Citrate	100 mg *
Iodine (as Potassium Iodide)	75 mcg 50%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg *
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)	107 mg 27%	Boron (as Bororganic™ Boron Glycinate Chelate)	2 mg *
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	20 mg 133%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	600 mcg *
Selenium (as L-Selenomethionine)	100 mcg 143%		

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

†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 InterHealth N.J. Its use in this product is protected by U.S. Patent Nos. 6,582,735 and 6,814,987. Gamma tocopherol does not have a recognized IU equivalent.

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. Do not use if safety seal under cap is broken or missing. Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal under cap is broken or missing. Store in a cool, dry place.

NOTE: Do not use this product as a food supplement. Do not use for weight reduction.

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 TRAACS® Calcium Bisglycinate Chelate)††	38 mg 4%
Iodine (as Potassium Iodide)	75 mcg 50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	63 mg 16%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	10 mg 67%
Selenium (as L-Selenomethionine)	100 mcg 143%
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg 38%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg 75%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg 167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	50 mcg 67%
Curcumin Phytosome††† (<i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex from Sunflower)	200 mg **
Green Tea Phytosome††† (<i>Camellia sinensis</i> extract decaffeinated / Phosphatidylcholine complex)	75 mg **
Choline Citrate	50 mg **
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg **
Boron (as Bororganic™ Boron Glycinate Chelate)†††††	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 an ingredient derived from soy (Green Tea Phytosome). Gamma tocopherol does not have a recognized IU.

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.

TO REORDER shop.lifetimefitness.com

SUPPLEMENT FACTS FOR PM

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%
Iodine (as Potassium Iodide)	50 mg 5%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	75 mcg 50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	107 mg 27%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	20 mg 133%
Selenium (as L-Selenomethionine)	100 mcg 143%
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg 38%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg 75%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg 167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	50 mcg 67%
Proprietary Blend††††	200 mg **
<i>Magnolia officinalis</i> (bark) extract	**
<i>Phellodendron amurense</i> (bark) extract	**
Choline Citrate	100 mg **
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg **
Boron (as Bororganic™ Boron Glycinate Complex)†††††	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 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 Albion's TRAACS® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††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 InterHealth N.J. Its use in this product is protected by U.S. Patent Nos. 6,582,735 and 6,814,987. †††††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

This box contains one (1) bottle each of AM formula and PM formula, a 30-day supply.



➤ **Superior Bioavailability** - Active B vitamins like methylcobalamin (rather than cyanocobalamin) and 5-methyltetrahydrofolate (also known as 5MTHF or L-methyl folate) which have excellent bioactivity profiles, rather than folic acid.*

➤ **Includes Albion® mineral bisglycinates, mineral chelates** that demonstrate superior absorption properties compared to other chelates or mineral salts.*

➤ **Greenselect® and Meriva®,** unique forms of green tea and curcumin, which support energy and a normal inflammatory response.*

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

*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

LIFETIMESM

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

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.*

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THORNE
RESEARCH
Pure Ingredients. Trusted Results.



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2902 Corporate Place, Chanhassen, MN 55317
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Component #: 004030
LTL2753
LTL275303