



**LifeMap Essentials®**  
*Your Foundation for Optimal Wellness*

Welcome and congratulations for taking an important next step toward healthy aging with the most advanced and scientifically proven nutritional supplement programs available – the **LifeMap Nutrition® System**, which consists of the following:

1. The **LifeMap DNA collection kit** (provided by GeneLink, Inc.)
2. The **LifeMap Essentials®** formula (A non-custom foundation supplement to be taken while awaiting your
3. Healthy Aging Report & DNA guided LifeMap Custom formula)
4. The **LifeMap DNA Healthy Aging Report™** (results in about 4 weeks after mailing your DNA collection kit)
5. The **LifeMap Custom®** formula (A totally customized formula based on your DNA)

Your LifeMap Essentials® formula is the cornerstone of the LifeMap Nutrition® System and forms the ‘base foundation’ for every individually customized LifeMap Custom product.

**LifeMap Essentials®** is a premium plant based formula, carefully designed to provide the “key essentials” of a proper diet and to help you prepare and maintain optimal nutritional support while you are awaiting the results of your LifeMap Healthy Aging DNA Assessment and your personal DNA-guided LifeMap Custom® formula (Please note: the processing time for your DNA assessment & LifeMap Custom® formula is about 4 to 8 weeks from the time you mail back your DNA collection kit).

It contains a generous selection of fruits and vegetable powders with the highest phytonutrient content along with important anti-aging “superfruit” extracts such as the Brazilian acai berry, the Himalayan goji berry and the Southeast Asian mangosteen. In addition, your Essentials formula also contains a comprehensive vitamin blend, flax seeds (a source of omega-3 fatty acids) and fructooligosaccharides – a natural prebiotic fiber that promotes enhanced intestinal health for optimal nutrient absorption.

For antioxidant protection, **LifeMap Essentials®** contains over 7500 ORAC (Oxygen Radical Absorbance Capacity) units, the equivalent ORAC value of eight (8) servings of fruits and vegetables. For even extra antioxidant protection, we’ve added OxyPhyte® Ultra, a proprietary blend of antioxidant-rich apple, white tea and rosemary extracts which has proven bioavailability in human clinical studies.

We have included Cat’s Claw for its antioxidant, immune-enhancing, and anti-viral activity.

**Directions for use:**

**Take five (5) capsules in the AM and five (5) capsules in the PM (with or without food) for a total of ten (10) capsules daily. These vegetarian capsules are specially designed that can be swallowed as you would any capsule or tablet, or if you prefer, can be broken open and mixed with your favorite juice or beverage.**

We are truly grateful for you and excited to be a part of your health future.

Sincerely,  
The Formulation Scientists at GeneWize Life Sciences

## Information About LifeMap Custom®

Once you receive the results of your LifeMap Healthy Aging DNA Assessment, we will ship the **LifeMap Custom®**, your personal DNA-guided formula custom created with SNP Boosts® specifically for you.

The **LifeMap Custom®** is a “targeted formulation,” designed to help mitigate or compensate for certain physiologic areas identified by the 12 SNPs that make up the LifeMap Healthy Aging DNA Assessment™. Once you receive your **LifeMap Custom®** formula, the non-custom **LifeMap Essentials®** formula **will no longer be shipped to you** as your **LifeMap Custom** formula combines all the benefits of the Essentials formula, but is specifically formulated for you with targeted SNP Boosts® to match your personal genetic makeup.

**P.S.** For additional information about your LifeMap Nutrition® System product, there is a LifeMap Webinar, a comprehensive list of Frequently Asked Questions (Product FAQ's) available at [lifemapnutrition.com](http://lifemapnutrition.com). Please select the “FREE REPORTS” tab.

### LifeMap Essentials® Proprietary Blend

**Ingredient Statement: Amount per daily serving 8,350 mg**

Cat's Claw Extract, Fructooligosaccharides, Flax seed powder (*Linum usitatissimum*), Acerola Cherry Extract [(*Malpighia glabra*) standardized to 17% Vitamin C], Proprietary LifeMap Nutrition® Blend [A Proprietary Blend of: Trimethylglycine; OxyPhyte® Green Tea extract (*Camellia sinensis*) standardized to 90% polyphenols; Calcium carbonate; Potassium Citrate; Milk Thistle extract [(*Silybum marianum*) standardized to 80% silymarin; Pomegranate extract (*Punica granatum*) standardized to 40% Ellagic Acid; Organic Hawthorne Berry Extract (*Crataegus laevigata*) standardized to 1.5% polyphenols/0.5% flavonoids; Oxyphyte® White Tea extract (*Camellia sinensis*) standardized to 90% polyphenols; Organic Reshi Mushroom extract (*Granoloma lucidum*); Organic Shitake Mushroom extract (*Lentinus edodes*), Maitake Mushroom extract (*Grifola frondosa*) standardized to 20% polysaccharides; Tomato powder (*Solanum lycopersicum*) standardized to 0.8% lycopene; Choline Bitartrate; Vitamin E (as dl-alpha tocopherol acetate); Spirulina powder (*Arthrospira platensis*); Artichoke extract (*Cynara scolymus*) standardized to 4% chlorogenic acid/9% caffeoylquinic acid; Oxyphyte® Grape Skin extract (*Vitis vinifera*) standardized to 10% resveratrol; Magnesium citrate; Citrus Bioflavonoids powder (*Citrus limonium*, *Citrus paradise* and *Citrus sinensis*); Oxyphyte® Grape Seed extract (*Vitis vinifera*) standardized to 95% polyphenols; Zinc (as Zinc Amino Acid Chelate); Astragalus Root powder (*Astragalus membranaceus*); Broccoli extract (*Brassica oleracea*) standardized to 1.2% sulphoraphane; Vitamin K1 (as phytonadione); Acerola Cherry Extract (*Malpighia glabra*) standardized to 17% Vitamin C; Kale powder (*Brassica oleracea*); Ginkgo Biloba extract (*Ginkgo biloba*) standardized to 24% Flavoglycosides/6% Terpene Lactones; Burdock Root powder (*Arctium pubens*); Vitamin D3 (as cholecalciferol); Bilberry extract [(*Vaccinium myrtillus*) standardized to 5% anthocyanins]; Alpha Lipoic Acid; Garlic powder (*Allium sativum*); Selenium (as Selenium Amino Acid Chelate); Vitamin B2 (as Riboflavin); Vitamin B12 (as Cyanocobalamin); Vitamin B6 (as Pyridoxine hydrochloride, Folate (as folic acid)); Oxyphyte® Ultra Blend [a proprietary blend of: White tea extract (*Camellia sinensis*) standardized to 90% polyphenols; Apple extract (*Malus pumila mill*) standardized to 75% polyphenols; Rosemary extract (*Rosmarinus officinalis*) standardized to 9% rosmarinic acid], Vitamin E (as dl-alpha tocopherol acetate), Mixed Carotenes (from *Dunaliella salina*), Strawberry juice powder (*Fragaria vesca*), Raspberry juice powder (*Rubus biflorus*), Blueberry juice powder (*Vaccinium corymbosum*), Cranberry juice powder (*Vaccinium macrocarpon*), Spinach juice powder (*Spinacia oleracea*), Tomato juice powder (*Solanum lycopersicon*), Beetroot juice powder (*Beta vulgaris*), Carrot juice powder (*Daucus carota*), Broccoli juice powder (*Brassica oleracea*), Acai juice powder (*Euterpe oleraceae*), Mangosteen extract [(*Garcinia Mangostana*) standardized to 15% polyphenols], Goji extract [(*Lycium barbarum*) standardized to 15% polysaccharides], Vitamin B3 (as Niacinamide), Zinc (as Zinc Aspartate Trihydrate), Vitamin B5 (as Pantothenic acid), Vitamin B2 (as Riboflavin), Vitamin A (as Vitamin A palmitate), Vitamin B1 (as Thiamine mononitrate), Vitamin B6 (as Pyridoxine hydrochloride, Folate (as folic acid), Biotin, Vitamin B12 (as Cyanocobalamin)

Other ingredients: Manioc Starch and/or Maltodextrin. Less than 0.2% of each of the following: corn starch, gum acacia, monoglycerides, vegetable oil; gum Arabic; tricalcium phosphate; dicalcium phosphate.

This product is not intended to diagnose, treat or cure any disease. If you are pregnant, lactating or taking prescribed medication, consult your physician before using. Discontinue use and consult your physician if you have any adverse reaction.