



CLINICAL APPLICATIONS

- Supports Improved Body Composition
- Supports Immune Function
- Supports Anti-Inflammatory Response
- Supports Intestinal Health
- Supports Detoxification

Life 5 represents an innovative functional food approach to biotransformation. This clinically validated, all natural, fructose-free formula comprises ingredients that promote overall gastrointestinal health while optimizing the body's ability to detoxify harmful substances and respond to inflammation. Patented and proprietary ingredients include 21 grams of VegaPro™, 3rd Opinion Inc.'s all natural, vegetable-based protein, along with clinically relevant doses of 3rd Opinion Inc.'s Immune Support Complex and Concentrated Broccoli Seed Extract (SGS™ - sulforaphane glucosinolate).

All 3rd Opinion Inc.® Formulas Meet or Exceed cGMP quality Standards

DISCUSSION

VegaPro™ : Proteins for functional foods need to possess a good basic nutritional quality. This includes a high protein level, a well-balanced Amino Acid profile, and good digestibility. 3rd Opinion Inc.'s proprietary VegaPro meets these guidelines. In addition, pea and rice proteins are free of gluten and lactose, are generally considered hypoallergenic foods, and have a low level of flatulent sugars, negating the concern of intestinal gas. The blend also contains non-GMO chicory, a source of soluble fiber, and Aminogen®, a patented enzyme system designed to increase amino acid absorption.

The pea protein isolate in VegaPro™ is non-GMO and naturally obtained by simple water extraction, keeping all the nutritional qualities intact. It has a protein content of 90%, excellent digestibility (98%), and a well-balanced amino-acid profile, including a particularly high content of lysine, arginine, and branched-chain amino acids. The combination of rice protein and pea protein achieves an Amino Acid Score of 100%.

Immune Support Complex- is a purified, highly concentrated (45%), very low saturated fat, dairy free, consistent source of bovine serum-derived immunoglobulin antibodies and immunoproteins that provides immune enhancement by directly boosting immunoglobulin levels in the G.I. tract. Oral immunoglobulins have proven efficacy against a wide variety of harmful microbes. This ingredient also contains beneficial growth factors associated with increases in lean muscle mass and greater protein efficiency. Its TGF-β is known to increase secretion of IgA. Immune Support Complex has also been shown to reduce inflammation.

Concentrated Broccoli Seed Extract - SGS™, the patented ingredient in Concentrated Broccoli Seed Extract SGS™, is a phytochemical found in broccoli called sulforaphane glucosinolate. Much research demonstrates that when this compound is broken down to its active form, sulforaphane, it safely and effectively upregulates the body's natural Phase 2 detoxification enzymes. Functioning as a long-lasting antioxidant, SGS protects cells from free radical damage, thus promoting overall health and well-being.

Arabinogalactan, present in many plants, is a non-digestible, soluble dietary fiber containing mainly the mono-saccharides, galactose and arabinose. The GRAS-designated source of arabinogalactan in Life 5 is the Larch tree. In addition to involvement in cellular communication and possession of immuno-stimulatory properties, arabinogalactan minimizes ammonia synthesis and absorption, enhances production of short-chain fatty acids, and favorably alters the gut microflora. Arabinogalactan is considered a prebiotic.



Life 5 Vanilla

Nutrition Facts

Serving Size: 2 Scoops (45 g)
Servings Per Container: 14

Amount Per Serving	
Calories 160	Calories From Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Sugars 8g	
Protein 21g	
Vitamin A 0%	Calcium 2%
Vitamin C 2%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Proprietary blend of Rice Protein Concentrate and Pea Protein Isolate, Aminogen®, L-Glutamine, Glycine, and Taurine, Evaporated Cane Juice, Fiber Complex (Inulin (from Chicory), Beta Glucans, and Oat Fiber), Sunflower Oil, Proprietary Immune Blend, Natural Flavors, Medium Chain Triglycerides, Arabinogalactan, Broccoli Seed Extract (SGS™), Sodium Chloride, Xanthan Gum, Guar Gum, Potassium Citrate, Sodium Citrate, and Stevia Leaf Extract.

Life 5 Chocolate

Nutrition Facts

Serving Size: 2 Scoops (50 g)
Servings Per Container: 14

Amount Per Serving	
Calories 180	Calories From Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 21g	
Vitamin A 0%	Calcium 2%
Vitamin C 2%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Proprietary blend of Rice Protein Concentrate and Pea Protein Isolate, Aminogen®, L-Glutamine, Glycine, and Taurine, Evaporated Cane Juice, Cocoa Powder, Fiber Complex (Inulin (from Chicory), Beta Glucans, Oat Fiber) Sunflower oil, Proprietary Immune Blend, Natural Flavors, Medium Chain Triglycerides, Arabinogalactan, Broccoli Seed Extract (SGS™), Sodium Chloride, Xanthan Gum, Guar Gum, Potassium Citrate, Sodium Citrate, Stevia Leaf Extract.

DIRECTIONS:

Blend, shake, or briskly stir two level scoops (45 grams) of Life 5 Vanilla & Chocolate into 10 to 12 ounces of chilled water, or use as directed by your healthcare practitioner. Adjust amount of water for desired thickness.

Life 5 Vanilla & Chocolate Contains:

VegaPro™	21 g
Immune Support Complex	2.5 g
SGS (Concentrated Broccoli Seed Extract)	30 mg
Arabinogalactan	1000 mg

Amino Acid Profile Per Serving Life 5 Vanilla & Chocolate

Glycine	864mg
Alanine	852mg
Valine	1,050mg
Leucine	1,727mg
Isoleucine	874mg
Serine	1,165mg
Threonine	815mg
Tyrosine	771mg
Aspartic Acid	2,473mg
Phenylalanine	1,085mg
Tryptophan	158mg
Proline	877mg
Methionine	220mg
Cystine	204mg
Lysine	1,554 mg
Histidine	501mg
Arginine	1,747mg
Glutamine	4,059 mg
Taurine	500 mg

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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.

